Neighborhood walking program promises wellness of both body and mind

By V. R. Bryant

It’s easy to hole up for the winter and pack on a layer of, shall we say, insulation. It’s cold outside, after all, and nothing says “sociopath” like going for a jog in a down jacket and mittens. Most things look strange in mittens, come to think of it.

Admittedly, I’ve told myself the same things. I’m not striving for beach season by any stretch—my wife prefers my thighs and upper arms to be covered, I think—but I always feel as though I may as well simply wait for the weather to warm up before I start running, biking, ultimate frisbee...ing.

Continued on page 8

LETTER TO THE EDITOR

STAMBAUGH ELWOOD: WHEN WILL IT FIND JUSTICE?

By Kathleen Gmeiner and Doug Todd

(Kathleen Gmeiner is co-chair of the South Side Health Advisory Committee and has lived in the South Side since 2002. Doug Todd is the former chair of the Ohio Green Education Fund. Both speak for themselves and not the organizations that are used here for identification purposes. This letter has been shortened for space purposes.)

A unique and threatened neighborhood lies just north of Route 104 in the older Southern Gateway area off Parsons Avenue. Some of its homes date back to 1900 (or before), while others were built in the first half of the 20th century, and a few dwellings more recently. It is a diverse array of homes that looks like a horseshoe lying on its side.

Even though some of the homes are weather-beaten, there is an undeniable charm to the area. The neighborhood includes two child care/head start centers, a park, including a football field with a full size goalpost and three small churches.

Stambaugh has only 62 homes, but is almost entirely surrounded by industry and a highway. In May 2015, Stambaugh Elwood was downwind of the notorious fire

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SUMMER STUDY TIPS
Stay sharp in the summer months page 6

TASTE THE RAINBOW
Make your own Easter egg dyes page 7

AND MUCH MORE!
FROM THE EDITOR

SQUASHING THE LITTER BUGS
(OR MORE LIKE JUST TRAPPING THEM IN A CUP AND SHOOING THEM OUTSIDE)

I don’t consider myself a particularly good person. To my recollection, all of my community service to date has been court-ordered. My most significant charitable donation was probably saying yes to the extra dollar at the BMV (something about organs, I think), and I have an unfortunate habit of letting my mother-in-law sell my old clothes to consignment shops for nominal sums of money instead of simply giving them away.

For some reason, though, I can’t stand litter. I dislike it. Intensely.

Don’t get me wrong—I am not a tidy man. My domestic situation, such as it is, prevents me anymore from living in the single male squalor of empty beer cans and dirty laundry, but left to my own devices, I can generate quite a bit of clutter. That’s my private trash. I can process that. No, I’m talking about trash that lives outside the home. I have no patience for it. And it needs to stop.

I was wandering around Nature recently (Hocking Hills counts), and I saw some things I didn’t care for. There was a McDonald’s soft drink cup, a couple random candy wrappers with little cartoon grapes on them, a series of assorted bottles, and a sort of plastic tub about the size of a man’s fist made to hold about two hundred calories worth of novelty-sized peanut butter sandwich cookies. Just, you know. Around.

It was especially jarring seeing it strewn about a real, actual park. I can at least envision a person striding through the city, burdened by his loose garbage, with no trash can in sight. I can see him getting flustered and discarding a spent bag of corn chips or…I don’t know. A juice box.

But you who brought snacks to a cave—you knew you were driving to a park to go hiking. You had time to top off and hit the dumpster. This was not part of your bustle.

The psychology of littering baffles me. It couldn’t possibly be that we expect someone else to clean it up. That kind of petulance exists only in children. On television.

I did hear someone whose opinions I generally respect say once that it’s okay to litter in the city because that’s not “the planet.” Amusing, but not altogether accurate.

Is it existential nihilism? Have those who litter simply gotten wise to the inevitability of nothingness? I could maybe get on board with that. But I still can’t bring myself to believe that nihilists eat Nutter Butters.

Now obviously we should be striving to generate less waste in general; simply making sure the scraps of our lumbering consumerism find their proper receptacles is a bit like swallowing your gum.

But in the meantime, it sure is nice to see people making an effort. That’s why when I saw some folks in high visibility tees snatching up cigarette butts on a ramp to 315 southbound, I thought I’d give them a shout out.

What I saw was part of KickButtColumbus, just one of many events within the Keep Columbus Beautiful program organized by the city’s Department of Public Service. In 2015, with fewer volunteers, they cleared over 30,000 pounds of litter and 6,700 pounds of recyclables from freeway exits and entrance ramps. It truly made me feel good to see others trying harder than I do. I might even volunteer next time. That’s a hard maybe.

Earth Day is coming up in April. Columbus will have a week’s worth of community outreach and volunteerism events all around the city, many of which are focused on the South Side. Check the event calendar here in the Voice or hop online at earthdaycolumbus.org and find an event that suits you.
on Marion Road that forced residents into their homes and raised health-related fears.

Many of the residents are in their mid-70s and older; some residents are descendants of earlier residents who have passed on. There are also some younger people who may be third, fourth or perhaps fifth generation. Most are people of color.

Even with many vulnerabilities from surrounding industry, the neighborhood enjoyed some esthetic protection for its residents because the land to the northeast, previously owned by Buckeye Steel (now Columbus Castings) and zoned for industrial use, had not been in active use for some time. A narrow but dense unoccupied strip of bush and trees formed a green belted cushion surrounding the residential streets and buffering the neighborhood from the surrounding industrially zoned area.

Stambaugh Elwood has been surrounded by properties zoned for industrial use since prior to its annexation to the City of Columbus in 1958. Between 1998 and 2005 Ohio Mulch and/or its related Weber Holdings Co purchased a little over 30 acres stretched across three parcels just north/northeast of Stambaugh and south of the railroad tracks. Ohio Mulch is a mulch distribution company. Some of this land was part of the “cushion” that surrounded the neighborhood. With Ohio Mulch’ operations just north of Stambaugh Avenue, the buffer zone was breached, and neighbors began complaining of dust and noise from Ohio Mulch’s trucks traveling down the then dirt Buckeye Park Road. Drainage problems also emerged.

Compounding the environmental problems is the recent economic recovery resulting in Columbus Castings bumping up production, creating more air emissions and further environmental stress on the neighborhood. Columbus Castings has been repeatedly cited for pollution issues by the Ohio Environmental Protection Agency.

As a result, a pastoral residential area that had retained a sizeable number of longtime residents is becoming increasingly less habitable to the dismay of its residents. Property values have declined, families whose children attend the day care and head start centers are increasingly concerned. There are worries about asthma, respiratory illness and other health hazards. In 2015 Ohio State University researcher Dr. Daryl Hood and his students drew soil samples from about 20 residents’ lawns. These soil samples revealed elevated levels of contaminants, but not high enough to generate official action. There are continuing efforts to monitor the ambient air quality. But since many of the homeowners are so old, defending against impending threats is difficult.

Frustration in the neighborhood boiled over after Ohio Mulch began its operation and the dust on Buckeye Parkway began to fly. Neighbors complained and the City of Columbus brought an action in environmental court to require Ohio Mulch to make changes.

Following a court-ordered two month shut-down in 2015, Buckeye Road was converted from a dirt road to one that did not raise the high level of dust. An abutment graded by Ohio Mulch in the hope of alleviating some of the problems unfortunately created another problem by unearthing debris from an earlier occupant. The area has to be remediated. Stambaugh Elwood residents continue to complain of storm water runoff from Ohio Mulch that floods basements and back yards. The Environmental Court action has been stayed as the City and Ohio Mulch attempt to address the drainage problems.

In August and September 2015, following the completion of Dr. Hood’s soil sample study, a host of City of Columbus department representatives and Ohio EPA staff met with residents, hosted by the South Side Health Advisory Committee.

Ohio EPA officials acknowledged they were continuing to press Columbus Castings on elevated levels of pollutants in the air. Since those meetings, the Ohio EPA has installed an air quality monitor at the Elwood Avenue Head Start daycare center. Results are not yet known. A study of Elwood Avenue drainage problems resulting from yards that sit below street level is being performed by a city contractor. Main water lines are scheduled to be replaced by the City in 2017. An exposed septic tank was remediated by the City. A Columbus Public Health inspection of the Head Start Center yielded no violations, although residents have complained that the inspection was not sufficiently in-depth. They are concerned because of breathing problems that some children in the center have.

The question now is, have Columbus and the Ohio EPA done enough?

Most of the residents of Stambaugh Elwood are African-Americans and vulnerable to patterns of land use that aren’t optimal for families and older adults. The City would be hard-pressed to find other neighborhoods of the size of Stambaugh Elwood so totally surrounded by active industry. A review of property records show that many of the homes have transferred ownership from one family member to another with no money changing hands. Few new home owners are moving into the neighborhood. As some homes fall into foreclosure, they are ending up in the City’s land bank. Public records show that several homes have been purchased by companies connected to industry on Buckeye Park Road.

Will the City sit by quietly until all of the owner occupiers die off and their homes can be purchased for little as they steadily lose value? And once that happens will the industrial neighbors buy Stambaugh Ellwood’s remaining homes on the cheap and seek to zone it industrial? If that is the ultimate outcome, would it not be more ethical for the City to either take steps to restore Stambaugh Elwood to stability or pay the homeowner a fair price and take charge of the neighborhood. These are tough questions, but important questions that the new Mayor and his staff as well as City Council must grapple with if Columbus is to tackle the problems of environmental racism and health disparities.

Is it fair that a long-established poor and minority community is being disproportionately burdened by its proximity to hazardous and toxic facilities surrounding them? Should something not be done to correct the fact that, as a community, Stambaugh Elwood is suffering what is a discriminatory burden? In a just world there should be some manner in which a fair resolution of this dilemma can be achieved.

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APRIL COMMUNITY EVENTS

SOUTH SIDE CLEANUP HOSTED BY PAMA, PLANT PRIDE ON PARSONS, AND THE CREST

APRIL 16

DAY ONE
10 a.m. at Reeb Avenue Center, 280 Reeb Avenue
The first of two days of South Side Cleanup, Plant Pride on Parsons Committee is sponsoring a pansy planting and litter cleanup. Meet at the Reeb Avenue Center Parking lot at 10 a.m. and help us freshen up the Avenue from Hosack Street to Frebis Avenue. For more information or to volunteer contact Jo Anne St. Clair (jastclair@columbus.gov) or register through earthdaycolumbus.org

APRIL 2

PICK IT UP!
10:00 a.m.-1:00 p.m. at locations around the city
Major corridor cleanup in major urban areas. Register online at http://pickitupcbus.eventbrite.com or call 614-645-2421 to be part of an area cleanup of your choosing.

APRIL 2

SPRING INTO ACTION
10:00 a.m.-12:00 p.m. at South High School, 1160 Ann St.
A celebration of South Columbus! Please attend the State of the Columbus South Side Area Commission. This event will showcase past, present, and future accomplishments of the neighborhoods within the CSSAC and special guest speaker, Donato’s Chairwoman Jane Grote Abell. Food and free parking available.

APRIL 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.

APRIL 6

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.

APRIL 6

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM MEETING
Reeb Avenue Center, 280 Reeb Avenue
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.

APRIL 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.)
CIVIC ASSOCIATION LEADERS & MEETING TIMES

APRIL 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 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 corpuschristicenterofpeace@gmail.com.

APRIL 16

KOSOUTH STREET GARDEN EARTH DAY CELEBRATION
11:00 a.m.-3:00 p.m. at the corner of E. Kossuth and S. 17th St.
Free to all, the event will feature special guests, local artists and musicians, games for the kids, live cooking demonstrations, and free lunch for volunteers. Sign up through earthdaycolumbus.org or visit kossuthstreetgarden.com for more information.

APRIL 20

GROWING THE COMMUNITY THRU THE CATALYST OF FOOD
9-11:00 a.m. at the South Side Community Garden, 248 Stanaford Pl.
Sprouting Spoons is seeking volunteers to help develop our community garden managed in partnership with Community Development for All People. We need volunteers to help us get the garden ready for planting and continued maintenance through the summer months into autumn. We also manage a free little library, so please feel free to bring old books that you do not read anymore to help us keep the library stocked. Children’s books are encouraged. Register through earthdaycolumbus.org.

MAY 7

MERION VILLAGE ANNUAL SPRING COMMUNITY YARD SALE 9:00 AM to 3:00 PM. Community maps will be available one week prior to the sale on our website as www.MerionVillage.org
I s my drinking water safe?

With reports of unsafe levels of lead turning up in cities across the country, community water systems are under scrutiny for failing to ensure the safety of community water supplies. Columbus residents ask me all the time about the safety of our drinking water when I meet with them during my Community Hours and at area commission and civic association meetings.

As Chair of Columbus City Council’s Public Utilities Committee, I take special interest in securing and maintaining our city’s water infrastructure.

Last year, Columbus provided almost 49 billion gallons of safe, clean drinking water to over 1.1 million people throughout the Central Ohio region. Our city is in compliance with all of the Safe Drinking Water Act requirements, including the lead and copper rule, exceeding many federal and state minimum requirements. Water leaving Columbus treatment plants is lead-free and pretreated to keep lead in old pipes from entering water during transportation to our homes and businesses and Columbus tap water is tested multiple times each day to ensure these safeguards are working properly.

WHAT YOU CAN DO TO REDUCE YOUR RISK OF EXPOSURE TO LEAD:

- Check home plumbing for any sources of lead.
- If your home, like mine, was built before 1950, call the Division of Water to identify the service line material at (614) 645-7677.
- Let water run from the tap before drinking or cooking whenever the faucet has gone unused for more than 6 hours. The longer water sits in your home’s plumbing, the more lead it may contain.
- Use cold water for cooking. Cold water does not dissolve lead as quickly as hot water.

On Council, I look forward to working closely with the Department of Public Utilities to continue infrastructure improvements at our water treatment facilities to ensure we have the cleanest water possible. My goal is to provide public hearings, relevant information, and continue to engage in open dialogue to ensure transparency and keep you up to date on the safety of our drinking water.

Remember, when you have a suggestion, problem, question, or concern, or anytime that I can be of service, call me at: (614) 645-8084, or email me at mstinziano@columbus.gov and I will do everything I can to help.

Also, please visit my website (www.columbus.gov/council/stinziano/) often to learn more about my work to improve life for the residents and businesses of our community. I’m at City Hall working for you.

FOR ADDITIONAL INFORMATION CONTACT:
Stephanie Megas | Legislative Assistant | SMBegas@columbus.gov | (614) 645-8311

HEALTH STUDY SEEKS SOUTH SIDE PARTICIPANTS

A National Institute of Health study taking place in the South Side is seeking paid participants. The study aims to find out more about access to local, healthy food options and its relation to the overall health of a community.

The Future of Food in Your Neighborhood Study, or FoodNEST, will be examining the way changes in a neighborhood’s food landscape will affect the habits and health of the area by comparing the South Side in Columbus with Cleveland’s St. Clair Superior neighborhood. The two neighborhoods were identified in a 2014 Food Trust study as two Ohio areas in the greatest need of fresh food options. In addition, the neighborhoods share similar demographics and report above-average rates of obesity, hyper-tension, and diabetes.

According to Bob Leighty, Executive Director of the Parsons Avenue Merchants Association, this study could have big implications in Columbus and beyond.

“The data from South Columbus should help us to identify food-related business opportunities on Parsons Avenue, Lockbourne, Livingston, and other South Columbus commercial corridors,” Leighty said, adding “we will be able to use the data to possibly justify grants or other projects in both cities. We will also learn more about food hubs, and their potential for improving health and economic development.”

St. Clair Superior departs from the South Side in its strategy to address these issues. With the introduction of a new food hub, Hub 55, residents of the West Side Cleveland neighborhood will soon have greater access to affordable, locally-sourced food.

Food hubs serve as distributors and logistical partners of local farmers, who often lack access to the tools that allow large-scale production and distribution. With Hub 55, FoodNEST is hoping to confirm the relationship between such food options and the increased health of the surrounding community.

South Side participants in the study will be asked to respond to nine surveys in total about their diet, overall health, and perception of their local food environment. The surveys will be administered over the phone at times chosen by participants: three in the first month, three a year later, and three at its conclusion. Participants will be compensated for their time. The data from these interviews will be accessed by Case Western Reserve University, The Ohio State University, Parsons Avenue Merchants Association, and the St. Clair Superior Development Corporation.

In addition to the insights into health habits on the South Side, the study will also provide a rare opportunity to examine neighborhood spending habits, including a retail analysis of food sales.

The study is about halfway to reaching its goal of enlisting 260 South Side participants. Any interested in determining their eligibility should call 614.641.5359 and leave a name and number on a voicemail. Emails can also be sent to www.foodNESTCBUS@case.edu. For further information, visit www.foodNEST.org.

COUNCILMAN STINZIANO COMMITTED TO SAFE DRINKING WATER

From your Columbus City Councilman
Michael Stinziano
THE CITY OF COLUMBUS
MAKE YOUR OWN NATURAL EASTER EGG COLORING

**LEMONS** are a natural disinfectant and antibacterial properties.

In the kitchen, cut a lemon in half and use to remove stains from countertops. Let lemon juice sit for about 20 minutes and scrub with the rind, wipe clean with warm water. For marble or granite surfaces use club soda instead of lemon.

Dip a 1/2 lemon in coarse salt and scrub copper pan bottoms, use to dissolve soap and hard water stains.

Throw used lemons into compost bucket or garbage disposal to freshen up the scent.

Add 1/2 cup of lemon juice to rinse cycle of your laundry machine to brighten whites.

**SALT** aids in removing stains, caked on food and mildew.

In the kitchen, soak pots and pans with 3 tbsp of coarse salt to remove caked on food; you can scrub cast iron with salt and it does not remove the seasoning.

**VINEGAR** is an all-purpose cleaner to disinfect and deodorize surfaces.

In the kitchen, add 1/2 cups vinegar to 1/2 cups water in a microwave safe bowl and bring solution to a rolling boil in the microwave to disinfect, dissolve odors, remove stains and baked on food by wiping with a damp cloth.

**BAKING SODA** absorbs odors, dissolves grease and dirt.

It removes scuffmarks from tile floors; just sprinkle on scuffmarks and wipe clean with a warm cloth.

Removes odors from carpets; sprinkle, wait 10 minutes, and then vacuum.

Use to deodorize refrigerators, iceboxes, and cupboards.

When mixed with water, baking soda becomes a scouring paste.

**BLUE-GRAV** Add 1 cup thawed frozen blueberries to 1 cup room temperature water; strain and add 2 tbsp white vinegar

**BLUE** To 1/4 head of red cabbage cut into chunks, add 4 cups boiling water and soak for 15 minutes; strain and add 3 tbsp of white vinegar

**JADE GREEN** Peel skin from 6 red onions and simmer in 2 cups of water for 15 minutes; strain and add 3 tbsp of white vinegar

**GREEN-YELLOW** Peel skin from 6 yellow apples and simmer in 1 1/2 cups of water for 20 minutes; add 2 tbsp of white vinegar

**ORANGE** Skin from 6 yellow onions, simmer in 2 cups of water for 15 minutes; strain and add 3 tbsp of white vinegar

**RED-ORANGE** Stir 2 tbsp of paprika in 1 c of boiling water for 15 minutes; strain and add 2 tbsp of white vinegar

**GOLD** Simmer 2 tbsp of dill seed in 1 c water for 15 minutes; strain and add 2 tbsp of white vinegar

**WHAT’S IN SEASON**

**Plums**

Helps repair freshness to the skin and prevent cell damage

Stimulates digestion, enriched with fiber and sorbitol

Packed with antioxidants and vitamins A, B, C, and K.

**Asparagus**

High in folic acid, potassium, fiber, thiamin, iron, Vitamins A, B and C.

Aids in lowering LDL cholesterol

Natural diuretic
PREPPING FOR SUMMER BREAK

By Ted Otting

As summer break approaches, it is time once again to prepare for the dreaded “Summer Gap.” Mentioned before in this column, the “Summer Gap” is the skills and knowledge lost when students are out of the school environment for three months. From forgetting routines and habits of the school day to forgetting lessons needed to start the next grade, summer break notoriously sets students back. Luckily, though, there are plenty of ways to avoid the loss of knowledge and still give students a much-needed breather.

The first resource is your student’s teacher or soon-to-be teachers. Usually, if asked with enough advance notice, teachers can provide review packets in different subjects. These packets should cover a variety of academic ideas and be remediation activities (things students already know how to do) in order to keep the topics and lessons from slipping away over the break. Also, if you know who your students’ upcoming teacher will be, you can ask for packets or activities to prepare for the next year. The material should not be new, but rather foundation practice to keep skills fresh. Packets can be completed a page a day or even every other day—again, not to teach new skills, but to balance the freedom of a break with a reminder of the importance of school.

The next resource available are grade level activity books you can find at local stores, libraries, and book stores. These workbooks are usually divided by topic (Math, English/Language Arts, Social Studies) and feature a variety of topic-related worksheets based on grade level expectations. These are good for students who may be below or above level. Check out a few from the library and have your student try some of the work. If it’s too hard (or too easy), you can go back and get a higher or lower grade level. Again, work doesn’t need to be completed every day—just on a regular enough routine to keep your student in an academic mindset.

Finally, libraries, camps, and schools often offer summer reading programs. These programs are typically open-ended and allow students to choose their own books or at least provide high-interest topics to encourage students to read.

Literacy is the area most affected by the “Summer Gap.” Students work all year to build reading and comprehension skills and then spend three months getting rusty as they lose the routine of regular, every day reading. Summer reading programs are a great way to support literacy in an easy-going way and also offer the opportunity for socialization.

People can be intimidated by doctors. But outside the hospital, outside the clinic, simply walking should-to-shoulder with an MD gives people a chance to transcend those barriers.

The name really means something. The program, which has caught the eye of publications larger than this one (the Wall Street Journal and The Huffington Post, for starters), has a nationwide network of doctors who go out Saturday mornings and walk. With people.

People can be intimidated by doctors. But outside the hospital, outside the clinic, simply walking shoulder-to-shoulder with an MD gives people a chance to transcend those barriers.

Now, I don’t imagine the goal is to be offering medical advice to the masses. A simple walk and some wisdom, however, can work wonders.

I’m even beginning to believe that I don’t need to run three miles (or, if I’m being honest, about 1.2) three times (once) a week to feel good about myself. Walking, as Sabgir says, is all you need.

“I think there’s a common misconception that walking is not as good as running, or cycling, or swimming. You’re getting almost everything ... by going for a simple walk.

“It reduces heart attacks, stroke, heart failure, diabetes, blood pressure, colon cancer, lung cancer, breast cancer—the list goes on and on. There are over forty diseases that walking either prevents or treats.”

He calls it a miracle drug. I call it, at the very least, a place to start.

The 2016 Walk with a Doc program kicks off its South Side schedule Saturday, April 2nd at 8:30 a.m. Walkers meet at the Indian Mound Park and Community Center at 3901 Parsons Avenue, and the walks are scheduled for one hour. Walks go on throughout the summer and into November.

For more information, visit walkwithadoc.org or call 614-645-1260.

And so be it. It’s miserable trying to “exercise” with the wind whipping at your face. But what I’ve come to learn is that the usual suspects aren’t the be-all-end-all.

It came across my desk in an e-mail: something called Walk with a Doc. With a little clacking at the keyboard, I came to find this program founded by a cardiologist at Mount Carmel St. Ann’s named Dr. David Sabgir. Neighborhood walking clubs. Cute, certainly. A good-natured way to get people moving.

Well, consider me moved.

Sabgir’s program not only encourages people to walk, it encourages them to walk together. Let’s face it: we love the South Side. But not everyone has the confidence necessary to march up and down Parsons Avenue alone on a Saturday morning. Company is nice. But that’s just the start.

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