

SOUTH SIDE VOICE

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

115 S. GIFT STREET
COLUMBUS, OH 43215
SEPTEMBER 2015 | ISSUE 19

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



SUDDEN INFANT DEATH PREVENTED BY ABSTINENCE, EDUCATION

South Side neighborhood's high incidence of SIDS can be controlled

the lion's share of the tragedy occurring here on the South Side. A hugely disproportionate number of African American families are affected – in fact, more than twice as many victims of SIDs are black than white – a fact attributable to the lack of healthcare, particularly pre-natal, post-natal, and the education that comes with it.

The Columbus Department of Public Health has worked to understand the causes and to promote the prevention of SIDS, as well as to map the racial disparity of its victims, building on work and research compiled by the Ohio Health Equity Institute. Programs such as CelebrateOne, a monthly celebration for mothers and infants who've reached their first birthday, are part of a broader effort aimed at improving education for young parents, as well as providing resources for them and a sense of

community with other new parents in the neighborhood.

According to a recent release from Nationwide Children's Hospital, irregular or immature esophageal function may be the true culprit in SIDS. Infants that have under-developed breathing function have a more difficult time controlling and regulating their breath, leading to apparent life threatening events, or what the hospital refers to as ALTEs. These events are the number one cause for emergency room visits in the country, and have been treated for years as related to acid reflux in the throat, or gastro-esophageal reflux disease. New research indicates that it might be poorly formed neural pathways that make it hard to the child to coordinate breathing and

Continued on page eight

By David S. Lewis

It's every parent's nightmare: burying an infant, to be parted permanently with a child too young to have ever glimpsed the potential and promise of the world. Sudden Infant Death Syndrome, or SIDS, is the often-inexplicable loss of a child in its first year. While the causes are many and varied, most incidences of SIDS are traceable to parents that are under-educated in proper child care of very young infants – and often, substance abuse, either before birth or after, is a contributing factor, as well.

Formerly known as "crib death," the death of an infant is a horrific tragedy, and one most commonly associated with the distant past or third world countries that don't have access to modern pediatric care. Unfortunately, poor or underserved communities like ours have much in common with the developing world, particularly when it comes to good access to health care and education. Columbus ranks 36th out of the 50 largest cities in the U.S. in infant mortality, and Franklin County scores among the worst in the state: 71st out of 88 counties, with

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COLUMBUS
MICHAEL B. COLEMAN, MAYOR

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REEB RETURNS WITH NEW PURPOSE

Reeb Avenue Center sets up shop at the historic Reeb Elementary School

Story and photo by Kamari Stevens

After having its doors shut in 2009, Reeb Elementary will again be an impactful learning place for children and adults alike. Reeb Avenue Center, which will house 12 non-profit organizations in its building, will call the newly restored Reeb Elementary home. While minor construction is being completed, the ribbon cutting ceremony is scheduled for September 25, at 10 a.m., and all South Side residents are invited to take a tour and experience what the center has to offer.

Kerri Mollard, a member of the fundraising council, has been involved with the project since its inception in 2011.

"I've been involved with this project since the very beginning and the goal was to be able to find the dollars for the construction," she said.

The (im)perfect storm of the South Side Settlement House closing and the Grote

family, of Donato's Pizza fame, desire to find a new location for the South Side Learning and Development Center, led to the City of Columbus to enter into a property swap with the city school district for Reeb Elementary School, according to Mollard.

The Reeb Avenue Center will feature programs such as the South Side Learning and Development Center (attached to Reeb Avenue Center in a newly-built building housed on the corner of Washington and Reeb), the South Side Boys and Girls Club, the Godman Guild, the South Side Neighborhood Pride Center, as well as a pay-what-you-can café called South Side Roots, operated by the Mid-Ohio Foodbank and Community Development for All People.

According to Mollard, all of the tenants eagerly anticipate approaching the neighborhood with potential employment opportunities.

While construction has been done to the building to make it modern – additions in-

clude an elevator and several restrooms – it maintains its classic exterior, Mollard said.

"The building is absolutely beautiful and from what we can tell, the community really loves it," she said. "It was vacant all those years but there was no vandalism, there was no crime, so the building is a treasure and we are excited to bring that treasure back to life."

Details for the ribbon cutting ceremony are still in the works, but Mollard said that volunteers would be deployed on September 12 to inform all residential areas of the imminent grand opening. Attendees will be able to take advantage of the litany of programs the Reeb Avenue Center has to offer, immediately. Mollard envisions the new center to be a beacon for the residents, a place where children and adults can better themselves.

"We want to lift the community up," Mollard said. "Our goal is that the building becomes a hub of hope." ♦

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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 United Way of Central Ohio, which is the presenting organization.

While presented by the UWCO, 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/Steeltown Village, Hungarian Village, South Merion Village, Stambaugh-Elwood 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.

FROM THE EDITOR



INFANT DEATH RATE A TRAGEDY BLACK MARK ON NEIGHBORHOOD

In researching this cover story, I found myself so angry and confused. How in the world is this city one where this tragedy occurs on such a regular basis? In Franklin County, two to three infants die *each week* from sudden infant death syndrome – two to three children left us before they ever really got a chance *last week*. That’s unacceptable.

For some reason, this has been a year long overdue in re-evaluating our postures toward each other, particularly in terms of race and poverty. Infant mortality is a racial issue, inasmuch as African Americans are far more likely than white people to live in underserved communities. In our community, that distinction covers a great many of us, regardless of race – but including race, too.

Thankfully, there are many people working on this issue, and from all the most important directions. CelebrateOne is a terrific example of a grassroots-style organization that sprung up with the help of the city and the Columbus Department of Public Health – that kind of partnership stands to make an enormous impact on a public health issue like infant mortality, and has the resources to provide our community with the kind of knowledge and power it takes to eradicate this. Their

“It’s going to take something much harder than condemnation. It’s going to take compassion.”

goal is to reduce infant mortality in the area by 40 percent over the next five years, and to close the race gap by 50 percent. This is a big job, but with the support and cooperation of us, the community they are trying to serve, it’s a goal that can certainly be accomplished.

Approach Problems with a Constructive, rather than destructive, attitude

At least some of what we do as community members has everything to do with how we look at each other, and how we talk to each other. All too often (and I’m pointing at you, which means I’m pointing triply at myself), when we see someone who needs help, we put our hands in our pockets and hope that someone else will take care of the problem. And, too often, no one does. We must start reaching our hands out. We must start making ourselves a little more uncomfortable – just for a while – and making certain that our neighbors are getting what they need. That can be something so seemingly simple as approaching an expectant mother who’s smoking a cigarette – something I mentioned in the cover story, but I think could use some elaborating on. When I was a child, my father smoked incessantly, both in the house and in the car while the family was in it. That was over twenty years ago, and it was a much more common sight then – I grew up in the Bottoms and on the West

Side for portions of my childhood, areas that are awfully similar to much of the South Side today. He knew better. He knew that he was making a choice that would affect the health of his family, but his addiction was apparently too strong for him to just remove himself. At this point, my sister smokes around her children, my mother has chronic pulmonary disease (she’s a non-smoker), and I’m addicted to tobacco. I’ve made my choices, the same as he did, and I’m responsible for them – but I can’t help but imagine I might have been a little less likely to make stupid health decisions for myself had I not seen my father make those same stupid decisions for himself. It’s a cycle of foolishness that is

tough to break, and I know from experience how difficult and delicate a thing it is to intervene in a young mother’s life and question her decisions, or to approach a young father smoking near his kids and basically say, “hey, stop it.” Simply *telling* someone they are making a bad decision is not the way to do it – it’s not going to work.

Maybe a better idea would be going to the Vapor Station (1154 S High St.) and purchase them a starter kit. While vaping isn’t necessarily “healthy,” some people (including myself) are able to use it to quit or significantly reduce their dependence on tobacco, and a recent study in England reports it to be around 95 percent safer than smoking cigarettes. That’s still 5 percent crappy, but if you hand one to someone and say, “Hey, I can tell that you’re really stressed. Having kids will do that to you. I got this so you can maybe just step outside for a second and keep some the smoke away from the kids; I got this for you because I care about you and your family,” it becomes something much more important than an e-cig: it shows that you respect them, if not all their decisions, and it demonstrates that you actually care about them. If someone had taken then time to approach my father with this kind of attitude, one based in love and caring, one that requires some actual sacrifice (those vaporizers aren’t exactly free), who knows? Maybe he wouldn’t have died quite so young; maybe our family would be a little better off. But pointing a finger at someone and saying, “you’re a bad mother, quit smoking in front of your kids” is probably not going to do much: it’s going to take something much harder than condemnation. It’s going to take compassion.

As always, South Side, good luck; stay safe, and be good to each other.

Regards,

David S. Lewis

FROM THE COMMUNITY

19 August 2015

Dear Editor,

I have had issues at my property during the course of the gas line work in our area, and am wondering if anyone else has experienced similar problems. Heavy machinery was used to dig up my sidewalk within inches of the water line. Afterward, water from my main leaked up through the asphalt mess and I had to pay for a costly repair. When pressed to consider the issue, the Infrasource supervisor in charge of the project flippantly dismissed even the possibility that the company was responsible. Soon I received a corporate letter to the same effect. Alarming and to top it off, our meter was improperly installed so leaking gas permeated my yard for over a week. If anyone else has similar or related complaints, or is taking action due to such issues, I would like to hear about it. Thank you.

Sincerely,

Casey Velker

Casey, your concern seems well founded. I live in that neighborhood and have heard complaints from neighbors about the construction effort. Infrasource is a Michigan-based company contracted by Columbia Gas to do replace aging gas lines. I know that on the night your letter came in, Infrasource was still using backhoes with large jackhammer spikes, a horizontal drill, and other heavy, loud equipment at 10 p.m.; seems as though they had knocked out gas at someone’s house up the street. The South Side Voice would be happy to hear comments from the neighbors impacted by the construction, positive or critical, about their experiences with this company. Hopefully they will be finished soon.

SEPTEMBER COMMUNITY EVENTS

SEPTEMBER 25

REEB AVENUE CENTER RIBBON CUTTING CEREMONY

10 am at Reeb Avenue Center, 280 Reeb Ave.

Join us as we celebrate the grand opening of the building and the promise it holds for our neighbors and the entire community! Speakers will be on hand to talk about the Center's tenants and what they mean for the neighborhood.



SEPTEMBER 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.

SEPTEMBER 2, 9, 16,
AND OCTOBER 7

SOUTH SIDE NEIGHBORHOOD PRIDE CENTER TEAM

1:30-2:30pm at Barack Recreation
Center, 580 E. Woodrow Ave. Beginning
OCTOBER 7 @ the Reeb Avenue Center

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. Due to the grand opening at Reeb, no meeting on the 25th of September (There are no meetings on the fifth Wednesday of each month.)

SEPTEMBER 2 AND OCTOBER 7

MERION VILLAGE CIVIC ASSOCIATION MEETING

7-8:30pm at Merion Village Information
Center, 1330 S. Fourth St.

Come hear about exciting new neighborhood developments in 2015, give your input on all aspects of your neighborhood and, most importantly, get to know your neighbors!

Visit www.merionvillage.org
for more information

SEPTEMBER 2 AND OCTOBER 7

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 and help shape the future of YOUR neighborhood.

SEPTEMBER 3 AND OCTOBER 1

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.

SEPTEMBER 5 AND OCTOBER 3

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.

Contact CCCoP at (614)-512-3731 or
corpuschristicenterofpeace@gmail.com
for more info or to register

SEPTEMBER 6 AND OCTOBER 4

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.

SEPTEMBER 10

WOMEN TO WOMEN LISTENING CIRCLE

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

This event welcome 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
for more info or to register

SEPTEMBER 10

MOVIES THAT TOUCH OUR HEARTS: STAYING INDIAN IN OHIO

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

This is a locally produced film featuring our Central Ohio Native American neighbors. Come view the film and participate in a conversation about the issues faced by these neighbors led by members of NAICCO.

Register online at cccenterofpeace.org, or
call (614)-512-273 or email corpuschristicenterofpeace@gmail.com so that we can
reserve your spot - and a bowl of popcorn!

SEPTEMBER 12

FRESH PRODUCE GIVEAWAY

8:30-10:30am at Columbus Castings (Park-
ing Lot), 2211 Parsons Ave.

Columbus Castings and South Side Community Ministries have partnered to provide FREE fresh produce and everyone is eligible. There is no ID required, but you must bring your own bags, boxes, carts, etc. The event will last until all produce is gone. Don't miss out!

For more information about our food pan-
try, visit sscmfoodpantry.org

SEPTEMBER 12

CELEBRATING COMMUNITY

9-3pm at 501 E. Morrill Ave.

Come celebrate community with us as we socialize, eat, drink, build, and plant at our Community Garden! We are planting plants, laying pavers, building raised beds, building a pergola, and painting a fence - by the community, for the community! Volunteers will be provided with a meal. Work clothes highly recommended, as we will be working with dirt and paint. Skills and experience are not required, but landscaping and painting experience would be greatly appreciated.

For more information on volunteering con-
tact Theresa Martin at (614) 361-0667.

SEPTEMBER 14

SOUTH CENTRAL COMMONS BLOCK WATCH

6:30-7:30pm at Tatoheads Public House,
1297 Parsons Ave.

All are welcome to partake in this informa-
tive meeting of safety-minded residents
living in the South Central Commons area.

SEPTEMBER 17

SOUTH SIDE AREA HEALTH ADVISORY COMMITTEE MEETING

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

A Standing Committee Meeting led by Columbus Public Health to discuss health related issues and share information. All residents are encouraged to attend. Free parking will be available just north of the building.

Join the mailing list by contacting Shalini
Madireddy at ((614)) 645-2679 or SMMadireddy@columbus.gov

SEPTEMBER 19**CSSAC EXECUTIVE COMMITTEE**

9-10am at Tee Jaye's Country Place, Parsons Ave.

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.

SEPTEMBER 20**FRANK FETCH PARK THIRD SUNDAY CONCERT SERIES: BRIAN MICHAEL SMITH DOES FRANK SINATRA**

6:30pm at Frank Fetch Memorial Park, 228 E. Beck St

This free concert is sponsored by the German Village Garten Club and Haus Frau Haven. Bring your lawn chairs, blankets, refreshments and enjoy some of the best entertainment in the beautiful award-winning Frank Fetch Park on Beck Street. In case of rain, the concert will be held in the Warner Fest Hall of the German Village Meeting Haus.

SEPTEMBER 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

SEPTEMBER 23**BLOCK WATCH COMMUNITY MEETING FOR THE SOUTH SIDE**

6:30-8pm at Barack Recreation Center, 580 E. Woodrow Ave.

A monthly meeting of all south side block watch representatives and the community at large. Everyone is welcomed and encouraged to attend. Different guest speakers are invited each month to share a wide range of information.

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

SEPTEMBER 27**FOOD TRUCK AND CART HOP**

12-6pm at Tatohead's Public House, 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.

OCTOBER 1**BEREAVEMENT GROUP**

6:30-8:30pm at Corpus Christi Center of Peace, 1111 E. Stewart Ave.

This bereavement group is for all who have suffered the loss of a loved one. Members learn about the grief process, coping skills and each will have the opportunity to share about their loss. The group will be led by an experienced bereavement minister and limited to 10. This program is free, but registration is required. Meetings will take place for eight consecutive Thursday's.

Contact CCCoP at (614)-512-3731 or corpuschristicenterofpeace@gmail.com for more info or to register

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

CIVIC ASSOCIATION LEADERS & MEETING TIMES**Schumacher Place**

Kathy Green, President
kathryngreen@yahoo.com
Meetings held third Tuesday of the month at 6:30 p.m. at Planks Cafe on Parsons
www.schumacherplace.org

Hungarian Village

Paula Copeland, President
hvsociety@yahoo.com
614-222-2145, Meetings held second Wednesday of the month at 7:00 p.m., Hungarian Reform Church, 365 Woodrow Ave.

Reeb-Hosack/ Steelton Village

Linda Henry, Co-chair
lishenry4@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, 280 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. For more information visit www.merionvillage.org

Ganthers Place

Allen Carrel, President
ganthersplace@gmail.com
Meetings held the fourth Thursday of every month at 6 p.m. at 566 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.

Stambaugh-Elwood

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

Vassor Village

Kelly Coate, President
remaxpkellycoate@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.vassorvillage.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

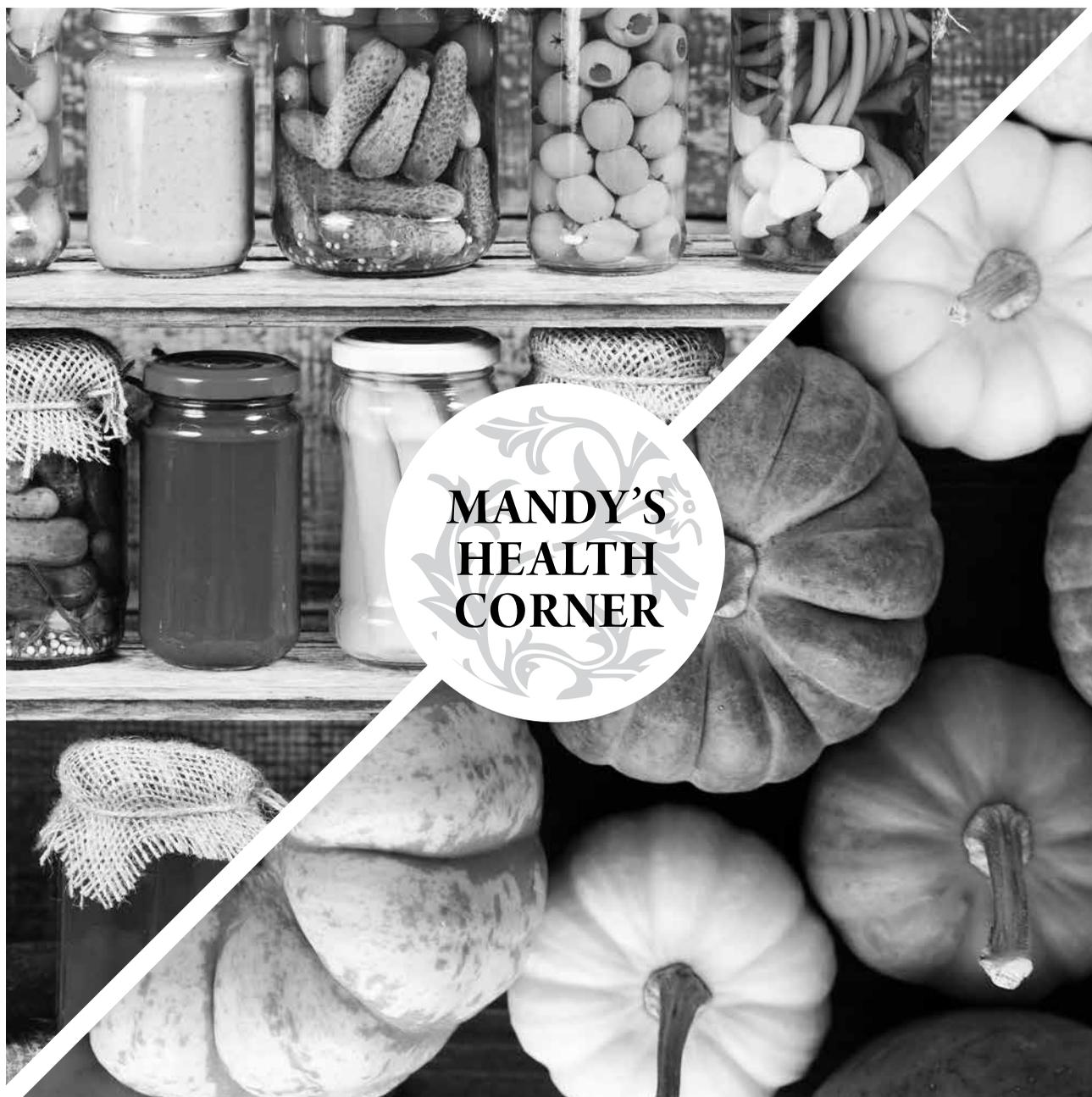
Rachelle Robinson, President
deshlerparkcivic@gmail.com
614-233-1922
Meetings held the third Thursday of the month, 6-7pm at Alvis House, 1755 Alum Creek Dr. Everyone is welcome to join us at our Civic Association meeting. Attend and hear about the great things taking place in our neighborhood!

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.

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.



MANDY'S
HEALTH
CORNER

BEYOND PLASTIC *Food Storage 2.0*

The use of plastics has become an idea of the past; long gone are the days of getting leftovers from Grandma in a butter tub. Chemicals in plastics can be harmful for food storage safety; some dangerous or unhealthy chemicals are not released until the plastic is heated (for instance in the microwave).

How many times have we thrown away the pasta sauce and pickle jars? Glass jars are perfect storage containers: they come in various sizes and shapes, are usually sealable, and leave no strange tastes. Additionally, there is not a large return in glass recycling, and approximately 75 percent of the nation's landfills are composed glass materials.

NO MORE SOGGY SALAD

Have you ever packed a delicious salad for lunch; only to find come lunchtime the salad turned into a soggy mess? Armed with a Mason jar and your salad fixings, you can create your own power packed lunch without the soggy mess.

LAYER IN THE MASON JAR FROM THE BOTTOM UP:

- 1-2 T dressing/vinaigrette
- 1/2 c chopped carrots, cucumbers, red and green peppers
- 1/4 c garbanzo beans, or cooked whole-wheat pasta
- 2 tblsp crumbled or cubed cheese
- 1/3 c diced cooked meat (turkey/chicken/ham)
- Layer on the extras such as avocado, flax/sunflower seeds
- Top with greens such as arugula, spinach, kale or romaine, and cap the jar

Stacked salad keeps greens from getting soggy. When you are ready to eat, simply pour onto plate or in a bowl and enjoy.

OTHER GREAT USES FOR WELL-WASHED, WELL-RINSED JARS ARE:

- Use glass jars to keep dry goods such as pasta, rice, beans and oatmeal fresh
- Keep dry goods like corn starch, baking soda, powdered and brown sugar fresh in your pantry
- Small jars (olive and mustard) are great for storing spices in a drawer
- Mix cinnamon and sugar ahead of time for easy morning breakfast oatmeal or toast!
- Some plastic containers harbor harmful chemicals that are not released until heated; glass jars are great for storing leftovers, soups and broths and stews
- Use to make extra smoothie portions for later; juices, milk and teas store great chilled in the refrigerator * make single portions of sun tea, cut up fresh fruit and refrigerate.
- Replace your plastic water bottle with a large mason jar. Glass is safer and stays colder longer
- Glass jars are great for portioning out breakfast drinks. Simply measure out the drink mix and store; when ready to drink add milk, secure lid and shake for a quick, healthy breakfast on the go.
- Store onions, greens, and herbs in the refrigerator; fill the glass jar 3/4 full with water, place vegetation in the jar (no lid), store in the refrigerator.
- Keep cotton swabs, cotton balls, gauze pads and band-aids in glass jars for easy access and organization
- Keep sewing supplies handy in every place: just place needle, thimble, thread and pins in jar.
- Mix homemade gravy in glass jars for easy pour and clean up
- Soak seeds and nuts overnight to make nut butter. (Soak seeds or nuts overnight, drain remaining water in the morning, place into food processor and mix. Use glass jar to keep fresh.)
- Forget plastic drinking glasses and use glass jars: punch a hole in the top of the jar lid (large enough for a straw to slip through), place a straw through the hole and now you have a spill proof, bug free picnic drinking glass
- Make a kitchen herb garden that produces all year. Fill a clean jar 3/4 full with soil, plant herbs (seed or start) and place in the window.

GET SQUASH SAVVY!

Squash evolved around 350 million years ago in Central America, and was first farmed about 10,000 years ago. Pueblo Indians cultivated the plant and spread its range east to the Mississippi. Records from around 1,000 A.D. indicate that the Shawnee, Sioux and Iroquois tribes all farmed squash and considered it one of the Three Sisters, the sacred plants they believed critical for sustenance.

SQUASH: kept the weeds down and water from evaporating

BEANS: provided protein

CORN: supported the beans

Squash blossoms or flowers can be eaten in the late summer/fall; in the winter squash is roasted on hot coals and the seeds are salted and eaten or pressed for oil, while the roasted flesh of the squash is eaten in soup or succotash. When other vegetables are naturally in scarce supply, squash stores readily in dark, dry, sandy storage areas and provide important plant-based nutrition in the winter months.

TYPES OF SQUASH

SUMMER VARIETIES

- Are harvested in the summer
- Have soft skin you can eat
- Must be used shortly after harvest

WINTER SQUASHES:

- Are picked in the fall
- Have thick skin you don't usually eat (*like pumpkin*)
- Can be stored all winter

NUTRITION

1 SQUASH BLOSSOM CONTAINS THE FOLLOWING:

- 70 calories
- 0 cholesterol
- 20 mg sodium
- Vitamins A,B,C
- Made up mostly of water

EASY RECIPE FOR SQUASH BLOSSOMS

Pick blossoms in the morning and soak in cool water to remove any bugs, pollen and soil. COOK THE SAME DAY.

YOU WILL NEED:

- 2 small mixing bowls (large for a big batch)
- 1/2 c. flour
- 1/2 c. crushed saltine crackers
- 1 c. Milk
- 4 tbsp oil

Bowl #1 1/2 c flour, 1/2 c cracker crumbs

Bowl #2 1/2 c Milk

After blossoms have soaked, dip into milk and then into flour mix, fry in oil until brown.



HOUSE OF BBQ AND BLUES SPICES UP PARSON'S REVITALIZATION *By Mark J. Lucas*

German Village and the surrounding South Side area are known for great food, but the area has, for some time, lacked a legit barbecue joint.

That is, until, this year.

Started by Tamaul Boston and his wife Nikki, House of BBQ and Blues, located at 724 Parsons Ave, is a bare-bones barbecue establishment of the first order. Still in its mobile stage, patrons order from a large blue food trailer, and enjoy their meal at classic picnic tables. The Bostons are hoping to buy the lot they're leasing and build a brick-and-mortar establishment in the next few years, but for the time being, the current configuration only adds to the place's charm and authenticity.

"This is a great area," Boston told the South Side Voice in a smokey, sticky interview conducted on location. "A lot of revitalization

is going on in this area, with the Crest and Children's Hospital. It's pretty much the prime time to get into this location."

Boston, a veteran of the U.S. Army, learned the art of barbecue in the military. Since the age of 19, he has honed his skills, and has a particular passion for the craft. After his service career, he moved into IT, but didn't care for the "corporate lifestyle." Eventually, the call of 'cue grew louder. He laid out his plan to start House of BBQ and Blues to his wife.

"I hated my job. I did it because I had a family," said Boston. "I told my wife what I wanted to do. She said 'every man thinks he can barbecue.' I told her 'No, but I can really barbecue.'"

So the two of them set up temporarily at Livingston and College Avenue. Even through particularly unseasonable weather, they started to realize they had captured lightning in a BBQ bottle.

"I'd do about 30 slabs [of ribs], and we'd be sold out in an hour from the time they came off. Then I'd put the next ones in, and when those came off, 30 slabs, one hour, sold out. One guy actually came from his job in Dublin. He wanted five slabs. I told him they wouldn't even be ready for three or four hours. He said it didn't matter and gave me \$100 and said he'd be back. And he came back!

"So at that point, my wife said 'you *can* really barbecue,'" he laughed.

And his wife Nikki is absolutely correct: He really *can* barbecue. The menu is no-nonsense – a dozen or so dishes, each of them made with hand crafted rubs and sauces, plenty of smoke, and good old fashioned TLC. All the sides are dead-on classics, like mac-and-cheese, potato salad, collard greens, and peach cobbler. The ribs, in particular, were fall-off-the-bone tender,

and smoked pink all the way through.

"The ribs are my favorite thing to make. A lot of people do ribs, and they'll do them just to do them, but I do them like I'm in a competition. I peel the membrane off and cut 'em down. Put them on for three hours, pull them off. Marinade them, wrap them up. Put them on there for two hours, take 'em off. So 5-6 hours on the ribs. I started with those, so they'll always be my bread and butter."

The best part: They deliver to local businesses and the greater German Village area. ♦

HOUSE OF BBQ AND BLUES is located at 724 Parsons Avenue, and is open 12pm – 6pm Tuesday through Thursday and Friday and Saturday 12pm – 7pm (or until they run out of food!). For more information, call 614-440-0831

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WRITE THIS DOWN- IT WILL BE ON THE TEST

A teacher's guide
to taking notes

By Ted Otting



Well, the school year has started, which means there isn't time to waste. Students are in the classroom, teachers are trying to deliver important information of their subjects, and that intersection is where things tend to break down:
Note-taking.

Textbooks, hand-outs, and lectures just deliver information. Students need to take it in and somehow retain and hold on to it all to study and to advance as each topic builds to the next. This is why note-taking is so important.

I'd say 80-90 percent of the students I've taught don't know how to take appropriate notes. Some try to write down everything the teacher says, others don't write anything, and those in between are usually just confused. Generally speaking, note-taking is simple. It's a personal journal of class material that can be referenced by the individual and understood. When I teach note-taking I relate it to a triangle turned upside down – start with a broad idea and then narrow it to the final, basic point. Notes should reflect the individual learning style of the student (visual, reader, audio, etc.) but all involve some form of writing to record the information.

Start with the main idea. For example I'll use a simple story- The 3 Little Pigs. The big idea is a wolf is trying to eat the pigs. The teacher may read the story or slowly guide students through it, but students should learn to take out the big idea and write it down first. Next come details. Do you need to remember what the pigs wore or how many times the wolf puffs? No. You need to know there are 3 pigs, a wolf, and 3 houses of different material. Remember again the upside down triangle- The big idea and just the facts. Finally, what happens at the end? The wolf can't blow down bricks and we know brick houses are the best.

This is a simple example and that can get complicated as topics like chemistry, math, and history piles on details, methods, and names. Once a student has grasped the triangle idea and big ideas to facts to final point though, there are just a few additions that make things easy:

ALWAYS WRITE DOWN IMPORTANT DATES, especially in history and English courses

MAKE LISTS (characters, amendments, etc.). Don't write down everything, just enough to remind yourself what the important idea is.

DRAW PICTURES To help yourself remember. A star next to an important idea, or a smiley face next to something that stands out.

If you're not sure something is important, **WRITE A LITTLE REMINDER AND ASK YOUR TEACHER AFTER CLASS** if it is.

Finally, **EXPLAIN YOUR NOTES TO SOMEONE ELSE**. If you can use your own thoughts to explain the big idea and the details, then you've successfully learned the material.

Note-taking takes practice, but getting over the hump of writing things down and developing a specific style allows students to not only get more out of the classroom lesson but to *recall* it, which in the end is the most important. ♦

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swallowing functions in the throat and airway, leading to gasping and, occasionally, asphyxiation. Patience and proper feeding and sleeping practices are the answer, until the baby's respiratory system matures.

Poor sleeping practices are some of the most lethal causes for infantile respiratory distress, and may well be the leading cause of SIDS – as well as the most preventable. Some of the most seemingly intuitive parental behaviors, such as including a blanket or comforter in the crib, or even providing them a soft mattress on which to sleep, can lead to asphyxiation, as an infant is unable to hold itself in the proper position to breathe. Babies should always be placed on their backs to sleep, in a sleep sack designed for babies, and they should always sleep alone – always! Over 60 percent of SIDS victims were allowed to sleep with an adult. Always use an approved crib.

No matter what year it is, no matter what country we live in, an infant is an incredibly fragile and delicate life, and as a community, we must all come together and watch out for the parents and parents to be in our neighborhood. If your friend or relative is pregnant and smoking or abusing drugs, have the courage to address it with love and kindness – NOT judgment and condemnation, which is far more likely to backfire. Talk to family members and discuss the best ways to support this mother-to-be. And, if you're a smoker, take it outside – for goodness' sake, don't smoke around infants, or even hold them after having smoked. ♦

While the South Side experiences SIDS at an alarming rate, there are many resources for parents and family members. Informed parents are better parents. For more information on SIDS, please visit www.CelebrateOne.info, which is a great portal into many resources for new parents.

If you find your infant having difficulty breathing (gasping, struggling for air) or if you notice a change in skin color or the baby's temperature, call 9-1-1 IMMEDIATELY – delay can be fatal.