

# SOUTH SIDE VOICE

Presented by United Way of Central Ohio and the City of Columbus

360 SOUTH 3RD STREET,  
COLUMBUS, OHIO 43215  
NOVEMBER 2014, | VOL. 1, NO. 10

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

**United  
Way**  
United Way  
of Central Ohio

Illustration by  
Laura J. Sanders



## KEEPING WINTER OUT OF YOUR WALLET

With preparation and knowledge, winter doesn't have to freeze your funds, too *By David S. Lewis*

**O**ld Man Winter is often pictured as an icy, bearded devil. Sometimes, though, I imagine him as a pickpocket.

There's nothing enjoyable about paying sky-high utilities and, if you're like many of us on the South Side, these old houses really eat up a lot of gas when the mercury falls. Fortunately for us, there are many things we can do now (before the winter really sets in) and, for those families who are already finding it difficult to make ends meet, there are some programs you may not know about that are designed to keep your lights on and your homes warm.

Winterizing your home is not as difficult as it sounds. As a matter of fact, parents can make a game of it, and put the kids to the task.

For younger folks, this can be a great way to spend time with friends or get to know your neighbors: get enough materials to do several houses, and don't forget the apple cider. At the end of the day, making any chore fun makes it more likely to get done. Unlike most chores, however, this one could cost you hundreds of dollars if you don't do it.

There are two major elements to preparing a home for winter: insulation and conservation. Really, it's ALL conservation, since proper insulation allows you to keep more of the heat that you're paying for, but conservation should be thought of as behavior, while insulation is only material.

Keeping your heating bill down means using your space wisely. Many older homes,

particularly those converted from multiple-family dwellings to single family spaces, have a number of doors. Limit the doors to two (providing for safe emergency exits, of course), and seal up the others as best you can. Blankets and quilts work well for this, preventing drafts from sucking out your hard-earned heat. If you have an enclosed porch or a "mudroom" with two doors, use that one; they're ideal as the space between the outer and inner door provides an insulating barrier – kind of like an airlock on a submarine.

For older, leaky windows, covering them with plastic wrap can save hundreds of dollars on your heating bill. Forming an airtight barrier over them doesn't just prevent drafts from stealing your warmth: again, it provides a pocket of air that slows the loss of heat through the glass itself. All any insulation does is trap air and hold it – even the insulation in your Igloo cooler.

If you have rooms that aren't occupied, or are only used occasionally, seal off the door with blankets, cover the windows, and close the heating registers in that room. While it is relatively easy to heat a room when necessary, there's little sense in paying to keep an unused room as warm as the rest of the house; closing the register will help keep the warmth where it's going to be used.

Another trick to saving on utilities in the winter sounds like it may be from left field, but conditioning your family to turn off lights in rooms that aren't occupied may be a way to save on one bill when you know you're going to have to pay more on another. By the same token, energy efficient "green" light bulbs use far less energy than regular old incandescent bulbs. If you haven't already made the switch, now is a good time to do so.

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MICHAEL B. COLEMAN, MAYOR

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# Amazing Settlement House Stage Sculpture Gone, But Not Forgotten



Artist/sculptor John Sunami's unique "IntroCenter" and "Spirit of the South Side" is in storage...where do **YOU** think it should be installed? *By SSV Staff*

For anyone who ever visited the South Side Settlement House before its demolition last year, chances are they remember the IntroCenter...even if they didn't know its name.

The IntroCenter, the sprawling twin-spiral staircase structure located in the courtyard, was actually a functional sculpture designed for that space by local artist John Sunami. The stage, framed by a graceful arch and flanked by the twin staircases flowing to the floor, was adorned by a bronze, steel and glass figure, a sculpture integrated into the performance structure and named The Spirit of the South Side. The work was unique and one of the many wonderful elements of the Settlement House, which stood at 310 Innis

Ave. for over 30 years. The city tried to find a solution to the building's deteriorating state but ultimately decided on removal... but what you might not know is that the IntroCenter itself was removed from the building before its demolition, and is safely kept away in storage until a proper use for the structure is found.

According to criteria developed by Sunami, re-installation of the Intro Center should be in the South Side, since the artwork was developed for the area and was the only large-scale public artwork in the neighborhood – in fact, he hopes that it finds a home near the original location.

However, it can't be installed just anywhere.

"The IntroCenter was never designed to function as the primary entrance to a building and needs to be located where access can be monitored. Among the reasons monitoring is needed are current code requirements for stairs, potential liability if children are using the structure for playing, and the attraction for metal theft," wrote the sculptor, whose wife Mari was a long-time director for the Settlement House. "...The reinstallation of the IntroCenter would have to be planned as a separate structure, or integrated into the plans of a new building. It cannot be just tacked on to something that already exists. With the right setting, the IntroCenter can be a unique attraction and symbol not only for the South Side, but for all of Columbus."

**So, where do you want to see it?** *The South Side Voice wants to see the IntroCenter reinstalled and restored to its former glory as a symbol of hope and progress on the South Side. We would love to hear from you; where do you think it could go? Please send your ideas to [paper@southsidevoice.org](mailto:paper@southsidevoice.org) or text your ideas to (614) 301-3960. Your imagination is the limit; just be sure to include your name, age, idea for the IntroCenter's new site, and a brief explanation of why that site is the perfect place for this one-of-a-kind artwork!*

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We plan to make digital editions available as soon as possible.

To sign up, send your email address to [paper@southsidevoice.org](mailto:paper@southsidevoice.org)

## ONLINE EDITION

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

The South Side Voice is dedicated to providing the South Side of Columbus with a high quality community newspaper, which recognizes and celebrates the achievements of community members; shares pertinent news and information of interest to the community; and promotes neighborhood cohesion, community engagement and good citizenship.

For purposes of this newspaper, the "South Side" refers to the area including the ten civic associations in the Columbus South Side Area Commission and the six civic associations in the Far South Columbus Area Commission. This may be modified in the future as this newspaper grows. This newspaper is currently managed by the Southern Gateway Project Team on behalf of the City of Columbus and the 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



Photo by Megan Leigh Barnard

### A TIME OF THANKS AND FROSTBITE

#### “Be thankful for what you’ve got.”

I’ve always kind of hated that proverb. It always seems to be coming from someone who’s got more than me, for one thing. It seems to suggest that wanting something means you aren’t happy enough with what you already have. It’s pious and righteous and just a heckuva thing to say to someone, especially if they don’t have much.

I took a friend out canoeing with me not long ago, on the Scioto, just downstream of the lowhead dam at Greenlawn Avenue. He didn’t seem to be a regular sailor as he crawled slowly and awkwardly over the seat and finally hunkered down in the bottom of the boat, clearly afraid for his life. I couldn’t help but stand in the stern of the thing as I paddled, sometimes giving it just a little more rocking than was needed.

As we went on our way, he relaxed, clambered around and sat on the seat. After he had calmed down a bit, he seemed to marvel somewhat at the canoe’s stability.

“Have you ever tipped a canoe?” he asked me.

“Once,” I replied.

Many years ago, in upstate New York, I was given a canoe with a large hole in it. It was fiberglass, so I got a quart of Bondo and had it together in no time flat. After the patch had dried, I “borrowed” a neighbor’s shovel to use as a paddle, drug it down to the lake, and got myself right out to the middle before I turned the canoe over.

It was March. The water was literally freezing cold. I was finally rescued by another boater, who hauled me out of the water onto his boat just as I lost consciousness.

I nearly died, of course; had that gentleman not been out there by happenstance, you wouldn’t be reading this. (Possibly you’d be reading something better.)

Now, as I sit here with my dog snoring on the couch, my living room pre-winter warm, a good meal of beans and ham in my gut, and my generally comfortable house, I think of a person close to me who lost his child in a drowning accident earlier this summer.

And it’s easier and easier to be grateful for what I have.

Good luck this winter, all of you, and I hope you all have a good Thanksgiving with your family.

Regards and good luck,

David S. Lewis  
Editor, South Side Voice

#### Continued from page 1

Part of conserving energy is using less of it in the first place. Perhaps if we lived in the Bahamas we could get away with flip-flops and shorts during the winter. You live in a state that had a thing called a Polar Vortex happen last year – and it’s supposed to happen again this year. Get some sweaters. Big comfy ones. Wool is the best and, if they are itchy, wear a thin long-sleeved shirt under; the itchiness goes away more quickly than frostbite. If you’re on a budget (like this writer), Goodwill and other thrift stores often have great deals on really nice, gently used sweaters that are perfect for use around

the house. Buy thick, warm socks, preferably also made of wool, or wear slippers, and keep throws, blankets, afghans, and the like on every sofa. Are you in a cold house, or are you having a month-long hot cocoa party? That’s all up to you.

Lastly, go outside! Not only is the winter hard on your wallet, it can also be a challenge for the morale. Nothing will get you used to colder weather like taking a daily walk in it, so long as temperatures are safe. Winter is the worst when you let it get the better of you; get and keep the upper hand by going outside, getting what sun you can, and conditioning yourself to the colder temperatures.



#### A HEAP of Help

For many families in our area, staying warm isn’t a matter of putting up plastic and wearing snuggles. Low income families are the hardest hit by high utility bills – for many, putting food on the table is hard enough during comfortable weather, and heating a home means yet another bill that seems impossible to pay. For qualifying families, though, there is hope and help: The Home Energy Assistance Program can help prevent late bills from resulting in having ser-

vice cut off. HEAP can also help get the lights turned back on, and even reduce your monthly bill.

HEAP takes a multi-pronged approach to keeping low-income families warm, and not every household that don’t qualify may still benefit from an assessment, as a professional looking at your usage and home may be able to point out ways to save or conserve that you haven’t even thought of.

For those who are living at 175-percent of the federal poverty line (or lower), the Win-

ter Crisis Program provides a one-time payment of up to \$175 that could be all you need to get through the winter, from November 3 through March 28 of next year. While that 175-percent figure may seem impossibly low to qualify for, many families in our area do qualify, so if you know someone who doesn’t read the South Side Voice and is in need, mention HEAP and the Winter Crisis Program to them; it might make an enormous difference in how comfortable their winter will be.

#### THE CHART BELOW CLARIFIES THE 175-PERCENT OF FEDERAL POVERTY GUIDELINE:

SIZE OF HOUSEHOLD	TOTAL GROSS HOUSEHOLD INCOME FOR 12 MONTHS	LAST 90 DAYS
1	Up to \$20,422.50	\$5,105.63
2	Up to \$27,527.50	\$6,881.88
3	Up to \$34,632.50	\$8,658.13
4	Up to \$41,737.50	\$10,434.38
5	Up to \$48,842.50	\$12,210.63
6	Up to \$55,947.50	\$13,986.88

If you wish to call to schedule a HEAP assessment or to get more information about the Winter Crisis Program, call (866) 747-1038. During times of high demand, offices are open select Saturdays to make appointments easier.

IMPACT Community Action’s Emergency Assistance Department will kick off the 2014-2015 Winter Crisis Program (WCP) by hosting its “6th Annual Early Bird Special” from 5:00 a.m. to 6:00 p.m. on Monday, November 3rd at its 700 Bryden Road headquarters. Call them at (866) 747-1038, or visit them on the Web at [www.impacta.org](http://www.impacta.org). Impact Community Action is a powerful resource in the Franklin County area for a variety of emergency and crisis management.

## NOVEMBER COMMUNITY EVENTS



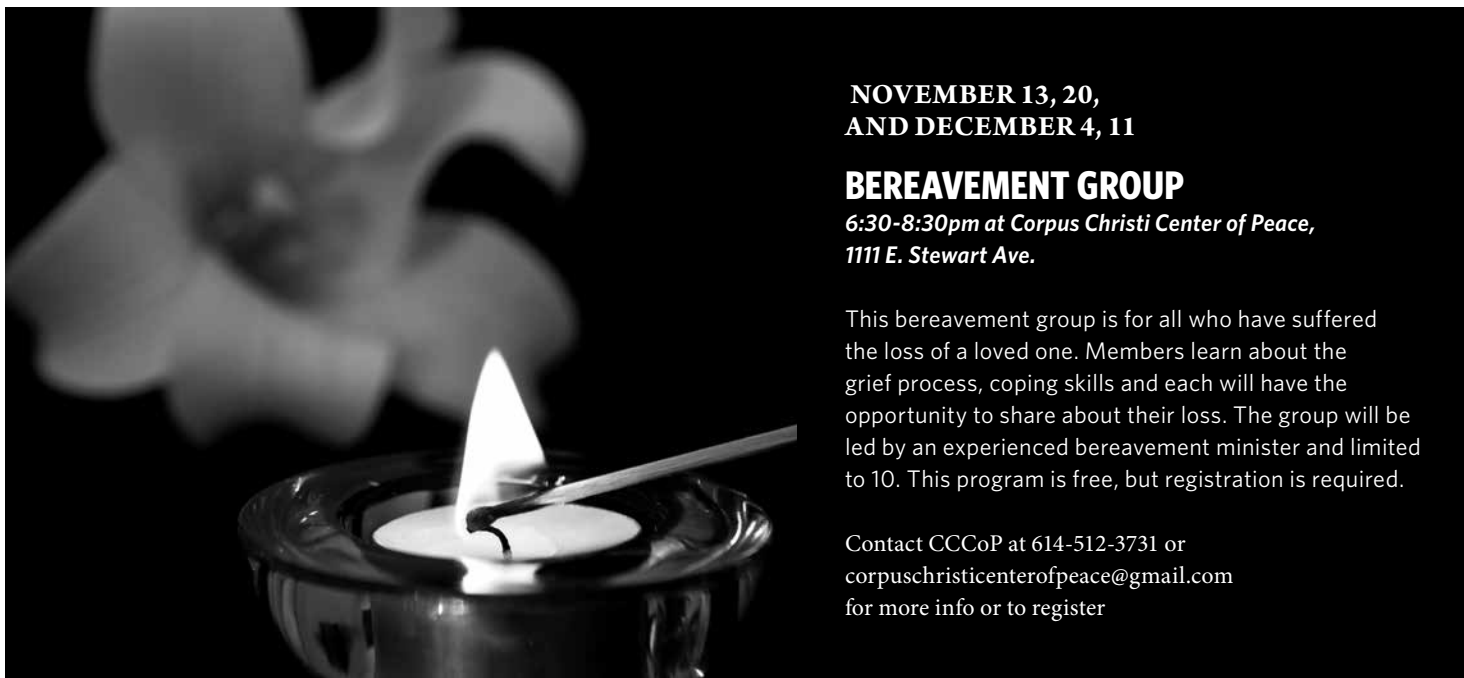
**NOVEMBER 13, 20,  
AND DECEMBER 4, 11**

### **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.

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



### **NOVEMBER 2 AND DECEMBER 7**

#### **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.

Contact 614-253-8865 or 614-252-7488 for more information

### **NOVEMBER 5 AND 6**

#### **ANNUAL CHICKEN AND HOMEMADE NOODLE DINNER AND HOLIDAY BAZAAR**

*11-1pm on Nov. 5 & 6, 5-7pm on Nov. 6 at United Methodist Church, 199 E. Gates St.*

We invite you to attend our annual event. Lunch and Dinner tickets will be sold with prices for Children ages 10 and under being \$3 and prices for adults being \$8. Come for the food, stay for the holiday shopping!

*For more information, call 614-443-3458 or e-mail [gatesfourth.umc@att.net](mailto:gatesfourth.umc@att.net)*

### **NOVEMBER 8**

#### **WALK WITH A DOC**

*8:30-9:30am at Indian Mound Park & Community Center, 3901 Parsons Ave.*

Walk With A Doc helps you take steps to a healthier you. We host a hour long morning walk led by a physician from Mount Carmel Health System or The Ohio State University Wexner Medical Center. Refreshments will be provided for all walkers. In case of bad weather, walks may be moved indoors.

For more information visit [www.walkwithadoc.org](http://www.walkwithadoc.org) or call 614-645-1260

### **NOVEMBER 8**

#### **HOLIDAY BAZAAR AND DINNER**

*9-4pm at Mt. Carmel Community Baptist Church, 608 Stambaugh Ave.*  
Come join us for our Holiday Bazaar and Dinner, where items and dinners will be for sale. The bazaar begins at 9am, followed shortly by the dinner sale at 11am. Dinners will include coleslaw, baked beans, bread and dessert.

### **NOVEMBER 10**

#### **SOUTH CENTRAL COMMONS BLOCK WATCH**

*6:30-7:30pm at Tatohead's, 1297 Parsons Ave.*

An informative meeting of safety-minded residents living in the South Central Commons area.

### **NOVEMBER 15**

#### **THROAT CULTURE SINGS FOR FOOD (PANTRY)**

*7-9pm at St. Paul UCC, 255 E. Gates St.*

This is the fifth annual benefit concert to support the South Side Community Ministries food pantry that helps provide food for those less fortunate in our community. Throat Culture, a Columbus A capella ensemble, performs original music and old-time favorites in fun and interesting ways. Fun and entertaining for the family! SSCM is affiliated with the Mid Ohio Food Bank and each dollar donated purchases \$11 for families in need. Attendees will be asked to make a free will donation towards the pantry. Come out to enjoy good music and support a great cause!

### **NOVEMBER 20**

#### **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](mailto:SMMadireddy@columbus.gov)

### **NOVEMBER 23**

#### **FOOD TRUCK & CART HOP**

*12-6pm at Tatohead's, 1297 Parsons Ave.*

Stop by for lunch or an early dinner and enjoy the various foods provided by a dazzling array of local food trucks and carts. Sample foods from far away countries or just down the street -- the choice is yours!

### **NOVEMBER 25**

#### **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 JoAnne St. Clair, City Liaison, to verify meeting times at 614-645-8097



**DECEMBER 7**

### **HOLIDAY BENEFIT CONCERT**

*Begins at 3:30pm at Corpus Christi Center of Peace, 1111 E. Stewart Ave.*

Neighbors and friends are welcome to join us for our third annual benefit concert! Enjoy a Sunday afternoon listening to several local soloists, instrumentalists and choirs to perform music of the season. A collection will be taken during intermission and all proceeds will be donated to charity.

**NOVEMBER 26**

### **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 JoAnne St. Clair, City Liaison, to verify meeting times at 614-645-8097

**DECEMBER 1, 8, 15 AND 22**

### **ADVENT QUIET EVENINGS**

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

Come join us in reflecting on the season of Advent, while preparing ourselves to celebrate Christmas in a deeper way this year. All ages are welcomed.

**DECEMBER 6**

### **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

**DECEMBER 8**

### **SOUTH CENTRAL COMMONS BLOCK WATCH**

*6:30-7:30pm at Tatohead's, 1297 Parsons Ave.*

An informative meeting of safety-minded residents living in the South Central Commons area.

**DECEMBER 11**

### **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

## **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 p.m. at Planks Cafe on Parsons

### **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.

### **SouthSide C.A.N.**

Debera Diggs, President  
614-598-2237. Meetings held second Mondays of the month at 7:00 p.m. For more information contact President Debera Diggs.

### **Reeb-Hosack/ Steelton Village**

Linda Henry, Co-chair  
**lshenry4@gmail.com**  
Lillie Banner, Co-chair  
Meetings held second Tuesday of the month at 7:00 - 8:30 p.m. at Resurrection Missionary Baptist Church, 280 Hosack, Social/food 6:30 - 7:00 p.m.

### **Vassor Village**

Kelly Coate, President  
**remaxpckellycoate@aol.com**  
Meetings held first Wednesday of each month at Barack Recreation Center 580 Woodrow Ave., Block Watch at 6:30 p.m. Meeting starts at 7:00 p.m.  
**www.vassorvillage.webs.com**

### **Merion Village**

Tony Roell, President  
anthonyroell@gmail.com  
Meetings held first Wednesday of the month at 7 p.m. at the Merion Village Association, 1300 S. Fourth St.

### **Innis Gardens Village**

Brenda Cummings, President  
**bndbhealthy@yahoo.com**  
Meetings held third Thursday of the month from 6:30 p.m. - 8 p.m. Block Watch 6:00 - 6:30 p.m., Come As You Are Ministries, 1402 Smith Rd. (corner of Fairwood & Smith)

### **Deshler Park**

Earl Littlefield, President  
**earlittfield@sbcglobal.net**  
614-329-5294  
Meetings held third Thursday of the month at 6:00 p.m. Alvis House, 1755 Alum Creek Dr.

### **Southern Orchards Southside United Neighbors**

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 Luddie Hatten  
614-443-7219

# WHEAT-FREE SWEETS & TREATS



Left and top right: Bake Me Happy Owner Wendy Miller Pugh, Bottom right: Bake Me Happy Employee Theresa Mooney PHOTOS BY KAMARI STEVENS

## Make it Yourself!

# GLUTEN FREE PEANUT BUTTER COOKIE

Courtesy of Bake Me Happy co-owner Wendy Miller Pugh

Just in time for the holidays, here is an easy gluten-free recipe that requires no flour, so you don't have to go out and buy a lot of different wheat-alternative flours you might not use often. You can also add chocolate chips or peanuts or any other mix-ins you wish.

## INGREDIENTS

- 1 cup dark brown sugar
  - 1 teaspoon baking soda
  - 1 cup smooth or creamy peanut butter
  - 1 large egg
  - 1 teaspoon vanilla extract
- Procedures

Preheat oven to 350°F. Line two rimmed baking sheets with parchment paper. In small bowl, rub together dark brown sugar and baking soda. Add peanut butter, egg, and vanilla extract. Stir with wooden spoon until smooth. Batter will be thick.

Drop rounded tablespoons onto prepared baking sheet. Cookies spread during baking; space about two inches apart. Using the tines of a fork, press down lightly and make a crosshatch design on top of each cookie. Bake until cookies puff and settle, about ten minutes. Cookies should be lightly golden brown.

Allow cookies to cool on the pan for ten minutes. After ten minutes, transfer to a wire rack to cool completely. Repeat with remaining dough. Store cookies in airtight container on the counter for up to four days.

## Bake Me Happy looks to make Merion Village the best place to find gluten-free sweetness

By Kamari Stevens

**B**ake Me Happy, a gluten free bakery, has settled in on 116 E Moler St. after a warm welcome from Merion Village at their grand opening this past September.

"We had a great reception from the neighborhood," said Wendy Miller Pugh, co-owner of Bake Me Happy. "We were overwhelmed by all the people who came... it was a good introduction.

After spending the past year operating out of ARC Industries and dealing mostly in wholesale, Miller Pugh and her partner Letha Pugh, decided it was time to expand. After scouring Craigslist, both Wendy and Letha found a combination of good pricing and location in their new home on Moler. That expansion comes along with a foray into retail.

"When we started [Bake Me Happy], we didn't expect to be right here [in Merion Village], right now – this was not really a part of our vision," she said, "but we've listened to our customers and our business and have let it guide us."

Miller Pugh's knack for baking and her partner's business acumen is where the idea originated.

"Letha is an entrepreneur at heart, she had sold a business and wanted to do something new, and I had been baking for awhile," said Miller Pugh.

The reason Bake Me Happy is completely gluten-free stems from Miller Pugh's allergy. Several years ago, Miller Pugh began to experience symptoms that she would later determine matched up with a gluten intolerance. Miller Pugh began baking her own items out of neces-

sity, sometimes taking them to parties. Once the gluten-free treats became popular amongst their friends, a formal expansion seemed like a reasonable venture.

"Let's do the bakery," they decided.

At the bakery, you can find gluten-free twist on classic sweets, like Twinkies and Oatmeal Cream Pies (known as "Spongies" and "Oatmeal Cream Clouds," respectively). Still, Miller Pugh doesn't want only to trot out gluten-free clones of nostalgic baked goods.

"We don't just try to replace gluten free items," she said. "We try to make it fun and interesting."

Even in their short time on the South Side of Columbus, they have become members of the Merion Village Association and have plans to host baking classes and parties for neighborhood residents. So far, Miller Pugh has noticed their retail visitors are made up of "neighborhood folks coming in who aren't necessarily gluten-free, and gluten-free people coming as a destination.

"We want to be on everyone's radar as the place to go for gluten free [items]," she said, "and that's our focus." ♦

## PARENT'S CORNER

**FIREFIIGHTERS  
4 KIDS PLAY  
SANTA FOR  
37<sup>TH</sup> YEAR**



By Erin West

It is amazing that Christmas is right around the corner! There may be resources for the holiday season for your family. A handy number to call is 2-1-1. They have information about holiday toy give-aways, food assistance and others. One of these programs is the Firefighters 4 Kids program. This program started in 1977 as a very small project held in the basement of its founder, Mike Mullins, a Columbus firefighter. While Mike was on fire runs, he was taken aback by how many

children were not going to have a Christmas. It became important to him to make sure each child had a gift to open at Christmas. The Columbus Division of Fire employees donated gifts throughout the year, and the firefighters delivered gifts to houses of families that they knew needed assistance. The program has grown over the years and they can no longer hand deliver toys, but that does not deter them from continuing the program. They look for bigger and better ways to manage the needs of local families and continue to provide toys every year.

Firefighters 4 Kids provided bags of toys to nearly 18,000 children last year. They work with social service agencies to register families for the program. Southsiders can sign up through Community Development for All People at various locations throughout the South side. Interested parents can call after November 6th at (614) 445-7342. Pick up for toys will happen in December.

### REGISTRANTS WILL NEED TO BRING:

1. Your application form
2. Picture ID (Drivers License, Health Card with picture, State of Ohio ID, etc)
3. Birth certificate or health card for each child. (Health card MUST contain the child's date of birth.)

\* If you are the child's guardian, you must bring your guardian papers.

\* If you are picking up for someone else, you must bring a signed permission slip from that person stating that you can pick up for him/her. In addition, you must bring that person's picture ID, reference number, and birth certificate or health card with proper birthdates for each child.

## EDITORIAL:



FROM YOUR REPRESENTATIVE:

### EDITORIAL: FINDING THE RIGHT BALANCE OF RENEWABLE ENERGY MANDATES

By Ohio Representative Michael Stinziano

This month Ohio's legislature finished appointing all the members of the state's new Energy Mandates Study Committee, and I am honored to have been one of those named to the committee.

Our work will be crucial to the state's future energy policy, which will affect every Ohioan. By law, this committee will review and recommend the future course of renewable energy in our great state. Ohio's renewable energy mandates are frozen at the current rates by a state law passed earlier this year.

Renewable energy – such as wind power, hydro power and solar energy – is going to play an important part in not just Ohio's but in the world's future. Recognizing that fact, more than 30 states have renewable energy mandates, including ours.

It's important that we strike the right balance between encouraging these sustainable energy sources and ensuring our citizens will have affordable and reliable power.

I have no doubt that we can craft sensible renewable energy mandates that can protect our environment and our citizens. Ohioans deserve nothing less.

Along with the 12 other members of this committee, we are tasked with creating a report by September 2015 that will include our recommendations.

Helping to prevent climate change and protecting the environment is something in everybody's interest. We all have to breathe the air, and we all will have to live with the impacts of climate change. No one is immune.

My hope is that, along with my colleagues, we can find a common sense solution that ensures affordable energy while promoting renewables. The renewable energy industry is expanding across our country, creating jobs and lowering the costs of using renewable energy. We need to encourage that industry's growth here in Ohio.

At the same time, conventional energy sources, which generate the vast majority of Ohio's power, are needed to ensure affordable, reliable energy.

We can strike this balance. I look forward to working hard to help find the right course that will ensure a prosperous future for our state.

Remember, when you have a problem, question, or concern, or anytime that I can be of service, call me at 614-466-1896 or e-mail me at Rep18@ohiohouse.gov and I will do everything I can to help.

I'm at the Statehouse working for you. ♦

*Rep. Michael Stinziano represents the 18<sup>th</sup> House District, including the great neighborhoods and businesses of the South Side.*



# WINTER WOES

Overcoming Seasonal Affective Disorder *By Kamari Stevens*

**P**rior to being a freshman in college I had no clue what the “winter blues” were, or as it is formally known, seasonal affective disorder. When the weather shifted towards the chillier side of things and daylight would disappear far earlier than usual, it made sense to stay in the house. Sleep in more. Eat food to pass time. It was practically hibernation. At least that is what I thought until I became aware of seasonal affective disorder (SAD). Seeing pamphlets across campus with the word “SAD” elicited slight disdain from myself. I thought, if I’m sad I’ll just play video games, problem solved. My attitude shifted when I had the opportunity to talk with the people handing out the “SAD” pamphlets and realized the seriousness of the disorder.

According to the Mayo Clinic’s web site, SAD “is a type of depression that is related to changes in season.” So if you’re usually a cheerful, upbeat person during

*If you’re usually a cheerful, upbeat person during the Spring/Summer months but feel lethargic and irritable when November comes around, chances are you are suffering from SAD.*

the Spring/Summer months but feel lethargic and irritable when November comes around, chances are you are suffering from SAD. SAD is most prevalent in people ages 15 to 55, women and those

who have relatives who suffer with depression.

While experts haven’t determined the exact causes of SAD, lack of sunlight is the most commonly listed factor. Limited exposure to light is said to cause disruption to our biological clock, affecting serotonin levels, an important chemical for mental health. Medical News today’s website identifies serotonin as a neurotransmitter “responsible for maintaining mood balance.”

Since my discovery of SAD, I am pleased to say that I don’t suffer with it, but if you or someone you know seems to, there are a number of lifestyle adjustments that can combat it.

**Seeing the light:** The 5th Dimension once sang “let the sunshine in,” and this is the perfect combatant for SAD. In theory, more sunlight equals higher serotonin levels, and higher serotonin equals more happiness. Take advantage of the amount of daylight available during the fall and winter months. There are also lights you can purchase that mimic daylight that are beneficial.

**Get physical:** Exercise is a great way to beat SAD, especially if you can exercise during the daytime. Jogging plus sunlight equals bad news for SAD.

**Get Out of the House:** During the winter months, it’s easy to not leave the house. Not wanting to leave the warmth, food and comfort that the bitter cold outdoors is lacking—our hibernation instincts kick in. Still, we no longer need to imprison ourselves inside. Spend time with others socializing. Fun things that you would do in the warmer months, don’t have to stop because “jack frost is nipping at your nose.” ♦

## MANDY’S HEALTH CORNER

Tips and tricks for healthier living that won’t break the bank *By Mandy Fowler*

### *The Unknown Wonders of Baking Soda*

From silver polish to poison ivy, humble (and cheap!) baking soda has a thousand uses around the house. If we missed one here, let us know!



Baking soda is an inexpensive item to have around the house. For years, it has been used to **polish silver, relieve a gassy stomach, and aid in the removal of problem odors.**

Try adding 1/2 cup of baking soda to warm bath water to help **relieve the itching** due to dry skin, poison ivy, poison oak, poison sumac, chicken pox and measles.

Use baking soda to **clean combs, hairbrushes and rollers** of build up and oils to prolong the life of the items. In a large dish, combine 2 tsp of baking soda and enough warm water to submerge items. Let soak for one hour, rinse in cold water and let dry.

**Reduce the build-up of hair products on the scalp and hair** by mixing 1 tsp into a bottle of your everyday shampoo and conditioning rinse. The baking soda will ensure that the hair product does not build up on your scalp.

**Produce wash:** combine 1/4 cup of baking soda in a sink of room temperature water. Submerge produce in the mix for 2-3 minutes, rinse in cold water.

Combine equal parts of baking soda and salt in a recycled spray bottle; spray in areas where **ants** are persistent or known to be problematic. ♦

*Depression is a serious condition and if these methods don’t seem to improve your SAD, then seek out help. Overcoming SAD may not be simple, but it is possible.*