

FREE

Southside

COLUMBUS

Guide

Summer 2018

Summer Savings on the Southside

- Keeping Cool on a Budget
- Water Safety Tips
- Summer Reading Challenge

Plus...

LOCAL
BUSINESS &
COMMUNITY
RESOURCES



Saving the Community

By Taryn Shank, MEd, WCOH SPPRC Chair

Circulation is a medium for exchange. Circulation in our community is the way that money moves. Think of money like the blood of the body. When money circulates within the community, the community is strong and can sustain itself. When you shop outside of the community or online, our neighborhoods suffer like an untreated wound and leave our community dying and lacking vitality.

By shopping at the local corner store instead of the big chain supermarkets, consumers keep their communities alive. Small businesses are more flexible and can adjust to the changing needs of our community. By supporting local trade, we help enrich the diversity of choices and opportunities for growth.

Keeping the circulation of money moving on the Southside brings vitality to what is important—our homes, our families, and our children.

CHECK OUT LOCAL BUSINESSES & RESOURCES ON PAGES 22-23



it's Summer Time

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WATER SAFETY TIPS

Take Steps to Stay Safe Around Water

Swimming is the most popular summer activity. One of the best things you can do to help your family stay safe is to enroll in age-appropriate swim lessons. Designed for those ages six months to adult, Red Cross swim lessons help set the stage for a lifetime of water safety by equipping you with the knowledge and skills needed to help you and your loved ones swim safely and with confidence.

The Red Cross recommends you follow these safety actions whenever you are in, on or around water.

Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone. Establish rules for your family and enforce them without

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Water Safety Tips *CONTINUED FROM PAGE 4*

fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.

- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

Contact the Red Cross Training Support Center at 1-800-RED-CROSS or support@redcrosstraining.org for more information.



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SUMMER SAVINGS

Ohio Sales Tax Holiday

August 3-5, 2018

Am. Sub. H.B. 49 enacted a one-time sales tax holiday to occur only in 2018. The holiday starts on Friday, August 3, 2018 at 12:00 a.m. and ends on Sunday, August 5, 2018 at 11:59 p.m.

The Ohio Sales Tax Holiday is the perfect time to save on clothing, school supplies and instructional materials for the upcoming year. During the holiday, the following items are exempt from sales and use tax:

- Clothing priced at \$75 per item or less;
- School supplies priced at \$20 per item or less; and
- School instructional material priced at \$20 per item or less.

Even if you don't have school-age children, you can save on purchases you make on clothing and shoes.

Of course there are a few rules and stipulations. Items used in a trade or business are not exempt under the sales tax holiday rules.

"Clothing" is defined as all human wearing apparel suitable for general use.

"Clothing" includes, but is not limited to, shirts; blouses; sweaters; pants;

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Summer Savings *CONTINUED FROM PAGE 6*

shorts; skirts; dresses; uniforms (athletic and nonathletic); shoes and shoe laces; insoles for shoes; sneakers; sandals; boots; overshoes; slippers; steel-toed shoes; underwear; socks and stockings; hosiery; pantyhose; footlets; coats and jackets; rainwear; gloves and mittens for general use; hats and caps; ear muffs; belts and suspenders; neckties; scarves; aprons (household and shop); lab coats; athletic supporters; bathing suits and caps; beach capes and coats; costumes; baby receiving blankets; diapers, children and adult, including disposable diapers; rubber pants; garters and garter belts; girdles; formal wear; and wedding apparel.

“School supplies” include only the following items: binders; book bags; calculators; cellophane tape; blackboard chalk; compasses; composition books; crayons; erasers; folders (expandable, pocket, plastic, and manila); glue, paste, and paste sticks; highlighters; index cards; index card boxes; legal pads; lunch boxes; markers; notebooks; paper; loose leaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper,

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Enjoying Life's Wonders and Blessings

By Pastor Leo A. Cunningham

Summer can be just as busy as it can be fun. There are road trips and vacations to take. There are sporting events and cook outs. The days feel longer, evenings are enjoyable, and the nights seemingly come to life. With all these activities and options, one could forget to stop and say, "Thank you." to the Lord, who created all of this and left it to us to take care of it.

Sabbath is a day of resting, reflecting, remembering and rejoicing in one's relationship with the Lord. Sabbath for most Christians is Sunday, which is why church services are on Sunday. (In the past, Sabbath was Saturday. This is seen in Saturday being "Sabado" in Spanish.) Sabbath was never meant to be a time with overly regulated rules; rather it was meant for taking a pause from the hustle and bustle of the last six days. It was meant as a time to appreciate all the wonders and blessings in life given to us by God. Even Jesus had to remind people of the importance of taking a day of rest and not making Sabbath something it was never meant to be, *"Then Jesus said, 'Sabbath was created for humans; humans were not created for the Sabbath. This is why the son of man is Lord even over the Sabbath.'" Mark 2:27.* (For more on this read Mark 2:23-28, Matthew 12:1-14, or Luke 6:1-11.)

I once read a quote, "If you are too busy to stop and pray, it is all the more reason to stop and pray." I want to avoid get into a long conversation about the conflicts of working on Sundays, sporting events, and other obligations. I want to discuss how to take some Summer Sabbath moments each and every

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HEALTHY FOOD FUELS SOUTHSIDE COMMUNITY

Clarfield Farm takes pride in growing high-quality produce that everyone can enjoy. The farm began in 2012 as an initiative to bring fresh, healthy, and affordable food to the residents of Columbus' Marion-Franklin neighborhood. It is situated on the grounds of the former Clarfield Elementary school, and shares space with Accel Charter Schools.

Chemical Free Produce

The Clarfield Farm grows thousands of pounds of vegetables each year. The farm uses all natural growing practices to cultivate over 25 varieties of high-quality, nutritious produce for the local community. Residents are encouraged to visit Clarfield Farm for your fresh food needs.

Available by Donation

Clarfield Farm offers the community access to freshly picked vegetables from the farm. The **pay-what-you-can** farm stand is open on **Tuesdays from 5pm—7pm and Saturdays from 9am-11am**. Donations are encouraged for farm produce but **no one is turned away for inability to pay**.

Creating Community

With the help of dedicated community partners, Clarfield Farm has become more than just a place for vegetables. It's a place where neighbors come together to tend crops together, lend a hand at the farm stand, or share stories with old and new friends.



To learn about volunteer opportunities and upcoming activities, email the Clarfield Farm at urbanfarms@midohiofoodbank.org or call 614-274-7770.

2018 SOUTHFIELD REUNION

The Southfield community will gather on July 13-14, 2018 on the grounds of the Marion-Franklin Recreation Center for the annual Southfield Reunion. The festivities begin on Friday at 10 am.

This year's activities include a veteran's recognition ceremony, live entertainment all day, and the largest Wobble line dance showcase. There will be food vendors, basketball tournaments, and a chance to reconnect with old friends.

Former and current residents of the Southfield community are invited.

Friday, July 13, 2018

- All Day Craft Bizarre with door prizes (In collaboration with the Marion-Franklin Recreation Center Senior Group)
- Live Entertainment
- Open Wobble Line Dance rehearsal
- Food Vendors



Saturday, July 14, 2018

- Kidz Zone Noon to 4:00pm
- 2 on 2 Basketball Tournament
- 5 on 5 Old Timers Basketball Tournament
- Food Vendors
- Live Entertainment
- Marion-Franklin Class Reunion Donation Challenge Presentation (Class of '75, '76, '87)
- Largest Wobble Line Dance Showcase
- Veterans Recognition Ceremony
- Pastors Recognition Ceremony



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KEEPING COOL

ON A BUDGET

Whether you have air-conditioning or not, higher temperatures and humidity outside can make it difficult to stay comfortable inside. The heat of the summer can take its toll on your body as well as your wallet. Here are some money-saving tips to help you keep cool on a budget.

Money Saving Tips

Close Your Blinds

If you don't have A/C, you don't have to feel uncomfortable. You can block as much as 30 percent of the heat that gets into your home by shutting the blinds during the day. If the sun is too strong, consider using black out curtains to keep the heat out (and in, during the winter). Keeping the blinds or curtains closed could cut your home's noontime temperature by as many as 20 degrees.

Unplug Electronics

Turn off all unnecessary electronic devices and gadgets. You'll not only save on your electric bill, but generate less heat from computers, chargers, and televisions not in use.

Delay Chores Until Sundown

You might think that your household chores have little to do with the temperature of your home. Your clothes dryer and other common household

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Keeping Cool *FROM PAGE 12*

appliances give off a lot of heat, so it's wise to leave chores until the evening. Cooking indoors when the temperature outside is high will turn your whole home into an oven and make you feel very uncomfortable. Forgo cooking with the oven or stove and use your outdoor grill instead.

Beating the Heat

Turn on Exhaust Fans

Turning on exhaust fans in the bathroom and kitchen, even when you aren't bathing or cooking, can help get rid of some of the hot air that may make you feel uncomfortable. Using your exhaust fans for just 20 minutes after cooking or showering should be enough to reduce humidity.

Sleep Downstairs

If you have a two-story home, consider sleeping on a lower level. Heat rises and second floors are often hotter than the basement or first floor.

Stay Hydrated

Drink plenty of water. Drinking plenty of water keeps your body hydrated and replaces fluids lost

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Recommended Reading
Public Libraries

Visit a branch of the Columbus Metropolitan Library to discover great genres for all ages and interests.



Marion-Franklin Branch 2740 Lockbourne Rd. Columbus, OH 43207	CALL (614) 645-2275
S. High Street Branch 3540 S High St. Columbus, OH 43207	FICTION
Parsons Avenue Branch 1113 Parsons Ave. Columbus, OH 43206	NON-FICTION
Driving Park Branch 1422 E Livingston Ave. Columbus, OH 43205	JUVENILE FICTION
	ADVENTURE STORIES
	HUMOROUS STORIES
	LOVE STORIES
	LARGE TYPE BOOKS

Visit <https://www.columbuslibrary.org>

READING FOR ALL AGES



COLUMBUS METROPOLITAN LIBRARY

Keeping Cool FROM PAGE 13

rapidly due to sweat. For immediate relief, try cooling your pulse points. Run cold water over your wrist, face, and temples for a minute or so each hour.

Visit Public Spaces

Take advantage of air-conditioned public spaces like the library and local coffee shops.

Other places to cool down for little or no money are:

- **Driving Park Swimming Pool**
1100 Rhoads Avenue
- **Marion-Franklin Swimming Pool**
2699 Lockbourne Road
- **Lincoln Swimming Pool**
545 E. Woodrow Avenue



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Enjoying Life's Wonders and Blessings CONTINUED FROM PAGE 8

day. The following are ways I take Sabbath moments. Some are short and some are long, yet they are very intentional.

- Close your eyes and feel the sun on your face. Take three or four really deep breaths and just think about the warmth.
- Drive out of the city and look at the night stars.
- Unplug from the cellphone, laptop and tablet and take a walk in one of the area metro parks.
- While stuck in traffic or construction, pray for those people around you. I don't mean people you know. I mean for the people in the cars around you.
- Get up early and watch the sunrise and sunset. If at sunrise, pray and reflect on the day before you. If at sunset, pray and reflect on the day you had.
- Spend time with a loved one without any "outside" distractions.
- Give some time back to a charity or non-profit organization.
- Read a book for thirty minutes each day.
- Learn the lyrics to a favorite religious song, gospel tune, or hymn like it is a poem.
- Learn the lyrics to a new religious song, gospel tune, or hymn like it is a poem.
- Start getting supplies for an upcoming "back to school" drive.
- Attend a local church service, bible study, or event. (Wesley Church of Hope is great place to start.)

I hope these ideas are helpful and encouraging in making this summer as faithful as it is fun.



Keeping Your Kids on Track



SUMMER STRENGTHS FOR STUDENTS

SUMMER IS HERE! Happy voices and relieved parents...and lots of time to fill for elementary and middle school, and even high school students. Think two words...**READ** and **PLAY**! Summer is when you have time to do both, and both will benefit children. Joining the local library reading program is one of the best things you can do. Schedule a trip every week, and let them read. Truly it is the best thing you can do for your students.

Get them interested in their favorite genres, and if you or they don't know what they like, ask a librarian to help. They will love getting your children interested in reading.

Then, plan specific times to **PLAY**. Take them to parks, to friends' houses, to sports fields—anything that will get them running, playing, breathing fresh air, and enjoying free time. The school year tends to be so regimented, and just the freedom of minutes and hours of playtime is the stuff that memories are made of.

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Keeping Your Kids on Track CONTINUED FROM PAGE 16

If your child struggles with Math concepts, grab some flashcards (you can even make these) and review the addition or multiplication tables for 5-10 minutes every day.

Many students require summer tutoring, but make sure you balance that with lots of outdoor play and healthy exercise.



Fall will be here before you know it, and while the summer is still new—PLAN these few activities for your children, and reap the benefits!

*By Margaret McCoy, Principal
Brice Christian Academy*

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poster board, and construction paper; pencil boxes and other school supply boxes; pencil sharpeners; pencils; pens; protractors; rulers; scissors; and writing tablets.

Items not included in this list are taxable. “School supplies” does not include any item purchased for use in a trade or business.

How It Works

The exemption applies to items selling for \$75 or less. If an item of clothing sells for more than \$75, tax is due on the entire selling price. There is no limit on the amount of the total purchase. The qualification is determined item by item.

What’s Not Included

While clothing is eligible for the holiday, the following items are not eligible for the holiday and are subject to tax during the holiday period:

- Items purchased for use in a trade or business.
- Clothing accessories or equipment including: briefcases; cosmetics; hair

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Summer Savings *CONTINUED FROM PAGE 18*

notions, barrettes, hair bows, and hair nets; handbags; handkerchiefs; jewelry; sun glasses (non-prescription); umbrellas; wallets; watches; and wigs.

- Protective equipment. Protective equipment includes: breathing masks; clean room apparel and equipment; ear and hearing protectors; face shields; hard hats; helmets; paint or dust respirators; protective gloves; safety glasses and goggles; safety belts; tool belts; and welders gloves and masks.
- Sports or recreational equipment. Sport or recreational equipment includes ballet and tap shoes; cleated or spiked athletic shoes; gloves, including, but not limited to, baseball, bowling, boxing, hockey, and golf; goggles; hand and elbow guards; life preservers and vests; mouth guards; roller and ice skates; shin guards; and shoulder pads.

Ohio.gov

For more information on the Ohio Sales Tax Holiday, visit https://www.tax.ohio.gov/sales_and_use/SalesTaxHoliday.aspx



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Summer Reading Challenge 2018

Saturday, June 2 – Saturday, August 4

The Columbus Metropolitan Library has launched the Summer Reading Challenge. The program promotes reading over the summer for strong reading skills all year long.

The library has programs for the entire family so parents and caregivers can help their kids build key skills for success. You'll need a library card to participate.



For more information, visit a local branch of the Columbus Metropolitan Library or call 614-645-2275.

Check out the list of Southside libraries on page 13.

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LOCAL BUSINESS & RESOURCE GUIDE

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