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EZ News

THE NEWS YOU CAN USE



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Columbus Compact Corporation Brings Booming Dollar Store Trade to Heritage Districts

Across the country, so called “Dollar Stores” are one of the fastest growing sectors of the retail economy, and the Columbus Compact Corporation is making sure that the trend does not pass over the Heritage Districts.

The Compact already brought one store to the Near Southside Heritage District this summer, and is also working to get a second store opened in the Linden Heritage District in Spring 2005.

A Growing Industry

Locally based retail experts Retail Forward believe that the Dollar Store industry has enormous potential for growth. In a recent study, they predicted that the market can absorb as many as 15,000 new stores over the next decade. And while many view industry as serving only lower income consumers, the truth is that Dollar Store retailers are cur-

rently going mainstream. According to a 2003 survey, 53% of households earning over \$100,000 were shopping dollar stores, and over 36% of all households were shopping Dollar Stores on a monthly basis.



Model Family Dollar store courtesy of familydollar.com

Experts attribute the success of Dollar Stores to their convenience for consumers fatigued by the hassles of shopping Wal Marts or other big box discounters, chains and supermarkets. With over 16,000 stores among just the top ten operators, and operating with a relatively

small format, Dollar Stores succeed by finding the most convenient locations for their customer base, including Heritage District locations.

In the forefront of the Dollar Store trend is Family Dollar Stores. With more than 5,400 units in 44 states from Maine to Arizona, Family Dollar is one of the strongest operators in the industry. Currently, the chain is growing at a pace of about 500 stores a year. It offers a mix of basic home and family goods, as well clothing and some food items.

Seizing the Opportunity

The Columbus Compact Corporation (the “Compact”) quickly recognized the opportunity and potential that rapidly growing Family Dollar Stores could offer to the Heritage Districts. “Their aggressive growth strategy, combined with the fact that their preferred demographics so closely match those of the Heritage Districts, told us early on that they were a tenant category we should be targeting,” says Jonathan C. Beard, President of the Compact.

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Many Americans are becoming increasingly frustrated with politics. Throughout history, elections have been marred by misleading campaign ads, dubious campaign donations, powerful lobbying groups and corporations who do not have the interest of the majority of the American people in mind. The 2000 presidential election process was a fiasco as people’s votes were counted and miscounted in the state of Florida. Often, our voices are drowned out by rich and powerful interest groups, corporations, unions, and committees. This mistakenly makes many of us feel that there is little incentive to vote.

Immediately after the presidential election of 2000, CNN stated in a report that only 51% of potential voters exercised their right to vote. Compared to the federal election of 1996, this was only a marginal improvement. According to the Federal Election Commission, only 49% of potential voters voted in the 1996 presidential election. You might be surprised to learn that in 1902, voters participated in a high 75% turnout. Why the steady decline over the years? As concerned citizens, we need to take notice.

Compared to other democratic nations, the US ranks near the bottom for voter participation. According to that same CNN report the average voter participation rate in most democratic countries is much higher: 80%.

Americans have come a long way:

In 1870, slaves and non-whites in the US were given the right to vote.

In 1920, women were also given the right to vote.

Yet today voter participation is low. The complaints and reasons are numerous: lack of trust, too much mudslinging and slandering. Many voters feel that they just don’t know who to believe anymore.

Some are just content with the way things are, and some reason that their votes will not change a thing.

The youth of America are indeed helping to build a better world. Since 1999, America’s youth has increasingly participated in civic and political volunteering. Although the 1998 election showed that only 12.2% of 18 to 24 year olds voted in that year’s midterm elections, participation in civic and political programs is encouraging.

UCLA conducted a survey in 1997 and found that 73% of incoming freshmen volunteered in some form for community based organizations. Let us applaud our youth for taking an active role in helping to better our world. Our youth will be tomorrow’s leaders and their participation is much needed.

A great resource of information that you can count on as well researched, unbiased and non-partisan is a web site called Vote Smart (vote-smart.org). (Their toll free phone number is 888.VOTE.SMART or



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888.868.3762 You can find information there on specific candidates, from state legislators up to the president, including their voting records. You can also get information about the electoral process and campaign financing.

Another excellent resource is the League of Women Voters (www.lwv.org). This educational organization has plenty of information on state and local candidates, including ballot issues. Again, this information is non-partisan and unbiased. The League of Women Voters has many chapters across the US.

Carefully choose information from organizations that you know have a track record of civic and political participation. You can find a list of positions on various issues from a number of organizations at Congress.org.

Vote not only at the federal elections, but vote in all of the elections. Local and state elections may have more of an immediate impact on your life. They determine how your schools will be run, what changes there will be to local resources and services. Community centers and community programs are issues that are commonly debated and decided at the local and municipal levels.

The presidential election is decided by electoral votes, not by the popular vote. This system is called the Electoral College and here is how it works: every state in the United States is worth a certain number of points, based on their population relative to the other states. The larger the state, the more points the state is worth. When people in any given state cast their individual votes, the presidential candidate with the most votes gets all the electoral points for that state. In the end, therefore, the candidate that receives the most points wins.

With the Electoral College it's possible for a candidate to win the popular vote and still lose the electoral vote, and therefore the election. This is what happened in the 2000 Presidential Election. Vice President Al Gore had more popular votes but lost the Presidency to George W. Bush who had 271 electoral votes compared to Gore's 266 electoral votes.

With today's political, economic and social climate, now is the time for each of us to make our voice heard. In a world where most people are content to remain silent, even the smallest of voices can become a loud cry. The 2000 elections proved this: every vote counts. It is important for all Americans to register to vote and participate in the voting process during the elections. Thousands of Americans today are helping to build a better world through citizen action letters and e-mails. We need to get involved in city hall, participate in community programs and have a say in school agendas. It's our civic right to be able to make our voices be heard without fear of intimidation, retaliation, discrimination or ridicule. Exercise this right for this is what our ancestors fought so hard to deliver: Democracy!

Here are some additional sites for information about voting, issues and candidates:

US House of Reps – The Legislative Process
www.house.gov/house/Tying_it_all.html

Verified Voting: Campaign to Demand Verifiable Election Results:

www.verifiedvoting.org

NARA - Federal Register - US Electoral College

www.archives.gov/federal_register/electoral_college
Elections 2004

fpc.state.gov/c9752.htm

E-Democracy

www.e-democracy.org/us/

Here is a list of the largest parties in the US:

Democratic Party (202) 863-8000. Traditionally the party of the Left, forming coalitions with labor unions, women's rights groups, environmentalists.

Republican Party (800)200-1294. Wants to limit federal government and commits itself to tax cuts, school vouchers, strong military and traditional family values.

Green Party (303)543-0672. Advocates social justice, grassroots democracy, community based programs and economics, feminism, global responsibility, nonviolence.

Libertarian Party (800)200-1294. Advocates privacy rights, human rights and protection of civil liberties. Opposes most social services of government assistance to the poor, social security, public schools.

Labor Party (202)234-5190. Values working people,

their families and local communities. Support living wage, universal health care, quality housing, affordable public education, environmental responsibility.

New Party (800)200-1924. Focus is on bringing the power back into the hands of the people, advocating for electoral reform, education, public safety, socio-economic development and living wages.

Natural Law Party. Focuses on crime prevention, preventative health care, product safety, clean energy, and drug treatment programs.

Reform Party (972)450-8800 .Wants to eliminate the power of interest groups, bring back government accountability, and bring reform to how our political system works.

Empowerment Zone Funding Update

The federal Empowerment Zone program continues to struggle for funding this year. While the original federal government promise was for \$10 million per zone, committed from 1999 to 2009, the actual annual funding levels have dropped dramatically.

Congress is currently considering funding for the Empowerment Zones under the VA-HUD Appropriations bills. The amount approved by the House of Representatives is \$14 million for the 15 Round II Urban Empowerment Zones. This represents a cut of almost \$1 million from last year's nationwide appropriation, and is less than 10% of the amount originally budgeted for the program.

The Compact was pleased that the House of Representatives recognized the value of continuing the program (the White House budget had proposed that the federal grant portion of the program that funds many programs be eliminated, while retaining a variety of tax cuts for businesses). We have thanked our local congressional delegation for their work in advocating for some funding for the program (Representative Deborah Pryce and Senator Mike DeWine, in particular, have been two of the dozens of congressional leaders who have lobbied for a \$45 million program nationally, rather than the \$14 million program in the House bill). However, the Compact and the City of Columbus are continuing to work with our local congressional delegation to try to secure more funding, because the amount currently in the House appropriations bill is so minimal compared to the program intent and local need.

Low federal funding next year will cause serious reductions in the number of Empowerment Zone programs. Currently, the Compact has dozens of agencies under contract to provide services to EZ businesses and residents including (among others): business lending, business training and technical assistance, job training and placement, real estate financing, neighborhood leadership grants, neighborhood safety, housing development funding, downpayment assistance, housing rehabilitation, childhood immunization promotion, and after school programs. Many of these programs would end if the federal share of their budgets could not be funded, setting back five years of progress in expanding opportunities for residents of the central city.

The Compact itself is structured to continue its initiatives and efforts in the Empowerment Zone over the long-term, focusing on real estate development, job creation, business attraction and financing, and sustainable community development. However, our ability to disseminate the federal grant dollars to our community partners will diminish with the reduced federal funding.

The Compact continues to advocate that urban redevelopment should continue to be a federal priority deserving of funding, and we encourage all people to voice their interests in federal government priorities to their local, state, and federal elected officials.

Board of Trustee actions

The Board of Trustees of the Columbus Compact Corporation meets monthly to create strategies and to approve projects. In recent months, the Board has approved the following projects:

- Homebuyer assistance with Columbus Housing Partnership and Stenson-Powell for the North 20th Street housing development project

- Financial support for the Neighborhood House Vendor's Market/Small Business Incubator in the Mt. Vernon Plaza

- Continued funding for the weekly litter clean-up and power washing project on Livingston Avenue, West Broad Street, E. Fifth Avenue, and Cleveland Avenue.

- Demolition of buildings on the future site of the COTA Near East Transit Center.

- Increased funding for the MORPC EZ housing rehabilitation program

- Funding for substance abuse prevention by Just for Today Club on Livingston Avenue.

- Funding for community development activities by Greater Linden Development Corporation, Franklinton Board of Trade, East Columbus Civic Association

- Funding for the Columbus Health Department's Project LOVE early childhood vaccination program

- Funding for 12 after school programs operated across the Empowerment Zone

- Funding for the CAPACity youth arts program on Livingston Avenue.

- Funding for the Salvation Army and Jewish Family Services to continue a job development, job training, placement and retention program (the Greater Columbus Employment Maintenance Organization)

In addition, we are pleased to report that an EZ funded program, the Columbus Workforce Alliance, recently secured a \$450,000 state of Ohio workforce development grant, for which the Employment Vision Council of the United Way of Central Ohio provided \$50,000 in matching funds.

In June, the Board of Trustees passed a \$7.5 million budget for the period July 1, 2004 through June 30, 2005. This budget provides funding for the above-listed programs, as well as many other Empowerment Zone projects.

Independent auditors recently finished an audit of the Compact, for the period July 1, 2003 through June 30, 2004. The audit confirmed the Compact's excellent administration of Empowerment Zone and other funding, by affirming the accuracy of Compact financial statements and by reporting that their audit of Compact programs shows that the programs comply with federal grant and regulatory requirements. Once again, independent auditors evaluated the the Columbus Compact Corporation and determined that the Compact was a "low risk auditee" (the best designation possible).

Bits & Pieces



“I LEARNED IT FROM YOU DAD!”

Headed to the polls this Election Day (Nov 2)? Don't forget your kids. Celebrities

from Ben Affleck to Madonna are out in force this season encouraging young people to vote. But research shows that rock stars and athletes aren't the ones who have the power of persuasion of your kids – you do. Today, 18-to-24 year olds are twice as likely to vote if their parents took them to the polling place when they were kids.

Carl Fillichio, vice president at the Council for Excellence in Government, leads a nationwide campaign called “Take Your Kids to Vote!” The goal of the campaign is to get kids familiar and comfortable voting and to foster an important civic habit that will last a lifetime.

“Take Your Kids to Vote!” offers a number of tips to help you engage your kids in the political process and spark a conversation about the issues who care most about.

- Tell your kids that you're going to vote and that it's important that they go with you.
- Explain what voting is and how we elect our leaders.
- Make sure they know that voting is a unique privilege that families in many other countries don't have.
- Tell your kids which candidate you are voting for, and explain to them that you're voting for this candidate because they share your values. Use this time to talk to your kids about what those values are.
- Let your kids know what issues are important to you, from education to keeping them safe.
- And remember -- always be positive. Don't bring negative campaigning into the third grade!

For more information on “Take Your Kids to Vote!” visit www.takeyourkidstovote.org.



GUT FEELING

Gutters are the one thing that everyone hates to maintain but are vitally important to maintaining your home.

Here are some tips to keeping them run properly. I have some nasty leaks in my gutters, but most of my system is still pretty much intact. I'd love some tips from Brad Staggs, Ask DIY Home Repair expert on repairing the problems rather than replacing the entire batch of gutters.

You can take care of your gutters yourself -- there are just a few steps you need to follow. My first recommendation is to climb a ladder

and clean the goop out of the gutters, using your hands and gloves if you need them. The decomposed leaves make great mulch or compost. Pay particular attention to your downspout. If leaves and debris are clogging it, water won't drain properly, and along with mildew and mud you'll end up with sagging gutters.

Safety alert: Anytime you're working on a ladder taller than a step stool, have a friend watch you (and never work on a ladder when you're the only one home).

Next, check all the spikes that are supposed to go through the gutter, through the fascia board and into the rafter behind it. At most homes, these spikes miss the rafters entirely, usually because the spike has just worked its way out of the hole over the years. It's a good idea to invest in new gutter spikes so your gutters are securely fastened once again.

Another thing you want to look at are the sources of any leaks, including holes in the gutters and cracked caulking in the seams. Use an old chisel to scrape the old caulking out and dry the area thoroughly. Then use new bead silicon sealing to keep water from getting down behind the gutters and rotting the boards.

As you conduct your inspection, check out the rivets on the downspout. Frequently they'll be loose or will have dropped out completely, but you just need a rivet gun to secure them anew. Purchase new rivets at the hardware store. You can also buy a rivet gun there, usually for about \$20.

Once you've finished with the mechanics, you can attend to cleaning the gutters. The best way is with a pressure washer, which you can rent or purchase. Follow the instructions that come with the washer to the letter; usually you can use the washer with garden-hose water or some type of cleaner.



AHH-CHEW

Columbus is #9 on the Top 100 most severe cities for people with allergies during the fall season with a score of 86.06 out of 100. Here

are some tips to minimize exposure and keep you from itching and sneezing.

Tips to Reduce Exposure

- Avoid being outdoors in the morning hours between 5:00 and 10:00 a.m. when pollen dispersal is peaking. The best time to perform outside activities is following a rainfall.
- Wear a face mask while performing outside activities.
- Avoid lots and fields where ragweed grows.

• Shower and wash hair immediately after coming in from outside activities, and especially before going to bed. This will remove any pollen on the skin and hair. Also, wash all clothing in hot water that was worn outside.

• Keep the windows and doors of your home and car closed. An air conditioner should be used to cool the air, not window or attic fans.

• Avoid hanging sheets or clothing out to dry on a clothesline. Pollen can collect on these items.

• Avoid irritants that could aggravate your symptoms such as insect sprays, tobacco smoke, and air pollution.

• Avoid cross-reactive foods such as honeydew, cantaloupe, watermelon, banana and chamomile.



PETER PETER...

Why have one when you can have two? Combining the Autumn's best treats, apples and pumpkins, here is a recipe

for a pie that is sure to make you the hit of your cornucopia.

Apple Butter Pumpkin Pie

INGREDIENTS:

- 1 cup canned pumpkin puree
- 1 cup apple butter
- 1/4 cup dark brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3 eggs, beaten
- 1 cup evaporated milk
- 1 (9 inch) unbaked deep dish pie crust

STREUSEL TOPPING:

- 3 tablespoons butter
- 1/2 cup all-purpose flour
- 1/3 cup dark brown sugar
- 1/2 cup chopped pecans

DIRECTIONS:

- Preheat oven to 350 degrees F.
- In a large bowl, combine pumpkin, apple butter, 1/4 cup brown sugar, cinnamon, nutmeg, and salt. Stir in eggs and evaporated milk. Pour into prepared pie shell.
- Bake in preheated oven for 50 to 60 minutes, or until a knife inserted 2 inches from the center comes out clean. Sprinkle streusel topping over the pie, and bake for an additional 15 minutes.
- To make the streusel topping: In a small bowl, combine butter, flour, and 1/3 cup brown sugar. Stir until mixture resembles coarse crumbs. Stir in pecans.

EZ News

THE NEWS YOU CAN USE

EZ News is published by the Columbus Compact Corporation.

EZ News prints 29,000 copies quarterly. EZ News is distributed door-to-door throughout Columbus' Heritage Districts, reaching 24,792 households directly. An additional 4,000 copies are distributed to various organizations, libraries and businesses throughout the HDs.

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Public Relations Director

The Neighborhood House, Inc. Business Incubator Up and Running

With the financial support of the Columbus Compact, The Neighborhood House, Inc. opened a business incubator in the Mt. Vernon Plaza during the spring of this year.

The Business Incubator is designed to nurture small businesses by providing them with affordable office space, business support services and business counseling to promote their growth.

The incubation experience allows these businesses the opportunity to test out business strategies, learn marketing techniques, get technical assistance on business plan review and writing and gain exposure to additional business resources.

Current business tenants are:

1. Vecennia Jordan/ dba LGP Studios (1060 Mt. Vernon Avenue, 614.252.5799) 3D Animation and Videography

2. Charles Campbell/ dba Worldwide Business Solutions, Inc. (1060 Mt. Vernon Avenue, 614.252.8262) Developer of educational materials using technology and designer of out-of-home placement model for children's services boards.

3. Larry Nallie and Anthony Redic/dba Financial Planning & Accounting Services (1060 Mt. Vernon Avenue, 614.251.8262)

4. James E. Gouch/ dba J & D Printing (1060 Mt. Vernon Avenue, 614.251.8262) Instant, one-stop printing – T-shirts, mugs, hats

5. Angela Angel/ dba Young Voter Alliance (1060 Mt. Vernon Avenue, 614.258.0777) Voter education targeting young voters age 18-35.

6. Markus McKinley/ dba Zero-One Wireless Microsoft Certified Professional (1060 Mt. Vernon Avenue, 614.251.8262) Teaches technology workshops for cost-minded organizations,

businesses and individuals looking to maximize their investment in technology while having little or no experience in computers.

7. Markus McKinley/dba Zero-One Tech Center (1060 Mt. Vernon Avenue, 614.251.8262) Operations began October 1st; Technology lab – computer sales, upgrades, repairs and training

8. Attorney Ambrose Moses/Legal Aid Society of Columbus/ dba Business Legal Aid Services (1060 Mt. Vernon Avenue, 614.251.8262) Legal aid services for small businesses in the Empowerment Zone, surrounding communities.

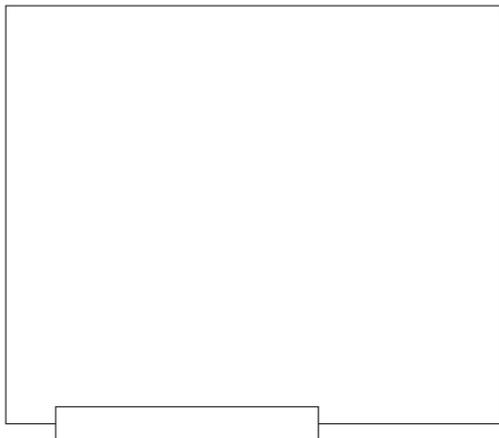
Any small business looking for affordable, start-up space with support services, flexible work hours, administrative assistance, free use of copier and fax, installed telephone and Internet lines should contact Lela M. Boykin, Business Manager at 614.251.8262.

Cleanup Effort Impacts Commercial Corridors

This summer marked the one-year anniversary of a program launched by the Columbus Compact Corporation to brighten the Heritage Districts' commercial thoroughfares.

The *Litter Abatement Program* is a component of the Compact's strategy to promote success and growth of neighborhood commercial corridors. The strategy was developed in response to requests from neighborhood and business leaders to promote more vital business districts.

Together with storefront renovation funds, streetscape improvement projects and development incentives, the Litter Abatement Program is intended to create clean, walkable and attractive environments where businesses can thrive.



“What the Compact is doing is taking a holistic approach, looking at the total environment and doing as much as possible to impact it in a positive way,” says Donna Hicho of the Greater Linden Development Corporation. “It's really needed by both residents and businesses. It's a win for everybody involved.”

The Program is currently active in four Heritage Districts: on West Broad Street in Franklinton, on East Livingston Avenue in the Near Southside, on East Fifth Avenue in East Columbus and on Cleveland Avenue in South Linden.

Professional Maintenance, a local environmental services firm, patrols the streets for litter about twice a month during the warmer weather months, with activity slightly curtailed during the cold weather months. Professional Maintenance also power washes sidewalks near high traffic intersections and cleans up many of the vacant lots at regular intervals.

“At first, it was pretty bad and needed a lot of attention,” says Travis Bell, Professional Maintenance Project Manager. “But now that we have been at it for a while, you can tell a real difference. We are proud of what we have achieved, and residents tell us all the time how glad they are to see us doing this.”

New BBQ Business Starts in EZ

bbq sause text here
anthony frasier

Family - from pg 1

The Compact's efforts were successful, and today the organization takes credit for helping to bring the retailer to their new Near Southside Heritage District location. The process started in early 2002, when the Compact began partnering with John Prater, the new owner of a vacant warehouse located at Livingston and Kelton Avenues. They marketed the site to several national retail chains, and although there was considerable interest, it was difficult to get a deal signed. “Then we contacted Family Dollar, and

things took off,” says Beard. “We had a commitment from them in very short order, and today a formerly vacant property is now a vibrant center for retail traffic.”

The Compact is also working on a second Family Dollar location, to be located at the Four Corners development in the Linden Heritage District. “This project is especially exciting. We have just finished buying up the land, and soon we will be tearing down four vacant houses. We expect that the transformation to a new, 9,000

square foot retail store will be quite impressive.”

According to the Compact, the project was harder than expected. Seven lots, each with different owners, had to be purchased. Although some were easily acquired, others took more work and in one case, the process lasted over a year. “Fortunately for us, Family Dollar really is excited about the location, and, in spite of the long wait to deliver the site, they have not lost interest.” The Compact expects to see Family Dollar opening in Linden in Spring of 2005.

Classified Job Listings

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Help Wanted Executive Assistant – Clergy

Seeking full-time, primary support for two rabbis at East Side synagogue. Position requires excellent communication, multi-tasking, strong computer and organizational skills. Requires initiative for prioritizing responsibilities, short and long-term projects, and teamwork with other support staff. Assistant is expected to maintain highest professional standards and confidentiality

Responsibilities include the clergy calendars; correspondence; liaison for life-cycle events; support for synagogue committees on behalf of the clergy; and responding to congregants' inquiries.

Hours, M-Th, 9-5; F - 9-4. Good benefits. Email resume, references and salary history to etenenbaum@templeisrael.org.

RECRUITER

Excellent opportunity available for an energetic, detail oriented self-starter to recruit nurses, STNA's, and ancillary staff for Columbus area skilled nursing and assisted living center.

Position involves generating & screening applicants, building applicant base, networking to attract qualified team players. Requires associates degree, 1-3 years exp., ability to multi-task, good organizational & communication skills.

Forward resume w/salary history to:

fax: 614.451.0351
or email: mnelson@ncr.org
or mail: National Church Residences
Attn:HR-Nelson
2335 North Bank Drive
Columbus, OH 43220

Drug tests/background checks are conducted as a condition of employment.
EOE

More money for your muscle.



FedEx Ground. Thinking about some fast cash and help with bills? Join the fast paced FedEx Ground team as a part-time Package Handler. You'll work up a sweat. And in return, get a weekly paycheck, tuition assistance, and more.

- Four Raises in the First Year
- Tuition Assistance
- \$100.00 Sign-on Bonus
- ConSem Education Loans
- Stock Purchase Plan
- Career Opportunities
- Paid Vacations and Holidays
- Medical and Dental Benefits
- Weekly Paycheck/Direct Deposit

Hiring for Five Shifts

- Day: 1:30 p.m., Monday-Friday (\$9.50/hr)
 - Twilight: 6:30 p.m., Monday-Friday (\$9.50/hr)
 - Midnight: 11:30 p.m., Monday-Friday (\$11.00/hr)
 - Sunrise: 4:30 a.m., Tuesday-Saturday (\$11.00/hr)
 - Pretrial: 7:00 a.m., Tuesday-Saturday (\$11.00/hr)
- All shifts are 3 1/2 to 5 hours per day, five days per week

P/T Package Handlers

Qualifications:

- 18 years or older
- Must be able to lift 50 lbs.
- Ability to load, unload, and sort packages
- Part-time 5-day week
- Criminal record checks done on all applicants

Apply Today

Grove City Hub 6120 South Meadows Dr. Grove City, OH 43123 (614) 071-9076	OSU Employment Office 8 E. 13 th Avenue Columbus, OH 43201 (614) 291-0421
Directions: I-718 to Exit 97 (Columbus-Overseas Rd) Turn left at end of ramp, right at stoplight.	Directions: Corner of E. 19 th and N. High Street. Access from the Ohio Union
Mon-Thu: 8:30am-5:00pm	Mon-Thu: 9:00am-4:30pm Fri: 10:00am-2:00pm

Applications are computerized

Women and minorities are encouraged to join the team



Business Resource Guide

Better Business Bureau of Central Ohio
1335 Dublin Rd, Ste 30A, 43215
800.759.2400/614.486.6336
www.columbus-ohbbb.org

Columbus Compact Corporation
Engine House 11
1000 E Main St, 43205
Contact: Jim Grant 614.251.0926
www.colcompact.com
jgrant@colcompact.com

Chamber of Commerce
37 N High St, 43215
614-221-1321/800.950.1321
www.columbus-chamber.org

City of Columbus
Equal Business Opportunity Commission
614.645-4764

Central Ohio Minority Business Association
1393 E Broad St, 2nd fl, 43205
614.252.8005
<http://www.comba.com>
mcbap@alink.com

Columbus Enterprise Center
1393 E Broad St, 43205
614.252.7805
colenterprisecenter.com

E. Fifth Avenue Business Association
Donald Love, President
S.O.U.L. CDC
3147 E. Fifth Ave, 43219
614.231-9150
e-mail: d.l.ove@att.net

Meets 3rd Wednesday of month, 10a, at E 5th Ave Community Center, 2743 E 5th Ave

Franklinton Board of Trade
Dick Bangs, Executive Director
455 W Broad St, 43215
614.224.7550
e-mail: fbt@copper.net
www.franklintonboardoftrade.org
Meets 3'd Thursday of month, 12p, at Florentine Restaurant, 907 W. Broad Street

Greater Hilltop Community Development Corporation (GHDC)
Alina Butler, Director
2300 W Broad, 43204
614.276-0060
e-mail: alinamb@aol.com
<http://GHDC.tripod.com>
Board of Trustees meets 2nd Thursday, 5:30p

Greater Linden Development Corp.
Ronald Dozier, Executive Director
2572 Cleveland Ave, 43211
614.263.2492
info@greaterlinden.org
www.greaterlinden.org

Hilltop Business Association
Barbara Lowry, President
P.O. Box 44217, 43204
614.527.6829
General meeting the 2nd Wednesday, 5:30p at various locations.

Linden Business Network
Linden Resource Center
2572 Cleveland Ave
Contact: Angela McBride
614.231.4175
Meets 4th Thurs of month, 5:30p

The Livingston Avenue Collaborative For Community Development
Contact:
1376 E. Livingston Ave, 43205
614.257.1376
LACCDoffice@aol.com
www.Neighborhoodlink.com/columbus/laccd

LACCD Economic Development Committee and the Livingston Avenue Business Group meets 3rd Tuesday, 8a at the St. John's Center 640 S. Ohio Avenue

Long Street Business Association
Adam Porter, President
823 1/2 East Long St, Suite 200, 43203
lsbainc@aol.com
Contact: Anne J. Ross-Womack
614.251.6038

Main Street Business Association
Walter Cates, President/CEO
923 East Main St, 43205
614.253.2963
mainstreetbusiness@ameritech.net
Meets quarterly on 3rd Thur, 6p

Milo-Grogan Business Association
Jeff Werner, President
1152 Sydney St, 43201
614.470.2576
Meets 1st Thursday, 5:30p at various locations

Mt Vernon Avenue District Improvement Association
OSU University Hospital East
1492 E Broad St, lower level
President: Melvin Steward
614.258.3130
Meets 3rd Wednesday, 11a

North Linden Business Association
5030 Westerville Rd, 43231
614.882.0800
Walt Reiner, President
Meets 2nd Tuesday at noon at Stan's Restaurant-4333 Westerville Rd

North Market District Business Association
59 W Spruce St, 43215
614.563.3533
NMBDA@columbus.rr.com
Contact: Brian Higgs
Call for meeting times.

Olde Towne East Business Association
Nancy Buffinton, President
614.463.3334
af007765@cs.com
buffingtons@columbus.rr.com
Meets 1st Tuesday of month, 5:30p at Design Center Community Meeting Room 65 Parsons Avenue

Parsons Avenue Merchants Association
Jeff Knoll, Coordinator
827 Parsons Ave, 43206
614.444.2192
jknoll@columbus.rr.com
www.parsonsavenue.org
Meets 1st Thur, 12p, at Plank's Café, 743 Parsons Avenue

Short North Business Association
Mary Martineau, Executive Director
120 W. Goodale St, 43215-2357
614.228.8050
snbacols@shortnorth.org
www.shortnorth.org
SNBA meets 1st Wednesday each month at 9:30a at Union Station, 630 N. High Street

University Community Business Association
Pasquale Grado, Executive Director
N High St, 43201
614.299.2866
Meets every 2 months, 2nd Wednesday, 11:30a at the Holiday Inn on Lane Ave

Have a Business resource that should be listed?
Just give us a call at 614.251.0926.
Listings are free!

Local Coalition Kicks Off Campaign to Build Wealth, Not Debt by Martha Filipic

A new Columbus-area coalition is helping local residents build savings, reduce debt and increase their total net worth.

“Columbus Saves” is a partnership of more than 40 local nonprofit, corporate and government organizations, including the Franklin County office of Ohio State University Extension and 14 area banks and credit unions.

The group had a community-wide kickoff for Tuesday, Oct. 5, at 11 a.m. at the Franklin County Courthouse, 373 S. High St.

Among the speakers and special guests at the event will be Columbus City Mayor Michael Coleman, Columbus City Council Member Charleta Tavares, Franklin County Commissioner Arlene Shoemaker, and Franklin County Treasurer Richard Cordray.

Also on the agenda is Nancy Register, a representative of America Saves and the Consumer Federation of America; Melanie Canini, a resident of Reynoldsburg who participated in the Columbus Saves pilot program earlier this year; and Chet Christie, director of human resources for the city of Columbus, which acted as a host site during the pilot program.

The groups goal is to sign up 3,000 Columbus Savers by the end of 2005.

“Many American consumers find themselves in a shaky financial position,” said Susan Shockey, chair of the Columbus Saves Planning Team and the family and consumer sciences educator for OSU Extension in Franklin County.

“About 70 percent of Americans sometimes live paycheck to paycheck,” Shockey said. “Consumer borrowing has reached all-time highs while personal savings rates have shrunk. We need more emphasis in our communities on reducing debt and building wealth. That’s what Columbus Saves is all about.”

Columbus Saves is part of America Saves, a national program sponsored by the Consumer Federation of America. America Saves was organized in 1999 in response to statistics that U.S. savings rate had dipped near zero. The pro-

gram is open to anyone, but focuses on helping low- and moderate-income families build wealth, one step at a time, by providing free financial education, money management training and financial coaching to participants.

Anyone who agrees to work toward a savings goal such as homeownership, school tuition, retirement, or even debt repayment can become a Columbus Saver, Shockey said.

America Saves local campaigns started with a pilot program in Cleveland in 2001. Now, Cleveland Saves has 5,400 residents enrolled with about \$3.2 million accrued in savings. Nationally, nearly 21,000 savers are enrolled in America Saves-sponsored programs, with \$25 million accrued in savings.

The Columbus Saves program is totally free of charge. The only obligation is to develop a specific savings goal and work toward achieving it. Additional benefits to joining Columbus Saves include:

- Fee-free savings accounts with no or small minimum balance requirements at 14 local financial institutions.
- Free one-on-one consultations with Columbus Saves “Wealth Coaches,” volunteers who provide encouragement and assistance with developing a realistic goal and plan.
- A one-time free consultation with a professional financial planner.
- The ability to join local savings clubs for Savers to share tips and tricks for building wealth and reducing debt.
- A free quarterly American Saver newsletter for all savers.

Columbus Saves can help workplaces set up on-site programs and offers free presentations to local clubs and organizations.

To hold a workshop or for more information about becoming a Columbus Saver call the Columbus Saves Moneyline at (614) 866-6900 ext. 209 or at: columbussaves@mail.com. Shockey can be reached at (614) 866-6900 ext. 206 or shockey.3@osu.edu.

Currently, Columbus Saves is housed at the Franklin County office of OSU Extension. OSU Extension is the outreach arm of the College of Food, Agricultural, and Environmental Sciences at Ohio State University and is funded by county, state and federal governments. In addition to family and consumer sciences, Extension offers programming in 4-H youth development, community development, and agriculture, horticulture and natural resources. OSU Extension has offices serving all of Ohio’s 88 counties.

Columbus Compact Fall Neighborhood Grant Recipients

Need grant recipients here.

Columbus Compact Announces Neighborhood Grant Cycle for 2005

Great neighborhood projects sometimes need a little financial help to get started. If residents of your neighborhood have a project in mind that targets youth, fosters collaboration among residents, and will have an overall positive impact on the neighborhood, then perhaps a Neighborhood Grant will help. EZ neighborhood grants are flexible sources of funding that can be used to build gardens, equip playgrounds, sponsor street fairs, publish newsletters, fund clean-ups, and hundreds of other ideas coming from grass root participation.

All applicants are highly encouraged to contact their Area Commission or Civic Association to determine if your project is compatible with neighborhood priorities prior to submitting your application to the Compact. Applicants are also encouraged to read the application and budget materials

thoroughly prior to completion. Technical assistance is available to answer questions related to completing the application.

It is important to note for the 2005 cycle that all applicants are highly encouraged to utilize the on-line (pdf.-editable) version of the application which is on the Compact’s website. If the on-line application is not used, the standard application must be typed, on the original forms. Incomplete applications, inclusive of applications without the required five copies, will not be processed.

During calendar year 2005, there will be three opportunities to apply for a grant. Note the schedule below:

Grant Proposals Due (by 5:00 p.m.)	Internal Review	Proposals Distributed to Area Commissions	Review Committee Meets (External Review)	Awardees Notified	Contractors’ Orientation Meeting	Award Date
January 21	January 28	February 4	February 18	February 21	February 25	March 1
April 22	April 29	May 6	May 20	May 23	May 27	June 1
August 26	September 2	September 9	September 23	September 26	September 30	October 1

For more detailed information about the Neighborhood Grant program contact Steven Waller (swaller@colcompact.com) or Lita Thomas (litathomas@colcompact.com) at 614.251.0926. Application materials are available on the Compact’s website at www.colcompact.com.

Free GED Training Classes

The East Columbus Civic Center, in conjunction with the Columbus Literacy Council, will offer pre-GED (General Educational Development) classes at no cost to students.

The Civic Center offers computer-training classes along with a variety of other courses. Please call the Civic Center at 614.253.9388 to sign up for our 10a, Tuesday, August 24, 2004 orientation.

For additional information call or visit us online:
www.eastgateway.com

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Finance Resource Guide

City of Columbus
 Finance Department
 645-8200
 Income Tax
 645-7370

Columbus Compact Corporation
 Engine House 11
 1000 E Main St
 Columbus, OH 43205
 Contact: Jim Grant 614.251.0926

BankOne
 Personal Banking 800.310.1111
 Small Business Banking
 800.404.4111
 First Mortgages
 800.800.4663
 Job Line
 614.248.0779
www.bankone.com

ELH & Associates
 Relationship/Wealth Mgt
 1983 Merryhill Drive
 Columbus, OH 43219
 614.209.9748

Fifth Third Bank
 Small Business Lending
 614.233.4691
 Mortgages
 614.233.4648
 Job Line
 614.341.2611
www.53.com

Huntington National Bank
 Personal Banking 614.480.2265
 Commercial Lending
 614.480.5279
 Mortgage Loans
 614.480.6505
 Job Opportunity
 614.480.5627
www.huntington.com

National City
 Personal Banking 800.347.5626
 New Small Business 888.622.4249
 Mortgage Loans
 800.752.0508
www.nationalcity.com

Have a Financial resource that should be listed?

Just give us a call at 614.251.0926.
 Listings are free!

10 Study Tips for EZ Students

by Cathy Spangler; /homeworktips.about.com



As the new school year begins so begins the task of studying. To stay competitive and excel in the classroom a plan for regular and serious study is required. There are as many different ways to study as there are different people. The trick is to find the study tips that work best for you. The following list are tips that have worked best for the greatest number of people. Some of them may work for you, some of them won't, but try them all and work out your own study plan.

1. Study in the Same Place

Find a quiet place, away from distractions, with ample room to work. Once you've found it, study at the same place every time. It could be a desk in your bedroom, the kitchen table, or the local library. Laying down on your bed or sprawled across the living room rug are generally not good study places.

organized, and you won't need to waste your time searching for supplies.

4. Cut Out All Distractions

You need to be able to concentrate on your homework and nothing else. The TV should be off, other people's conversations should be in another room, music should be turned down, and phone calls should be taken after you've finished studying. Any other thoughts in your mind should also be set aside for a later time.

5. Do the Hard Stuff First

If you are dreading a particular assignment, or know it requires a lot of extra effort, do it first. Your brain will be fresh. Besides, you won't have to dwell on it while you are working on other homework.

2. Study at the Same Time

Figure out what time of day you can concentrate best, and what works into your schedule. Use that time every day to study. Try to make sure it is not too late in the evening.

3. Use a Homework Box

Keep all your homework supplies in one place, ready to be used. Keep them

6. Schedule Long Term Projects

Larger projects need to be broken into smaller components to make them manageable. For example, these components could be such things as gathering notes, writing a rough draft, making corrections or additions, writing a bibliography, and completing the final copy. Set yourself a deadline for completing each component and make sure you stick to it.

7. Review Regularly

Homework is not just that which is assigned every night. A regular review of your notes should be a part of your homework plan. This takes just a few minutes each day, but will pay off considerably when it comes to test time.

8. Write Up a Contract

Sit down with your parent(s) and write up a homework contract at the beginning of each term. This sets out in writing what is expected of each of you and gives all of you input into your homework plan.

9. Schedule Each Homework Session

When you sit down to do your homework, make up a quick schedule as to how you are going to use your time. Break it up into blocks of time that you will spend on each task.

10. Avoid Doing a Marathon

If you've followed the previous tips, this last one should never happen. However, you need to know that marathon study sessions are the least productive way to study.

Good Neighbors Program Strengthens Neighborhoods

Everyone wants a good neighborhood, don't they? Residents and business owners all over the EZ are working hard to clean up and strengthen their neighborhoods. To help reinforce the role played by both EZ residents and businesses regarding neighborhood leadership, self-help, advocacy and development, the Compact started the Good Neighbors Program.

The Good Neighbor Program focuses on three major areas: Landlord Training, Neighborhood Investing and Welcome Baskets.

Landlord training aims to reduce the amount of tenant/landlord disputes while improving the overall quality of life for residents. Landlords are trained in a wide range of topics such as property management, community policing, crime prevention strategies, property management skills, identifying the warning signs of drug activity, keeping illegal activity out of rental property, effective screening techniques, and crisis resolution.

So far, over 500 EZ landlords have gone through the free training and two more classes are scheduled for this fall.

Another major emphasis of this initiative is strengthening the role played by EZ residents in areas like neighborhood leadership, self-help, advocacy, and development. By doing this, EZ residents participating in Good Neighbors, are enhancing the quality of life in their neighbor-

hoods. Residents are also educated on how to make their way toward homeownership and the benefits of community residents owning and investing in neighborhood properties.

The Neighborhood Investors Series is an initiative focused on educating Columbus' central



city residents about real estate and encouraging them to invest in residential or commercial development in their community.

The primary objective of the Neighborhood Investors Series is to effectively work towards the growth and betterment of Columbus' central city neighborhoods by working with the community to invest in area properties. Through effective education and access to resources, the program is

designed to give residents tools towards becoming homeowners or investors.

The Neighborhood Investors program provides a wide range of educational services in real estate: Overview of Real Estate Investing, Financing Investment Properties, Taxes and Investment Properties, Property Management and Renovating Investment Properties.

The last segment of the Good Neighbor Program is Welcome Baskets and training. In partnership with Broad Street Management, representatives from the Near East Area Commission, and neighborhood volunteers, the Compact shows the Good Neighbors Presentation to new residents. This presentation includes a video plus a discussion on what a Good Neighbor is.

Welcome baskets containing various items that many new residents need and appreciate, such as light bulbs, cleaning supplies, flower seeds and flashlights, are distributed to new residents of the EZ.

Since 1999, over 1,100 Welcome Baskets have been distributed to residents in the

Empowerment Zone.

For more information or to participate in any of these programs contact Adero Robinson, Columbus Compact, at 614.251.0926.



Compact Funds EZ After School Programs

Recreational, social, cultural and academic support/enhancement opportunities in the non-school hours are an essential component of every child's academic development. For parents looking for enriching activities their children can partake in during the non-school hours, or for those seeking out-of school assistance in preparing kids for proficiency examinations, ten after-school programs recently funded by the Columbus Compact Corporation may be the answer.

After School Programs are integral parts of the Compact's overarching Neighborhood-based Educational Strategies Initiative. They are designed to provide neighborhoods with the opportunity to utilize schools and other community facilities to provide after-hours educational experiences for youth aged 5 to 15. These programs promote the youth's

intellectual, emotional, and social development.

The objectives that this initiative seeks to achieve are as follows:

- Expand the number of quality non-school hour initiatives for EZ Youth.
- Provide for coordination and integration of non-school hour initiatives in 10 neighborhoods.
- Involve participating families in setting goals for the after-school programs.
- Improve educational outcomes by raising grade point average of participating kids.

For detailed registration information, parents should contact each site directly or for general information contact the Compact at 614.251.0926.

Organizations currently operating After School programs with funding from the Compact include the following:

Organization Name	Program Contact	Phone	Program Info
Boys and Girls Club of Columbus, Inc. Westside Unit 115 S. Gift St, 43215 Milo-Grogan Unit 1012 Cleveland Ave, 43201 (614) 294-4366	Rich Cunningham	614.221.8830	The Boys & Girls Club program will provide after school programming at the Franklinton and Milo-Grogan. They develop skills and promote positive behaviors through their five core programs: Character and Leadership Development, Education and Career Development, Health and Life Skills, The Arts, and Sports, Fitness and Recreation. Hours of Operation: September-October: Monday - Friday 3p - 8:45p November-May: Monday 3p - 6:45p, Tuesday - Friday 3p - 8:45p, Saturday 9a-3p
Communities In Schools Livingston Elementary 744 S Heyl Ave, 43206 Second Ave Elementary 68 E 2nd Ave; 43201 Champion Middle School 1270 Hawthorne Ave; 43203 Deshler Elementary 1234 Deshler Ave; 43206 Koebel Elementary 2521 Fairwood Ave; 43207 Buckeye Middle School 2950 S Parsons Ave; 43207 Linmoor Elementary 2001 Hamilton Ave; 43211 East Linden Elementary 2500 Perdue Ave; 43211 McGuffey Elementary 2632 McGuffey Rd 43211 Cassady Elementary 2500 N Cassady Ave; 43219 Broadly Elementary 30 39 Marylany Ave; 43209	Clara Foster Kay Austin Mary Metcaife Sabrina Horton Tammy Slatzer Shaun Carter Chris Sunami Vonda Castro Vonda Castro Vonda Castro Vonda Castro	614.778.9321 614.778.9674 614.778.9374 614.778.9503 614.778.9505 614.778.9369 614.778.9532 614.268.2472 x16 614.268.2472 x16 614.268.2472 x16 614.268.2472 x16	Combination of academic assistance, tutoring and literacy initiatives, as well as recreational activities that work at sportsmanship and team playing. All activities work at bringing the community in to help and participate. Hours of Operation: School Year: Monday - Friday from school dismissal to 6p
Gladden Community House 183 Hawkes Avenue Columbus Ohio	Dan Moherman	614.227.1600	Various activities including bowling, soccer, flag football, and academic assistance for youth aged 5-18. Hours of Operation School Year: Monday - Friday 3p - 6p
Read Columbus Read Woodland Meadows 374 Virginia Lee Rd W, 43209 Rosa Parks Apartments 1327 Fair Ave	Linda Chavis	614.237.8550	Providing homework assistance and encouraging youth to increase the amount of recreational time they devote to reading. Hours of Operation School Year: Monday - Thursday 3 p - 7 p; Friday 3p - 6p; Saturday 2p - 5p
The Short Stop 1066 N High St Columbus, OH 43201	Chip Smith	614.294.2661 x2407	Providing area youth (aged 7 - 19) healthy, positive and creative alternatives to substance abuse, violence and delinquent behavior. Activities offered include creative writing, visual arts, drama and vocal instruction and performances, drumming & dancing, recreational games and computer education. Hours of Operation: School Year: 2:30p - 8p Summer: Monday- Friday 9a - 6p
Urban Concern 1478 Cleveland Ave, 43211	Todd Muller	614.291.0855 x117	After School Program provides homework help and positive activities and instruction for youth in 1st - 8th grades. Hours of Operation School Year: Monday - Friday 3p - 6p Summer: Monday - Thursday 9a - 11a and Friday 12:00 - 3:30p for 7 weeks
YMCA Eldon Ward Branch 130 Woodland Ave, 43203 Main Branch 40 W. Long St, 43215 614.224.1124	Dionne Cob	614.252.3166	Providing academic assistance and prevention programs, as well as activities like cooking, art, drama club, computer education and sports. Hours of Operation: School Year: Monday - Friday 3:30 p - 6p Summer: Monday - Friday 8a - 2:30p for 9 weeks
YWCA Indianola 420 E 19th Ave, 43201 Barrett 345 E Deshler Ave, 43206	Jihad Mansur	614.224.9121 x213	Providing academic assistance and prevention programs, as well as activities like cooking, art, drama club, computer education and sports. Hours of Operation: School Year: Monday - Friday 3p - 5:30 p Summer: Monday-Friday 9a - 2p for 8 weeks

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Neighborhood Resource Guide

NEIGHBORHOOD ADVOCATES

Sylvia A. Garrett
1259 Crooked Tree Ct, 43081
614.890.9009ph 614.890.6203fx
GarrettSG@aol.com

Mona Simons
227 Winfall, 43230
614.428.8858ph 614.475.6358fx
Mona.simons@worldnet.att.net

Suzanne Parks
294-2 N. Roosevelt Avenue, 43209
614.239.1650ph 614.235.0837fx
Sparks1548@aol.com

Daryl A. Horne
3755 April Lane, 43227
614.231.6203ph 614.231.6204fx
dhorne@ameritech.net

Doyline Williams
President, Business Resources
Unlimited
92 Edgevale Road, 43209
614.470.0229ph 614.235.7542fx
thepeoplewhoknow@netwalk.com

Indira Mulligan
209 Piedmont Rd, 43214
614.262.1589
indiramulligan@yahoo.com

CITY OF COLUMBUS

Recreation & Parks 614.645.3300
Neighborhood Services 614.645.2869

COLUMBUS COMPACT CORPORATION

Engine House 11
1000 E Main St
Columbus, OH 43205
Contact: Dr Steven Waller
614.251.0926

THE HERITAGE DISTRICTS

Contact: Christopher Hayes
614.251.0926

NEIGHBORHOOD ASSOCIATIONS AND COMMISSIONS

The Argyle Park Civic Association
Duxberry Elementary,
1779 W. Maynard Ave.
Meets 2nd Tuesday of month, 6:30p
Contact: Gloria Zebs Anderson 614.
267.2693

Driving Park Area Commission
Hope Lutheran Church
820 Lilley Ave
Meets 4th Tuesday of month, 7p
Contact: Matilda Woods 614.252.8600

East Columbus Civic Association
E. Columbus Community Center,
2743 E 5th Ave
Meets 3rd Thursday of month, 6:30p
Chair: Dr Troy Shaw 614.253.9388

The Franklinton Area Commission
Franklinton Library
1061 W Town St
Meets 2nd Tuesday of month, 6:30p
Chair: Helen Evans 614.274.8967

Franklin Park Area Association
Franklin Park Conservatory
1777 E Broad St, lower level room
Meets 4th Tuesday of month, 6:30p
Contact: Sandi Potts 614.258.9767

Greater Hilltop Area Commission
The Hilltop Library
511 S Hague Ave
Meets 1st Tuesday of month, 7:30p
Contact: Patrick McLean
614.272.5146

Italian Village Historic Review
Commission
109 N Front St.
Meets 3rd Tuesday of month, 6:15p
Chair: Steve Hurtt 614.299.9028

King-Lincoln Bronzeville
Bethany Presbyterian Church
206 N Garfield Ave
Meets 1st Saturday of month, 4p
614.258.6842
Contact: Willis Brown

Milo Grogan Commission
Tried Stone Missionary Baptist Church
858 E 3rd Ave.
Meets 2nd Tuesday of month, 7p
Chair: Leroy Johnson 614.204.5962

Mount Vernon Avenue District
Improvement Association
University Hospital East
1492 E Broad St
Meets 3rd Wed of month, 11a
Contact: Melvin Steward

Near East Area Commission
12th Precinct Community Policing
Center
950 East Main St
Meets 2nd Thurs. of month, 6:30p
Chair: Kathleen Bailey 614.252.3283

North Central Area Commission
Brittany Hills Recreation Center
2618 Bethesda Ave
Meets 4th Thursday of month, 6:30p
Chair: Jimmie Moreland, III
614.291.4399

Old Oaks Civic Association
St. John's Learning Center,
640 S Ohio Ave, enter in back
Meets 2nd Monday of month, 6:30p
Chair: Deb Zechar 614.252.0080

Shepard Community Association
St. Paul United Methodist Church
2260 E 5th Ave.
Meets 3rd Saturday of month 10:30a
Except August.
Chair: Sharon Archie 614.252.4303

South Linden Area Commission
Linden Resource Center
2572 Cleveland Ave.
Meets 3rd Tuesday of month, 7p
Chair: George Walker 614.294.0273

University Community Association
Northwood & High Building
2231 N High St, Rm. 200
Meets 2nd Wed. of month, 6:30p
Chair: Sharon Young 614.294.5113

Flu is bad news for just about everyone!

By Carrie Jennings, RN Columbus Health Department & Jose Rodriguez, Columbus Health Department

Influenza or “flu”, is a disease caused by a number of influenza viruses that can make entire communities sick. The flu is different from the common cold. The common cold rarely causes fevers, headaches, or extreme tiredness that the flu may cause. The flu may also cause chills, dry cough, sore throat, stuffy nose, and body aches. It is a miserable disease and it can kill!

Anyone can get the flu! The U.S. Centers for Disease Control and Prevention (CDC) estimates that 10-20 percent of Americans come down with the flu during the flu season, which runs from November to March. Children are two to three times more likely than adults to get sick from the flu. Most healthy people recover from the illness within a few weeks. Some may develop life-threatening complications such as pneumonia and bronchitis. Flu will spread quickly and easily. You can get the flu from touching someone who has the flu, or even a telephone or doorknob. The flu can also spread through the air. Flu and its complications are the number one reason for missing school and work.

There are no magic pills to cure the symptoms once someone is sick. Antibiotics will not treat the flu.

How can you avoid the flu? The best way to keep from getting the flu is to get a flu shot every fall. It prevents serious influenza complications, hospitalizations and death. The flu shot is made of killed virus and will not give you the flu.

The flu shot may cause soreness and a slight fever but will not make you sick!

Besides getting the flu shot, you can also help lower your chances of getting the flu by avoiding close contact with people who have the flu. If you are sick, you should also avoid close



contact with other people and stay home from work or school if possible. Cover your mouth and nose with a tissue when coughing or sneezing. Avoid touching your eyes, nose, or mouth, and wash your hands!

Beginning in November, there will be many opportunities to get the flu shot in Central Ohio. The flu shots will be available at many clinics, pharmacies, and at the local health departments. This year the Columbus Compact will be sponsoring some free flu shot clinics in partnership with the Columbus Health Department, Project LOVE and the Adult Immunization Coalition of Central Ohio. For locations and times, please call 645-6835.

FACTS ABOUT FLU AND FLU SHOTS

You cannot get the flu from the flu shot. Flu is a serious illness. Each year 110,000 individuals are hospitalized with influenza complications.

NEW RECOMMENDATIONS

Flu shots are recommended for all adults age 50 and over.

All pregnant women.

Healthcare workers.

Children age 6-23 months.

All Caregivers of children 0-23 months.

You should receive the flu shot if you or someone you live with has a long-term health problem such as:

Asthma	Diabetes
Kidney disease	Blood disorders
Heart disease	Lung disease
Cancer	HIV/AIDS
Lung disease	

Peak flu season is January through March. The best time to get a flu shot is October-December. Flu vaccine may be covered under Medicare Part B. Take your current Medicare card or Medicare HMO card with you to get your flu shot.

Great resources for more information:

www.cdc.gov/flu

www.immunize.org/influenza

www.vaccine4me.com (local clinics and educational opportunities)

James Offers Cancer Rehabilitation Round Table

The latest research and information about quality of life issues during and after breast cancer treatment will be presented at a Breast Cancer Rehabilitation Roundtable Saturday, Nov. 6, at the Columbus Marriott North at 6500 Doubletree Ave.

The program, sponsored by The Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute, will run from 8:30-1:30 and is free and open to the public.

Attendees will hear the latest information on diet and exercise, lymphedema, cognitive changes related to “chemo brain” after therapy, the emotional aspects of cancer and how to optimize being.

Speakers include Drs. Andrea Cheville, director of the Cancer Rehabilitation program at The University of Pennsylvania Abramson Cancer Center; and Julie Gralow, associate breast cancer program head at the Fred Hutchinson Cancer Research Center at the University of Washington School of Medicine. Gralow is co-author of the book, *Breast Fitness: An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer*.

The roundtable is supported through a grant from the Columbus affiliate of the Susan G. Komen Breast Cancer Foundation, Inc.

Participants will receive a complimentary tote bag full of educational materials, resource tips and gifts. Guests will also enjoy a continental breakfast and boxed lunch.

The program is free, but registration is required and seating is limited. To register, call JamesCare for Life at 293-6428, or the James Line at 614.293.5066.

Breast Cancer in Men-Higher Rates Puzzling

Yes, men get it, too – breast cancer, that is – and even though the numbers are small, the incidence of the disease among men has risen significantly in recent years. It’s a phenomenon that has clinicians scratching their heads.

The American Cancer Society estimates that about 180,000 women in the United States will develop breast cancer this year, compared to about 1,600 men. A recent review of data from the National Cancer Institute’s Surveillance, Epidemiology, and End Results database found that over the 25 years spanning 1973-1998, the incidence of breast cancer in men rose roughly 25 percent.

“We really don’t know why we are seeing more of it, but we suspect that several factors might be at play,” says Dr. Charles Shapiro, director of breast medical oncology at The Ohio State University Arthur G. James Cancer Hospital and Richard J. Solove Research Institute.

Shapiro, who has treated several men with breast cancer, says heightened public awareness about the disease, coupled with better screening methods might be two reasons why we’re seeing higher numbers, but adds that increased obesity rates and alcohol consumption may be factors, too.

For the most part, breast cancer in men is a lot like breast cancer in women, but there are some important differences. “Men don’t seem to be as attentive as women to changes in their bodies, so they often overlook or ignore something like a lump or a change in their skin texture,” says Shapiro. As a result, men are more likely than women to have more advanced disease the first time they see a doctor.

Like women, men see their risk of breast cancer increase with age. Their tumors also tend to be estrogen positive, which means their tumors tend to act more like the breast cancer found in older, post-menopausal women than the estrogen negative forms of the disease which occur more frequently in younger women.

“About six percent of all male breast cancer is relat-

ed to irregularities in the BRCA2 gene, one of a small number of genes that when malfunctioning, greatly increase a person’s chance of developing breast and other cancers,” says Shapiro.

Shapiro notes that while it’s well-known that increased obesity in women – especially older women – is a risk for breast cancer, it is not clear that increased fat in men leaves them equally vulnerable. “We really haven’t had the numbers to study that fully,” he says. Interestingly, however, he says that studies show that men with a greater degree of breast tissue do not have a higher risk of breast cancer than other men.

As for alcohol’s role in heightening any risk in men – Shapiro notes there has been little research in the area, noting only one small study suggesting that men, just like women, may increase their risk of breast cancer by consuming as few as two alcoholic drinks per day.

Treatment for breast cancer is the same for men or women, and may include any single approach or combination of surgery, radiation and chemotherapy.

“Breast cancer is no means at the top of most men’s health checklists,” says Shapiro. “But the increased incidence of the disease means that men – and their doctors, who may not be attuned to it, either – need to be aware of its signs and symptoms. They include:

- Any lump that may or may not be painful to touch
- Any change or thickening in breast tissue
- Any discharge from the nipple

As for that special set of women who are daughters of men who have had breast cancer – they need to know that when a nurse or a doctor asks them if they have a family history of breast cancer, they can’t overlook dad.

“Fathers count, too, says Shapiro, adding that both mothers and fathers can have BRCA2 mutations and that children of mutation carriers stand a 50-50 chance of inheriting the same mutation.”



IMMUNIZE YOUR STAR!

The **Project Love Partnership** works with public providers to increase immunizations in children and adults.

For Immunization clinics and services provided by the Columbus Health Department, 240 Parsons Ave., and several neighborhood clinics located at convenient Columbus sites, please visit www.project-love.org.

Hours vary and include evenings and weekend hours, no appointment is needed.

For clinic hours call **614-645-LOVE** (5683).

614-645-LOVE
www.project-love.org



Health Resource Guide

HOTLINES

National AIDS Hotline
800.342.2437
National HIV/AIDS Hotline
Spanish.
800.344.7432
National Immunization Hotline
English.
800.232.2522
National Immunization Hotline
Spanish.
800.232.0233
National STD Hotline
800.227.8922
Traveler's Health
877.394.8747
The Ohio Tobacco Quit Line
800.934.4840

Alcoholics Anonymous
1561 Leonard Ave
Columbus, OH 43219-2580
614.253.8501/800.870.3795

Alcohol, Drug and Related Counseling of Columbus
209 S High St
Columbus, OH 43215
614.461.6303

American Lung Association of Ohio Central Region
Molly Fontana, Executive Director
1950 Arlingate Lane
Columbus, Ohio 43228-4102
614. 279.1700
614. 279.4940fx
molly1@ohiolung.org

Centers for Disease Control and Prevention
1600 Clifton Rd.
Atlanta, GA 30333
U.S.A
404. 639.3311
404. 639.3312 TTY.
800. 311.3435
www.cdc.gov/netinfo.html

Children's Hospital
700 Children's Drive
Columbus, OH 43205
614.722.2000
www.childrenscolumbus.org

Columbus AIDS Task Force
751 Northwest Blvd, 2nd fl
Columbus, OH 43212-3856
614.299.2437
www.catf.net

Columbus Health Department
240 Parsons Ave
Columbus OH 43215
614.645.7417
www.cmhhealth.org

Columbus Medical Association Foundation
431 E Broad St
Columbus, OH 43215-3820
614. 240.7420
www.cmaf-ohio.org

The Columbus Ohio Partnership for Inner-City Asthma Education (COPICAE)
899 East Broad Street
Columbus, OH 43205
614.242.3904
contact: Tilynn Johnson Program Manager. johnsoti@chi.osu.edu
www.copicae.com

Ohio Commission on Minority Health
77 S High St, 7th fl
Columbus, OH
614.466.4000
www.state.oh.us/mih/

Ohio Tobacco Use Prevention and Control Foundation
300 E Broad St., Suite 310
Columbus, Ohio 43215
614. 644.1114
614. 995.4575fx
General Inquiries: info@standohio.org
Grant Program Inquiries: grants@standohio.org

Project LOVE
(childhood vaccinations)
614.654-LOVE (5683)

State of Ohio Alcohol & Drug Addiction Services
2 Nationwide Plaza, 2nd floor,
Columbus, OH 43215
614.728.5090

Have a Health resource that should be listed?

Just give us a call at 614.251.0926.

Listings are free!

Landlords Head 'Back to School' to Help Improve Their Properties

While the fall means kids are back at school, landlords from across the Empowerment Zone are heading back to attend free classes to better manage their properties. A total of 78 landlords attended two training classes held in South Linden for techniques to lower crime and better manage their properties.

Drugs and other illegal activities are huge issues occurring at rental properties within the Empowerment Zone. Neighbors have serious resentments against landlords who continually rent to people involved in illegal activities or fail to properly manage their properties.

To help remedy these situations, the Compact created a Landlord Training Program. The program is designed to assist landlords in implementing positive and effective strategies that lead to the overall improvement of rental properties in the EZ.

The Landlord Training Program aims to educate EZ landlords on strategies to reduce illegal activities and effectively manage their properties. The program classes are designed to educate landlords in a wide range of topics in regards to property management: community policing and crime prevention strategies, property management skills, identifying the warning signs of drug activity, keeping illegal activity out of rental property, effective screening techniques, and crisis resolution.

Key outcomes of this project are better-managed properties and a reduction in illegal activities occurring in EZ rental properties.

Property owners are educated on the "best practices" in property management in order to minimize rental property issues that affect neighborhoods. By increasing property owner awareness of illegal activity occurring on

Attendance at training classes has ranged from ten (10) to forty (40) landlords.

Landlords attending these trainings represent hundreds of properties in several EZ neighborhoods including: Driving Park, Livingston Park, South Linden, Franklinton, Milo-Grogan, and the Near East.

The Compact will be working with local Community Development Corporations (CDCs) in coordinating Landlord Training sessions in their respective neighborhoods and service areas.

The next training sessions are going to be

Wednesday, October 21st, 6:00 - 9:00 p at South Linden Police Substation, 1371 Cleveland Ave (SW corner of 11th and Cleveland). Please call 614.251.0926 to register for this workshop. This workshop is FREE!

As an extra incentive, the Compact, in partnership with the Federal Adjustment

Bureau (FABCO), is providing \$100 of free screening credit for each participant in the workshops. FABCO is one of the Midwest's premier screening services.

If you would like more information on this program you can contact Adero Robinson at 614.251.0926 or arobinson@colcompact.com.



Landlords Learn Tips



Fairfield County Sheriff Dave Phalen

rental properties, landlords can begin to reduce the number of illegal activities at problem properties and, in time, avoid it all together.

Since 1999, in partnership with trainer Fairfield County Sheriff Dave Phalen, the Compact has trained approximately 800 landlords in "best practices" in property management.

The Air Quality Index Helps Us Breathe Easier All Year

Have you heard the Air Quality Alerts on local television and radio and wondered where they come from? Mid-Ohio Regional Planning Commission's (MORPC) Air Quality Program is responsible for letting the public know how clean central Ohio's air is by issuing daily air quality forecasts and, when needed, declaring Air Quality Alerts. On a daily basis, MORPC's air quality forecasters are keeping an eye on the amount of pollution that is in our air by analyzing data that is collected by air quality monitors placed around the region.

Two main pollutants threaten health: ozone and particle pollution.

Ground-level ozone is a colorless, odorless gas produced when emissions from vehicles, gas powered lawn equipment and industry are baked by the sun. When inhaled, ozone pollution inflames the cells of your lungs making it more difficult to breathe. Even small amounts of ozone can contribute to a variety of health problems including chest pains, coughing, throat irritation, congestion, bronchitis and reduced lung capacity. Ozone "season" is usually May through September.

But, don't think September is the end of the Air Quality Alerts, because there's another, more harmful pollutant, and it's not seasonal: particle pollution. Particle pollution doesn't need sunlight to form, and it can reach unhealthy levels anytime during the year!

Particle pollution is a mixture of solids and liquid droplets that vary in size, the most harmful being 1/20th the width of a human hair! Sources include motor vehicle exhaust, construction activity, power plants, industrial facilities, as well as residential fireplaces. Particle pollution primarily affects breathing and respiratory systems. It can damage lung tissue, cause bronchitis, emphysema, asthma, cancer, and even premature death. Because it can penetrate deeper into lungs, it is more harmful than ozone pollution.

Sensitive groups including asthmatics, young children and the elderly can experience difficulty breathing on high pollution days. Using the AQI, you can find out when pollution levels will affect you and your family, and limit outdoor activity on those days. The AQI is a color coded scale that measures daily ozone and particle pollution levels where you live and how they can affect your health.

How do I use the Air Quality Index? Think of the AQI as a yardstick that runs from 0 to 300. The higher the AQI value, the greater the health concern. When AQI levels reach above 100, air quality is considered to be unhealthy – at first for certain sensitive groups of

people, then for everyone as AQI values rise.

To help you quickly understand how local air quality can affect your health, the AQI is divided into five categories: Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy and Very Unhealthy. In each level you will find the associated health effects and how you can reduce your exposure.

For example, if the air quality index is forecasted to be 115 AQI or Unhealthy for Sensitive Groups, then you know that the air is bad enough that active children, older adults and asthmatic may experience breathing problems and need to be limit their outdoor activity.

Where can I get daily AQI forecasts? There are several ways: local television and radio stations broadcast Air Quality Alerts, usually during weather segments, and Air Quality is given daily on the weather page in the Metro section of the Columbus Dispatch.

MORPC also offers to notify (free service) you personally of an Air Quality Alert by e-mail or fax by calling 614.233.4126 or e-mailing airquality@morpc.org. You can also visit airquality.morpc.org to view daily forecasts.

Complete the Challenge form, cut it out, and mail it to: MORPC, 285 E. Main Street, Columbus, OH 43215. You'll automatically be entered into a drawing for some really cool prizes!

CHALLENGE CARD

Yes! I care about clean air and will do my part to reduce pollution by committing to:
(Please check one or more of the following Clean Air Actions)

- Carpool, vanpool, bus, bike, walk, or telecommute.
- How often? Once a week Twice a week Four days a week More: _____
- Will not mow my lawn during an Air Quality Alert and will use cleaner electric lawn equipment.
- Fill up my car after 6pm and stopping at the click! Topping off releases unnecessary pollution.
- Reduce or eliminate my fireplace and wood stove use. Use cleaner gas logs instead of wood.
- Conserve energy at home. For example, use energy-efficient light bulbs and appliances.
- Keep my car tuned up. Regular tune-ups reduces pollution and improves fuel efficiency.

First name: _____ Last name: _____
 Home address: _____ City/Zip: _____
 Home phone: () _____
 Employer: _____
 Work address: _____ City/Zip: _____
 Work phone: () _____ Email address: _____

Sign me up to receive E-Alerts - so I know when central Ohio air is unhealthy.
MORPC respects your privacy and will NOT share your information with any other organizations.

Incomplete forms will not be eligible for Clean Air Challenge prize drawings.
Please print legibly. Thank you!
Clean Air Challenge is a program of the Mid-Ohio Regional Planning Commission (MORPC)

Find out more at
www.cleanairchallenge.net

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Listed are several realtors with homes in The Heritage Districts qualifying for this program. Contact the realtors for more info, other properties or to take a tour.

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Kohr Royer Griffith, Inc. Mr. Michael Kohr One Columbus	Prudential Residential One Mr. Bill Benninghofen	Carriage Trade Realty, Inc Masseria/White Team
Her, Inc., Realtors Ms. Janis Hott	Carriage Trade Realty, Inc Ms Kimberly Barrett Mr Alexander Macke	RE/MAX Tri-County, Inc Mr Darryl Isabel
RE/MAX City Center, Realtors Mr. Joseph Armeni I	Century 21 Joe Walker & Assoc Ms Vicki Richardson	The Wegenbrenner Company Ms Janet Zettler
Dooley & Co., Inc. Mr. Bruce Dooley	Coldwell Banker King Thompson Ms Jennifer Waterman	HER, Inc, Realtors Ms Wendy Sweney
Century 21 Joe Walker & Assoc. Ms. Christine Bratka	HC Bland Realty Ms Kim Wilson	RE/MAX Tri-County, Inc Ms Rosetta Hayes Century 21
HER, Inc., Realtors Mr. Jack Travis	RE/MAX Connection Mr Michael Casey	Joe Walker & Assoc Mr Michael K Dobson

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Home Resource Guide

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1409 E Livingston Ave
Columbus, OH 43205-2926
614.253.4448
www.apdsinc.org
apdsinc@apdsinc.org

Big Brothers Big Sisters Assoc. of Central Ohio
1855 E Dublin Granville Rd, 1st fl
Columbus, OH 43229-3516
614.839.BIGS (2447)
www.bbbscolumbus.org
bbbs@bbbscolumbus.org

Columbus Housing Partnership (CHP)
Down payment Assistance
562 E Main St
Columbus, OH 43215
614.221.8889 x134
www.chpcolumbus.org

City of Columbus
Fire Division 645-8308
Housing Services 645-7795
Police Division 645-4600
Public Utilities 645-6141
Refuse Collection 645-7620
Sewerage & Drainage 645-7175
Water Division 645-7020

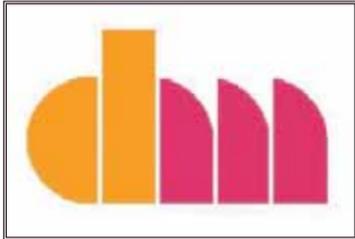
Columbia Gas
200 Civic Center Dr, PO Box 117
Columbus, OH 43216
800.344.4077
www.columbiagasohio.com

Cup of Joy Resource Center, Inc.
95 N 20th St, PO Box 29711
Columbus, OH 43229-0711
614.847.0276
www.acupofjoy.org
singleparents@acupofjoy.org

Mid-Ohio Regional Planning Commission (MORPC)
Rehabilitation Grants
285 East Main St
Columbus OH 43215
614-228-2663
www.morpc.org

Rebuilding Together Columbus
Home Repair Program and Building Supply Donations
PO Box 1347
Grove City, OH 43123-6347
614.258.6392
CCIA_98@yahoo.com

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EOE



Microdyne Outsourcing, Inc., a national provider of outsourced technical services for printer product repair, is looking for several positions at their Groveport, Ohio facility. Candidates should be motivated, team players willing to work in a fast-paced warehouse environment. All positions require the ability to lift 60 pounds. The hours for the positions are Monday – Friday from 7:00 am to 3:30 pm.

Order Processing/Data Entry

Candidates must have experience in using computers and navigating data entry systems in a warehouse environment. Experience in Microsoft Excel and Word is preferred. A high school diploma or GED is required.

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Candidates must have experience in using forklifts, pallet jacks, and computers. Experience in Microsoft Excel and Word is strongly preferred, as well as experience receiving against purchase orders.

Technician

This hourly position is responsible for advanced troubleshooting, diagnosis and repair of current models of printer FRU's. A high school diploma or equivalent is required, and an associate's degree in electronics preferred for this position. This position requires repair experience or education and demonstrated knowledge and repair skills on more difficult electrical or mechanical components.

Resumes may be sent to:

Microdyne Outsourcing, Inc., 2450 Spiegel Drive, Suite E, Groveport, OH 43125

Fax: 614-916-1002 or email: hrcolumbus@microdyne.com

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