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EZ News



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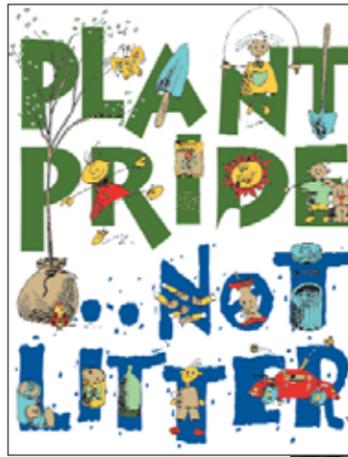
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“Plant Pride, Not Litter: Keep EZ Neighborhoods Beautiful” Campaign Slated to Launch April 16th

On Saturday, April 16th, more than 400 volunteers and community residents will join forces to clean-up and spruce up targeted areas in the Driving Park and King-Lincoln-Bronzeville neighborhoods. For more than four months, plans have been in the works to launch a year-round effort to abate litter and beautify select sites in residential areas and in commercial corridors.

First impressions about neighborhoods and commercial areas are genuinely lasting impressions. Litter, debris and barren spaces contribute toward shaping negative perceptions. Litter-free and beautified neighborhoods can serve to reduce crime, stimulate community pride, stabilize property values, and generate economic investment. Willis Brown, President of the King-Lincoln-Bronzeville Neighborhood Association stated, “We are in full support of this project and its efforts to engage the residents in activities to change the physical appearance, attitude and behavior towards our community. We feel that a project of this nature can have a great impact on the youth and young adults who are willing to engage themselves in positive community activities, if they were given the opportunity.” “Excitement about the project is growing and we have several residents that have signed on to help,” stated David Glenn of the Driving Park Area Commission.

The staging area will be Mayme Moore Park, 240 Martin Luther King Blvd., located adjacent to the King Arts Complex. Activities scheduled for the day include entertainment, games for children, a health fair, and lunch for participants.



Registration begins at 8:00 a.m., with a wel-



come commencing at 8:45 a.m., followed by work crews moving to their locations at 9:00 a.m. Work efforts will conclude at noon, followed by lunch sponsored by Donatos until 1:00 p.m.

The April 16th kick-off is one element of the overall effort. Regular clean-ups and beautification efforts are scheduled for both the Driving Park and King-Lincoln-Bronzeville communities, a Litter Forum

will be facilitated by ODNR, on May 23rd, and an on-going marketing campaign to encourage residents and businesses to keep their properties litter-free and beautified.

Partners in the project include the King-Lincoln-Bronzeville Neighborhood Association, Driving Park Area Commission, Keep Columbus Beautiful, City Year, the Ohio Department of Natural Resources, Division of Recycling and Litter Prevention, the Urban League, the Columbus Housing Partnership, and the Labor and Industry Council for a Cleaner Ohio. The project combines the efforts of ODNR’s “Plant Pride, Not Litter” program, Keep America Beautiful’s “Great American Clean-Up” initiative and the annual celebration of “Earth Day”.

The target streets in Driving Park lie adjacent to Miller and Kelton Avenues between I-70 and Livingston Avenue. In the King-Lincoln-Bronzeville neighborhood the target area includes streets including and adjacent to:

Hamilton, Old Leonard, Monroe Avenues and Twenty-First Street between Long Street and Mt. Vernon Avenue.

To get involved in the project as a volunteer or if you are interested in donating planting materials to aid in beautification efforts contact Steven Waller at 614. 251.0926 or swaller@colscompact.com.

Central Community House To Open Doors



Central Community House (“Central” or “CCH”) is opening some new doors at 1150 East Main Street (Main and Oakwood), on the Near East Side. Central’s year-long construction project is winding to a close, and the new building will be occupied by May.

Since 1965, Central has operated from a house located at 1251 Bryden Road. However, neither the main facility nor the child daycare program, located several blocks away in the Blackburn Recreation Center, could satisfy program requirements for space. As a multi-service neighborhood center, CCH needed additional space for childcare, senior activities, youth and family programs, support groups and community organizations.

With this vision in mind, Central Community House sought to raise \$2.8 million to construct a 16,500 square foot building at 1150 East Main Street. To date, commitments totaling over \$2.5 million have been received, and Turner Construction Special Projects was chosen as the building contractor.

Executive Director Pamela

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Compact Hosts Forum on Full Service Schools

Education is a vital part of community and economic development. There are very profound human, neighborhood, and workforce development implications of schools being the anchor of the community. As a community and economic development catalyst, the Columbus Compact Corporation began to study the full service school concept as a part of its neighborhood based educational strategies.

Noting the disparities in education and employment as a part of the Parity Indicators Project, in November 2003, the Compact assembled a consortium of stakeholders that were proponents of full service schools to including representatives from Columbus Public Schools, Communities in Schools, Community Properties of Ohio, Columbus Workforce Alliance, Federation of Settlement Houses, The Ohio State University, and the Columbus Afterschool Allstars. The primary charge of the group was to study the concept, relevant models, and explore

successes and failures of communities of comparable size. Over the last year consultations have been made with The Center for Community Partnerships at University of Pennsylvania, National Center for Community Education, the



University of Dayton’s Center for Leadership in Community all which specialize in helping communities embrace and implement effective Full Service Schools initiatives.



To further examine the concept of full service schools and how they serve to revitalize communities, a delegation from Columbus attended the Coalition for Community Schools National Forum in Chicago, IL, March 9-11, 2005. Conference participants had an opportunity to see first hand how full service schools have made a difference in the Chicago School District. Officials from Portland OR,



Providence RI, Philadelphia, PA, Omaha, NE availed themselves for consultations to share their strategies for success. The contingent from Columbus returned excited about the

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Full Service Schools: Strengthening Families & Communities

Walk into a full service school and you immediately recognize that it's a very special place. That's because it is more than a school—it also is a set of deliberate partnerships that provide the supports and opportunities that are important to students, families and the surrounding community. Community partners can include health and social service agencies, family support groups, institutions of higher education, employment and training agencies, youth development organizations, government, community groups, or others—but they all are organized around a common goal: To create the conditions necessary for all children to do their best.

If you visit outside of traditional school hours, you'll notice something unusual: The school continues to be busy, and vibrant with learning, all day, every day. Children and youth participate in after school academic and enrichment programs, receiving tutoring and mentoring, and take part in community service-learning opportunities—all connected to the school day. Adults bolster their parenting and job skills, learn English, receive family counseling or come together to address community concerns.

Now, step outside the building and see how it lights up the community—both literally and in spirit. Because the building is in constant use, the neighborhood is more active and more likely to be safe. Because children and families are succeeding, the community shares an understandable pride. Full service schools are not just a centerpiece in a pretty portrait of any community. They do work and make a difference. They are not a panacea to the oft-challenged educational infrastructure of urban areas, but are a part of an overall solution.

What is a Full Service School?

Using schools as a “hub,” full service schools bring together public and private organizations to offer a range of services, supports and opportunities that strengthen and support schools, communities, families and students—before, during, and after school. Schools and communities develop reciprocal and mutually supportive relationships. The goal of a full service school is to effectively use the assets of a community to ensure that children enter school ready to learn everyday and succeed in school, in life and as citizens of our democracy. A full service school is also known as a “community school.” It is important to note that term used in this context is not synonymous with a charter school.

One distinctive mark of a full service school is that parents and families, and community residents are in the building — during the day, evenings and weekends. Whether for a parent teacher conference, a family night or a special workshop, they are part of the school, and seen as partners in the education of their children. And research tells us that family involvement is vital to student success. Full service schools represent the best of what can happen when leaders in education, local government, public and private agencies concerned with children and families, community-based organizations, the United Way, philanthropies and business work together. These are the kind of leaders who are working across boundaries to bring communities together to educate their children in full service schools.

Billions of dollars have been earmarked for school reconstruction across the nation, inclusive of Columbus, over the next few years. By building schools to be full service schools that function as centers of communities, local leaders can strengthen the social networks, economic viability and physical infrastructure of the community and make more effective use of very scarce capital construction resources. Why not integrate education, recreation, health and housing planning to create multi-

purpose community space?

The idea of full service schools is not new. Settlement houses, offering an array of opportunities to neighborhood residents, first developed in the late 1800s. In the early 1900s, educators and others began to explore ways to bring these opportunities into public schools, making schools social centers for communities. Fueled by the Charles Stewart Mott Foundation and its work in Flint, Michigan, a formal community education movement gained national visibility in the 1930s. Its goal was to make schools the social, educational and recreational anchor of communities and to involve adults as well as young people in lifelong learning. Full service schools have historically promoted a simple and fundamental value: School, community and family inextricably joined and working together for the benefit of every child and community.



What are the benefits of Full Service Schools?

Naturally one would ask the question, “What are the benefits of full service schools? The following benefits can be obtained through implementation of full service schools:

- Increase academic achievement and improve the social emotional and physical well being of children.
- Foster strong relationships between parents and families and the school in support of student learning.
- Make schools and communities safer and more supportive places.
- Use scarce public, private and community resources more efficiently.

A wide range of models and approaches can fit into a basic community school framework. Every school is unique, but here's the one broad vision of a well-developed community school.

A full service school, operating in a public school building, is open to students, families and the community before, during and after school, seven days a week, all year long. It is operated jointly through a partnership between the school system and one or more community agencies. Families, youth, principals, teachers and neighborhood residents help design and implement activities that promote high educational achievement and use the community as a resource for learning.

The school is oriented toward the community, encouraging student learning through community service and service learning. A before- and after-school learning component allows students to build on their classroom experiences, expand their horizons, contribute to their communities and have fun. A family support center helps families with parenting, employment, housing and other services. Medical, dental and mental health services are readily accessible.

Artists, lawyers, psychologists, college faculty and students, businesspeople, neighbors, and family members come to support and bolster what schools are working hard to accomplish - ensuring young

people's academic, interpersonal and career success. Their presence turns schools into places that crackle with the excitement of doing, experiencing and discovering unknown talents and strengths. Full service schools open up new channels for learning and self-expression. Students come early and stay late - because they want to.

Ideally, a full-time coordinator oversees the delivery of an array of supports provided by local agency partners and participates on the management team for the school. To achieve their desired results, most community schools over time consciously link activities in the following areas: quality education; positive youth development; family support; family and community engagement in decision-making; and community development.

Core Principals

In the past decade, the number of full service school initiatives has increased dramatically. Today's community schools may differ from one another in model and approach, but they are rooted in a common tradition and share a core set of principles: They foster strong partnerships, share accountability for results, set high expectations for all, build on the community's strengths, embrace diversity and avoid cookie-cutter solutions. Each principle is important - essential even - to the successful operation of community schools. But one stands out among the others: full service schools foster strong partnerships.

Partners in full service schools represent a range of sectors and embody a rich mosaic of perspectives and experiences. Against this backdrop of diversity, the talent, energy and commitment of partners coalesce around the shared mission of improving the lives of children, youth, families and the community. Partners work together every step along the way in developing community schools - from identifying assets and needs to designing programs and services that meet those needs to implementing programs and services and assessing impact.

In a full service school, youth, families and community residents work as equal partners with schools and other community institutions to develop programs and services in five areas:

Quality education - High-caliber curriculum and instruction enable all children to meet challenging academic standards and use all of the community's assets as resources for learning.

Youth development - Young people develop their assets and talents, form positive relationships with peers and adults, and serve as resources to their communities.

Family support - Family resource centers, early childhood development programs, and coordinated health and social services build on individual strengths and enhance family life.

Family and community engagement - Family members and other residents actively participate in designing, supporting, monitoring and advocating quality activities in the school and community.

Community development - All participants focus on strengthening the social networks, economic viability and physical infrastructure of the surrounding community.

A full service school differs from a traditional school because the various partners are not conducting business as usual. They are working together toward common results; changing their funding patterns; transforming the practice of their staffs; and working creatively and respectfully with youth, families and residents to create a different kind of institution.

As the school district and community embrace the excitement of continuous improvement of our schools, strong consideration must be given to the implementation of the full service schools concept.

Bits & Pieces



EGG-CELENT

It's spring — the season to enjoy the great outdoors and celebrate special occasions, like Easter, Passover, and graduation! While eggs are used all year 'round, they are especially

important for many spring-and-summertime activities. They are used for cooking festive delights and for decorating.

Like all perishable foods, such as meat, poultry, seafood, and produce, eggs need to be handled properly to prevent foodborne illness. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria.

If foods containing harmful bacteria are consumed, they can cause foodborne illness. That's why it's important to cook eggs thoroughly and use a food thermometer to make sure egg-containing foods reach a safe internal temperature.

Here's what YOU can do to have a safe and egg-cellent spring and summer!
Clean Up, Clean Up . . .

Before you begin preparing holiday dishes, remember that clean hands are key! Always wash hands with hot, soapy water before and after food preparation, as well as when you're handling raw animal products, such as raw eggs.

Beware of cross-contamination. Foodborne illness can occur when kitchen equipment is not

thoroughly washed between uses. Always wash surfaces and cooking equipment, including blenders, in hot, soapy water before and after food preparation.

Cook and Keep Cool . . .

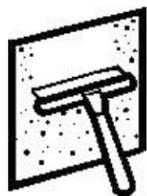
Bacteria can multiply in moist foods, including desserts and salads containing high-protein foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods.

Remember the 2-Hour Rule: Don't leave perishables out at room temperature for more than 2 hours. Bacteria love to grow in protein-rich foods.

Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm.

Tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.

Cook cheese cakes, lasagna, baked ziti, and egg dishes to an internal temperature of at least 160° F. Use a food thermometer to check.



CLEANLINESS IS CLOSE TO...

Springtime also means spring cleaning, especially windows. Here's some tips when you're doing your windows. Wash win-

dows on a cloudy, but not rainy day. Working in direct sunlight causes streaks because the cleaning solution dries before you can wipe it off. This is the best time to vacuum the frames and sills. Cool, clear water is the choice of most professional window washers. If windows are very dirty you can add 2 to 3 tablespoons of vinegar per gallon of water. Use horizontal strokes on the inside and vertical on the outside so you know which side the streaks are on. For drying windows, a wad of crumpled newspaper works just as well as expensive paper towels. Wear rubber gloves to keep your hands free of ink.



BOOKWORM

Cure the spring break boredom at the Livingston Library. This branch has over 90,000 volumes and a specific African-American fiction collection. They also feature

18 computers with Internet access, Microsoft Word, Excel and Power Point and 5 kid's computers. The Livingston Branch also has a quiet study room. The Livingston Ave Library branch is at 3434 Livingston Avenue, 614-645-2ASK (2275). Call for special spring break programs. This year includes crafts, stories, and intrigue. Fun for all ages and free.

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possibilities for our own district.

On March 17th, the Compact hosted an all-day forum on strategies to implement full service schools here in Columbus. Featured trainers included Dr. Robert Burgbacher, Executive Director, Mary Rigg Neighborhood Center and James Grimm, Community School Coordinator and Director of the Center for Families, Indianapolis, IN. Rawlan Lillard, Jr. Community Education Consultant, Flint, MI and Dr. John Windom, Executive Director, Community Education, St. Louis Public Schools presented on topics related to the development and implementation of Full Service Schools in urban districts. Seminars were conducted on the role of full service schools in effective community development, creating viable community partnerships and an effective organizational structure to support both full service schools and a vibrant community education program.

Dr. John Windom, noted, "there is a healthy and sincere interest in making success happen with full service schools in Columbus. It appears that the essential ingredients to build success are

in place. I applaud the leadership of the Compact and those represented here, the Superintendent and the Board for considering such an important educational strategy. There must be courageous leadership involved to engage the entire community, inclusive of students, parents, the business community, community organizations, principals and teachers. If Columbus is even viscerally concerned with the plight of children, families, and entire communities, then the implementation of full service schools is the logical next step."

Rawlan Lillard, Jr., formerly of the National Center for Community Education stated, "Full service schools can work in Columbus. They are working all over the nation. The key is having people on board that are dedicated to the concept and willing to do what is necessary to make the school the anchor of the neighborhood. Lillard further stated, "Principals, teachers, parents and the

entire community must work together to make full service schools make a difference."

Sara Neikirk, Co-Chair, Community Values and Cultural Life Committee, Board of Trustees said, "the presenters gave an excellent idea of



what a common vision could look like for systemic change in public schools, especially when the community is involved in developing a comprehensive approach such as full service schools."

In a recent report from the Innovative Schools Task Force, recommendations were made calling for the implementation of Full Service Schools in the district. In light of the goals and strategies contained in Columbus Public Schools' Continuous Improvement Plan and the laudable efforts to reduce student mobility, implementation of full

service schools appears to be a logical step in the very near future. The Full Service Schools Work Group will continue to convene to refine the model and engage the community about the merits of Full Service Schools.

EZ News

THE NEWS YOU CAN USE

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New Businesses Open in Mt. Vernon Plaza



X'Quisit Studio

Stylist Kishia McElroy, Co-owner and Manager of X'Quisit Studio, a beauty, barber and nail salon at 1052 Mt. Vernon Avenue, had always envisioned being a business owner. After eight years in the business, she decided the time was right to stop renting space and to open her own shop. On February 8, 2005, with help from her uncle and the Empowerment Zone Seed Capital Loan Program, McElroy's dream came true.



Months earlier, armed with the clientele she had developed over the years, McElroy approached her uncle to assist her in opening a shop of her own. Ms. McElroy found a location in the Mt. Vernon Plaza, "it is a great location, there is a lot of parking, people know where it is, and it's close to downtown," she says. What she didn't say, but what is obvious to anyone walking in, is that her brightly painted and well-lit shop is beautiful. With its polished chrome and leather chairs, and spotless interior, McElroy's shop exudes peacefulness. Her business draws customers from all over Columbus to the Mt. Vernon Plaza. She says that having an established clientele has been a critical part of her early success. She smiled as she talked about the number of customers calling in for appointments prior to the Easter holiday, "our job is to make our clients look good and feel good," she says.

The studio has space for eight stylists, two nail technicians, and two barbers. Her business plan envisions being a "multicultural shop," and she is currently looking for additional stylists and nail technicians who will help her to build that diverse client base. McElroy says she is open to new stylists and nail techs either with, or without, an existing clientele.

"It's good to be back," said barber and community activist Barry Edney as he surveyed the interior of X'Quisit Studio, "the Plaza is coming back to life." Edney's barber chair is a separate space inside the studio, and the laughter of men enjoying sports conversation while getting shaped up for the weekend echoed through the space. Edney applauds McElroy's efforts, "Kishia has brought another black-owned business back to the Plaza. X'Quisit is bringing jobs

and people back ... the Plaza was dead for two years, but now it is alive again. The new owners have committed to bringing black-owned businesses, which was my concern when I closed my shop in the Plaza."

X'Quisit sought and received a business loan through the Empowerment Zone Seed Capital Loan Fund, which McElroy, already armed with a business plan, says was "an efficient process." X'Quisit used the business loan to purchase equipment and chairs for the studio.

Steve Hikida, Loan Officer for Community Capital Development Corporation, the agency that administers the Empowerment Zone Seed Capital Loan to the project, says "...our main goal is to help the community grow by attracting and increasing business in the area. X'Quisit is an all-in-one spa service. The business offers a luxury service both for residents of the immediate area, and for all of Central Ohio. It is great to see X'Quisit drawing clients from the suburbs - people whose daily routines might not otherwise allow them to come regularly to the Plaza."

Urban Chefs

Another new business to the Plaza is Urban Chefs, which maintains space in the Neighborhood House Incubator (1060 Mt. Vernon Avenue - the space that used to house the Billie Brown Jones clinic).

Chef Anthony Frasier, President of Urban Chefs, has been cooking for the last 30 yrs, since high school. As a young man he found out that he had a love for cooking, and had a long career in the hotel and food industries. Striking out on his own was always in his blood, and he worked with his friend, business partner, and Corporate Chef Keith Griffea to develop Urban Chefs. Frasier explains the division of work assignments in the following way, "Some of these recipes have been passed down through the generations ... Keith worked out the barbeque sauce recipes, and I worked to find a manufacturer of the products."

Urban Chefs sells BBQlicious Mild, BBQlicious Spicy, BBQlicious Meat & Poultry Rub, Traditional Hot Sauce, Classic Hot Sauce, Garlic Herb Blend, Red Savina Hot Vinegar

Sauce, Hot Chocolate Habanero Vinegar, and gift bundles. Last year, the Hot Chocolate Habanero Vinegar won a first prize in the 2004 Fiery Foods Contest sponsored by *Chile Pepper* magazine.

A short list of places where Urban Chefs products are sold retail includes: Hilltop Market Place (2865 W. Broad), Abbott's SuperDuper (S. James Road), Hudson Market (Joyce Avenue), Shane's Gourmet Market (E. Livingston Avenue), and Walter's IGA (Cleveland & Westerville Roads). The products are also available for sale on the company's Internet site at www.its-soulicious.com.

Frasier is excited about the next step for the business. "We have a line of frozen foods coming out. The first meal is baked chicken, macaroni and cheese, and collards. The second meal is oven fried chicken, macaroni and cheese, and collards w/ hamhocks. We have developed the line, and are working on financing so we can take it to the market."

Kim Knights, Vice President of the Central Ohio Minority Business Association, provided business counseling services to the company prior to its opening. Ms. Knights also helped package a loan application to the EZ Seed Loan Program. Knights says, "Anthony Frasier was around getting information about opening a business even before we had an EZ. He exemplifies dedication and fortitude. He took that time and utilized his time well in preparing for his business, and when his doors did open, he had a completely different concept of what business he wanted to operate than he did five years ago."

Frasier says, "being located in the Neighborhood House incubator program is a great benefit to us. We have other business owners and people around who can help us solve problems. Instead of just getting the money and then being on your own, here the Neighborhood House provides great support for new businesses." When asked if he had any additional words for this article, Frasier says "We're about to hit the big BBQ season, and I'd just ask all the readers to try our products. Once you do, you'll know why we say 'It's Soulicious!' Anthony Frasier can be reached at (614) 560-0628 (afrazier@its-soulicious.com).

Chef Butcher

Another business soon to open in the Mt. Vernon Plaza will be run by Henry "Chef" Butcher. Kim Knights of COMBA says, "Henry 'Chef' Butcher was on the Technical Assistance side of the lending program. He provides a very good example of a business owner who took the advice, made the necessary changes, which affected his business operation structure. Chef Butcher took about a year to implement those changes so that when he did come back, he had a very strong business concept built around his passion."

Steve Hikida, Loan Officer for Community Capital Development Corporation, which made an Empowerment Zone Seed Capital Loan to the project, says "Chef Butcher is a well-known chef who has worked in several high profile restaurants. He has earned high praise for his menus, and is excited about bringing authentic southern creole food to the Empowerment Zone."

Kim Knights, Vice President of Central Ohio Minority Business Association, typically provides consultative and loan packaging assistance to small businesses applying for the Empowerment Zone Seed Capital and Business Loan Programs. Knights says "there are several very good government-backed lending programs

Empowerment Zone Projects Rolling Right Along

The Columbus Empowerment Zone continued racking up wins, with favorable decisions on two EZ-assisted projects.

Wendy's Restaurant To Move Forward

The Wendy's Restaurant, proposed to be located at Broad and 21st, won another major victory and is moving closer to fruition. After being approved by the Near East Area Commission and Columbus City Council, a nearby resident filed a lawsuit seeking to stop the City Council zoning variance. A January 19, 2005 hearing was held by Judge John Bessey to determine if the complaining parties had a right to file the lawsuit against Columbus City Council. On March 22, 2005, the judge dismissed the lawsuit, ruling that the complaining parties did not have legal standing to file the appeal.

Stephenson looks forward to being able to build and have a restaurant in place this summer. Last year, prior to the lawsuit being filed, Stephenson held a job fair at East High School and was prepared to hire a dozen students from East. In addition, he had made job offers to two managers referred through ProTeam Resources and the Columbus Urban League. Stephenson says, "this has been a long process, but I'm committed for the long-haul. The good part about this ruling is that ultimately the neighborhood review and approval process worked. We worked hard with the neighborhood to create a building design that fits into the Near East Side, and we will continue to work to be a great neighbor and an asset to this community." Stephenson further said he appreciated the hard work, good advice, and support of those who have helped move the project forward.

The Wendy's project was supported by the Planning Committee of the Near East Area Commission, the Zoning Committee of the Near East Area Commission, the General Body of the Near East Area Commission, the Long Street Business Association, the King-Lincoln Bronzeville Neighborhood Association, the Mt. Vernon Avenue District Improvement Association, the Neighborhood House, Inc., the Columbus Compact Corporation, and many others.

The Wendy's project was opposed by the Main Street Business Association.

Stephenson is ready to hire, and is looking for a high quality and dependable management team. "We

are going to run a first-class operation, and I'm looking for an experienced management team that is committed to excellence," he says. Interested and experienced management applicants can submit resumes to the Compact, at 1000 E. Main Street.

Salvation Army

On March 29, 2004, Walter R. Cates, Sr., of the Main Street Business Association, filed a complaint with several members of Congress, alleging a variety of improprieties by the City of Columbus and the Columbus Compact Corporation in connection with the acquisition of property for the Salvation Army Service Center on East Main Street (the Main Street Business Association had opposed the project on East Main Street. The Compact is the publisher of this newspaper and the project coordinator). As a matter of course, Rep. Tiberi referred the matter to the Inspector General of the U.S. Department of Housing and Urban Development, letting the Compact know of the action.

A criminal investigation ensued from Representative Tiberi's referral. The investigation involved July 2004 interviews with Walter Cates and Tim Widman of the Main Street Business Association, a July 28th meeting with Jonathan Beard, President and CEO of the Compact, and a complete review of Compact records. By early August, the investigator had concluded that the complaint was without merit, and the final report documented all the steps the Compact and the City of Columbus went through in accordance with program regulations. In August, the U.S. Attorney's Office for the Southern District of Ohio declined to prosecute. The full report (redacted by the OIG) vindicating the Compact is available on the Compact's website at www.colscompact.com/OIGReport.

Kenneth M. Donohue, HUD Inspector General wrote in a January 6, 2005 letter to Congressman Tiberi "our investigation found that HUD's procedures were followed in the city's [Compact's] purchase of the properties and that the prices paid for the properties were at established fair market value. Furthermore, we determined that the city of Columbus [Compact] provided required notices to the property sellers, conducted the necessary environ-

mental and historical reviews, and received HUD's approval for the use of one property that was subsequently sold to the Salvation Army for approximately the same amount for which the city of Columbus [Compact] purchased the property ... Based on these findings, we closed our case. Thank you for your interest in the integrity of HUD programs."

Beard says "while we were attentive because a criminal investigation is a serious matter, we were not concerned because we know we follow the rules. We have high integrity at the Compact, we run a clean and positive program, and time after time our audits confirm the excellence of what we do, so we just keep rolling right along."

Compact Chair Alphonso Simmons said "our president alerted the Board immediately that the MSBA had filed a complaint to members of Congress. It was an unnecessary distraction and something Mr. Beard provided us with routine briefings on during its course, but it didn't have an impact on what we do, and we continued to move all our projects forward. We have a strong, cohesive, neighborhood-based Board of Trustees that keeps the well-being of our Empowerment Zone neighborhoods at the forefront. We respect and appreciate all input into our projects - pro or con - and adjust accordingly, but we don't let the interests of one or two individuals detract from our positive agenda for growth, development, and sustainable change. The Board has confidence in our staff, and each year our confidence is confirmed in the work that is accomplished and the clean audits we receive."

Beard continues, "we were also gratified by the confidence expressed in us by our local members of Congress and their staffs. They know we run a strong program and they were not fazed by the MSBA's allegations. Unfortunately, at the same time we were trying to talk to Congress about funding, we had to talk about this distraction. We will be closing after school programs for Empowerment Zone kids this year because of decreased federal funding. Also because of federal cutbacks we have to end a program that helps our seniors and other residents fix up their homes. We'll be ending a soft second mortgage program that helps build homeownership in our neighborhoods. We'll lose money that helps finance small businesses in the central city and money that links Empowerment Zone residents to jobs. Those are the real issues. Those are the issues we'd rather be talking to our members of Congress about - not this kind of nonsense."



Business Resource Guide

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
colsenterprisecenter.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 3rd Thursday of month, 12p, at Florentine Restaurant, 907 W. Broad Street

Greater Hilltop Community Development Corporation (GHCCDC)

Alina Butler, Director
2300 W Broad, 43204

614.276-0060

e-mail: alinamb@aol.com
<http://GHCCDC.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

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
823½ 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
afoot765@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

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

Ohio Women's Business Resource Center- (OWBRN-WBC)

1393 E Broad St 2nd fl
Columbus, Ohio 43215
614.258.4811/ 866-923-2378
614.258.4813 fax
Web site: www.owbrn.org
Email: owbrnwbc@sbcglobal.net
WNET Roundtables 2nd Mon 11:30a-1:30p meets at 1393 E Broad St 1st fl
Workshops 1st Mondays 6p-8p (various locations)

Neighborhood Investors Series: Building Neighborhoods Through Community Investment

The Columbus Empowerment Zone is thriving with development projects. Now is an excellent time to invest in real estate in the Columbus Empowerment Zone.

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.

Six reasons why you should invest in real estate in your community:

1. Investing in residential or commercial property can be an excellent source of income.
2. Owning real estate in your community contributes to a neighborhood's growth, vitality and quality of life.
3. Allows local resident control of land and potential income generating assets.
4. Local control by residents ensures proper

ties are well-maintained and cared for.

5. You will gain valuable experience in the areas of property management, real estate financing, rehabilitation, property analysis, plus much more.
6. Home ownership is one of the most effective ways to build wealth for the future.

The Neighborhood Investors Series is a 5-day workshop that provides a wide range of educational services in real estate:

- Overview of Real Estate – Investing in Residential and Commercial Properties
- Financing Investment Properties
- Taxes and Investment Properties
- Best Practices in Property Management
- Renovating Investment Properties

All workshops are presented by a diverse group of professionals experienced in real estate topics.

Next seminar is May 16 – 20, 6:30 pm – 8:30 pm at Compact Headquarters (1000 E Main St). Cost is \$30. Checks should be made out to the Columbus Compact Corporation. Call 614.251.0926 to register.

How Good an Investment is Your Home?

Most people agree that home ownership is a good thing. But is a home really an "investment?" In a way, it is. But keep this in mind: Your home, by itself, is almost certainly not the type of investment that's going to help you meet your long-term goals, such as a comfortable retirement.

Many people think that because they put so much money into their homes, they are bound to be handsomely rewarded in the future. And it is true that, over a long period of time, home prices generally rise. But this appreciation has not come close to that of some financial assets, such as stocks. Stock prices will certainly fluctuate in the short term, but housing prices can do the same. In some parts of the country, home values have fallen for several years in a row before recovering. (Keep in mind, though, that past performance does not assure future results. Stocks are subject to risks, including the potential loss of principal invested.)

Still, if you live in a house for many years, the chances are pretty good that you will end up making a profit when you sell. And if you've owned and lived in your home for at least two years within the five years preceding its sale, you can exclude a lot of money in capital gains, and double if you're married and filing a joint return.

Of course, after you sell your home, you'll have to live somewhere, so some of your profit will need to go toward a new residence. But if you "downsize," you could end up with a nice sum of money. Will it be enough to finance your retirement, help pay for your children's (or grandchildren's) college education and meet whatever other goals you have? Probably not. And that's why you'll still need to build a diversified portfolio containing high-quality

stocks, bonds and other securities.

Using your home to generate cash

Even if you can't count on your home meeting all your long-term financial goals, you can use the equity in your home to help boost your cash flow. Consequently, you may be able to avoid tapping into your long-term investments, so you can continue making progress toward your important objectives.

Here are two of the most common ways to get money out of your home:

•Home equity loan - You can generally get this type of loan at a competitive rate, and the interest may be tax-deductible. (To make sure of the tax deductibility, though, you'll want to consult with your tax adviser.) You can use the loan for virtually any purpose you choose, but keep in mind that you're pledging your house as collateral - so you have to be sure you can afford the loan payments.

•Reverse mortgage - If you've paid off your home, you might want to think about taking out a reverse mortgage. This is a special kind of loan that enables you to convert your home equity into cash, either through a line of credit or installment payments. Essentially, you're selling back part ownership of your home to your lender. Reverse mortgage programs are not suitable for everyone, however, so make sure you know what's involved before you sign on the dotted line.

Use your home wisely

Through careful planning, you can incorporate your home into your overall financial and investment strategies. So, use this asset wisely - it can pay off for you in a variety of ways.

Women and Investing: Your Special Financial Considerations

It's unfortunate, but still true, that if you're a woman, you face a variety of challenges in the workplace. And these issues translate into potentially serious problems for you as you save for retirement. To avoid these difficulties, you need to take action - now.

Let's consider some of the facts that underlie and illuminate the formidable tasks that women face:

•Lower earnings - Over the past few decades, women have made great strides in the quest to achieve earnings equality - but they're not there yet. Women currently earn, on average, about 80 percent as much as men, according to the Bureau of Labor Statistics.

•Less time on the job - Women are more likely than men to take time away from their careers to rear children or care for aging parents. Consequently, women typically work 32 years, compared with men's 44, according to a study by the Center for Retirement Research at Boston College.

•Lower income in retirement - The total median annual income for women 65 and older is 43% less than the median income for men of similar ages, according to the Older Women's League, a research and advocacy group.

•Longer life spans - Women live an average of seven years longer than men, so they are more likely to outlive their financial assets.

So, there you have it: Lower earnings, extended time away from work, lower retirement income and longer life spans. Together, these factors point to a huge need for women - whether married or single - to do some serious financial planning. Fortunately, there are many steps you can take. Here are just a few:

Pay Yourself First

Every time you get paid, turn around and write out a check to whatever savings or investment vehicle you have chosen — before you pay any other bills. Better yet, take advantage of payroll deduction, bank authorization or systematic investment plans so that your money is automatically invested before you even receive it. Such a plan, however, does not assure a profit and does not protect against loss in declining markets.

Invest For Growth

Many studies have shown that women tend to invest more conservatively than men. Yet, to achieve your retirement goals, you may need to put some of your investment dollars into "growth" vehicles, such as stocks or mutual funds. Historically, stocks have appreciated more than other types of investments. More importantly, other types of investments, such as CDs or Treasury bills, may not even keep up with inflation, so you could end up losing purchasing power if your portfolio is not well diversified.

Take Advantage of Available Retirement Plans

Save on a pre-tax basis through your employer's 401(k) or by making IRA contributions. If you can't deduct an IRA contribution, consider a Roth IRA. Contributions to a Roth IRA are not deductible, but a Roth does offer tax-free income at retirement under certain circumstances. If you are self-employed, consider opening a Simplified Employee Pension Plan (SEP) or other qualified retirement plan that may offer you a business tax deduction.

You're In Control

By following the steps described above, along with any others that make sense for your individual situation, you can take charge of your own financial future. It will take some time and effort — but the ultimate goal is well worth it.

Put Financial "Windfall" to Work

Like many people, you may dream of a day in which you get a sudden infusion of wealth. Realistically, you know that you're probably not going to win the lottery. But you could get an inheritance. And, depending on its size, it could give you an enormous boost toward achieving your long-term financial goals - if you use the money wisely.

One of the smartest moves you can make may be to do nothing - at least, for a while. Many financial experts agree that it's a good idea to wait six months to a year before making any major financial or investment moves related to an inheritance. You won't want to let emotions dictate these kinds of decisions, so take your time. Consider putting the funds in a money market account, a Certificate of Deposit or a short-term bond; you can get a decent return, and you'll have access to the money when you're ready to use it. Furthermore, you may need some of this money handy to pay any taxes that might accompany your inheritance.

Look for liquidity, growth and income

Once a reasonable time has passed, you'll be

ready to put your inheritance to work. No matter what your individual situation looks like, you can almost certainly benefit by adding elements of liquidity, income and growth to your financial holdings. How can you do this? Let's look at some possibilities:

Liquidity for emergency fund - If you haven't already set up an emergency fund containing three to six months' worth of living expenses, you might want to use part of your inheritance to do so. Once you've established this fund, you won't have to dip into your investments to pay for unexpected costs, such as a major car repair or a new appliance. Keep your emergency fund in a vehicle that offers quick access and a decent return, such as a money market account.

Growth for retirement accounts - If you invest part of your inheritance in a high quality, diversified array of investments, you can greatly accelerate the progress you make toward a comfortable retirement. For example, if you couldn't afford to "max out" on your 401(k) plan at work

because you needed to keep your take-home pay at a certain level, your inheritance might help. And it may also give you the ability to contribute the maximum to your Roth or Traditional IRA.

Income from dividends- To increase your current income, consider using some of your inheritance to invest in stocks that pay dividends. Due to recent changes in tax laws, dividends are now taxed at a maximum rate of 15 percent previously, they were taxed at your current income tax rate. (This 15 percent rate is effective through Dec. 31, 2008.) Look for stocks that have regularly increased their dividends, year after year. Keep in mind, however, that stocks are subject to market risk, including the potential loss of principal invested, and they may not always pay dividends.

By following these suggestions, you can get the most out of your inheritance. Of course, before you invest your inheritance, you'll want to consider your risk tolerance, time horizon and investment goals. When you invest wisely, you'll be showing respect to those who left the inheritance to you in the first place.

Smart Financial Moves for Home-based Business Owners

When you run your own home-based business, you have the freedom to chart your own course. But this independence comes with a lot of responsibilities. You've got to plan and save for your own retirement. You've got to take care of your own taxes. You've got to deal with business expenses. Consequently, you've got to learn how to make smart financial moves.

So, if you're contemplating striking out on your own, and you're going to be working out of your home, keep these tips in mind:

Set up a retirement plan - right away - As soon as you're generating any income, establish a retirement plan. A qualified retirement plan can pay off for you in several ways: Your contributions typically will be tax-deductible, your earnings will grow tax deferred, and you'll have a variety of investment options. If your business has no employees except your spouse, you can choose from some attractive plans, including a SEP-IRA and an "owner-only" 401(k).

Review your investments- Now that you're self-employed, you may need to adjust your investment mix. As you know, going into busi-

ness for yourself is not a risk-free proposition; consequently, you may need to lower the risk level of your investments, or possibly adjust your investment mix to provide you with a greater income stream. Keep in mind, however, that you'll still need to have considerable growth potential in your holdings, particularly if you have many years left until retirement.

Consistently set aside money aside for taxes - If you pay your taxes quarterly, as many self-employed people do, you don't want to scramble for cash every three months. So, every time you get paid, put away some money for taxes, preferably in a liquid vehicle, such as a money market account. Generally speaking, it's a good idea to set aside as much as 40 percent of your income. Even if don't need all that money at tax time, it certainly won't hurt to have it around. If you don't have enough liquid cash to pay your taxes, you may be forced to dip into your investments - and that could slow your progress toward your financial goals.

Keep track of all potential deductions - Be diligent about claiming all business-related tax

deductions that you can get, such as percentages of your mortgage, insurance and utilities, office supplies, educational materials related to your work, etc. You can benefit greatly from working with a tax professional - someone who can tell you exactly what deductions you're entitled to claim.

Look for "group-buying" opportunities - If you are self-employed, and working out of your home, you can feel isolated. But actually, you're not alone; there are many other home-based workers out there, just like you. And if you can hook up with these people, you may be able to increase your buying power by obtaining group discounts on office supplies, health insurance and other necessities. You can find out more about these group-buying opportunities in magazines and Web sites devoted to entrepreneurs.

Running your own home-based business can be exhilarating - and scary. But by making smart financial moves, you can lower the "fear factor" and devote more of your time and energy to making your business succeed.

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

David Cunningham, Edward Jones
Investment Representative
179 E Beck St
Columbus, OH 43206 614.461.5803

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!

Neighborhood Life

CAPACITY, CAPA's Youth Arts Program & Los Angeles-based Oneness present 2005 Columbus Songwriters Summit



The Songwriters' Summit comes to Columbus through a partnership between CAPACITY, CAPA's Youth Arts Program, www.ecapacity.org, and Los Angeles-based Oneness www.powerofoneness.org, a national non-profit organization whose focus is racial unity through music and the arts.

The Songwriters' Summit creates an opportunity for aspiring young songwriters and performers to meet with and be mentored by professionals in the music industry—from the Grammy-winning writers and producers behind Carlos Santana, Chaka Khan, Ricky Martin, Kenny Lattimore, Tevin Campbell, Gladys Knight, and En Vogue to outstanding writers, music industry professionals, and race-relations experts from Central Ohio and beyond. Beyond the dreams of becoming the next number one hit, the Summit promotes racial unity and positive social change through music. CAPACITY and Oneness recognize the power and untapped creativity of youth and look to encourage the gifts of young songwriters in the central Ohio area.

The Music and Dialogue Sessions set the foundation for the Songwriters' Workshop with discussions about racism, the impact it has on our community, and what we can do as individuals to lead our community to greater unity.

Fifty young artists will be selected to participate in the Songwriters Summit, an intensive, invitation only, weekend workshop on April 16 & 17, culminating in a showcase performance at CAPA's beautiful Southern Theatre on April 17 at 3 pm. The showcase will include a selection of the best works created during the workshop along with guest appearances by the Grammy-winning mentors and an array of outstanding Ohio-based artists contributing their time to work with the youth. Admission is FREE.

The Songwriters' Summit for Oneness is made possible with major support from the Columbus



Compact Corporation with additional support from Netjets and Radio One.

CAPACITY

In October 2001, CAPACITY, CAPA's youth arts program, opened the CAPACITY STUDIOS at 1002 East Livingston Avenue, on the near east side of Columbus. The storefront and house, near the intersection of Ohio and Livingston Avenues, is home to CAPACITY's gallery, workshops, and offices and a beautiful youth-created garden space surrounded by mural art.

CAPACITY celebrates Columbus' urban neighborhoods while helping young people discover and expand their artistic talents. Young people, ages 12-19, work with renowned artists and arts administrators to develop a wide variety of arts and related skills. CAPACITY provides: high-quality arts programs; on-site and touring performances and exhibitions; and entrepreneurial opportunities for youth in an inspiring, safe and empowering environment. Current programs include publication of "The Break" newsletter with Jami Goldstein, website and graphic design with Keo Khim, writing workshops with Dionne Custer, DJ and break dance workshops with BHB, visual art with Richard Duarte Brown, dine-in discussions with community leaders, and Open Mic nights at partner sites. Outstanding youth performers are selected to perform during CAPACITY "Best of Open Mic" Tours throughout Central Ohio. All programs are free to participating youth.

CAPACITY is made possible by a major grant from the Columbus Compact Corporation with additional support from Cardinal Health, Chase Manhattan Mortgage Corporation, Fifth Third Bank, Honda, Harry C. Moores Foundation, Limited Brands, Nationwide Foundation, NetJets, Inc., and supporters of the BUILDING CAPACITY Campaign. CAPACITY also thanks The Columbus Foundation, The Greater Columbus



Arts Council, and The Ohio Arts Council for support benefiting all CAPA programs. For more information about CAPACITY, call 614.372.1822 or visit www.ecapacity.org.

Oneness

Oneness is a non-profit organization whose goal is to eliminate racism by promoting racial unity through music, the arts and education. By utilizing the resources of the arts and entertainment community along with experts in the field of race relations, Oneness creates fundamental social change through its projects and initiatives. Oneness accomplishes our goals through:

- Marketing strategies, programs and initiatives which promote the concept of eliminating racism and the promotion of racial unity
- Educational initiatives which enable individuals to better understand other cultures
- Supporting, co-sponsoring and networking with similar organizations to promote the message of racial unity

Oneness has successfully produced programs nationwide that promote mutual respect and understanding between participants of diverse racial and ethnic backgrounds as a foundation for safe, healthy communities throughout America. Current Oneness Programs include: "Celebrating Oneness" a family unity day, Cultural sensitivity workshops, Oneness Unity Dinners, The Annual Power of Oneness Awards, Oneness' Multicultural After-School Program, Oneness Music and Dialogue Series, and the annual Songwriters' Summit for Oneness.

For more information on Oneness please call us at (818) 710-8382 or visit our website at www.oneness.org.

The "Change The Music" free concert is **April 17, 3p** at Southern Theatre, 21 E Main Street (downtown Columbus).

CENTRAL continued from pg 1

McCarthy is enthusiastic about the building, "the best part about it is that this really reflects the input and vision of so many people in the community." Walking through the almost complete building, she points to a desk that will bear the artwork of Near East resident and artist Baba Olugbala, a bench that will bear homemade African motif cushions by seamstress Millie Gray, a desk that will be adorned with metal artwork by local artist Roger Williams, and an area that will house a piano with artwork by the children of the area.

Walking further into the building, McCarthy opens a

door into a large, open multipurpose area. CCH will be working in collaboration with the CAPACITY youth arts program – the space contains spotlights to shine on a coming stage, along with a basketball hoop. We can do "open mic" performances here, on the stage and under the stage lights. "You can feel the energy and the spirit in these walls. This is such a happy place, and we are so excited to share it with our neighbors."

The new, larger facility enables Central to increase its daily after school program capacity by 40% and its child daycare program by 45%, and to bring all of our

programs and administrative offices under one roof. The new facility allows the CCH daycare to add 16 infant and 20 toddler spaces, in addition to the 18 child pre-school.

McCarthy says "we are excited about opening and adding our infant and toddler programs. By bringing it to the neighborhood, we can meet our mission of supporting families and working parents."

The infant and toddler program is a high quality child daycare designed to enhance the mental and physical development of young children. It was supported



An Open Mic Story by Lisa D. Lloyd

He has been coming here for weeks now and still refuses to get up to the microphone and express himself and share his craft. The thing about that is, he is not sure he has a craft. She writes the most beautiful words down on paper and creates a whole new world and paints the exact image she wants in your head as you continue to read down the page; but if asked, she will tell you she has no talent.

This is not the 'story' of just two young people,

this is the story of a few hundred that have come with a friend, attended a school assembly, decided to go to the library to study or picked up a flier at the local coffee shop and ended up at a CAPACITY Open Mic.

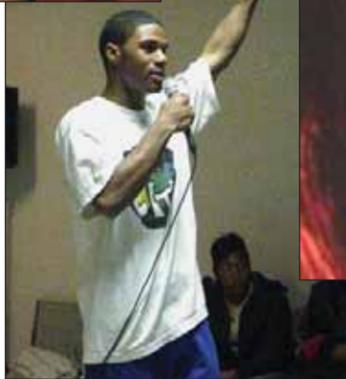
Fortunately, the story does not end there; it is actually only the beginning.

What has emerged from the last 5 years of Open mics are confident, skilled, intelligent, proud and successful students, artists, athletes, poets, singers, rappers and dancers. The Open Mics have taken up residence everywhere from the small, cozy room at The Short Stop Youth Center in the Short North to center stage at the Ohio and Southern Theatres, the atrium at The Franklin Park Conservatory and lets not forget the several high schools and colleges across Central Ohio and the first thing you see and hear as you walk into the Main and The Martin Luther King Libraries.

What has been created, is several 'safe' supportive venues for young people (and the occasional parent or adult visitor) to express themselves and to bring together any of the countless facets of art. Mixing the soft melodic tones of Opera, the raw truth of Rap, the sad story-telling of Country and the soulful heart of R&B is not at all strange to hear when you attend an Open Mic, because everybody is welcome and the forms that our young people use to let their voice be heard is never limited.

The CAPACITY workshops throughout the week serve as groundwork for the Open Mics.

Writer's group, DJ tech, Break Dance and even Dine-In Discussion, open art and airbrush sessions are all used as a place for brainstorming, where our artists can fine tune their talent and



bounce their ideas off each other or the facilitator of the group. The workshops build the artists' confidence and get them to the point that they are ready to perform it in front of a live crowd.

Even the Open Mics are a learning tool, because this is where they get feedback from strangers and their peers that are not necessarily participants in the program—a rehearsal if you will. The young people here that have started off as shy, barely audible bundles of nerves on the microphone, are now off in New York producing music for movie soundtracks, releasing CD's this summer, collecting songwriting royalties, win-

ning DJ battles at the Hip Hop Expo held in the Columbus Convention Center, graduating and going on to places like Morehouse College in Atlanta, Fisk University in Nashville, our own Ohio State University, Otterbein College, Columbus State Community College and many more. We even have a high school Senior Class President amongst us.

Though it is not a requirement to participate in CAPACITY workshops, grades are very important and good ones or improved ones are always celebrated. We have even noted some of our parents making CAPACITY involvement a reward for scholastic achievements.

The lives of so many people, young and old have been touched by CAPACITY, CAPA's Youth Arts Program. We are a haven for the many talented, intelligent youth who are soul searching and seeking positive, productive interaction with others wanting the same thing...success. To lose CAPACITY would be the end of a vision of just a few, but quite possibly the lifeline for many.

Art has a way of bringing people in out of the cold and getting them to share a piece of themselves, a side which may never have had a chance to surface.

I, though no longer considered a youth, have been able to learn more about myself and brush up on my social skills just by being around these wonderful human beings in the last 5 years. Anyone that takes the time to come out and just observe any or all of our workshops or be a part of one of our touring Open Mics, will see that the value of this program goes far beyond just putting paint on canvas. To quote one of our resident artists, Dionne Custer, "It gives us a voice where paint splashed rhythms spill over open eyes and music moves bodies to bend and sculpt stories that remain unspoken until we surround ourselves with a place that supports our expression. Our art gives us hope—we speak to breathe."

CENTRAL continued from pg 8

by Start Smart, a United Way of Central Ohio-led collaborative that pushes for quality standards in early child care. The CCH daycare program has a sliding fee scale, and accepts Title XX daycare as well as private pay. Central is looking forward to enrolling infants and toddlers in the new program.

The new, attractive child care rooms open directly into the enclosed courtyard and playground. A teen room on the second floor is lined from floor to ceiling with windows that overlook the same playground, and offer a view onto Main Street and beyond. The day-

care's hours of operation will be 7:00 AM to 6:00 PM. On days when school is closed, Central's programs will be open to school aged children.

For more information, or to register your child for daycare, contact Carla Taylor (Director) or Jamie Sagrilla (Assistant Director), at 253-7267.

The new building also allows Central to expand its employment services and trainings and contains a computer lab for both youth and adults. Central will also continue to host its school aged daycare, of 18 school aged children that it transports to and from local

schools, its after school programs for youth ages 6-12, and its teen program for young adults ages 13 through high school.

The new Central Community House facility is right on several bus lines, including the #2 North High/East Main Street and the #80 Crosstown Hudson-Ohio Avenue lines. In addition, the new building is located directly across the street from the currently under construction Near East Transit Center: COTA will run neighborhood shuttles from the Transit Center, when completed in August.



Extra! Extra! Italian Village Revitalizes Newsletter

It has been 3 years since the Italian Village Society published a newsletter for Village residents. The last issue was distributed in May/June 2001. As is often the case with all-volunteer publications, when the previous editor had enough, no one came forward to assume the responsibility.

Then in 2004 IVS president, Mike Jentes made the resumption of a newsletter one of his top three priorities for the year, and he led the way by single-handedly putting together a Special Edition for September/October and a brief Holiday Edition. That spurred us on, and we have been able to put together a small staff to make Mike's goal a reality.

As in the past, the Italian Village Newsletter will be published bimonthly. It will be printed by R Design & Printing Co. and distributed by Reliable Advertising & Distributing Co.

The purpose of the Newsletter is to communicate information of interest to Italian Village residents.

Regular features will include:

Minutes of the Italian Village Society monthly meetings;

Summaries of approved "Certificates of Appropriateness" by the Italian Village Commission;

Feature Article – story of interest, importance

or significance to Italian Village residents;

News of Note – short articles about what's going on in the Village and Short North Calendar of upcoming events important to residents of Italian Village;

Spotlight on Local Businesses – each edition will feature a short article highlighting a local business. See Andrea Phillips' taste tempting review of Pistachio's below;

Crime Beat – articles summarizing the latest crime statistics and advice on how to safeguard against crime or how to report criminal activity;

Real Estate News – articles covering the development, renovation, sale, etc. of Italian Village real estate;

Historically Speaking – articles of interest about the history of the Village;

A Look Back – articles, or summaries of articles, from the Newsletter in the 80's; and

Growing Concerns – articles about gardening by Christie Nohle of the Urban Gardener.

The Newsletter intends to be informative and enjoyable. Suggestions for improvements are welcomed and encouraged and so are volunteer writers, advertising salespeople, and administrative staff.

They can be reached via email:

editor@thequestcolumbus.com or snail mail: Italian Village Society, attention: Newsletter, P.O. Box 8001, Columbus, OH 43201.



National Women's Football Association's Columbus Comets Announces Schedule



The Columbus Comets' 2005 schedule and home field have been finalized. The Comets will have a new home for 2005, playing their home games at Whitehall-Yearling High School.

Columbus opens the season against the three-time defending NWFA champions Detroit Demolition on April 16. In spite of three losses to the Demolition in 2004, the Comets were the only team to threaten Detroit's winning streak. The Demolition are the only team the Comets will play twice this season, with the return game in Detroit on June 4.

The 2005 season will see the Comets take on four first-time opponents, including expansion teams Cincinnati Sizzle (coached by former Bengals running back Ickey Woods), Tidewater (Virginia) Floods and Kentucky (Louisville) Karma along with the Baltimore Burn. The Comets will take on the Burn in Charm City for their first road trip of 2005 on April 23.



Here is the complete 2005 schedule (home games in bold):

- April 16 v. **Detroit Demolition**
- April 23 @ Baltimore Burn (Patterson Park)
- April 30 v. **Indiana Thunder**
- May 7 & 14 / Bye weeks
- May 21 v. **Tidewater Floods**
- May 28 @ Cincinnati Sizzle (LaSalle H.S.)
- June 4 @ Detroit Demolition (Groves H.S./Beverly Hills, MI)
- June 11 v. **Toledo Spitfire**
- June 18 @ Kentucky Karma (site TBD / Louisville)

All games kick off at 7:00pm Eastern time.

For more info: www.columbuscomets.com or contact General Manager Lori Davis lori@columbuscomets.com.



Spotlight on Local Business - Pistachio: The Art of Dessert

By Andrea Phillips

Semisweet Muscato Bombe, Chocolate Chambord Macaroons, Espresso Lemon

Shortbread... these sophisticated desserts can be found just down the street. Nestled in Italian Village on the corner of Brickell and Pearl Streets in the old Rice Paddy motorcycle shop you'll find the delectable Pistachio (a "Sweet Kitchen") pastry and sweet shop. Coowner and head Pastry Chef, Spencer Budros, a Columbus native, moved from Phoenix along with two colleagues, John and Katie Begalla ("the two finest pastry chefs in Arizona"), to open the store in August.

Budros and his business partner and sister Anne Fletcher chose the charming location at 680 Pearl Street because of its unique character. "I like being tucked away off of High Street," Budros says, "There are so many benefits to being here. It is a supportive and comfortable environment and there is a new energy happening here (in Italian Village)."

The custom renovated space provides a nice atmosphere for this urban patisserie. Exposed brick, glass dessert cases and an open floor plan highlight the airiness of the space. Customers can stand at the counter and watch

pastry chefs at work while deciding among the many available treats. The fine array of desserts includes fabulously decorative petit fours, cheesecakes, tartlets and other such mouth-watering palette teasers. Indoor café-style seating allows tasters to relax for a cup of gourmet coffee along with their pastry of choice. Imported dessert-friendly wines, teas and tableware are also for sale.

Budros recommends the Valrhona Feuillantine (meaning "flake" in French) – a scrumptious torte with a crispy chocolate cookie base topped with brandy custard and finished with a rich ganache. Only the world's finest imported ingredients are used and everything is created from scratch in the shop's deluxe kitchen.

Pistachio provides catering services (desserts only) and custom cakes for weddings and other special occasions. Dine-in or take out, just be sure not to miss this hot spot. The only challenge is deciding on which gorgeous treat to try! The shop is open Wednesday through Saturday from 10 am to 6 pm and closed Sunday through Tuesday. Prices range from \$1 to \$2 for cookies and mini desserts to \$20-25 for tortes and cheesecakes.

Pistachio, A Sweet Kitchen - 680 N Pearl St., Short North, 614-220-9070, www.pistachiosweets.com.



— MT VERNON continued from pg 4 —

that if it were not for them, many businesses would not exist. However, there is still a population of businesses, ranging from start-up to emerging businesses, that don't fit into conventional or other government-assisted lending programs. These are good businesses that are likely to succeed, and the Empowerment Zone loan programs have created a viable vehicle for financing these types of businesses."

For more information about the Empowerment Zone Business Lending Programs, contact Kim Knights at the Columbus Enterprise Center, located at 1393 E. Broad Street. Ms. Knights can be reached at: 252-7805.



Neighborhood House Inc. Business Incubator

Lela Boykin, Director of the Neighborhood House Small Business Incubator, located at 1060 Mt. Vernon Avenue, has just three offices available. Boykin says the offices are great for people who provide services like consulting, and they can get in for \$200 – \$250 per month. The Incubator provides a wide variety of business support services. Boykin recites examples such as "utilities, janitorial, use of copier and fax, internet service for \$10 per month, flexible business hours, internal office locks, the business's name on the door, the option of taking

business classes, individual business plan writing, professional development seminars (the April seminar will be with Michael Gordon, Sr. Vice President of the Greater Columbus Chamber of Commerce), and monthly brown bag lunches for business tenants to determine what they need to do to help grow the businesses among other things." Ms. Boykin says the brown bag luncheons at the incubator are open to any small business that wants to participate." The luncheons start on March 30, and will be the last Wednesday of every month, from 11:30-1:00 at the Incubator.

An additional benefit of being at the incubator is that the businesses purchase services from each other. The following for-profit businesses are located in the Neighborhood House Incubator:

- Zero-One Wireless: Computer services, virtual business services, cell phone services, technology upgrades.
- Legal Aid Services: Attorney Ambrose Moses: General legal services and business legal services.
- The Trading Post: Flea market development, catering, and oil sales.
- J&D Printing: Tee Shirt printing to order
- Magnatix: Marketing
- ELH & Associates: Insurance, estate planning, burial insurance, retirement planning
- Third World Associates Management Group/Smart Books Accounting: Comprehensive tax services for small businesses and individuals
- LGP Studios: Multi-media productions, 3D animation, graphics.
- TD Neff Benefits: Benefit services and solutions for small business owners and individuals.

- Urban Chefs: Regular and gourmet hot sauces, barbecue sauces, and frozen entrees.
 - It's A Blessing Advertising: Flyer and post card distribution for businesses
 - Burroughs Associates, Inc: Tax Preparation
- The Neighborhood House Business Incubator has used Empowerment Zone funding to build businesses in central city Columbus. For More Information about the Neighborhood House, Inc. Business Incubator, contact Lela Boykin at 251-8262 extension 15.

Local Columbus Public School Teacher Earns National Recognition

Old Oaks resident and Columbus Public School Teacher David Fawcett was one of just 18 teachers nationwide to receive the prestigious Siemens Award for Advanced Placement (AP) for excellence in math and science. The award recognizes teachers for their exemplary teaching and dedication to students and to the College Board's Advanced Placement Program. Only three Ohio teachers were recognized, all from the Columbus Public Schools. While two other states had three teachers among the 18 named, no other district in the nation had more than one teacher make the list. There is no application or nomination process for the Siemens Awards; the College Board identifies the teachers. The Siemens Awards are now in their 6th year. Congratulations David.



Neighborhood Resource Guide

NEIGHBORHOOD ADVOCATES

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

Rosalyn R White, President
Accent & Arts Technology Services
PO Box 09045, 432309
614.579.4734
rwhitell@columbus.rr.com

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

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 Zeeps Anderson 614.267.2693

Driving Park Area Commission
Hope Lutheran Church
820 Lilley Ave
Meets 4th Tuesday of month, 7p
Contact: David Glenn 614.252.9162

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: Rick Mann 614.294.0450

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, Jr 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

Poll: Poor Sleep Disrupts Life; OSU Offers Tips for Shift Workers

Many of America's adults are sleeping poorly, and it's taking a toll on professional relationships, productivity, public safety and intimacy, according to a new poll released March 29 by the National Sleep Foundation. The poll shows sleep problems are widespread and on the rise, but often ignored.

The "Sleep in America" poll finds that 75 percent of adults frequently have a symptom of a sleep problem, such as waking frequently during the night or snoring. Even with these symptoms, most ignore them and few think they actually have a sleep problem. Poll results include:

- 60 percent of adults with driver's licenses say they have driven drowsy in the past year and 4 percent have had an accident or near accident because they were tired or dozed off while driving.

- Sleep-related issues are cited as the most common reason people are late for work. Almost three in 10 working adults say they have missed work or events or made errors at work because of sleep-related issues in the past three months.

- For adults with partners, one partner's sleep problem can cause the other to lose, on average, nearly an hour of sleep a night. One or both partners are often too sleepy for sex, and many couples sleep apart because of a sleep problem.

A summary of the findings is available on the Web at www.sleepfoundation.org.

At Ohio State University Medical Center, sleep specialist Dr. Ulysses Magalang is observing Sleep Awareness Week (March 28-April 3) by leading a free seminar the morning of April 1 for evening and overnight shift workers at the medical center and the university, a group most likely to suffer from chronic sleep problems.

While sleep problems associated with evening or overnight employment might typically be considered an individual issue, the ramifications of tired workers can have economic

effects as well, says Magalang (ma-GAH-lang), a pulmonologist and director of the OSU Sleep Disorders Center.

"Industry employers have a right to be concerned that their employees on night shifts are alert and productive," he said. "It's important to be alert during work, especially for employees on whom the public relies, such as law enforcement, health care personnel or the military."

Magalang says it's in such employees' best



interests to make sleep a priority for their own health, as well. Recent research suggests that an estimated 10 percent of night and rotating shift workers will have significant difficulty with their sleep and alertness at work, and are at higher risk for fatigue-related accidents, ulcer disease and depression.

"These employees also tend to have difficulty maintaining their social and family relationships because of their schedules," Magalang said. "Simple strategies may make life easier for those who are having problems with shift work and increase on-the-job alertness."

Magalang offers a number of tips designed to help shift workers get the rest they need:

- Obtain adequate hours of sleep. Shift workers usually obtain less sleep than day workers, but they need to make sleep a priority.

- If it's impossible to get the generally recommended seven to eight consecutive hours

of sleep, it's better to take a nap prior to going to work than to skip sleep altogether.

- Maintain a consistent sleep schedule. Ask friends and family to avoid phone calls and visits during regularly scheduled sleep hours.

- Keep the bedroom quiet, comfortable and as dark as possible; light can affect sleep and make it less refreshing.

- Avoid coffee or other stimulants in the last four hours of the shift. A cup or two of coffee at the beginning of the shift may increase alertness during work.

- If shifts rotate, it's easier to adjust to a schedule that rotates from day shift to evening and then night shift than it is to adjust to a reverse rotation.

- Keep the work environment as bright as possible; this will promote alertness and help the body adjust to the shift work schedule. However, avoid bright light on the way home from work; even consider wearing sunglasses on the drive home.

- Consider a brief planned nap during the shift, if possible. These timed naps should last only 10-20 minutes, as longer naps may cause a prolonged groggy feeling after awakening.

- If sleep or job alertness problems are persistent and severe, visit a primary care provider or a sleep specialist for an evaluation of an underlying sleep disorder that complicates the effects of shift work.

- In very severe cases, some health care providers consider the temporary use of a short-acting sleeping pill, or a wake-promoting medication. "In general, we advise people to avoid over-the-counter medicines because many contain long-acting substances that can cause drowsiness to persist during work hours," Magalang said.

Magalang notes that sleep is not a passive process. "It's actually an active restorative process. We need sleep to function well," he said. "If we are sleep-deprived, we won't function well. That's all there is to it."

Website Addresses Health Care Issues of African-Americans

Blackhealthcare.com is a culturally oriented and ethnically focused comprehensive internet-based health and medical information provider dedicated to addressing the special health problems of African-Americans. The state of health for African-Americans is especially precarious. Chronic disease has an excessive impact on minority populations. Consider these facts:

- The prevalence of diabetes among African Americans is about 70% higher than among white Americans.

- Infant mortality rates are twice as high for African Americans as for white Americans.

- The 5-year survival rate for cancer among African Americans diagnosed for 1986-1992 was about 44%, compared with 59% for white Americans.

BlackHealthCare.com is dedicated to using the power to the internet and telecommunications revolution to help the African-American community address this staggering problem.

In their Community Issues section they document and discuss the staggering losses due to the affliction of chronic disease among the African-American community. Programs to address the excessive differential in the health status of the African-American community with that of other ethnicities is referred to as 'closing-the-gap'. They highlight the neglected innovative commu-

nity-based programs of our community attempting to address this problem.

Their Disease Center contains up-to-date information on 7 of the major chronic diseases that afflict African-America. Their approach to presenting this information is straight forward, and in lay-man's terms that can be understood by patients and students. For each disease they provide sections covering its description, epidemiology, prevention, diagnosis and evaluation, treatment, contraindications, clinical trials, case management, references, and end stage disease.

Presently they provide extensive coverage for the following chronic diseases:

- AIDS
- Asthma
- Coronary Heart Disease
- Diabetes
- Hypertension
- Sickle Cell Anemia
- Stroke

Many of the common ailments can be treated or prevented if you follow basic rules for living a healthy lifestyle. They have a library of online healthy lifestyle resources for African-Americans.

Do you know what healthcare resources are available in your community? BlackHealthCare.com will become your central

reference for community based health programs that will help you prevent and manage your families health issues.

Check back at BlackHealthCare.com as we continue to extend and expand our site with information and services relevant to the health of African-Americans.

In the near future BlackHealthCare.com will expand its services to include:

- Expanding coverage of perinatal, cancer and other chronic diseases;
- Expanding coverage of community health-care resources;
- Healthy lifestyle and prevention information;
- Patient compliance tools to help you adhere to medical treatment;
- Closing-the-gap online discussion groups;
- Consumer healthcare information for African-Americans;
- Offerings of traditional African herbal health remedies;
- Special membership services and medical discounts.

For more information go to : www.BlackHealthCare.com. They are looking forward to your feedback, comment, complaints, or suggestions. To contact them, send email to Dr. Beau White: whitearthur@email.msn.com.

Ten Fitness Goals For Shaping Up



Getting truly fit and healthy takes time and planning. These fitness goals will give you all the direction you need. Whatever you set out to do in life, having a clear set of guidelines will help you reach your goal more quickly. Fitness is no exception. There's no point going to the gym once or twice a week and doing the same routine month after month, you need to have focus and direction. That's why the following ten fitness goals are important. Cut them out and stick them on your fridge, or keep them in a conspicuous place so you'll be constantly reminded of what it is you wish to achieve, and how you are going to do it. By re-reading this list every few weeks, you will have a better chance of achieving these important goals. They will help improve your energy, looks and quality of life.

1. Work out regularly. Aim to train two to five times a week. Each session should last between 20 minutes to an hour. Remember it is the quality (not the quantity) of the time you spend training that leads to progression. Push yourself harder on days when you feel you have more strength, and go easier when you feel less energetic.

2. Do a mixture of exercises. Make sure that your training regime covers all the necessary ele-

ments. Your weekly exercise program should include elements of cardiovascular (aerobics, running, brisk walking, stepping, skipping rope, rowing), resistance training (weights or own body exercises such as press ups) and, finally, flexibility (stretching). You should always warm up and cool down before each session.

3. Take up a new class.

Commit to trying a new exercise discipline within the next month. Different forms of training hit different places! For example a Pilates class will teach you how to build core training into your exercise principles, and show you how to hit your abdominals in ways that are not possible with conventional sit-ups. Why not try a kickboxing or Tae Bo class instead of the usual step or aerobics?

4. Become independent. It's really important to learn to exercise without equipment. How many times have you heard about people going off on a sun-soaked holiday, only to return feeling unfit and sluggish because there was no gym there? If you learn to use your own body by doing squats, lunges, press-ups, a variety of sit-ups and stretches, you can workout wherever you are in the world, and there is no excuse for not looking after yourself.

5. Eat a balanced diet. You'll never be properly fit if you don't put the right fuel into your body. If you simply exercise more, to make up for sloppy eating habits, you will actually push your ultimate goal further away and run the risk of over training. Food is not your enemy. Eating and appetite are basic instincts. You will become stronger and fitter more quickly, if you eat little

amounts of nutritious foods at short intervals.

6. Get help. Working with a personal trainer, either at home or the gym, can make the difference between getting almost fit and achieving true fitness. By fine-tuning your form and technique, your exercises will take on a new meaning. A consultation with a professional nutritionist will also help you improve your eating habits and establish your individual food needs.

7. Create a healthy environment. Whether you spend most of your time at home or at work, don't let yourself be surrounded by temptations that could throw your healthy regime off course. Clean out your fridge and cupboards and get rid of easy-to-eat junk foods that are filled with empty calories. Instead, make sure you have plenty of healthy snacks to keep you on the right track.

8. Surround yourself with like-minded people. The more you hang out with individuals who are on the same path as you, the less chance you have of straying. Friends and partners who follow healthy lifestyles are more likely to encourage and support each other to achieve their fitness goals.

9. Keep moving. Try to walk more, instead of using the car or bus, and take every opportunity to be involved in fun and games, be it with the dog, your children or your partner. Take the steps at work as opposed to riding the elevator.

10. Remember, fitness is for life. Working out and eating correctly are not short-term projects. They are things that should be as natural to us as brushing our teeth. Make fitness a permanent part of your life by following these tips, and you'll lead a better and more fulfilling life.*

* Adapted from *The Top Ten Fitness Goals* (www.ivillage/dietandfitness/experts.html) by Josh Salzman.

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 Ln
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 Dr
Columbus, OH 43205
614.722.2000
www.childrenscolumbus.org

Columbus AIDS Task Force

1751 E. Long St
Columbus, OH 43203
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 E Broad St
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!

MORPC Offers Down Payment Assistance

The Mid-Ohio Regional Planning Commission (MORPC) administers several programs offering down payment assistance in the purchase of a first home. One of the programs has openings for disabled/special needs and/or homeless applicants.

Working with Fifth Third Bank's Down Payment Assistance Program, \$6,000 per household is available. In addition, some clients could also be eligible for up to \$7,500 for minor home repair. The home being purchased must be the principal residence and meet state and local codes.

ELIGIBILITY:

- Be a first time homebuyer (never owned a home, or not owned a home in the last three years).

- Fall within income guidelines:

<u>Family Size</u>	<u>Maximum Annual Income</u>
1 - 2	\$38,280
3 or more	\$44,022

- Be homeless (see definition) or Disabled/Special Needs (see definition)

Homeless household: A household made up of one or more individuals, who:

- (1) Reside in overcrowded housing (a housing unit occupied by more than one household or any housing unit with an average of more than two persons per sleeping area); or
- (2) Are facing imminent loss of their home due to condemnation or eviction; or
- (3) Lacks a fixed, regular, and adequate nighttime residence; or
- (4) Has a primary nighttime residence that is:
 - (i) A supervised publicly or privately operated shelter providing temporary living accommodations (welfare hotels, congregate shelters, transitional housing for the mentally ill);
 - (ii) An institution that provides temporary residence

for individuals intended to be institutionalized;
(iii) A public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.

Disabled/Special Needs: A person or household meeting one of the following additional definitions:

- (1) "Physically, mentally or developmentally disabled" receiving disability benefits from the government;
- (2) Any person who is receiving medical or other therapeutic care for abuse from a qualified services provider;
- (3) "Chemically dependent" receiving treatment for the abuse/dependency from a qualified service provider;
- (4) "Persons medically diagnosed as AIDS or HIV positive, receiving medical care for the condition diagnosed;
- (5) Any person diagnosed as having a serious and persistent behavioral problem, receiving treatment for such condition from a qualified service provider.

As a program requirement, the down payment assistance recipient must agree to complete MORPC's Homeownership Counseling and Training. The one-on-one workshop will qualify the recipient for the down payment assistance, or help them to become credit ready. MORPC's HUD-certified program group sessions offer free guidance and training that will teach the secrets behind successful, lifetime homeownership.

APPLICATION PROCESS:

Interested clients that fall under the guidelines of either disabled/special needs or homeless should contact Tonya Sims at MORPC, 233-4181. After review of eligibility, she will explain the process, reviewing requirements and responsibility, and set the process to receive the down payment assistance in motion.

MORPC is a 501(c)(3) tax-exempt organization and supports this program with grants and donations from various sources.

Gardener's Corner by Monna Manning

The Old Oaks resident Gardening Guru Monna Manning keeps quite some grounds herself. She joins us this month to answer many of your questions.

READER: I have cabin fever, and I want to start doing things outdoors. But it's too COLD. Is there anything I can do that will put me in the mood for spring?

MONNA: Despite the chilly temperatures, Midwesterners at this time of year frequently start turning their thoughts to spring and gardening. There is much that can be done in the days and weeks before the last frost to get a jump start on enjoying your garden this summer. March is the perfect time to make sure your gardening tools are in prime condition. Spades, hand trowels and pruning shears that might have been carelessly tossed in a corner of your garage or basement in the fall should be examined for rust which can be sanded away, along with any nicks or gouges that your tools might have acquired. This is also a good time to sharpen any cutting tools so they are ready to use at a moment's notice in the spring. When you are finished sanding and sharpening, wipe the working portion down with a light inedible oil and then store them in a coffee can or large flower pot that has been filled with sand so that the oil can be slowly absorbed away from the tools while keeping them dry and clean.

READER: How do I know when I should prune my trees?

MONNA: Late winter is the best time of year to prune trees, reducing the risk of injury to the tree and encouraging spring growth. A good gardening tip from the Burpee website is to re-use any

pruned branches that are straight, sturdy, and about a half inch to an inch in diameter with a y-shape at their ends. These are excellent for sup-



porting floppy annual or perennial flowers and herbs over the summer. The branches blend in more to the garden than metal staking or hoops, plus, they are perfect for adding an informal or cottage garden charm to a garden. *Editor's Note: Remember that if you prune spring-flowering trees in the winter, you may reduce the flowers for a year or two.*

READER: I get all of these catalogues in the mail that show wonderful flower and vegetable gardens, but I don't have a good place to put many of these plants. HELP!

MONNA: If you have ever ordered any plants or seeds from a catalogue, you know that this time of year your mail box is full of gardening catalogues filled with pictures of lush roses, tempting annuals and the newest vegetable types. If you don't plant vegetables because of a lack of space, consider planting a container garden this year. Tomatoes, cucumbers, lettuce and peppers are just a few of the plants that lend themselves to growing in pots that have been set in a sunny location. Seeds for these vegetables can either be sown directly into a pot in mid-May or started up to 6 weeks before the last frost indoors in small pots placed in a warm sunny window. Imagine making a salad or salsa from vegetables harvested from your own miniature vegetable garden this summer!

READER: Planning and maintaining a garden seems so overwhelming!

MONNA: Whatever your gardening plans are for this summer, the time to start making them a reality is now, when the last vestiges of winter are still all around us. If you feel overwhelmed, keep in mind that gardening can be a community event. Several of our neighbors have started beds along Mooberry and Wilson boulevard that we can all enjoy as we walk or drive past them. If you don't have time for your own garden, consider donating some of your time to a gardening effort that the whole area can derive pleasure from. If you don't know a lot about starting a flower bed, perhaps you could spend a few hours in the summer weeding or watering the beds that are currently in place. Volunteers are always welcome and it's a great way to meet other people who live in Old Oaks and learn about gardening.

E-mail more gardening questions to Monna at OLD_OAKS@hotmail.com.

Spring Outside to Check Your Home



Winter can be silently harsh to your home and property. Spring is a good time to inspect your home and property and make any necessary repairs or preparations for the summer climate. Begin with a general visual inspection of your home and yard and then move toward completing the following tasks toward a "Spring check-up":

1. Start with your roof. Clear off any debris. Check the gutters and clean them out if they need it. If you have a shingled roof, look for missing or loose shingles or flashing and repair those. If you have a metal roof, check the coating and re-coat if necessary.

2. Check nearby trees to see if they pose a threat to your roof. If so, trim branches or remove the trees.

3. Inspect fences, railings and skirting. Plan repairs as needed. Skirting keeps pests out from under your home and keeps your home cooler in the summer.

4. Check entrance steps and

make sure they are stable and in good condition.

5. Rake any mounds of gravel or dirt that may have accumulated from snow removal.

6. Pick up any debris on your lawn.

7. Inspect bushes, shrubs and other landscaping and trim or remove if necessary.

8. Check your home's siding and wash it if needed.

9. Inspect your windows and screens. Repair any damaged screens and wash windows before installing the screens.

10. Check your home for damage, debris collection or animal nesting situations and make needed repairs.¹

After you've completed the tasks presented above, then the next step is to clean the grill, sit back, relax and plan those summer outings!

¹ Adapted from the article "Spring Outside to Check Your Home," My Great Home at www.mygreathome.com/fix-it_guide/spring_chores.htm

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Columbus Workforce Alliance Launches New IT System

The Columbus Workforce Alliance (CWA) is a collaboration of community and faith-based nonprofits providing employment related services to low-income residents of Columbus, Ohio. In March of 2005 the CWA launched its new shared web-based tracking and reporting system.

The new Firstwave System gives Alliance member agencies a complete picture of their job seeking customers, the agencies' services and outcomes, and better data to improve programs and target special groups. As a tracking and reporting system, Firstwave provides evidence to funders of program success.

The new Firstwave System will enable member agencies to better serve job seeking customers by:

- Efficiently gathering accurate customer data within each member agency.
- Facilitating communication to the public and between CWA members.
- Allowing agency staff to monitor job seeking customer progress through the intake, assessment, career planning, training, job placement and job retention service phases.
- Provides a gateway that facilitates information-sharing among CWA member agencies.
- Allowing agencies to fully understand customer barriers to employment, view employment history, and assess the success of placements.

- Enabling agencies to evaluate the effectiveness of their existing employment-related services and proactively improve services.

Previously, information-sharing between agencies was conducted on an informal basis. The Alliance member agencies needed an efficient way of sharing information about events, workforce development services, training opportunities, employment and employers. The Firstwave System affords the timely and secure sharing of information while expanding the myriad of services offered to job seekers.

Funding to support the purchase and development of the shared tracking and reporting system was provided by the Columbus Compact Corporation through a systems building grant focused on implementing a new framework for delivering workforce development services to EZ residents. This new framework pools the services and resources of the Alliance agencies allowing job seekers access to more comprehensive employment and support services.

The Alliance member agencies include: Central Community House, Columbus Urban League, Community Connection for Ohio Offenders, Godman Guild Association, Jewish Family Services, Neighborhood House, St. John Learning Center, St. Stephen's Community House, The Salvation Army.

For more information on the CWA call (614) 294-6347 ext. 134.

Home Resource Guide

Africentric Personal Development Shop, Inc
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, Homebuyer Education, Down Payment Assistance, Weatherization
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

Have a Neighborhood resource that should be listed?
Just give us a call at 614.251.0926.

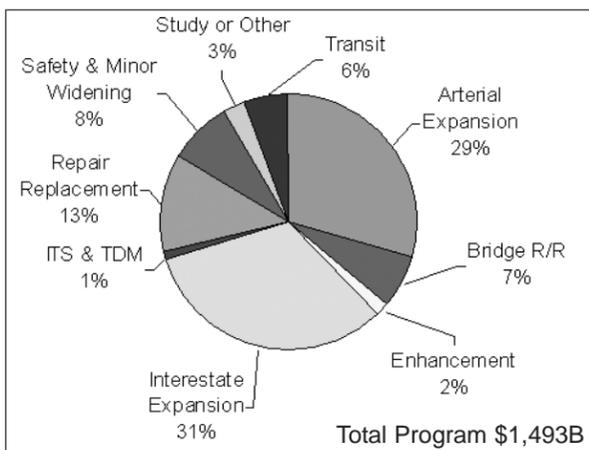
Draft Transportation Improvement Program (TIP) Available for Review, Comment

Would you like to know where major highway and transit improvements are planned over the next few years? A listing of these projects called the Transportation Improvement Program (TIP) is available for review. Working with the Ohio Department of Transportation (ODOT) and local agencies including COTA, the Mid-Ohio Regional Planning Commission (MORPC) has prepared the Final Draft (TIP) for public review and comment.

The TIP lists transportation improvements scheduled in MORPC's transportation planning area (Delaware and Franklin counties, Bloom and Violet townships in Fairfield County, and Etna Township and the city of Pataskala in Licking County). These improvements will use almost \$1.5 billion in federal, state and local funds between July 2005 and June 2009.

Included in the TIP are federally funded projects, ODOT funded projects and regionally significant locally funded highway, bikeway, and transit projects. The list includes a description of the project, approximate schedule for completion, the sponsoring agency and costs. Several projects in the Empowerment Zone that are scheduled include:

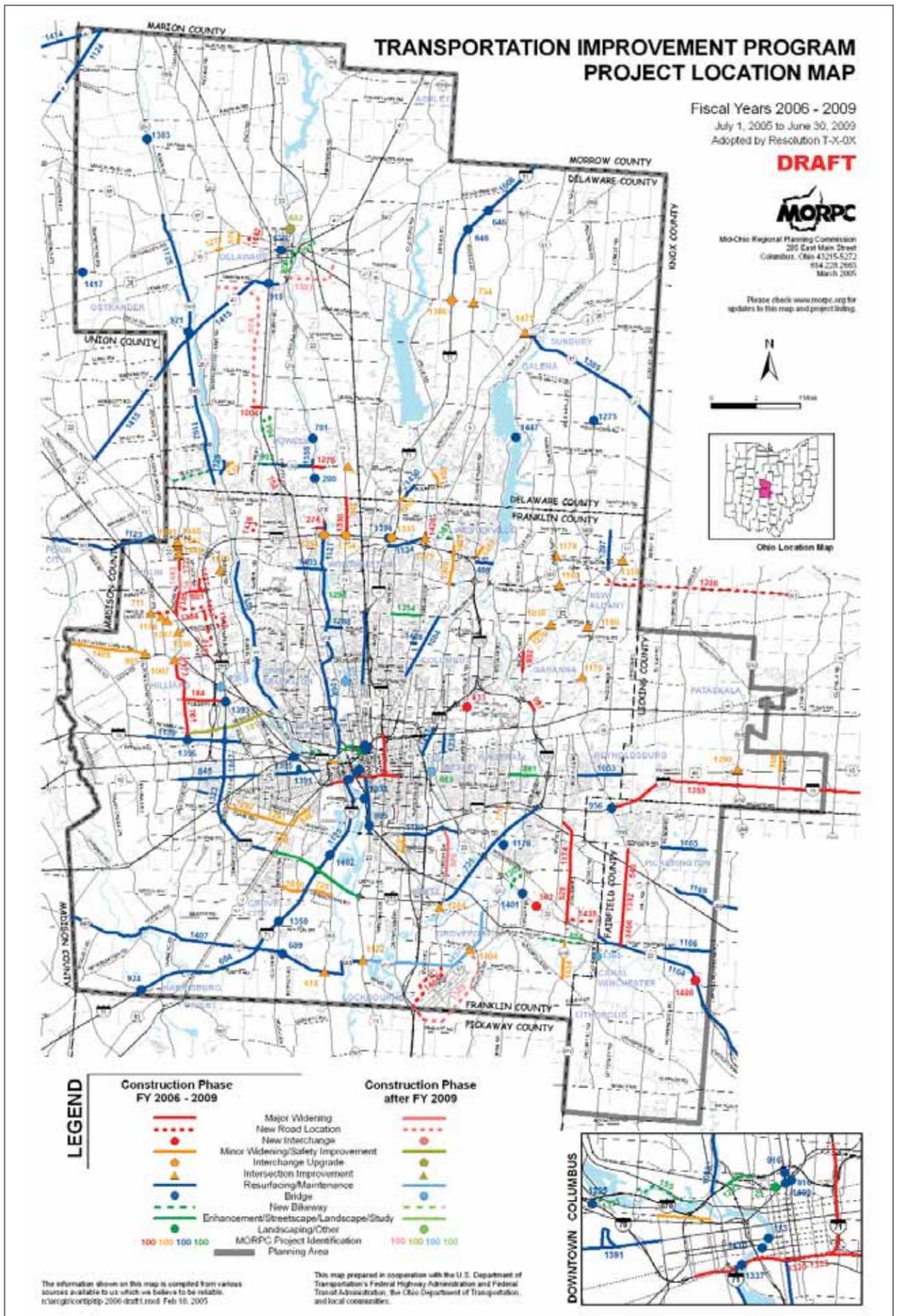
- Upgrades to US 33 near Groveport to build a new interchange at Bixby and an overpass at Ebright
- New SR 161 Freeway east of New Albany
- I-70/I-71 Split (South and East innerbelt)
- New Interchange at Stelzer & International Gateway
- Interchange Upgrades on I-270 at I-71, SR 315 and US 23
- Widening and reconstruction of Hilliard-Rome Road and Roberts Road
- Widening and reconstruction of Gender Road



Review the draft TIP map for transportation improvements scheduled for your area by reviewing MORPC's website at <http://tip.morpc.org>.

The chart below shows an approximate breakdown of how the federal transportation funds are distributed amongst the various types of improvements.

Copies of the Final Draft TIP are available for



review at MORPC, Columbus Library branches and main libraries in Delaware, Licking, Fairfield and Franklin counties. The Final Draft TIP can also be reviewed on MORPC's web site at <http://tip.morpc.org>.

If you have any comments about proposed project locations, dates, costs, please submit them in writing to Robert Lawler, Director of Transportation,

MORPC, 285 East Main Street, Columbus, OH, 43215 by 5 p.m., April 28, 2005, or tip@morpc.org. MORPC is scheduled to adopt the TIP on May 19, 2005.

If you have any questions about the TIP, please contact Bernice Cage at 614.233.4157 or by email, bcage@morpc.org.

Empowerment Zone Actions

The Columbus Empowerment Zone, led by the Board of Trustees of the Columbus Compact Corporation, is continuing to prepare for the imminent reduction in federal funding. Unfortunately, the expected federal Empowerment Zone grant has never materialized, and recent years have seen drastic cuts in funding to all the zones.

On January 18, 2005, Compact President and CEO Jonathan Beard mailed letters to the Executive Directors of more than 30 agencies, warning them that federal budget cuts had reached a level where the programs could no longer be funded through the Empowerment Zone. On June 30th, 13 after school and youth education programs across the city will no longer be funded. A variety of other programs will not be able to be renewed either, such as a housing rehabilitation program, a downpayment assistance program, job training programs, business lending programs, and the popular neighborhood grants program which has funded dozens

of festivals, gardens, and other neighborhood-led initiatives over the past eight years.

Beard says "we have been working over the past two years to try to find replacement funding so these programs can be sustained. We have had success in some areas, while it has been much harder to find outside funding in other areas."

A March 2nd trip of Empowerment Zone directors to Washington, DC resulted in a new strategy to try to better fund the program. Beard explains, "the Empowerment Zone consists of the grants, which have been declining, and federal tax incentives to businesses, which have been increasing. We met with members of Congress and my peers and I explained that the President's approach of giving tax incentives to businesses just doesn't work to revitalize our communities. What we are trying to do is get Congress to reduce the federal tax incentives program, and move some of that money back into the grant portion of the program. It is

a hard thing to do, but with the support of our legislators it can be done."

The Board of Trustees of the Compact met in a Strategic Planning session on January 21, 2005, and has charted a course to ensure the Compact remains a strong and viable agent for central city development, regardless of the outcome of the federal grant. The Compact continues to organize development and coordinate resources in the Empowerment Zone, and is engaged in a variety of community building efforts that do not involve EZ dollars. However, everyone associated with the Empowerment Zone is certainly regretting the loss of federal Empowerment Zone support.

Recent board resolutions have authorized the sale of land at 11th and Cleveland to a Family Dollar developer, support for the Greater Linden Development Corporation's Point of Pride building at 11th and Cleveland, and several facade renovation loans in the King-Lincoln District.