

GOH!

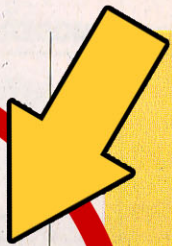
Each Thursday, The Flip Side brings you Get Outta the House! — advice on what to do, see and experience.

► Just in time for Independence Day: *Stars and Stripes Foreva*, the new compact disc from the electric hip-hip duo **Ocean Ghosts**. The Ghosts — Scotty Boombbox and J Rhodes — will celebrate life, liberty and the release of their debut album **Saturday** at **Carabar**, 115 Parsons Ave. The tracks include *King Cobra* and *Box Wine* and *Beating Bush*. Admission is free. For more information, call 614-206-9092.

► If you felt as if something was missing from ComFest, it was probably **Happy Chichester** (he's ahead of the parade, folks anyway). The Howlin' Maggie frontman bowed out last weekend because of a scheduling conflict, but he will return to Columbus on **Saturday** at the **St. James Tavern**, 1057 N. 4th St. Admission is \$4. **Dan Spurgeon** will open. Call 614-294-0064.

► We aren't usually parade people, but the **Doo Dah Parade** on **Tuesday** should be worth roasting on a hot sidewalk for — or marching in. To enter, just show up at noon at Goodale Park along Park Street (it's free). Or plant yourself on the route winding through Victorian Village, Italian Village and the Short North for a view of the best and worst costumes in town. The parade will start at 1 p.m. Call 614-228-0621 or visit www.doodahparade.com.

— Nick Chordas
nchordas@dispatch.com



THE FLIP SIDE SUPERHERO SAFETY

Gird your loins to take this quiz

By Nick Chordas | THE COLUMBUS DISPATCH

Which is the comic-book hero's most important accessory? The cape? The boots? The mask? Wrong. It's the belt. Think about it: Without a trusty cinch around their waists, Spawn wouldn't be half as intimidating, Batman would be *completely* helpless and Superman couldn't keep his blue tights from falling down around his ankles. In honor of the Man of Steel's reappearance in *Superman Returns*, The Flip Side offers a quiz to test your knowledge of this most fashionable, functional and essential piece of gear.

nchordas@dispatch.com

THE BELTS



THE HEROES



Ocean Ghosts

OceanGhosts.com

CITY LIGHTS

Detour saves motorist from hell's highway

Were I a judge who hands down creative sentences, here is a punishment I would give lawbreaking bicyclists: Drive a roasting and rusting Buick LeSabre from Downtown through 12 miles of rush-hour traffic in 100 percent humid-

ity and sideways rain and hail to single-occupant-vehicle-choked Polaris Parkway.



AARON BECK

During a recent errand run, I subjected myself to that fate.

The preliminary scene: In the early afternoon at North Market, I'm buttering up my brain, lubing it with pistachio ice cream, skull-squeezing coffee and small talk with Yamoussa Cisse, a janitor who speaks English, French and his native Guinean dialect.

The thing is, a summer car trip is a tough sell for my brain. Despite the good-times chemicals coursing through it, my brain scanned its near future this way: destined for Fashion Place; microwaved in the suit section;

My capacity for stop-and-go travel