

Avondale Community News

Volume 2/Issue 5 August 2010

6th Annual Avondale Health Fair

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Residents and friends this year will be the 6th annual Avondale Festival and Health Fair. This Avondale Place Matters, (Do Right) event will be held on Saturday, August 14, 2010 at the Hirsch Recreation Center, 3630 Reading Road.

This year will be the 3rd Feet In the Street 1k and 5k Fun & Fitness Walk. The continuing theme for the walk will be "When a Community Walks Together they Talk Together." The Avondale Running Club, Avondale Community Council and Avondale Youth Council are challenging walking groups, neighboring communities and organization to come out and be part of a walking talking community.

Registration starts at 8:00 am at MLK Park (Reading Road and Burton). Every Child Succeeds' MOMs group will participate in a 1 mile walk with their children.

Health screenings will include Prostate Exams, Blood Pressure, Diabetes Screening, and HIV/AIDS Testing. Everyone should know there numbers and status.

This year the Avondale Youth Council will provide the entertainment for the festival. They are planning a spectacular show.

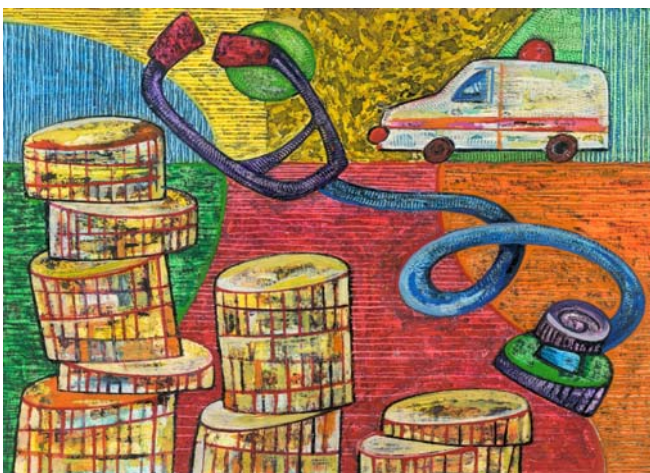
They will also do a tribute to remember the Avondale victims of violence from September 2009 until the present.

The Greater Cincinnati Urban League will present a short seminar discussing how to start a business. The Cincinnati Zoo will be bringing animals for the children at

12:00pm. Smart Money will have information about financial literacy. We will feature games and contests for prizes and much, much more.

Information booths will be distributing a wealth of valuable literature and freebies!
Southern Baptist Church.

Special thanks to this years major sponsors: Avondale Community Council, Center For Closing The Health Gap, Avondale Running Club, Avondale Business Association, and the Cincinnati Recreation Commission.



Avondale Youth Council

By Joseph Malek and DeNesha Bell

Throughout the summer the Avondale Youth Council was busy, but they also had exposure to more fun activities.

In June, the A.Y.C. started the month by cleaning up the dump site at Whittier and Werman. With the help of Keep Cincinnati Beautiful and G.E. Kappa Alpha Psi fraternity brothers, they made the site trash free. Cease Fire and CIRV sponsored the *Be the Change* Concert to promote peace and have a good time in a non-violent area. The A.Y.C.'s role in the event was to serve food, which the neighbors appreciated. Later that month some of the youth in the A.Y.C. went on a camping trip with Southern Baptist Church and Vintage Athletics Leadership Academy (VALA). The trip included hiking, camp fires, miniature golfing, a beach, and more. It was a great experience for the Avondale Youth Council and they thank VALA for inviting them. After that, Michael Gaynor and Daniel Russell of the Avondale Youth Council went to Aviation Camp. They were able to learn aircraft and received a Certificate of Flight for leaving the surface of the Earth.

In July, Crime Prevention Through Environmental Design (CPTED) of the A.Y.C. documented vacant houses. The Avondale Youth Council worked with Paint the Town where they helped with registration and directing people. Enjoying their summer, some of the youth in the Avondale Youth Council went to Camp Joy. The A.Y.C. is going to participate in National Night Out, and the Peace Bowl this month.

As the years go on the Avondale Youth Council spreads and expands. The A.Y.C. has created a Lawn Service Crew. The Snack Shack is open Monday through Friday 1-7pm. The A.Y.C. Facebook and Myspace pages are available; add as a friend and learn about the Avondale Youth Council. Evanston Youth Council is starting and is trying to get ideas from the Avondale Youth Council. The A.Y.C. has also been working five days a week managing Avondale's 13 gardens. The Avondale Youth Council has also started an Avondale Talent Show. They had auditions on the 17th of July and the finals will be after the Festival/Health Fair

That's the update on the A.Y.C. July- August

AVONDALE TALENT SHOW Sponsored by the



Avondale Youth Council

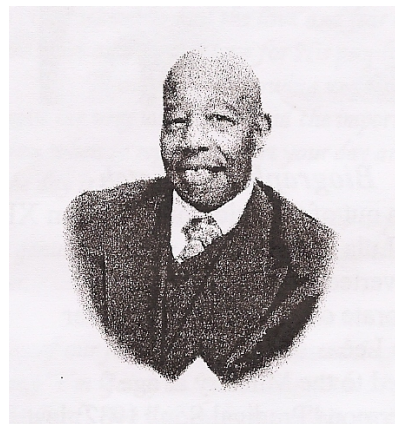
**August 14, 2010
2:00p.m.-4:00 p.m.**

**Hirsch Recreation Center
3630 Reading Road**

Admission is FREE!



In Memoriam



**Dr. Abraham Isaac Jacob Swanson, XII
June 30, 1923—July 6, 2010**

The Little Preacher with the Big Smile

Avondale Home Owners Receive A Helping Hand

Avondale residents were blessed this summer by 3 organizations who volunteered to repair and paint homeowners homes.

On May 15, 2010 Go Cincinnati made repairs to four homes to help them qualify for Paint the Town. On Wilson Avenue, trim was repaired in the front and replaced on the back porch. The roof on the front porch was replaced on Beldare Avenue.

On June 14, over 200 members of the World Changers (WC) organization made Rockdale Elementary their temporary home for a week. WC, a Christian ministry of volunteers from around the county made major repairs to homes in the Avenue District. Mr. Stanley Dennis' foundation under his front porch caused the porch to bow in the middle.

Mr. and Mrs. Miles' back deck had pulled away from the overhang making the steps unsafe. Instead of repairing the damaged spots on Mr. Dennis and the Miles' property WC built a brand new porch and deck.



Mr. Johnson on Northern had raccoons living in his roof because the roofer who put on the new roof did not enclose the soffits and the raccoons were climbing in through the openings. Mr. Johnson can now sleep at night without hearing scurrying from above.



Mr. and Mrs. Otis Miller's house sits on a fault line. Each year, a little bit of their backyard slides down the hill. Their air condition unit was to the point it was hanging off the side of the house. The Millers had laid two pieces of wood to try and keep the air condition from tearing away from the house. World Changers was able to build a platform to secure the unit. They also built a platform to allow Mr. Miller, who walks with a cane access to the backyard.

The repairs World Changers made would have been beyond the financial means of these residents.

On July 10, Avondale had over 1,200 volunteers painting twenty-six houses. Paint the Town chose Avondale and Evanston for its 2010 project. Neighborhoods are chosen through a competitive process according to current needs. Paint the Town's ultimate goal is to not only improve the appearance and value of each of the homes, but to impact the overall community.

The homes were sponsored by local businesses and the service was provided at no cost to the home owners. Homeowners were allowed to choose their own colors. Some changed colors completely while other freshened up their property by sticking with the same color scheme.



Everybody's Backyard Picnic 2010



Avondale residents enjoyed face painting, henna tattoos, clowns, zoo animals and games recently at the **Everybody's Backyard Picnic** sponsored by the Cincinnati Park Board.



Real Estate & More!

Paid Advertisement

For Sale

\$30,500—2623 Stanton Ave., Walnut Hills, 2-fam, 2br/1ba ea,

\$84,900—3450 Wilson Ave., Avondale, 4+br, 2ba, brick

\$89,900—3479 Wilson Ave., Avondale, 3br, 1ba,

\$25,000—842 Rockdale Ave., Avondale 2-family, 1-br, 1-2br/2ba,

\$99,900—1761 Dale Ave., Bond Hill, 4 plex, 2br, 1ba

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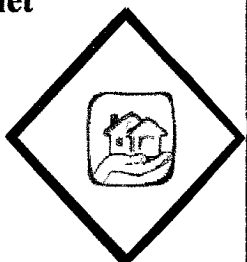
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Dates To Remember

<p>ACC Board meeting August 3, 2010 6:30 p.m.</p> <p>General Body No General Body in August Pride Center ◆</p>	<p>AYC Avondale Youth Council August 3 & 17 4:30 p.m. Pride Center</p> <p>District 4 Community Meeting August 26, 2010 6:30 District 4 ◆</p>	<p>Ceasefire Steering Committee August 12, 2010 Church of the Living God 430 Forest Avenue</p> <p>Every Child Succeeds Steering Committee August 19, 2010 10:00 Carmel Presbyterian</p>
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Cincinnati Recreation Commission

Hirsch Community Center 3620 Reading Rd. Cincinnati, Oh 45229 (513)751-3393

Annual Memberships

Juniors and Seniors \$10 Includes All CRC Centers & Pools, except Dunham Pool
 Adults (Ages 18-49) \$25 Includes All CRC Centers & Pool, except Dunham Pool
Optional for Adults only: \$20 Includes All CRC Centers Membership
 \$10 Includes All CRC Pools Membership, except Dunham Pool

Registration for After School will begin August 3rd.

AFTER SCHOOL

After School Day Camp	M-F	2:30 – 6PM	Fee TBA
Basketball	TBA	TBA	TBA
Drop In Hours	M-F	TBA	Free
Federal Snack Program	M-F	TBA	Free
Fun Fridays	Fri	TBA	Free
Game Room Games	TBA	TBA	Free
Gym Games	TBA	TBA	Free
Homework Help	M-Th	TBA	Free
StageCraft	Fri	3-5:30 PM	Free
Theater Class	T & Th	3-5:30 PM	TBA
Arts and Crafts	M & W	3-5:30 PM	TBA

EVENING

Basic Computer	By Appointment		Free
Basketball, Open Gym	M & W	6-8 PM	Free
Fitness Room	M-F	12 PM – 8 PM	<u>FREE!</u>
Fitness Group Workout	TBA	TBA	TBA
Tai Chi	M, W & F	9 AM – Noon	Free
Teen Game Room / Lounge	TBA	TBA	TBA
Theater Class	TBA	TBA	TBA
Walking Program	TBA	TBA	TBA

Fall Hours Monday – Thursday Noon – 8 PM
Friday 10 AM-6 PM

Fall Classes:

More detailed information about classes listed below will be available by August 3rd.

Health Corner

9 Reasons to Take Care of Your Liver

1. The liver stores the iron reserves you need, as well as a lot of vitamins and other minerals. Without it you wouldn't have the strength to carry on!
2. The liver makes bile to help you digest your food. Without it you would waste away to nothing.
3. The liver detoxifies poisonous chemicals you give me, and that alcohol, beer, wine and drugs (prescribed and over-the-counter) as well as illegal substances. Without it your "bad" habits would kill you.
4. The liver stores energy, like a battery, by stockpiling sugar (carbohydrates, glucose and fat) until you need it. Without it, the sugar level in your blood could fall dramatically and you'd go into a coma.
5. The liver makes the blood that got your system going even before you were born. Without it, you wouldn't even be here!
6. The liver manufactures new proteins that your body needs to stay healthy and grow. Without it, you wouldn't grow properly.
7. The liver removes poisons from the air, exhaust smoke and chemicals you breathe. Without it, you would be poisoned by pollutants.
8. The liver makes clotting factors that stop the bleeding when you accidentally prick yourself. Without it, you would bleed to death.
9. The liver defends you against the germs going into your body all the time. It takes those cold germs, flu bugs and other germs you encounter, and knocks them dead-or at least weakens them. Without it, you would be a sitting duck for every infection known to man.

Easy Ways to Care for Your Liver

- Don't drown your liver in beer, alcohol or wine. One drink can be too much for some people and scar the liver for life.
- Watch you drug intake! All drugs are chemicals and when you mix them up without a doctors advice you could create something poisonous that could damage the liver. Medicine is sometimes necessary but taking pills when they aren't necessary is a bad habit. The liver scars easily and those scars, called cirrhosis, are permanent.
- Be careful with aerosol sprays. When you are cleaning with aerosol cleaners, make sure the room is ventilated, or wear a mask. That goes double for bug sprays, mildew sprays, paint sprays and all other chemical sprays. Be careful what you breathe.
- Watch what gets on your skin. The insecticides you put on trees and shrub not only kill bugs but then can get to the liver through your skin and destroy cells. Cover your skin with gloves, long sleeves, a hat and mask every time insecticides are in the air or if you are handling them.

**AVONDALE COMMUNITY COUNCIL
PRIDE CENTER
3520 Burnet Ave.
Cincinnati, Ohio 45229**

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avondalebusiness@aol.com
avonyouthcouncil@aol.com**

Web-Site: www.avondalecommunitycouncil.org

Board of Trustees & Committee Chairs

President	Patricia Milton patriciamilton@msn.com	281-4430
Vice-President	Gayle Harden-Renfro	221-8475
Treasurer	Terresa Adams	675-9217
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Membership Chair	Fulton O. Jefferson Jr.	614-4775
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Trustee	Sheila Holmes Howard	543-2333
Trustee	Tony Moore	293-1559
Trustee	Linda Mayfield	325-4188
Trustee	Kelly Tarver	582-1644



Avondale Community Council Staff

Community Organizer	Carla Butler	281-5999
Major Projects Consultant	Bill Witten	646-8944
◆		
District 4 Police	CPOP Supervisor	368-1720

Important City Phone Numbers

Better Business Bureau	421-3015
Crimestoppers	352-3040
Liter Control	564-1750
Poison Information	558-5111
Senior Program	352-4026
Street Cleaning	591-6000
Weed Property	564-1750
Abandoned Vehicles	564-2277
Building Decay	352-3275
Snow Removal	591-6000
Waste Collection	591-6000
Discrimination, rental/leasing	721-4663

City Council Directory

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Vice Mayor Roxanne Qualls 801 Plum St. Rm 351 Cincinnati, OH 45202 Phone: (513) 352-3604 Fax: (513) 352-3621 roxanne.qualls@cincinnati-oh.gov	Chris Bortz 801 Plum St. Rm 348 Cincinnati, OH 45202 Phone: (513) 352-3249 Fax: (513) 3264 chris.bortz@cincinnati-oh.gov

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