

Avondale Community News

Volume 3/Issue 2 August 2011

Avondale Block Parties Bring Out the Best Neighbors

By Ozie Davis III

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Kudos's to Big Mike and Mr. Grady (Ricky for those of you on his block) for organizing the two most successful city-sanctioned resident Block Parties in recent Avondale history. It's that extra effort that will bring Avondale back to the prominence we all hope for it to have. If you think PRIDE doesn't exist in our neighborhood, please read on!

Big Mike and his neighbors on Union gathered the requisite signatures and had Union blocked off at Reading Road. I was visiting the Studio Café to honor Marjorie Mosley on her birthday and graduation from Cincinnati Cooks and just bumped into Big Mike's heck of a fourth of July celebration. I walked beyond the blockade and politely asked who was in charge. I was pointed to Big Mike. A big smile crossed my face as Mike had coached my son in pee-wee football (Avondale Warriors) and has always been a great guy (the type that would care for his neighborhood). Mike and I got to talking and he shared that the people on his street were committed to a better Avondale, introduced me to a few of the soldiers, and then offered me some grub and told me to make myself at home. It was a particularly great feeling on the block; food galore, cards, bones, even a tent for video games!! I was there and witnessed it with my own eyes! I mean, the spirit that was generated by those in attendance was just awesome, and some folk weren't even residents of Union, but were still treated with open arms. Thanks Big Mike and THANKS to the residents of Union for showing us your PRIDE in Avondale.



Non-resident, with a BIG plate of food

Over at the top of Glenwood, next to the Phoenix, and in between Washington and Harvey another City Sanctioned Block Party was in full effect. Long time community activist Grady Parker had shared with me a couple of days before to come by the Fourth of July

celebration, so I had intended on driving through. On my arrival, I didn't see Grady, so I approached the eldest person I could find and asked who was organizing this event, she said Ricky and asked me if I knew him. I told her I wasn't sure and asked her to point him out. She pointed to Grady and I said- Oh, that's my man that invited me, she said, that's my son Ricky. Thanks Ms. Helen, appreciate the guidance! The Glenwood Block Party was just as spiritually uplifting. Food everywhere, good people listening to good music, real peaceful celebration and the BEST neighborhood sign I've ever seen in Avondale (and I got 46 years in this place) about just how prideful we are. THANK GOD FOR NEIGHBORS!!! I feel the same way and especially feel that way about Grady and Big Mike!!!



This photo says it all

We need more community action like this if we are going to be able to get Avondale to the loving place it is! We'll do our work to involve Big Mike and Grady and all the residents of these two blocks in community council functions and the like (Community Health Fair, CPOP, Ceasefire, National Night Out, Council meetings, Black Family Reunion Parade), but we need other residents to show their enthusiasm for A1 too!! Thanks again Big Mike and Grady- I'm a witness!!!



The City of Cincinnati has extended the parking fine amnesty until September 30, 2011

With almost 62,000 people owing an estimate of \$12.3 million, the City is encouraging citizens to immediately pay unpaid parking tickets right away to avoid additional fines and towing.

- New license plate technology automatically identifies cars with multiple unpaid parking tickets.
- Citizens may not be able to renew Ohio license plates or driver's licenses.
- While the parking amnesty runs through the end of June, citizens with multiple unpaid parking tickets should understand that cars can be towed at any time.
- Citizens will be required to pay the original amount of the ticket, plus an impound fee of \$150 and daily storage fee of \$25.

Pay overdue parking fines and avoid the penalties.

Don't know if you owe? Call (513) 352-3223 or go to the website : cincinnati-oh.gov

NATIONAL NIGHT OUT TUESDAY AUGUST 2, 2011 6:00 p.m. – 9:00 p.m.



Participate in National Night Out Turn on your outside lights

- Heighten crime and drug prevention awareness
 - Generate support for, and participation in, local anti-crime programs
 - Send a message to criminals letting them know that neighborhoods are organized and fighting back.
- Meet the Canine team from District 4
 - Learn about Safety

*Join your
neighbors at the
Avondale
Pride Center*

*3520 Burnet Avenue
(513) 281-5999*

Sponsored By
Avondale Community Council
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Avondale Youth Council
Cincinnati Police Department District 4

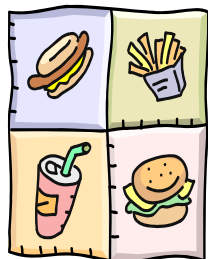


do eat
move **right!**
live

Avondale Health Fair

August 13, 2011

Rockdale Academy
335 Rockdale Avenue
Cincinnati, OH 45229



Free Health Screenings 10-2 pm

Free food & drinks

Free and Confidential Screenings

Prostate Exam
Blood Pressure
Diabetes Screening
HIV/AIDS Testing
Mammography Van



Massages,
Food Demonstrations,
Nutrition Tips,
Immunization Information
Fitness demonstrations
Line Dancing

Sponsors

Avondale Community Council
Center For Closing The Health Gap
Avondale Business Association
Rockdale Academy

Avondale Youth Council

The Avondale Youth Council wants YOU!!!

If you are between the ages of 12-18 AND a resident of Avondale, you are eligible to be a part of the most recognized Youth Council in the city of Cincinnati.

The purpose of the AYC is to create a safe and positive community for Avondale youth to come together to voice concerns, create projects and engage other youth in their community to bring about change in Avondale.

The program offers a diverse array of opportunities geared to fit all interests. For example this summer we have two students who successfully completed Aviation camp where they were allowed to fly a Cessna plane! We have other students participating in leadership seminars and classes in the legal profession. There is the Garden and Lawn Crews for those who like to be outside and the Store Crew for those interested in retail. Also offered are weekly tutoring sessions, character building, leadership and rites of passage classes. Plus there are opportunities to give back to the neighborhood and the city by volunteering at various functions like the Black Family Reunion, the Flying Pig Marathon, Keep Cincinnati Beautiful and the Nefertiti awards.

If this sounds like something you would be interested in, contact the Avondale Youth Council. Applications are available at the Avondale Community Pride Center, 3520 Burnet Avenue (281-5999)

Giving the Elders a Bullhorn

By Sandra M. Jones

I often wonder are we listening to the cries of our elderly. Their cries come in many forms. Some can't wait to tell you what they need or think. Some never convey their needs or fears, they just go along without mentioning a word, sometimes until the last minute. Things that need to be mentioned are I have a doctor's appointment, I fell out of the bed, or I paid \$\$ to get the house painted and no one came back.

Many times, older adults fall prey to con artists or family and friends. I have heard story after story of someone taking advantage of our seniors. One story in particular has touched my heart. Ten years ago, I came across a set of triplets, three women, three seniors in their eighties. They caught my attention because of they were working in their yard. One was cutting grass, the second was trying to trim the bushes and the third one (Mrs. Smith) was giving the orders. As I approached them to offer my help, they indicated this was something they had been doing for years and were in fact enjoying themselves, plus it helped them stay young.

Fast forward to May 2011. I received a call from UC Health and Mrs. Smith had given them my phone number. She was having serious health issues and was sent first to the hospital and then a nursing home. By this time, one of her siblings had preceded her in death, and the other one was already in the same nursing home. Ms. Smith had signed over her home to a niece with the understanding that the niece would care for her until she died. Well things did not go according to plan; in fact things went very wrong. The niece moved in and then refused to take care of Mrs. Smith once she became ill. Needless to say, Mrs. Smith was heartbroken. Her health declined rapidly once she was forced into the nursing home. She died early in July.

A bull horn might have allowed Mrs. Smith to live out her days in her home. A bull horn might have reached Elder Care, to send out investigators to check on her. However, the City of Cincinnati no longer has a department devoted to elder abuse, there is only one man left to do the work. There will be many cries from our elders, I only pray we are there to wipe their tears and fight their fight. **YOU KNOW THE ISSUES SO-ACT.**



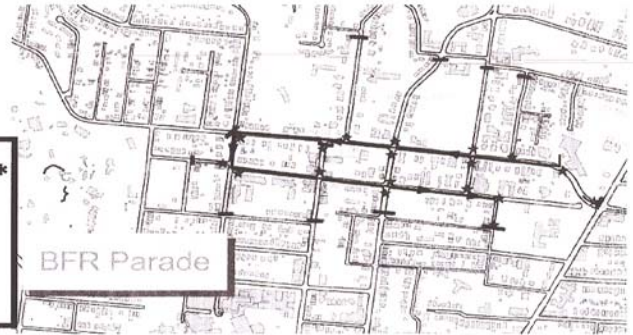


2011 Annual Black Family Reunion Parade Coming To Avondale Saturday, August 20th, 2011 @10:00 A.M.



The Black Family Reunion Parade will be coming right through your neighborhood on **Saturday, August 20th, 2011**

We want to give you advanced notice on street closures and route changes that will affect your morning commute on Saturday August 20th.



*****No cars will be allowed to park on these streets***
Forest Ave to Wilson & Rockdale Ave to Knott Street
Your car MUST be moved by 8:30 in the morning
or Your CAR WILL BE TOWED!!!!**

Please Note:

These streets listed will be Blocked Off and Closed to all traffic by 9:00 a.m. on Saturday, August 20, 2011

- Laronia Ave
- Northern Ave
- Rockdale Ave***
- Crest Park Dr
- Burnet Ave
- Harvey Ave
- Van Antwerp Pl
- Wilson Ave ***
- Forest Ave***
- Alaska Ave
- Hickory
- Washington
- Knot Street
- Reading Road at Forest Ave***

Please call Queen City Metro for alternate Bus Routes, times and locations – (513) 561-4455

Real Estate & More!

Paid Advertisement

FOR SALE

\$26,000—2623 Stanton Ave, Walnut Hills 2-fam, 2br/1ba ea. Needs upgrades/updates, up & coming area

\$55,000—3428 Laronia Ave, Avondale, 4br, 2ba ESTATE SALE, Fml DR, add mstr bath, move in now and upgrade

SOLD! \$80,00—1766 Dale Ave., Bond Hill, 4-unit Brick bldg., 2br, 1ba each, 4 car gar, fully rented

\$30,000—3309 Cavanaugh, Westwood, 2br, 1ba renovated, move in condition, lg kit, deck, off street parking

Sheila Holmes Howard, ABR, CNS, CTM
Real Estate Sales Consultant

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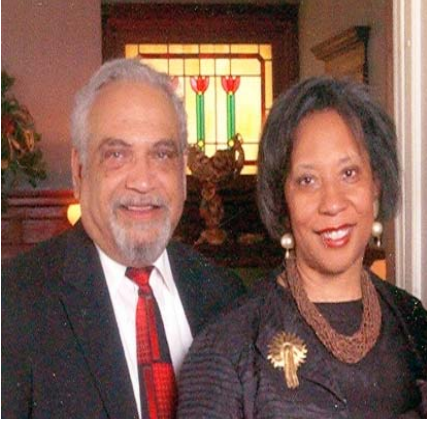
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Avondale Peace Bowl

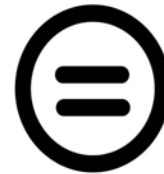


Promoting peace through
sports!

South Avondale Football Field
636 Prospect Place

Sunday August 7, 2011
9:00 a.m. until

Paid Advertisement



Urban League of
Greater Cincinnati

Youth

Improve your child's future by enrolling them in our after school program

Jobs

Seek economic security by preparing yourself for a new or better job

Justice

Create opportunity and equality by engaging yourself in the political process

We are here with you.

513-281-9955
www.gcul.org



3458 Reading Road
Cincinnati, OH 45229

Frequently Asked Questions (FAQ) About Extreme Heat

Compiled by the Center for Disease Control

Dates To Remember

ACC	AYC	CPOP
Board meeting August 2 6:00 p.m.	Avondale Youth Council August 2 & 16 4:30 p.m. Pride Center	2nd Thursday 10:00 a.m. Pride Center
General Body September 20 6:30 p.m.	◆ District 4 Community Meeting	
Pride Center 3520 Burnet Ave. 281-5999	August 25 6:30 District 4	

Cincinnati Recreation Commission

Hirsch Community Center

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

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

Youth

- Youth Basketball : Boys Tuesday and Thursday 12:00-2:00
Girls Monday and Wednesday 4:00-6:00
- Swim lessons available, some swim lesson scholarships may be available
The pool is open at 1:00 p.m. daily
- Free lunch program 12:40 p.m. M-F, Line up at the pool.
- Girl Scouts at Hirsch, needs female volunteers, call the center
- Drop in program hours for summer 2:00-4:00 M-F
Teen program is Tuesday and Thursday 6:00-8:00 p.m.

Seniors

- Ceramics with Mr. Charles M & W 12-4
- Bingo T & Th 12-4
- Card games Friday 10-12
- Line Dancing Tue 6:15-7:30 p.m. and
Mon, Wed 10:30-12:00 p.m.
- Adult / Senior Basic Computer Class free with
Membership Fridays 11:00—1:00
Call Ms. Karen for details

What happens to the body as a result of exposure to extreme heat? People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

What is heat stroke? Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What should I do if I see someone with any of the warning signs of heat stroke? If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Get medical assistance as soon as possible.

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

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID Cincinnati, OH Permit #3455
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FOR CURRENT RESIDENT OR

**Phone: 513-281-4414
513-281-5999
Fax: 513-281-0884**

**E-mail: avondalecouncil5@aol.com
avondalebusiness@aol.com
avonyouthcouncil@aol.com**

Web-Site: www.avondalecommunitycouncil.org

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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