

Avondale Community News

Volume 1/Issue 3

July 2009

In Memory of Avondale's Champion

Howard Champion, Jr.

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Howard Champion, Jr. opened the former Avondale SaveX Drug Store at the corner of Burnet and Rockdale in 1969. Although many warned the then 29-year-old Champion of potential failure, he worked tirelessly to turn his dream into a success. "Stress and pressure were my strong points," he said during an interview prior to his death. "I was obsessed with SaveX." Mr. Champion, an Avondale pharmacist and successful businessman, died on March 31, 2009 after a long illness.

Howard Champion, Jr. was born on June 17, 1939 in Crawfordsville, GA, the second of 11 children. His parents, Marinda (Ruff) and Howard Champion Sr., instilled strong Christian values. His work ethic was part of his hardworking personality.

After graduating from Robert A. Taft High School in 1958, Champion attended The University of Cincinnati and graduated from the College of Pharmacy in 1963. He was featured in the former Nip Magazine and other local publications, all of which spotlighted his successful businesses career.

Affectionately called "Doc" or "Champ," by his many Avondale customers, Mr. Champion gave out medicine...and advice...for years to help his customers' symptoms and ailments.

He opened SaveX Drugs in 1969 while working for SuperX in Walnut Hills. "I told the store manager the day I was leaving SuperX," he said, "I masterminded the whole plan. The SBA told me it couldn't be done, but I had kept my statistics for years. I was dead on the money."

Champion's SaveX was greatly supported by the community. He later expanded the store, moving across the street to the corner of Burnet and Forest (The current Avondale Community

Pride Center) The drug store, which was once the A&P grocery store, carried a variety of merchandise.

Mr. Champion's siblings and other family members worked in the store, creating a family atmosphere for his SaveX Drug Store customers. His mother, he said, hired his sisters and brothers...and prevented him from firing them. Champion also hired his two children, Pamela and Eric (then eight and seven years old) so he could work and spend time with them.

As a businessman, he believed that every family should be able to shop and fill prescriptions as needed. If customers didn't have the money for medicine, Mr. Champion created a "tab" until they could pay the balance. Champion had a passion for helping others and always put his family and customers first.

Although he remained busy with his business and real estate, Mr. Champion was a dedicated father and long-standing member of St. Luke Baptist Church. Champion sold his pharmacy in 1985 and focused his career on residential real estate.

The dedicated husband, father, loving grandfather and successful businessman will be missed by family and the community. He leaves his wife of nearly 10 years, Gwendolyn Champion; children and business associates, Pamela Henry (Walter), Howard Eric Champion (Kacie) and Tameka Renee Champion; step-daughters, Janie Winters (Rozell); two brothers, Singleton (Bob) Champion, Gregory Champion (Flora); four sisters, Essie Strayhorn (Bennie), Mattie Whaley (Andrew), Choyce Malone (Clarence), Ruth Hughes (James) ; an aunt, Erlena Ruff; six grandchildren, Alyxandria Henry, Erica, Brea and Jordan Champion, Kelci and Karrington Winters. He will also be greatly missed by a host of family...and Avondale.

Written by Gayle Harden-Renfro

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South Avondale School— the REAL Measure of CPS

By Pauline Daly

Avondale/North Avondale Education Accountability
Committee

The REAL measure of a public school district is not the schools that have achieved for years - where parents have the resources to assure their child will get a good education, but what is going on in the schools that have been failing for years.

South Avondale School, the neighborhood school for Avondale and North Avondale, is being redesigned as a TurnAround school after 9 years in academic emergency. What happens there this next year and in future years will demonstrate the skills of the administration, the union, and especially the entire staff, led by the principal.

Will Positive School Culture, mandated by CPS, actually be implemented? It means focusing together on academics and behavior, solving problems rather than blaming. There is time before November to observe the beginning of serious efforts.

Avondale Summer Legal Clinic

This summer practicing attorneys will be sponsoring a **FREE** legal clinic for the Avondale community. Attorneys and law students will provide legal assistance to those who could not otherwise afford it. Attorneys will be available to answer a myriad of legal questions ranging from intellectual property, small business, landlord-tenant law, employment law, civil rights and criminal procedure. All legal questions, issues and disputes are welcome.

No appointment is necessary.

Dates:

- August 8, 2009
- August 15, 2009
- August 22, 2009

9:00 a.m.—1:00 p.m.
each Saturday



Everybody's Backyard Picnic

Thursday July 23, 2009

6:00—8:30 p.m.

Fleischmann Gardens

(Forest & Washington)



- Free hot dogs—while they last!
- Music by Soul Power (R& B Sounds)
- Bucket Boyz
- Party Animals Petting Zoo
- Faris the Magician
- Cincinnati Parks Nature Education
- Funny Company Clowns (face painting & balloons)
- More fun and surprises!



SO-ACT CELEBRATES 16 YEARS OF SERVICE

By Sandra Jones

Serving Older Adults through Changing Times (SO-ACT) will celebrate 16 years of service to the elderly on August 22, 2009. This has been an exciting journey and I have learned a great deal about the aging process and what it takes to age well. If we acknowledge the aging process is important then we must also plan ahead and encourage our young people to entertain the thought of entering the field of gerontology. As our society continues to age, the need for physical and occupational therapists will increase. Administrators for long term care facilities will be extremely important. Activities instructors, responsible for designing programs and activities that will encourage movement and socialization will be in demand as well as dietitians to help make proper food selections.

With this in mind we ask that you consider addressing this need in our community. As I travel my journey, I do not see African



Americans advocating for our elderly. We need the community to step up and get involved. I receive calls all the time asking how to care for Mom and Dad after they have been placed in a nursing home and the state wants their home or after they have fallen and someone is needed to come into the home to help because family members do not want to take on the responsibilities. These kind of stories are not limited to our communities but what happens is that we are not prepared to address many of the needs our elderly face. Get ready! You too will face these issues if you live long enough. Take a second look at gerontology and all it has to offer. You know the issues SO-ACT.

sandrajones@blackage.org

Real Estate & More

Paid Advertisement

For Sale

3973 Ardmore, N. Avondale 4br, 1ba, \$145,000
Move-in cond., \$2,000 pd cl costs, new roof

38 Parkwood Pl, Avondale 2br 1ba \$38,000
SHORT SALE, needs TLC, BEST OFFER!

2916 Gilbert Ave, Walnut Hills Comm'l bldg \$225,000
6270sf, 12+pkg, seller financing

789 N. Fred Shuttlesworth Cir. N. Avondale
Vacant lot \$28,000 100x200 flat/buildable

1752 Carll St., N. Fairmount 2+br, 1ba \$68,000
3 parcels, garage, seller financing

2428 Kremer Ave, Westwood 5br, 2ba \$88,000
split level, move in cond, fenced yard

****IMPORTANT NEWS****

Contact me today for information on how you can apply for the \$8,000 Homebuyer Tax Credit & FHA 203K rehab loan.

United First Financial www.payitfaster.com/sheila

Eliminate your mortgage and all debt in 1/2 to 1/3 the time without increasing your mortgage payments or refinancing current mortgage. Use the **Money Merge Account System (MMA)**, it mathematically calculates how you can eliminate thousands in interest payments. This is not a debt roll down or bi-weekly plan. Take advantage of the **FREE FINANCIAL ANALYSIS REPORT**. It will show how you can get out of debt faster than you could ever imagine!! Go to my website and watch the video or just contact me for more details.

My personal analysis report states I will pay off my 25 year mortgage and all my debt in 6.3 years eliminating \$45,000 in interest payments...**What will your analysis report say???**

Sheila Holmes Howard
ABR, CTM, Realtor®, UFF Consultant

OWNERLAND REALTY
513-543-2333-cell
513 842-8834-efax

showard@cinci.rr.com

www.sheilaholmeshoward.com

Selling Homeownership Happiness!



Avondale Youth Council Newsletter

Joseph Malek, Assistant Editor



Enjoying the weather? There will be more to come with cookouts, sports, vacations and much more. The Avondale Youth Council (AYC) has time to help the Avondale Community.

In the past months the AYC has been putting a lot of time in to helping the community. In March we walked in the St. Patrick's Day parade representing Congressman Steve Driehaus and we participated in "Going Green" by picking up trash during the days leading up to the Great American Cleanup on April 25th. During the month of April some of the AYC members worked at the annual Flower Show. They helped to run the kitchen at Symmes Township Park for three restaurants.

In May the Youth Council manned a water station for runners in the Flying Pig Marathon. The water station earned a second place award for Best Water Station. The CeaseFire Youth had successful sessions with the children from the Boys and Girls Club and students from Rockdale Academy.

The AYC is busy planting seeds and taking gardening classes.

The Avondale Running Club is working with some of the female members of the AYC to form a running team to participate in the Fleet Feet Event later this summer.

The AYC's Marketing Team has been working with the Cincinnati Police Department to increase neighborhood awareness about car break ins.

Every month we will spotlight a member of the Youth Council. This month the light shines on DeNesha Bell. DeNesha is fourteen years old. She is the Newsletter editor and head of the History Project. She joined the Council in July of 2008 to stay active in the summer and to earn volunteer hours for school. DeNesha has been a great asset to the Avondale Youth Council and she plans on being involved for a long time.

2009 Annual Black Family Reunion Parade Coming to Avondale Saturday August 15th @10:00 a.m.



The Black Family Reunion Parade will be coming right through our neighborhood on Saturday August 15, 2009.

There will be street closures and route changes that will affect your morning commute on Saturday August 15th.

*****NO CARS*** will be allowed to park on these streets—Forest Avenue to Wilson and Rockdale Avenue to Knott Street. Your car **MUST** be moved by 8:30 a.m. (on the 15th) or it will be **TOWED!****

The following streets will be blocked off and closed to all traffic by 9:00 a.m. on August 15, 2009.

- Laron Avenue
- Northern Avenue
- Rockdale Avenue***
- Crest Park Drive
- Burnet Avenue
- Harvey Avenue
- Van Antwerp Place
- Wilson Avenue***
- Forest Avenue***
- Alaska Avenue
- Hickory
- Washington
- Knott Street
- Reading Road at Forest Avenue***

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

SUMMER FREEBIES

Cincinnati Museum Center

1301 Western Avenue

513-287-7043

The Cincinnati Museum Center at Union Terminal is setting aside on Friday afternoon each month for free admission. Thanks to generous donations the "Free Fridays" program will waive admission to all three museums from 4 to 8 p.m. on the following dates: July 24, August 21 September 11 and October 23. For more information call 513.287.7000 or visit www.cincymuseum.org

Cincinnati Art Museum

953 Eden Park Drive

513-639-2995

Cincinnatiartmuseum.org

The Cincinnati Art Museum no longer charges for exhibitions or general admission and has instead started a \$4 per vehicle parking charge. Hours of operation are:

- Tuesday—Sunday 11-5
- Wed 11-9, Closed Mondays and major holidays

Summer on Fountain Square

Music

- Southern Sounds Tuesdays—Blues & Country 7-9 p.m.
- World Wide Wednesdays—A variety of music from all around the world 7-9 p.m.
- Acoustic Thursdays—Local musicians performing Celtic, blues, American, etc. Noon -1
- Salsa on the Square Thursday—Salsa bands, dance demonstrations 7-10 p.m.
- Indie Summer Fridays—Local bands play alternative and indie rock 7-10 p.m.
- Singer-songwriter Night Fridays 10-12 midnight

- Gospel Sundays-5-7 p.m.
- Smooth Jazz Sundays 7-9 p.m.

Movies

Saturday Night at the Movies presents two feature films each week on Fountain Square. Adult beverages, soft drinks and movie snacks are available for purchase. Movies are always PG or PG-13. Previews begin at 7:00 p.m. and movies begin at 7:30 and 9:30.

July 4	Independence Day (one movie only)	
July 11	Nanny McPhee	Peter Pan
July 18	Free Willy	Lemony Snicket
July 25	Beethoven	Best in Show
Aug 1	Chicken Run	Transformers 07
Aug 8	Antz	Spiderman
Aug 15	Shark Tale	The Dark Knight
Aug 22	Bee Movie	Ironman
Aug 29	Kung Fu Panda	Fantastic Four

Bowling

Colerain Bowl participates in a program that allows kids to bowl 2 free games every day. They also have a family pass for \$24 that allows up to 4 adults 2 free games per day all summer also. You must register online at kidsbowlfree.com.

Ice Cream

In July, Graeters has a coloring contest for a few weeks. Children color a picture and turn it in for a free cone. The coloring sheet is available on line and in stores. www.graeters.com

***continued page 6

Poison Ivy in Avondale



While walking through the neighborhood with representatives from the Zoo, they mentioned that Avondale is on the verge of becoming over run with poison ivy. What looks like regular ivy growing up the side of

a house or tree is actually poison ivy. As we passed by neatly trimmed hedges, bushes of poison ivy were growing in the middle. The owner of the property problem thinks that they are just regular weeds.

How did we get to this point? Because we have so much of it growing, seeds are being carried by birds and other animals as well as by the wind. Below are some answers to frequently asked questions:

How do you catch it: From touching it, or touching something that has touched it, like your clothes or your dog. You normally get it from touching the leaves, but yanking the vine out by the roots-even in the winter- will give you a rash. Using a weed eater will result in spraying your legs with poison ivy.

What about immunity: Some people appear to be immune, others become immune. However, you can gain or lose immunity, so to assume you can't get it if you never have before is foolish. People change as they age.

What is it like to get it: At first you get a slight itchy spot, which gets worse and worse. It can be a small itchy area that will annoy you, or it can cover your whole body with giant red sores that will drive you nuts.

If you know you've been exposed to it: Within an hour or so you should rinse with lots of cold water. Hot water will open your pores and let the oil in. Taking a shower could be a disaster. Later, after the oil is all absorbed or washed off, and you HAVE a rash, a hot can ease the itch for a few hours. To start the next day will be too late.

Once the itching starts: For a serious case you must see a doctor. Take a shower in the hottest water you can stand for as long as you can stand. This may ease the itching for a few hours. If heat eases the rash, you can also try a hair dryer. Be careful not to burn yourself. Spray infected area with deodorant containing aluminum, which most do.

How long does the rash last: Anywhere from a week to 3 weeks, depending on how bad it is and how you treat it. Prescription remedies will make it go away much quicker. Using a weed eater will result in spraying your legs with poison ivy.

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Check This Out!



Sewage Backup ?

Got a sewage backup in your basement? If so, is it coming from your floor drain or from a toilet or sink? Could it just be rain water? The distinction is important! Call the MSD (Metropolitan Sewer District) 24 hours a day @ 352-4900 for help. MSD offers a cleanup and damage claims service to properties with sewage backup from the public sewer. They also offer backup prevention services to qualifying homes with a history of sewage backups.

Summer Freebies (continued from page 5)

Movies

Showcase Cinemas in Springdale has Bookworm Wednesdays. The kids write a book report on the form provided by Showcase and they get free admission to the movies. The movies start at 10:00 a.m. and the program runs from July 8 through August 12. Adults do not need to write a book report.

Art Classes

Happen Inc, 4201 Hamilton (at Chase) offers free art classes on Tuesdays, Wednesdays and Thursdays for parent and children teams. Seats are limited to 10 teams per session on a first come, first served basis. Call 751-2345 for more information!

Dates To Remember
Avondale Council/Pride Center
3520 Burnet Avenue
Cincinnati, OH 45229 (513) 281-4414

ACC
 Avondale Community Council
 Board meeting
July 7, 6:30 p.m.

General Body
No meetings in July or August
 Pride Center

◆

AYC
 Avondale Youth Council
July 7 & 21, 4:30
 Pride Center

District 4
 Community Meeting
July 23 6:30
 District 4

◆

Ceasefire
Steering Committee
July 9, 9:30 a.m.
 Church of the Living God
 430 Forest Avenue

IFC
Injury Free Coalition
April 14, 12:00
 Kasota Building
 (corner of Kasota & Burnet)

◆

Martin Luther King Coalition
July 21, 10:00
Jordan Crossing

**ANY PERSONS OR GROUPS
 INTERESTED IN
 PERFORMING AT THE
 AVONDALE HEALTH FAIR
 AND FESTIVAL
 AUGUST 8, 2009**



**CONTACT
 ROBERT HUMPHRIES
 368-8108**

BEFORE JULY 25, 2009

Cincinnati Recreation Commission *eat move live right!*
North Avondale Recreation Center
 617 Clinton Springs Avenue, Cincinnati OH 45229
 Phone: 513-961-1584

HEALTHY ACTIVITIES
 Participants must have Center memberships

Adults \$15 Senior/Teen/Youth \$5

<p align="center">Senior Line Dancing Mondays & Wednesdays 10-11:30 am FREE with membership</p>	<p align="center">YOGA Mondays & Wednesdays 6-7 pm FREE with membership</p>
<p align="center">Tai Chi Thursdays 6pm FREE with membership</p>	<p align="center">Sauna FREE with membership</p>

Weight Room
 \$10 per quarter with membership

Aerobic Workout Party
 T & Th 5:45-7:30 pm, Saturdays 12-2 pm
 \$25 per month or \$5 per class, with membership

Karate
 T & Th 5-7:30 pm
 Monthly fee & membership

Recreation programs and facilities are open to all citizens regardless of race, sex, color, religion, nationality, or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Cincinnati, OH
Permit #3455

FOR CURRENT RESIDENT OR

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

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

Web-Site: www.avondalecommunitycouncil.org

Board of Trustees & Committee Chairs

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Avondale Community Council Staff

Community Organizer	Carla Butler	281-5999
Major Projects Consultant	Bill Witten	646-8944

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District 4 Police	CPOP Supervisor	368-1720
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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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