

Avondale Community News

Volume 2/Issue 6 October 2010

One Nation, One State, One City, One Neighborhood Overweight

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On September 21, 2010 the Avondale Community Council (ACC) premiered CNBC's "One Nation, Overweight." Residents watched the one hour special and won prizes during the commercials based on questions from the show. The



documentary goes to the frontlines of this national health and economic crisis through the incredible personal stories of Americans desperate to lose weight, revealing some of the diverse ways the nation is battling the bulge.

The obesity epidemic is acutely felt among the nation's youth, with nearly a third of American children either overweight or obese. Many are threatened with the early onset of diabetes, and some medical experts warn that for the first time in the history of our nation, this younger generation may be on track to have a shorter life span than their parents. CNBC goes back to school to examine the role the lunchroom plays in the national fight. Students at a high school in Virginia regularly flock to a school-sanctioned snack stand that sells a variety of candy and other junk food as early as 9:30am.

joined United Fresh Foundation's "Salad Bar in Every School" campaign. It is a multi-year public health commitment from the fresh produce industry designed to bring fruit and vegetable salad bars to schools across America. This year four schools received salad bars. Neither of the Avondale schools were on the list. Representatives of the Avondale Community Council met with CPS and the Community Building Institute to find out what Avondale could do to get salad bars in the schools. Funding was found and both South Avondale and Rockdale will receive salad bars. They should be installed in the schools by XXXX

In 2007 the ACC along with Center for Closing the Health Gap implemented the Do Right! Campaign. The Campaign engages the community in the process of assessing Avondale to identify the specific problems that contribute to the obesity epidemic. Programs have been developed to address these issues. To find out more about the Do Right! Campaign and its activities call the Avondale Community Pride Center at 513-281-4414.

This year Cincinnati Public Schools (CPS)

Avondale Youth Council

By Joseph Malek and DeNesha Bell

As the summer ends, the Avondale Youth Council (AYC) youth are back in school. They have been hard working in the summer. Now it's time for them into settle for fall and the winter.

In July, the AYC served food at the Everybody's Backyard Picnic, sponsored by the Cincinnati Park Board.

In August, the AYC also served food at National Night Out. There they met and participated in fun and educational activities with the community and police officers. Some members of the AYC also attended a driving summit where they saw a car accident demonstration for safety. At that event they gave away two gift certificates. Our participation in community events continued with the Peace Bowl which was held August 8th. The AYC served as the infrastructure for this event doing everything from set up, clean up, grilling and even had our candy store there. That very next week, the 14th of August the Avondale Health Fair was held. The AYC cooked food for the event and again served as set up and clean up. This was also the day of the Inaugural AYC Talent Show. At the talent show there were three winners. In first place DeNesha Bell won for her poem "Streets". In second place Mainze, singing "I'll be there". In third place, Janae Moore and Ariel Wagoner won for dancing. Finally, that day was the opening of the Avondale Farmers Market where the Avondale Youth Council sold fresh fruit and vegetables.

On August 16th, the AYC finished our Smart Money Financial Literacy eight week course and started a six week session on the video "A War for Your Soul."

The Uptown Ambassadors are the elite team of the Avondale Youth Council. Throughout the week they are contracted to provide cleanliness and hospitality along the Burnet Avenue corridor.

Maybe the highlight of recent months was the AYC trip Washington D.C. trip the weekend of August 27th through the 29th. We started the trip off visiting the American I Am exhibit at the Cincinnati Museum before heading to DC to the Reclaiming the Dream March and Rally. This march was from Dunbar High School to the construction of the Martin Luther King Memorial.

Continuing in our quest to be a part of the democratic process, the AYC did a service project with the Democratic Party and Democratic National Committee Chair Governor Tim Kaine

of Virginia. We made posters, door knob advertisements, and lawn signs. It was a great learning experience and another opportunity to give back to the community.

On September the 12th, the AYC traveled to the West End to partner with Cincinnati's Initiative to Reduce Violence and Ceasefire at their Gospel Concert held at the Lincoln Center. We served food, picked up trash, and worked audio at the event.

The A.Y.C. went to the Bengals game, Reds game, and Kings Island for their fun trips.

The A.Y.C. has Facebook and MySpace pages. Look them up and see what they do.

That's the update for the Avondale Youth Council from July to September.



Super Can

**OCTOBER 9, 2010
9:00—9:00**

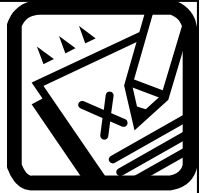
**GET RID OF OLD TIRES,
FURNITURE,
PAINT CANS, ETC.**

**JOIN THE COMMUNITY IN
CLEANING UP THE NEIGHBORHOOD**



For more information call
Fulton Jefferson, Jr. at
614-4775 or
Avondale Community Pride
Center 281-4414

Avondale Community Council Nominations & Elections



The Avondale Community Council will be accepting nominations for the following positions: Vice-President, Treasurer, and three Trustee Seats. Nominations will be accepted at the General Body meeting October 19, 2010 at 6:30 p.m. The nominees will have an opportunity to speak at that same meeting. Elections will be held November 16, 2010 at the General Body meeting. According to the By-laws Article 2, Procedures, Line 1: *those persons whose dues are paid twenty-one calendar days prior to the annual meeting shall be eligible to vote and be elected to the Board of Trustees.*

WANTED

The Avondale Community Council is working to recreate its history. If you have any documents that would add to this project please bring them to the Avondale Pride Center (3520 Burnet Avenue) or call 281-5999.

Documents of interest would include past meeting minutes, newspaper articles, program bulletins etc., anything that would shed light on the accomplishments of the Avondale Community Council since its inception.

Make a Difference Day

October 23, 2010

9:00 a.m. – 12:00 p.m.

Join *Keep Cincinnati Beautiful* by participating in the annual fall clean-up and beautification event. Volunteers are needed from 9:00 a.m. to 12:00 p.m. to work in the Avondale area.

In 2009, over 650 volunteers from 17 Greater Cincinnati communities (including Avondale) collected 15,000 pounds of trash. This is an opportunity to demonstrate our pride in the community that we call home. *Make a Difference Day* is an excellent way for organizations, youth groups, etc., to earn community service credit.



Make a Difference in AVONDALE!

Contact the Avondale Community Council (513)281-4414
or Fulton Jefferson, Jr. (513) 614-4775 to participate.

2010 National Fire Prevention Week

October 3rd through October 9th



The theme of Fire Prevention Week is “Smoke Alarms: A Sound You Can Live With!” The theme was selected because of the need to educate people about the importance of smoke alarms and

encourages everyone to take the steps necessary to update and maintain their home smoke alarm protection. Please remember the Cincinnati Fire Department encourages the use of photoelectric and ionization smoke alarms for maximum protection.

During Fire Prevention Week 2010 the Cincinnati Fire Department and its Community Partners will distribute free smoke alarms throughout the City of Cincinnati.

Smoke alarms will be available at the Avondale Community Pride Center
3520 Burnet Avenue
513-281-5999

Or from your neighborhood Fire Station
Company 32
644 Forest Avenue

Think you know fire safety?
Take this quiz and find out



1. If there is a fire in an oven, you should:
 - a. open the oven door and call for help.
 - b. turn off the heat, close the oven door, and call for help.
 - c. pour water into the oven.
2. Check smoke detectors once a month and change their batteries
 - a. once every two weeks.
 - b. at least once a year.
 - c. once every six years.
3. Electrical wiring should be placed
 - a. on the floor, out in the open.
 - b. beneath rugs and furniture.
 - c. in high-traffic areas.
4. If a fire burns in your home, call for help
 - a. before leaving the building.
 - b. after you've exited the building and made it to a safe place.
 - c. never--let someone else call for help.
5. Portable space heaters need how much clearance from flammable objects like bed sheets or curtains?
 - a. 2 feet (61 centimeters)
 - b. 3 feet (91.5 centimeters)
 - c. 1 foot (30.5 centimeters)
6. If a fire breaks out in a multi-story building, use the elevator
 - a. only if the building is two stories or higher.
 - b. only when other people are using the elevator.
 - c. never.

1. b. Three in every 10 reported house fires start in the kitchen--more than any other place in the home.
2. b. Smoke detectors save lives--a minimum of one should be installed on every floor.
3. a. Only use electrical devices and appliances with labels indicating they have been inspected for safety.
4. b. In any fire, getting out of a burning building is always the number-one priority.
5. b. In 1998, two out of every three home-heating fires in the U.S. were attributed to space-heating equipment. Space heaters should always be turned off when leaving the room or going to sleep.
6. c. Any vertical shaft in a building is a vehicle for rising smoke and flames.



Did You Know?

If every American home replaced just one light with a light that has earned the ENERGY STAR, we would save enough energy to light 3 million homes for a year, save about \$600 million in annual energy costs, and prevent 9 billion pounds of greenhouse

gas emissions per year, equivalent to those from about 800,000 cars.

Order Your Free CFLs today!

Installing CFLs is one of the easiest ways to become more energy efficient. Duke Energy is offering FREE CFL bulbs to you so that you can start saving now. Be one of the first Duke Energy customers to order your FREE CFLs by calling **1-800-943-7585** then press or say "1". You can also order online at www.duke-energy/free-cfls. After you complete your order your free CFLs will be mailed to your home within four to six weeks.

Lighting is one of the easiest ways to deter crime and chase away unsavory activity. Streetlights not only help motorists but they are also effective at keeping neighborhoods safe. If you see a streetlight that is malfunctioning or burnt out report it directly to Duke Energy (513) 651-4182. If Duke does not resolve your issue in a reasonable time frame, please contact Councilman Chris Monzel's office.

FYI –Home Weatherization Assistance Program

If you applied for **Home Weatherization Assistance Program** and did not qualify, take note, the guidelines have recently changed.

For example, now everyone receiving Social Security income automatically qualifies for weatherization. If your SSI put you over the income guidelines follow up with Community Action Agency at 513.569.1840 x 1133 to receive this free service which will save you money on utility bills. You can find the application online at : <http://www.cincy-caa.org/>

Real Estate & More!

For Sale

- \$30,500—2623 Stanton Ave., Walnut Hills, 2-fam, 2br/1ba ea,
- \$84,900—3450 Wilson Ave., Avondale, 4+br, 2ba, Large brick home
- \$89,900—3479 Wilson Ave., Avondale, 3br, 2ba, Tudor
- \$92,000—3428 Laronia Ave., Avondale, 3br. 2ba, plus 2 vacant lots
- \$99,900—1761 Dale Ave., Bond Hill, 4 plex, all rented 2br, 1ba, each
- \$120,000—1718 Freeman Ave., West End, 3-fam, plus 5 vacant lots

Paid Advertisement



Direct: (513) 543-2333
Fax: (513) 842-8834

9560 Montgomery Road
Cincinnati, OH 45242
sheilahh@nextage Realty.com
www.sheilaholmeshoward.com



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Master Sales Associate

Each Office Independently Owned and Operated



Great News!

Are you interested in giving back to your community?
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"MAKE A DIFFERENCE"
We're focused on linking people face-to-face anytime from anywhere!
Without leaving your desk or the comforts of home, you can promote literacy, share your life experiences, visit with the elderly, mentor a group of students and much, much more.

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Call 221-4812 Today

**Renfro Funeral Services, Inc.
647 Forest Avenue, Avondale
Cincinnati, Ohio 45229**

[www.Renfro Funeral Service.com](http://www.RenfroFuneralService.com)

**Offering New Short-term Financing
Funeral Packages starting at \$2995 !**

Renfro Funeral Services now offers short-term, low-interest financing to help families ease the burden of funeral expenses. Credit is no barrier to financing.

Complete funeral services starting at \$2995 includes

- **Embalming**
- **Casket**
- **Programs**
- **Limousine**

**Cremation, Full-Service Custom Funerals and
Pre-Need Funeral Planning Available**

A Legacy of Excellence since 1921

Paid Advertisement

**SUMMERVILLE
FARMER'S MARKET
3166 Reading Road**

Cincinnati's newest Farmer's Market located in the heart of Avondale

Open Saturdays & Sundays 11a.m. -3p.m.

**BOOTHS AVAILABLE
AT \$45.00 PER Week**

WANTED: Vendors, Job Fair, Information booths

Customers are waiting!
PHONE (513)381-5472

Summerville Market is centrally located at the CORNER OF READING RD. AND Whittier Avenue Next door to AUTO ZONE. EXIT OFF I-71 AT WILLIAM HOWARD TAFT RD. TURN RIGHT GOING NORTH ON READING RD. to the fourth STOP LIGHT.

Food Stamps Accepted

WWW.SUMMERVILLEMARKET.ORG

Paid Advertisement

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

Cincinnati Recreation Commission

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

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

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

Fall Classes:

AFTER SCHOOL

After School Day Camp	M-F	2:30 - 6PM	\$20 Per Wk
Arts and Crafts (ages 8-14)	M & W	4:15-5:30 PM	Free
Basketball Fundamentals	W & F	4:15-5:30	Free
Federal Snack Program (Ages 5-17)	M-F	2:45PM	Free
<i>(no membership needed for snack!)</i>			
Fun Fridays (ages 8-14)	Fri	3:00 - 5:30PM	Free
Game Room Games (ages 8-14)	M-Th	3:15-4:15	Free
Gym Games (ages 8-14)	M-F	3-4:15	Free
Homework Help (ages 8-14)	M-Th	3:00 - 4:15	Free
StageCraft (ages 8-14)	Fri	3-5:30 PM	Free
Theater Class (ages 8-14)	T & Th	3-5:30 PM	Free
Arts and Crafts (ages 5-7)	M & W	3-4:15 PM	Free

DAY & EVENING

American Black History (Sept 20 th)	M & W	6-8 PM	Free
Basic Computer	M, W & F	12-2PM	Free
Basketball, Open Gym	M - F	12-2 PM	Free
Basketball, Open Gym	M & W	6-8 PM	Free
Fitness Room	M-F	12 PM - 8 PM	FREE!
Fitness Group Workout	M & W	6-8 PM	Free
Music Production (<i>Teens</i>)	Th	6-8	Free
Tai Chi	M, W & F	9 AM - Noon	Free
Teen Game Room / Lounge	T	6-8	Free
Theater Class (<i>Adults!</i>)	T & H	6-7:30	Free
Walking/Fit Group	M-F	12-2 PM	Free

UP COMING EVENTS

Three on Three Basketball Event	TBA	Late Sept or Early October.
Haunted House	TBA	Late October
Chess Tournament	TBA	Early November

Forest Square Senior Apartments

3511 Harvey Avenue
Cincinnati, OH 45229

Exclusively for seniors.

2 Bedrooms ranging from
\$508-\$623

Vouchers welcome.

For leasing information call
Brickstone Properties at (513) 421-6999

NOW LEASING!

Dates To Remember

ACC
Board meeting
October 5, 2010
6:30 p.m.

General Body
October 19, 2010

Pride Center
3520 Burnet Ave-
nue
281-5999

AYC
Avondale Youth
Council
October 5 & 19
4:30 p.m.
Pride Center

District 4
Community Meet-
ing
October 28, 2010
6:30
District 4

Ceasefire
Steering
Committee
October 8, 2010
Church of the
Living God
430 Forest Avenue

Every Child
Succeeds
Steering
Committee
October 21, 2010
10:00
Carmel
Presbyterian



Thanksgiving Baskets

Purchase your
Thanksgiving din-
ner from the Avon-
dale Youth Council
Baskets will contain

the following:

- • Turkey (10-12 lbs)
- • Mashed potatoes
- • Dressing
- • Rolls
- • Green beans
- • Butter & Eggs
- • Cake mix & Icing
- • Mac-N-Cheese
- • Corn and other items

All this for
\$30 - \$35

Orders accepted from
October 1 - November 12 at the Avondale
Pride Center (3520 Burnet Avenue).
Cash or money orders only.

Baskets will be passed out on November
20 at the Pride Center from 10 a.m.-2:00
p.m.

Call 281-4414 for more information

**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**

**E-mail: avondalecouncil5@aol.com
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
Secretary	Earlene Newton	226-2627
Finance Chair	Christie Bryant	702-6999
Membership Chair	Linda Mayfield	325-4188
Trustee	William Anspach	678-0388
Trustee	Linda Fairbanks	742-0770
Trustee	Sheila Holmes Howard	543-2333
Trustee	Fulton O. Jefferson, Jr.	614-4775
Trustee	Tony Moore	293-1559
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
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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

Mayor Mark Mallory 801 Plum Street Rm 150 Cincinnati, OH 45202 Phone: (513) 352-3250 Fax: (513) 352-5201 mark.mallory@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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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	Leslie Ghiz 801 Plum St. Rm 354 Cincinnati, OH 45202 Phone: (513) 352-3344 Fax: (513) 352-3277 leslie.ghiz@cincinnati-oh.gov
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Jeff Berding 801 Plum St. Rm 350 Cincinnati, OH 45202 Phone: (513) 352-3283 Fax: (513) 352-3289 jeff.berding@cincinnati-oh.gov	Cecil Thomas 801 Plum St. Rm 349 Cincinnati, OH 45202-1979 Phone: (513) 352-3499 Fax: (513) 352-3218 cecil.thomas@cincinnati-oh.gov
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Laure Quinlivan 801 Plum St. Rm 346B Cincinnati, OH 45202 Phone: (513) 352-5303 Fax: (513) 352-5390 laure.quinlivan@cincinnati-oh.gov	Wendell Young 801 Plum St. Rm 350 Cincinnati, OH 45202 Phone: (513) 352-3466 Fax: (513) 352-3957 wendell.young@cincinnati-oh.gov
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