



Newsletter

NEIGHBORHOOD
ASSOCIATION

REPRESENTING CLIFTON HEIGHTS • UNIVERSITY HEIGHTS • FAIRVIEW

April, 2011

Next monthly meeting:

Tuesday, April 19, 2011,
7:30 p.m., Deaconess Hospital
Cafeteria, Lower Level, Straight Street

From the President's desk



The Bradford pears are starting to bloom along Klotter and I am reminded of the teamwork that went into getting the Clifton Heights Mural together. Even when we finally have to cut down those old Bradford pear trees in the next 50 years, they will be immortalized in the art in our business community. And Maureen made sure the flights of crows we encounter every fall and winter are also immortalized.

Our streetcar plans are on hold for now, but we will not give up and we will not stop advocating for this.

The plantings in front of St Monica are in and should start coming up soon. Thanks to Mark Bambach and his crew for making that happen.

We saw a new shop open in our business district: Yogurt Vi will now be providing a dessert option for those more health conscious. Tina Sully re-opened the hair salon at Wheeler and McMillan as Bang-Bang Salon. And the 65 West property is nearing completion.

Think about projects you would like to see in the community, whether it is planting bulbs, or painting benches and trash cans. But find a way to make the community better for the next person. The Great American Clean Up will be Saturday the 16th. Plan on meeting at Christy's on McMillan at 8:30 and looking toward a project at Coy Field.

Also look ahead to May 14th for the CUF Family and Friends Picnic at Bellevue Park.

Looking forward to our April meeting. 'See everyone at Deaconess on Tuesday April 19th at 7:30!

Rob Neel

Minutes of the CUF General Meeting 3-15-11

Police:

- Lisa Johnson reported that they are passing out info to students about not leaving things in their cars and locking up cars.
- Prostitution has moved from Riddle and McMicken to Straight and McMicken. Police are trying to publicize offender's info.
- Taking applications for Citizens on Patrol
- Let Lisa know if you are interested in a landlord training.

UC Police:

- Heading into 2nd phase with bubble – there will be a press box coming
- Proctor Hall renovation should last another 6-8 months
- April 16th spring football game

Guest Speakers:

Laura Mitchell and Janet Walsh from CPS

- Be the Change program requesting community volunteers to tutor – especially engineers and math/science tutors
- Taft Elementary will remain open but grades 7 and 8 are moving to Hughes in 2012
- CPS is working with UC professors to create a new STEM curriculum at Taft Elementary
- CUF does not have a single neighborhood school, depending on address CUF children would go to Taft, Rockdale Academy, Rothenburg or Hayes Porter.
- Taft, Rockdale and Rothenburg have all moved up one category out of academic emergency.
- CUF children can also apply to CPS magnet schools
- CPS is one of few districts in the nation to use a first come, first serve, enrollment process for magnet schools.
- CPS currently revisiting magnet school application process due to the 2007 Supreme Court decision that schools cannot try to balance enrollment based on race.
- CPS asked the Council of the Great City Schools and The Community Building Institute for their recommendations on ways to improve magnet school enrollment process. Council of Great City Schools recommended two separate lotteries, one for preschool and one for K-6. The Communi-

ty Building Institute recommended that CPS keep sibling priority and consider a lottery but require a tour of the building first.

- The internal CPS team recommendation was to do a straight lottery with sibling priority and no tour. The lottery would likely allow parents to rank their preferences of schools.

- There has been a lot of communication from Fairview parents who have concerns about this recommendation. The board is still discussing magnet school enrollment options and hopes to have a decision by the end of April.

CUF Board Meeting:

- Sent a letter to the city manager stating support for the development on Calhoun and McMillan stating that the use of TIF funds for this project was fine.

Other news:

- All the trees on Clifton have been planted!
- A petition to close VOA is circulating
- Clean and Safe grant monies available – see Rob

- Newsletter to be in email format. Send in any info you'd like to share! CUF needs to raise about \$250/month to resume paper copies.

CUF Treasurer's report

Balance: March 1, 2011 \$6,528.51

Income:
dues 42.00
NSP 3,309.53

Total Income: + \$3,351.53

Expenses:
CUF winter party supplies 122.41
Postal permit 185.00
Webrich Landscape 4,276.50

Total Expenses: - \$4,583.91

Balance: April 1, 2011 \$5,296.13

Save the date!

CUF Spring Picnic
Saturday, May 14th
11:00 - 2:00
Bellevue Park

If you'd like to help with planning please email Cathy at: cathyr57@gmail.com

Hey, CUF neighborhood friends!

Rohs Street Cafe is celebrating their 8th anniversary this April! I wanted to pass on this info from Julianna, RSC's manager, about the anniversary weekend. I hope you can come check it out and help celebrate our neighborhood's non-profit coffee shop!

Every spring the UCC/Rohs Street Community takes a weekend to celebrate another year of the relationships, creativity, and delicious coffee our humble cafe helps to sustain. This year is no different. We will be celebrating eight great years at Rohs Street with live music, swing dance, and a silent auction. Please stop in April 29th & 30th to be a part of our 8th Anniversary Extravaganza weekend!

Shannon Sanker

Wolff Planetarium

Wolff Planetarium Shows at Burnet Woods

Theme: Spring constellations and some of the legends connected to them. For adults and children ages 5 and older accompanied by an adult. Reservations required. Fee: \$3.00 per person. Reservations required. Call 751-3679 for reservations.

Fri., April 15, 7 - 8 p.m. Hercules Isn't Too Bright
Fri., May 20, 7 - 8 p.m. Summer Skies Preview



City parks summer day camps

It's not too early to begin planning for summer camp! Use this link to obtain a summer day camp brochure:

<http://www.cincyparks.com/bm~doc/camp-brochure-for-website.pdf>

YOUR NEIGHBORHOOD NEEDS TO BE CARED FOR

Come join us in the **Great American Cleanup!**

Saturday, April 16, 8:30 - Noon

8:30 – 9:00

We will meet at Christy's (151 West McMillan) and organize into teams. Morning refreshments will be provided. (We encourage people to be green and bring your own coffee mugs.)

9:00 – Noon

We will traverse the Clifton Heights - University Heights – Fairview (CUF) neighborhood cleaning trash from our streets and parks.

Noon

We will share a lunch provided by local merchants. Weather permitting we hope to picnic in Fairview park.

SPECIAL REQUESTS:

- Would you be willing to lead one of the cleanup teams?
- Would you be willing to use your car to run supplies to teams?
- Would you be willing to help set up or clean up for morning and / or lunch?

Contacts: Daniel or Cindy Lewis
Home Phone: (513) 221-2540
Work Phone: (513) 487-7816
Email: dflewis@fuse.net

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Urgent Care

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FAQs

What is an Urgent Care?

Urgent Care centers provide walk-in, extended hour access for acute illness and injury care that is either beyond the scope or availability of the typical primary care practice or retail clinic.

— Urgent Care Association of America

Urgent Care vs Emergency Room?

Emergency Rooms are for serious, life threatening conditions. If your condition is less serious, but still requires immediate attention, choose Deaconess Urgent Care.

Can I save time and money?

If you have a sprained ankle or an ear infection, you may end up waiting for hours in the emergency room and paying hundreds of dollars.

— National Association for Ambulatory Care

311 Straight St. in Clifton • across from UC main campus entrance • www.dhurgentcare.com

Parking etiquette

If you own a vehicle in a college town, you know the frustration of bad-mannered parkers. Here are the City rules in an easy-to-read format.

Parking Etiquette

Do not park within an intersection.

Do not park within 20 feet of an intersecting roadway.

Park at least 20 ft. from a crosswalk, marked or unmarked.

Do not park in an area with a 'No Parking' sign.

When parallel parking, do not park facing traffic.

Do not obstruct traffic by parking in a bicycle lane, an alley or in any lane of traffic.

Do not park on a sidewalk, over a curb ramp, or on a planting strip.

Do not park on the front lawn of a property.

Do not park a vehicle 'for sale' on the street.

Do not repair a vehicle on the street unless it is an emergency.

Park at least 5 ft. from a driveway. Do not block it.

Do not park within 10 feet of a fire hydrant.

Do not park longer than 14 hours except vehicles for handicapped transport.

If you have questions, please refer to Section 508 of the Municipal Code:

<http://library.municode.com/index.aspx?clientId=19996&stateId=35&stateName=Ohio>

Let's get out and walk!

As spring and summer approach, think about ways to become healthier. Walking everyday is a great way to help your cardiovascular system and also a great way to relieve stress. It is also a great way to take in the parks and streets and homes of our neighborhood. Foot traffic encourages other foot traffic!

Start with equipment:

Not all "walking shoes" are good for walking. Walking shoes should be lightweight, flexible and bending, and slightly bigger than your normal dress shoe in case your feet swell while walking. New shoes should be purchased every 500 miles, so the cushioning is there to protect your sole and arch. And consider being fit for the right shoes at a technical running shoe store, like Bob Roncker's Running Spot in Oakley. The right shoe can help you avoid plantar fasciitis, knee problems, and muscle problems.

The weather is changing and the mornings are still cool, while the afternoons are warming up. Dress in layers. The inner layer should not be cotton, which holds water next to your body and will cool you down. Instead use a fabric such as CoolMax or polypropylene that will wick sweat away from your body to evaporate. The next layer should be insulating – a shirt or sweater easily removed if you warm up. The outer layer should be a jacket that is windproof and water-resistant.

Wear a hat! Hats provide insulation, and they shield your head from the sun (easy place to sun burn). If walking at night, wear a mesh reflective safety vest bought at a local biking or running shop or put reflective strips on your night-time walking outfit. Reflective elements on shoes are not enough!

Look up! Good posture for walking should have your chin parallel to the ground, standing straight with shoulders back relaxed, your belly tucked in, and focus your eyes 10-20 feet ahead. This is good for safety, avoiding dog waste, and you might even see money on the ground!

When walking faster, use shorter quicker steps. Using longer strides causes more damage to the heel and to can cause shin splints from increased strike.

Use your arms to counterbalance your leg motion. You can add power and speed by using the arms effectively. Bend your arms 90 degrees and swing them naturally back and forth opposite the leg motion.

Pay attention to fluid balance and stay hydrated! As the weather warms up, remember to bring water with you and if planning on walking more than 1 hour, think about a sports drink (gatorade, etc) to replenish those electrolytes!

Pay attention to your body. If you are not used to walking, don't start out with a 10-mile marathon walk. Start with 10 minutes of walking 3-4 days a week, and gradually increase your walking distance. You will eventually be walking greater and greater distances!

And as always, make sure you talk to your doctor beforehand if you have any serious health conditions to get an idea about limitations on your level of exercise.

Thefts from autos

FOLLOW THESE SUGGESTIONS TO HELP DETER CRIMINALS:

- Take your keys out of your vehicle
- Lock your car
- Park in well-lit areas
- Park in attended lots
- Leave only the ignition/door key with the lot attendant
- Completely close carwindows when parking
- Do not leave valuables in plain view (place items in your trunk if they must be left in the car)
- Use your garage
- Lock your garage door and the vehicle inside
- Engrave expensive accessories
- Use tire/wheel locks
- Install an audible alarm
- Take out removable radios and face plates
- Avoid parking between large vehicles (they provide cover)
- Do not approach your vehicle when a stranger is near it; call 911 or security for an escort

ITEMS TO AVOID LEAVING IN PLAIN VIEW:

- Cell Phones
 - GPS Navigation Systems
 - Charger Cords
 - Antennas
 - Pagers
 - Sports Equipment (golf and baseball bags)
 - iPods
 - Cigarettes
 - Weapons
 - CDs/DVDs
 - Briefcases
 - Purses
 - Wallets
 - Radar Detectors
 - Laptop Computers
 - Removable Radios
 - Clothing
 - Money (loose change)
 - Cassette Tapes
 - Address Books
 - Credit Cards
 - Console Visors
- ### BE AWARE OF CRIMINALS' METHODS AND LOCATIONS:
- Entry Methods:*
- Break glass
 - Left unlocked

- Pried/jimmied
- Windows rolled down or half-rolled down
- Window vents
- Sliding windows (mainly trucks)
- Sunroofs
- Convertibles

Most Common Points of Entry:

- Side and rear window
- Side door

High Risk Areas:

- Apartments
- Single family residences
- Auto Parts/Dealers/Repair Shops
- Shopping Centers
- Restaurants
- Parks
- Bars

Suspicious Actions:

- Pulling door handles
- Looking in windows
- Odd clothing for the time of year (long coats or gloves worn in Summer)
- Lookouts
- Nervous looking
- Checking for alarms by bumping or hitting the window or bumpers for sensitivity

For more information, please contact the Cincinnati Police Department's District Five: (513) 569-8506

Paying in Person

Do you or someone you know pay Duke Energy bills in person? Here are the addresses for the closest locations to CUF.

Clifton-Camp Washington Area:

Warsaw Wireless
1327 Hopple St.
Cincinnati, 45225

City area:

The Tax Place
1335 Main St.
Cincinnati, 45202

BANG BANG salon

GRAND OPENING

Win tickets to Southgate House

Music by DJ Mowgli

get a **FREE HAIRCUT** during our grand opening event **April 1st** 10 am to 8 pm *no fooling!*

BANG BANG salon (formerly B.Zhars / next to Quiznos)

(513) 241-4400
231 W. McMillan



CLIFTON HEIGHTS
UNIVERSITY HEIGHTS
FAIRVIEW
NEIGHBORHOOD ASSOCIATION

2364 West McMicken Avenue, Cincinnati, Ohio 45214

We're New to the Neighborhood

HOWELL AVENUE

PET HOSPITAL

311 Howell Avenue, Cincinnati, OH 45220 Call us: 513-221-3404
Visit us: howellavenuepethospital.com

CUF membership

Any person subscribing to the purpose of the CUF Neighborhood Association, Inc. and paying dues set by the Association may become a member. Election of Trustees is held at the annual meeting in July. Eligible voters are residents of the community who are at least 18 years of age and who are fully paid members of the Association and who have attended three general meetings after payment of dues during the year prior to the annual meeting. Non-resident members have voice but no vote in Association meetings and may not hold elective office. Annual CUF dues are \$6.00.

- CUF general meetings: 3rd Tuesday of each month, except August and December, 7:30 p.m., Deaconess Hospital Cafeteria, 311 Straight Street
- CUF Trustee meetings: 1st Tuesday of each month, 7:00 p.m., Deaconess Hospital Cafeteria, 311 Straight Street
- CUF annual meeting and election: 3rd Tuesday in July, 7:30 pm, Deaconess Hospital Cafeteria, 311 Straight Street

CUF Neighborhood Association
2364 West McMicken Avenue
Cincinnati, Ohio 45214

Name: _____

Address: _____

Phone: () _____

Email: _____

Membership Type:

Voting Membership: CUF resident _____

Non-voting Membership: _____

CUF organization: _____

CUF business owner: _____

Non-resident: _____

Non-resident property owner: _____

Membership fee: \$6.00 per year.
Make checks payable to CUFNA.

WWW.CUFNA.ORG