



NEIGHBORHOOD
ASSOCIATION

Newsletter

REPRESENTING CLIFTON HEIGHTS • UNIVERSITY HEIGHTS • FAIRVIEW

June, 2013

Next monthly meeting:

June 18, 2013,

Deaconess Hospital Cafeteria,
Lower Level, Straight Street

General health

Your health should be a daily focus for long term benefit, especially if we are dealing with long term medical conditions, like high blood pressure, diabetes, or cholesterol problems. So let's talk about these three topics. This article is intended for educational purposes only and is not intended to direct personal medical care. Remember: talking to your doctor is the best advice if you have any questions about your individual medical care!

What is high blood pressure? Why is it bad for you?

What is cholesterol? Why is it bad for you? Why do we need it?

What is diabetes?

Use the garden watering hose as an analogy for your internal pipes (arteries). We define blood pressure as the force of blood pushing against the walls of the arteries (your internal pipes) as the heart pumps blood, just like the water in a garden hose does to get from the spigot to your plants. Imagine your garden watering hose and the idea that the force of the water in the hose can affect the hose itself, just like blood pressure can affect your blood vessels.

Sometimes the areas where the pressure is too high causes the hose wall to weaken. Also it might wear away the rubber or vinyl on the inside of the hose, allowing a small area to form where dirt and other substances in the water can gather, like a pocket. High blood pressure can cause problems in your internal pipes, even though you do not feel it. Over time, that blood pressure might cause problems in your heart, your kidneys, your brain, your eyes, etc. This is why you have your blood pressure checked almost every time you see any doctor. If a health care provider discusses concern about blood pressure, please take it seriously and follow with them! Sometimes blood pressure can be low-

ered with exercise or weight loss or diet (like salt restrictions). Sometimes you need to take medication.

Cholesterol and diabetes are issues that relate to how our bodies deal with energy. Diabetes is a disease of difficulty with processing sugars (not just chocolate and gummi bears, but also breads, potatoes, fruit, etc). Normally we eat, we turn the food into sugars in our blood, then we either use the sugar for what we are doing or we transform it into a "battery" form for later use. Diabetes means the sugars are too high in the system and the body can't turn that extra sugar into its "battery" form. When we can't turn it into the storage form, it can damage tissues, just like sand in water (in the garden hose we talked about earlier) would damage the wall of the hose.

Cholesterol systems are another way to move energy around our bodies, and we worry when it is too high. That cholesterol might gather in those pockets (remember the garden hose again) created by high blood pressure and this is what contributes to the process of atherosclerosis. Blockages can form, decreasing blood to parts of your body that need that blood for nutrients.

The best advice is to have regular visits with your primary care doctor, just like you take your car in every 3 or 5 thousand miles for a check up. That primary care provider will guide you on screening for blood pressure, diabetes, and cholesterol to help keep your body functioning well for as long as you can.

Rob Neel

CUF Neighborhood Association Minutes, General Meeting May 21, 2013, Deaconess Hos- pital Cafeteria, 7:30PM

Board Members Attending:

Ken Jordan, Julie Zavon, Linda Ziegler, Che-
rie Wallpe, Sally Larson, Sharon Buckner, Rolf
Kuhn, Craig Lloyd, Tony Walsh

Meeting chaired by Chip Kussmaul

Guests:

Lisa Johnson, District 5 Officer
Rachel Watkins, Laure Quinlivan's Office

Lisa Johnson, Police Report

Officer Johnson reported that the district is working to reduce drug and prostitution traffic in the McMicken area. Residents should report incidents to Lisa at lisa.johnson@cincinnati-oh.gov or at 513/569-8507.

Except for car break-ins, crime is down. Officer Johnson is working with the city solicitor's office regarding nuisance addresses so that letters can be sent to landlords. Residents with chronic problems should email Lisa regarding specific incidents.

Rachel Watkins, Representative from Councilwoman Laure Quinlivan's office

Ms. Watkins reported that while Councilwoman Quinlivan supports the Community Entertainment District ordinance, she does support it for the USquare development. The CED ordinance was intended to support and foster small local businesses. A resident asked if the USquare development can be eliminated from the CUF CED. It was pointed out that such an action would reduce the acreage and therefore the number of low cost liquor licenses available to small businesses. The CED liquor licenses enable both the community and the city to have better control should any nuisances occur as a result of an issued license. Final approval/disapproval of the CED will be made by Cincinnati City Council members.

She also reported that Councilwoman Quinlivan has proposed an 8 day furlough for all city staff and employees in order to forestall the pending budget cuts.

Fairview Pool

The pool will open for this summer season. The board agreed to purchase family and individual passes to those in need. Due to budget cuts the pool will likely not reopen next season, and therefore, the board will not be purchasing a shade structure or furniture. Residents are encouraged to purchase passes to the pool at the Cincinnati Recreation Commission website. Passes can be used at any pool but be sure to credit Fairview Pool with your purchase.

Talbert House

Tony Walsh reported that a good neighbor agreement has been developed for the Parkway Apartments at the Central Parkway facility.

Youth/Student Issues in the Business District

Acting Hughes HS principal, Dorothy James, has been very responsive in addressing student behavioral concerns in the business district during the period when school is dismissed. Residents should report any incidents to Lisa Johnson. CUFNA has provided a letter supporting Ms. James's request for more police help.

Interim Development Control Overlay

The city Planning Commission approved CUF's request for a 9 month extension of the IDC. The 90 day IDC began May 10, 2013. The commission approved the extension on May 17, 2013.

Liquor License

The Brass Tap has applied for a liquor license.

June Community Clean Up

A clean up at Marshall/Tafel/Devotie/Enslin will be scheduled for some time in June.

Goetz House

Anyone interested in continuing efforts to save the Goetz House at 151 McMillan, please contact the Save Clifton Heights group at SaveCliftonHeights@gmail.com. There will be a future City Council meeting for the purpose of deciding local historic landmark designation. No dates have been scheduled at this time.

Mark Windholtz spoke and suggested that should historic designation be approved, then those supporting the designation need have a plan for the building's future use.

July Election

The CUF annual meeting and election of board members will take place at the July general meeting, Tuesday, July 16. CUF members are eligible to vote if their membership is current and they have attended at least 3 meetings during the current fiscal year.

The membership noted the recent promotion of former District 5 Captain David Bailey. He is now a Lt. Colonel and Assistant Police Chief.

CUF is grateful for the many years of excellent service by Captain Bailey and his District 5 officers.

Spring in Our Steps

Christian Huelsman announced that there will be another clean up effort in Schorr Alley on Saturday May 25 from 9AM to noon. Pizza afterwards at Mac's.

Meeting adjourned at 8:40PM

CUF Treasurer's report

Balance: May 1, 2013 \$7,604.34

Income:

Membership dues \$48.00

Total Income: \$48.00

Expenses:

State 501c3 fee: \$50.00

Total Expenses: - \$50.00

Balance: June 1, 2013 \$7,602.34

Place Matters

by Marilyn Hyland

There is a richness in Cincinnati today as we rediscover the value of our historic buildings and enable them to bring to life our future imaging as well as our past.

The Brewery District as well as Over the Rhine are doing just that. Now CUF Neighborhood Association has applied for Local Historic Landmark and Historic Site Designation for the Moerlein-Goetz House. It is the symbol of a Cincinnati civic leader whom invested heavily in the creation of a vibrant Clifton Heights and the Christian Moerlein family presence in CUF.

As Place Economics' Don Rypkema says, "Old buildings are the new economy. These days, historic preservation is not just about preservation for preservation's sake; it has long term economic impact."

Rypkema has identified four major impacts of preservation: creation of jobs and household income, increased property values, revitalizing the "Main Street" community and development of heritage tourism.

"For example, a study in Delaware showed the rehabilitation of old buildings created 14.6 jobs/ \$1 M output as compared to 11.2 jobs created by new construction..."

Rypkema also points out that historic preservation is green, "In tearing down old buildings we are throwing away thousands of dollars of embodied energy and then replacing it with materials vastly more consumptive of energy. A study of one building in Connecticut found that tearing it down instead of rehabilitating it was the equivalent of throwing away 615,777 gallons of gas; sending more debris to the landfill than would be discarded by the entire city for 21 days; would wipe out the benefit of recycling 21,211,680 aluminum cans."

My family, from my parents to our children, are longtime fans and patrons of Lenhardt's. We want Erika, Joe and Christy to have the retirement they deserve. MHA would like to help them find a developer who will use the Moerlein-Goetz House as the centerpiece for redevelopment like the Mansion on Forsyth Park in Savannah.

CUF Neighborhood Association is asking for a future that embraces one of Clifton Heights foremost residents and civic leaders John Goetz Jr., and the Cincinnati Christian Moerlein heritage that celebrates Christian Moerlein's daughter Lizzie and son-in-law John Goetz's house and for the opportunity to revitalize the CUF community with the Moerlein-Goetz House as a centerpiece.

Marilyn Hyland is the Principal of a Marketing, Advertising and Public Relations Agency. She created the successful marketing strategy that kept the Esquire Theatre a real neighborhood movie theatre instead of a Wendy's and the strategy that kept the 20th Century Theatre from being torn down.

Mayoral Candidates Forum 2013

Dan Hurley, Moderator

Thursday, June 13

CCHMC Merc Auditorium, 620 Oak Street

Doors open at 5:30 p.m. Forum runs 6 to 8 p.m.

Learn where Cincinnati's registered mayoral candidates weigh in on transportation, economic development, public safety and the importance of Uptown to the region. Reservations are not required; seating is accommodated by order of arrival.

Presented by Neighborhoods of Uptown and Uptown Consortium.

CUF board member candidates

The 2013 election of CUF board members will take place at the July meeting. Thanks to all who have come forward to run for the open positions. Here are the candidates' statements:

Christian Huelsman

After having lived in Clifton for 5 years, I moved to the Hollister Triangle in CUF in August 2012. I held a seat as a Clifton Town Meeting trustee for 3 years, from 2009 to 2012, during which I started its green committee, organizing the Great American Cleanup and Make A Difference Day for several outings. In 2011, I co-founded Spring in Our Steps, a community organization that cleans up public stairways and alleys, in order to repurpose them as community connections and event spaces. To date, I have spear-headed nearly 90 community cleanup projects. I fuse my planning expertise with my love for community and public visioning in my work, in order to redefine what it means to engage our neighbors. Our streets should be clean, safe, groomed, and well-lit. Important issues in CUF should receive a balanced input process, to give stakeholders an opportunity for their voices to affect positive change. Our community funds should be utilized more effectively to invoke a more positive experience in CUF, for residents and visitors alike. My background in urban planning, neighborhood leadership, and long-term community visioning and enhancement makes me well equipped to serve on the CUFNA board.

Craig Lloyd

I have been a CUF resident for over 30 years and have served on our neighborhood association as a trustee, newsletter editor and NSP manager. I am a UC alum and an educator. Among the issues that I am interested in for this community is increasing owner occupancy which calls for continued residents' involvement in crime prevention and improving/maintaining both the streetscape and the housing stock. Our efforts over the years have made a difference in an area of the city that has tremendous possibilities.

John Stork

I am a librarian at UC and have lived in CUF for over 10 years. Between work and home, I have a strong commitment to the betterment of the neighborhood and I previously served on the CUFNA Board for six years as president and membership secretary. I would like to help CUFNA work toward developing a stronger partnership with UC in addressing issues in our community such as homeownership, tenant stewardship, and neighborhood upkeep.

Carolyn Young

After several years of living as a Renter in Cincinnati's Eastside Neighborhoods (Pleasant Ridge and Oakley), I purchased my very first home in September of 2002 in the CUF Area, specifically Fairview Heights. I am a very proud member of both the CUF Neighborhood and West McMicken Improvement Associations. Prior to purchasing my home, I had always enjoyed visiting CUF and the Clifton Gaslight areas for their diversity of people, restaurants, and entertainment (i.e. Esquire Theatre). Upon moving into my home, I was immediately welcomed into the neighborhood by my closest neighbors in the vicinity of Halstead and Straight Streets, and soon became equally welcomed by other neighbors and friends in the surrounding West McMicken/CUF area. Throughout the years, I have had to travel and live for extended periods of time away from my home for Army Reserve Training and Mobilizations. My closest neighbors and others within our Community were extremely helpful and supportive during those times of absence. I honestly feel that our neighborhood and community is one of the best places to live in Cincinnati, and hope that I can contribute as positively to this Board as so many other members and role models before me have contributed throughout the years.

Cherie Walpe

I am a native Cincinnati and graduate of UC. I have lived in the CUF area for the last 18 years. As a homeowner and parent, I believe it is necessary to participate in and help shape what happens to our community. Having this forum (CUFna) to meet and discuss these issues is an important part of attracting people to and retaining members of our community.





Neighborhood Association
2364 West McMicken Avenue Cincinnati, OH 45214
Representing: Clifton Heights • University Heights • Fairview

2013 Fairview Pool Grant Application

Name: _____

Address: _____

- _____ Family Pass
- _____ Adult Pass (age 19 to 49)
- _____ Senior Pass (age 50 and up)

I/We acknowledge that our attendance at the Fairview Park pool may keep this valuable community resource viable. As resident(s) of the CUF community applying for this grant I/we agree to adhere to all Cincinnati Recreation Commission aquatics centers rules and regulations. I/We agree to pay one year CUF Neighborhood Association membership dues and attend at least three meetings during the twelve month membership period. Meetings are held on the third Tuesday of every month (no meeting held in August and December) in the Deaconess Hospital cafeteria at 311 Straight Street at 7:30 p.m. I/We understand that the CUF Neighborhood Association Board will grant passes on a first come first serve basis until the budgeted amount (see June newsletter) has been reached.

Signature

Date

The CUFNA Board reviewed this application on: _____

Did the applicant receive a 2012 Fairview Pool pass? _____

CUFNA meetings attended: _____



**CLIFTON HEIGHTS
UNIVERSITY HEIGHTS
FAIRVIEW
NEIGHBORHOOD ASSOCIATION**

2364 West McMicken Avenue, Cincinnati, Ohio 45214

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.

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