



NEIGHBORHOOD
ASSOCIATION

Newsletter

REPRESENTING CLIFTON HEIGHTS • UNIVERSITY HEIGHTS • FAIRVIEW

June, 2015

Next monthly meeting:

June 16, 2015

Deaconess Hospital Cafeteria,
Lower Level, Straight Street

When all else fails... just have a laugh

Living in a neighborhood such as ours, there are many occasions for stress, crime, loud parties late at night, street repairs, traffic jams, litter, annoying neighbors, high rise student housing popping up at your nearest corner, the list is endless. As we all know, stress is highly detrimental both to our physical wellness and our psyche. There are various cures to alleviate stress levels but one of my favorites is just having a good laugh. Laughter is beneficial in numerous ways. To borrow from E.C. LaMeaux:

1. Laughing lowers blood pressure
People who lower their blood pressure, even those who start at normal levels, will reduce their risk of strokes and heart attacks. So grab the Sunday paper, flip to the funny pages and enjoy your laughter medicine.
2. Reduces stress hormone levels
You benefit from reducing the level of stress hormones your body produces because hormone-level reduction simultaneously cuts the anxiety and stress impacting your body. Additionally, the reduction of stress hormones in your body may result in higher immune system performance. Just think: Laughing along as a co-worker tells a funny joke can relieve some of the day's stress and help you reap the health benefits of laughter.
3. Fun ab workout
One of the benefits of laughter is that it can help you tone your abs. When you are laughing, the muscles in your stomach expand and contract, similar to when you intentionally exercise your abs. Meanwhile, the muscles you are not using to laugh are getting an opportunity to relax. Add laughter to your ab routine and make getting a toned tummy more enjoyable.
4. Improves cardiac health
Laughter is a great cardio workout, especially for those who are incapable of doing other physical activity due to

injury or illness. It gets your heart pumping and burns a similar amount of calories per hour as walking at a slow to moderate pace. So, laugh your heart into health.

5. Boosts T cells
T cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T cells that immediately begin to help you fight off sickness. Next time you feel a cold coming on, add chuckling to your illness prevention plan.
6. Triggers the release of endorphins
Endorphins are the body's natural painkillers. By laughing, you can release endorphins can help ease chronic pain and make you feel good all over.
7. Produces a general sense of well-being
Laughter can increase your overall sense of wellbeing. Doctors have found that people who have a positive outlook on life tend to fight diseases better than people who tend to be more negative.

So, the next time you are ready to call your real estate agent and list your home because of all the stress from the neighborhood, just pull out the funny papers or call your wittiest friend and share a joke. Before you know it, things will be back in perspective and you will be ready for the next late-night loud party.

Keep smiling,
Sharon Buckner



"I have a couple of other projects I'm excited about."

source: The New Yorker

CUF Neighborhood Association General Meeting Minutes 5/19//2015

Cherie Hill Wallpe called the meeting to order at 7:35 p.m.

SAFETY UPDATE:

CPD D5 Officer. Nicholas Hageman - In general crime including violent crime is down . Thefts from autos are up 450%. CPD will use its tower lights in areas where thefts from autos are a problem.

Sgt. Volkerding reported that a directed patrol of plain clothes officers made a variety of arrest in CUF. Sexual imposition, breaking and entering and vandalism were among the charges. Captain Bardua reports there were six shootings in District 5 in the last week, including three homicides.

Anna Bird reports that Northside Farmers Market is twelve years old and is at Hoffner Park 4101 Hamilton Ave., every Wednesday, 3-7 p.m. throughout the summer. They also offer cooking classes and yoga.

Miss Bird also talked about Produce Perks, a program that will match food stamps for up to \$10.00. Anyone with a food stamp card is eligible.

Treasurer's Report, Linda Ziegler

NEW BUSINESS:

- IDC #77 University Impact Area was approved at the City Planning Commission Meeting Friday May 15. Send input to CUFNA.ORG
- The City is looking at Neighborhood Boundaries especially areas in dispute. CUF is not alone with this problem.

ANNOUNCEMENTS:

- The CUF annual meeting is July 28, 2015. Current members must attend three meetings to be eligible to vote.
- You may now use trash carts you have purchased but they have to be registered with the city by calling 591-6000.
- The new Clifton Library will open on May 28 at 5:30 pm.

Meeting was adjourned at 8:30 p.m.

Minutes submitted by
Recording Secretary Tony Walsh

CUF Neighborhood Association Financial Report, May, 2015

Balance on: Apr. 30, 2015 \$15,254.53

Income:
dues \$78.00

Total income: +\$78.00

Expenses:
flowers \$36.36
mulch \$63.27
St. Monica Island \$170.22
FedEx, May newsletter \$249.65

Total expenses: -\$519.50

Balance on: May 31, 2015 \$14,813.03



Backyard sighting
in CUF, 5/26.
A Banded Hawk.

The Cincinnati Bird Club

The Cincinnati Bird Club is devoted to the active pursuit of the pastime/hobby/sport - call it what you will - of birding.

Except during the summer, the Cincinnati Bird Club offers monthly meetings and numerous field trips. Dues are \$12.00 per year (summer to summer) for individuals, \$5.00 for students, or \$15.00 per year for families. Send your dues to: Lois Shadix, 2928 Saddleback Drive, Cincinnati, OH 45244. Sorry, there's no online registration available. For links to local sightings and newsletters for the Club go to: <http://cincinnatibirds.com>.

Upcoming event:

Wildlife photography by Jim Mundy. Talk, Monday, June 15, 2015, 7:30 p.m., Winton Woods Visitor Center, 10245 Winton Road.

Trustee elections

The election of CUF trustees will be in July at our general meeting. Here are the candidates' statements we have received at this time:

James Campbell

Known as Jamie to friends and family grew up in Clermont County, Ohio along the Ohio River. I've spent my adulthood living in various cities: Nashville, TN; Macon, GA and of course Cincinnati, Ohio. After the purchase of our home in University Heights 2 years ago my partner and I knew we had made the perfect choice. Neighbors came by, introduced themselves and I felt like I was finally "home." I enjoy showing dogs, landscaping, gardening, learning American Sign Language and giving my time to volunteer for different nonprofit events.

Once I found this area of Cincinnati and met the people, I was excited and looked forward to being a part of this growing and thriving area. While living here, I've seen issues I would like to give my full attention to--specifically to improve the quality and safety of life in CUF. After attending several CUF meetings and networking among several other CUF members I would like to continue offering my skills and knowledge to help the betterment of this area in its continual growth.

Nathan Hess

I am a young professional and homeowner in CUF, and a former trustee. Outside of work, I am a musician and also enjoy tennis. I hope to inspire a greater sense of community among neighbors and greater collaboration with community partners. And I really like the relatively new tradition of going to a local establishment for drinks after CUF meetings. Safety and quality of life are my primary concerns, along with an interest in making improvements to our public spaces.

Chip Kusmaul

As many know, Jan and I have been residents of Clifton Heights for over thirty years. We love the vibrancy and the eclectic feel. But there are problems, as we all know. Crime, litter, and disruptive students continue to plague us. Now that I am retired I hope to spend more time working to get the city and UC to address these problems.

Speaking of the city and UC, CUF is definitely on their radar, as it is sandwiched between OTR and UC. Plans are being made, as the new IDC, recently implemented by the mayor's office shows. We need to be proactive in making sure

we have a seat at the table in making these plans, rather than being forced to accept what other people have decided. I, and others, have been making an effort to increase long-term residency and home ownership in CUF. It's possible that we can get the city and UC to help us with this. But we must bring the ideas to them, and not wait for them to make the plans for us.

Julie Murray

Julie Murray is a single, self-employed woman who purchased her urban paradise home on Parker Street, where she lives with Lilly, her beautiful dog, 25 years ago. She has been an active member of CUFNA for many years and wants to contribute to engaging more CUF residents in active participation in enhancing the desirability of living in CUF.

She believes that quality of life issues like code enforcement, parking, safety and walkability have a powerful impact on the vibrancy of our neighborhood. She is especially interested in helping to increase CUFNA membership and participation.

Linda Ziegler

I have been a resident of CUF since 1974 and a home owner since 1983. Although I did not grow up in this neighborhood, four generations of my ancestors lived in CUF. I am very interested in our history and in preserving historic buildings and residential areas.

The most serious threat to the viability of our neighborhood is the lack of homeowners/permanent residents. I would like to see CUFNA continue its efforts in promoting us as a vibrant urban neighborhood connected to surrounding communities and downtown. We can help accomplish this by encouraging our neighbors to participate in CUF's activities.

University impact area study

Take part in the impact study for our area. Go to:

<http://www.cincinnati-oh.gov/planning/planning-projects-studies/university-impact-area-study/>



**CLIFTON HEIGHTS
UNIVERSITY HEIGHTS
FAIRVIEW
NEIGHBORHOOD ASSOCIATION**

2364 West McMicken Avenue, Cincinnati, Ohio 45214

Non-Profit Organization
U.S. Postage Paid
Cincinnati, Ohio
Permit No. 4834

Funded by the City of Cincinnati



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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