

Avondale Community News

Volume 1/Issue 2

April 2009

Center for Closing the Health Gap Sixth Annual Health Expo

Avondale residents should mark their calendars for the sixth annual Health Expo, produced by the Center for Closing the Health Gap in Greater Cincinnati. The Expo will be held Saturday, April 11 at the Duke Energy Center from 11 a.m. to 7 p.m. It will feature national radio personality Tom Joyner and national recording artist Fred Hammond.

Closing the Health Gap is a name familiar throughout the Avondale community. They coordinate the DoRight! community garden projects at the Avondale library and St. Michael's Church. They are also a major sponsor of the Avondale Festival and Health Fair, which will be held August 11, 2009 at Hirsch Recreation Center. Through its "Do Right!" Campaign, the Center has conducted a health survey among Avondale residents. The State of Community Health is being used to plan fitness activities, train residents to make healthier food selection and preparation as well as promoting overall healthy living activities in Avondale.

The theme of this year's Expo is *Resurrecting Our Communities* and will open with prayer from hundreds of pastors from around the region and a performance by the Expo Mass Choir. At the day-long Expo, you can participate in more than twenty comprehensive health screenings, physical fitness demonstrations, community conversations on key health disparity diseases and a youth health education pavilion. Entertainment includes choir performances, line dancing, a fashion show and the second annual W.E.B. DuBois Academy Cincinnati Stompfest, a competition involving step and dance teams from around the city.

"The Health Expo is truly a great event for the family to take part in," said Patricia

Milton, president of the Avondale Community Council. "Taking time to learn about eating right and exercising will lead to healthier habits and food choices in the future. We aspire to create a neighborhood which enjoys the benefits of a generational culture where children grow up, surrounded by their parents, grandparents and great grandparents.

Although we have many challenges in the community, without good health, families cannot enjoy the fruits of a vibrant neighborhood, economic growth, good jobs, education, recreation or longevity of the family unit. This conference is an extension of the work the Center is doing in Avondale and affords us the opportunity to support the Expo and take part in a meaningful family activity as we continue to build a healthy community in Avondale."

The Expo is part of the Center's mission to address health disparities within the African American, Hispanic and Appalachian communities in Greater Cincinnati. These disparities include, for example, the fact that life expectancy for African American men and women remains at nearly one decade fewer years of life compared to their white counterparts. Childhood obesity is also on the rise. Thirty-seven percent of African American youth, ages 12 to 19, are obese and this percentage is slowly increasing. Obesity is closing in on smoking as the number one underlying, preventable killer.

For more information about the health expo, visit the Center for Closing the Health Gap in Greater Cincinnati's Web site, www.closingthehealthgap.org or contact the Center's office at (513) 585-9878.



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South Avondale to be a TurnAround School

By Pauline Daly

Avondale/North Avondale Education Accountability Committee



CPS has decided to redesign South Avondale School using the Turnabout Schools model. This is not the same as the redesign that CPS has done previously. This is the type of thinking that Arne Duncan, President Obama's Education Secretary, has in mind for failing schools.

The professional development seems to focus on changing the thinking and, especially, believing that the students can learn.

Strong leadership with an emphasis on academic achievement and school wide cooperation are important components. Some parts are already part of CPS' mandate, such as Positive School Culture and the present texts and resources.

It would be very easy to disparage this redesign because of our past experiences, but it is an opportunity to work for success - for children and families who need this school, and for the larger community. We need to pay attention and expect this to work. We need to hold all accountable for what happens there.

For more information, check TurnAround schools on the internet.

Avondale Resident Accepts Position with U.S. Rep. Driehaus

Community supporter and longtime resident, Ozie Davis, III accepted a position as community liaison with U.S. Representative Steve Driehaus, D-1st Congressional District of East Price Hill.

Davis, has worked in the field of Community Development as a Program Officer at the Local Initiatives Support Corporation (LISC). While at LISC he worked on housing, safety, education, workforce development, community organizing and other community based initiatives.

Ozie resides in Avondale with his wife Beverly and son Ozie Davis, IV. He is an



active member of the Avondale Community Council, board member of Cincinnati's

Citizens Complaint Authority, Parents Public Schools of Greater Cincinnati, Chair of Rockdale Elementary Local School Decision Making Committee and an advisory board member for the Cincinnati Reds Community Fund.

A graduate of Walnut Hills High School, Miami University and Indiana University, Davis serves as sports editor for the *Cincinnati Herald*, mentor for the Avondale Youth Council and director of the Queen City Youth Development Program which he founded.

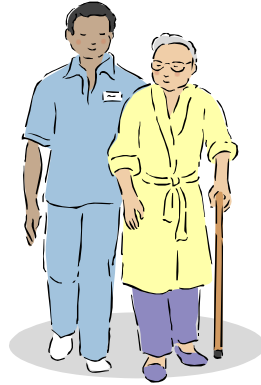
Celebrating Older American Month

By Sandra Jones

The number of Americans over the age of 65 is expected to increase from 36.3 million (July 2004) to 86.7 million (2050). This growth will require more services for seniors and provide more opportunities for businesses serving older adults like SO-ACT (Serving Older Adults through Changing Times). It will be a perfect time to involve, hire, encourage our young people to explore all their options and introduce them to the field of aging. I recall working for CCY at age fourteen serving Meals on Wheels. That experience encouraged me to do well in school and to further my education in gerontology.

In 1987 I started working in a nursing home as Activities Assistant. I became aware of how many residents had no visits from family or church members. It was then that I realized the importance of encouraging our elderly to live life.

During the early 20th century there was no federal assistance to offset the expenses of caring for the elderly or disabled. In the 1930s, after the Great



Depression, the New Deal promoted the idea that the elderly qualified for federal benefits on the basis of need. There will always be a need for nursing homes. Sometimes we overlook the ones right in our own community. I am biased when it comes to selecting a nursing home. I love Alaska Acres here in Avondale. I have experienced firsthand the dedication and love they have for the residents placed in their care. The staff is very passionate and committed—celebrating the lives of older adults is what they do each and every day.

Join SO-ACT on May 16, 2009 as we celebrate Older American Month at the President (784 Greenwood Avenue). The day will be filled with action-packed information to empower our elderly to take an active role in their lives. The theme this year is *Good Health, Safety and Loving Starts with Me*. There will be food, music, bingo and much more. If you would like to attend or volunteer call Sandra M. Jones, 281-2790 or email sandrajonesblackage.org. You can also make tax deductible donations to SO-ACT, P.O. Box 29437, Cincinnati, OH 45229

You know the issues SO-ACT!

Real Estate & More

ACTIVE

680 S. Crescent Ave N. Avondale \$30,000
6br, 2.5ba, Needs COMPLETE REHAB WORK

2916 Gilbert Ave Walnut Hills, \$225,000
Former Medical Office, 6 suites/4 restrms
6270 sq ft, SELLER FINANCING AVAILABLE

789 N. Fred Shuttlesworth N. Avondale \$28,000
Vacant, level lot, 100x200

****DEBT-ELIMINATION in Rapid Time****

United First Financial www.payitfaster.com/sheila

Pay off your mortgage and all debt in less than 1/2 to 1/3 the time without increasing your mortgage payments or refinancing current mortgage. If no mortgage you can also pay off all your debt in rapid time. Using the **Money Merge Account System (MMA)** tells you when and how to pay your bills to eliminate interest and increase savings! Go to the website, watch the video and contact me for a **FREE ANALYSIS.**

I will pay off my 25yr mortgage/debt in 6.3 yrs, saving \$45,000 in interest payments.

****\$8,000 FEDERAL TAX CREDIT for Qualified Homebuyers****

The American Recovery and Reinvestment Act of 2009
Purchase a primary residence between 1/1/09 to 12/1/09 (additional rules apply) www.federalhousingtaxcredit.com

SOLD

5925 Havenwood Bond Hill \$226,325 1/30/09
Villages of Daybreak, 4br, 2.5ba

292 Mohawk Over-The-Rhine \$55,000 2/20/09
Remodeled townhome, 3br, 1.5ba

3493 Wilson Ave Avondale \$65,000 2/27/09
11-unit multi-family, SHORT SALE

Sheila Holmes Howard
ABR, CTM, Realtor®, UFF Consultant
First Agency Group Real Estate Services
513-543-2333-cell
513 842-8834-efax

showard@cinci.rr.com

www.sheilaholmeshoward.com

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Avondale Youth Council Newsletter

Joseph Malek, Editor



Spring is here! The results are no more cold weather, fun being outside and the Avondale Youth Council is able to do more work for the Avondale community.

For the last two months the AYC has been passing out flyers to houses and businesses advertising the 6th Annual Health Expo sponsored by the Center for Closing the Health Gap on April 11th at the Duke Energy Center.

Ceasefire Youth meet once a month and recently had a session on “how our perceptions can lead to violence”. The discussion revolved around how we can shape our reactions to remain non-violent in all situations. Members also shared their experiences with guns and being in the wrong place at the wrong time.

The AYC Marketing Team is currently working on new designs for the AYC website, creating a new logo as well as MYSPACE and FACEBOOK pages.

Thanks to McDonalds restaurant on Martin Luther King the AYC was fed on Martin Luther King Day after marching in the parade. The AYC presented the restaurant with a Certificate of Appreciation to say *thanks*.

Spring also brings the return of the Avondale Community Garden which will be plowed and planted soon; it also means the return of the Snack Shack and volunteer opportunities at the Flying Pig marathon. The Youth Council also looks forward to participating in the Black Family Reunion parade August 15, 2009.

Currently the Avondale Youth Council has 53 active members. If you are interested in joining fill out an application at the Avondale Community Pride Center (3520 Burnet Avenue). You must be at eleven to eighteen years old, have good behavior, act mature and be committed.



APRIL 25, 2009
9:00 A.M.—12:00 P.M.

Volunteers are needed to keep Avondale beautiful!
Refreshments served after the work is complete.

Call the Avondale Community Pride Center 281-4414

GREAT AMERICAN CLEANUP™ NATIONAL SPONSORS

2008



GREATER CINCINNATI SPONSORS





Paint the Town 2010

Avondale is being considered for Give Back Cincinnati's *Paint the Town* project in 2010. The Avondale Community Council would like to gauge the interest of the community in participating in the project.

Paint the Town is Give Back Cincinnati's premier annual event. They began *Paint the Town* in 2002 and have steadily increased the size of the event from 4 homes to 47 home in 2008. Each house is sponsored by a business or by Give Back Cincinnati and a team of 10-35 volunteers takes on the task.

Homes have to be owner occupied, 1-2 story and wood or painted brick. Homes can be single or multi-family (owner must live in one of the units.) Some of the homes may need repair work before they can be painted. ACC and Give Back Cincinnati are working with People Working Cooperatively to help address this issue. If your house is in need of repairs there will be time to complete them.

If you are interested in the project please contact Carla Butler at 513-281-4414. We will need enough interest in the project to continue being considered.



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

Paid Advertisement

ZION BAPTIST CHURCH ANNUAL

MINORITY HEALTH FAIR

SATURDAY APRIL 25, 2009

10 AM—2 PM

KNOWING HOW TO CONTROL YOUR HEALTH AND BODY

DISEASES OF THE EYE—DR. LEON REID
HYPERTENSION—DR. CURTIS TAYLOR
WOMEN'S DISEASES—DR. ROBIN CHATMAN
DIABETES DR. KEITH MELVIN

SCREENINGS (9:00 A.M.)
BLOOD PRESSURE, DIABETES,
HIV, VISION, BMI

COOKING DEMONSTRATIONS
EXHIBITS AND MORE!

SPONSORED BY
THE HEALTH AND WELLNESS MINISTRY
ZION BAPTIST CHURCH
630 GLENWOOD AVENUE
751-8608

Check This Out!



Household Hazardous Waste Collection



Now is the time to rid your home of potentially hazardous or toxic materials. The Hamilton County Department of Environmental Services is sponsoring a drop-off site in the City of Cincinnati to accept paint, car batteries, motor oil, solvents/thinners fertilizer, propane tanks and many other items. The site located at Environmental Enterprises, 4600 Spring Grove Avenue in Spring Grove Village.

The hours are Tuesdays 2-6 p.m. and Saturdays 9-11a.m.
The program runs through November 14th.
For more information call 513-946-7700 or visit www.hcdoes.org.

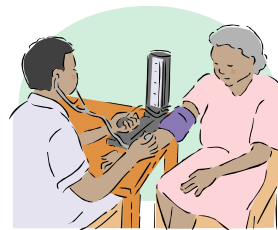
Free Hot Lunch



St. Michael & All Angels Episcopal Church

3626 Reading Road
513.221.2306

Thursday and Friday
11:00 - 1:00



Free Blood Pressure Screenings

Avondale Branch Public Library

3566 Reading Road (513) 369-4440

Monday

April 6	Candy Bingo	3:30
April 13	Candy Bingo	3:30
April 20	Video Games	3:00
April 27	Board Games	3:30



Tuesday

April 17 Bug Bites 3:00 Ages 6 10 12

Wednesday

April 22 Worms 3:00
Hamilton County Soil and Conservation Depart.

Thursday

April 2	Teen Movie	3:00
April 9	Teen Video	3:00
April 16	Anime Club	3:00
April 23	Teen Game	3:00
	Scene It!	3:00

Friday

April 10 Easter Egg Hunt 3:00

Neighborhood Fitness Walk

1- 1½ hrs.

7:30 a.m.

1st and 3rd Saturdays

Avondale Community Pride Center
3520 Burnet Avenue



AVONDALE
RUNNING CLUB

Cincinnati, Ohio
www.avondalerunningclub.com

Runners & Walkers

Monthly Club Meeting
1st Saturday, 9:00 Am

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

<p align="center">ACC Avondale Community Council Board meeting April 7, 6:30 p.m. General Body meeting, April 21, 6:30 Pride Center</p> <p align="center">◆</p> <p align="center">AYC Avondale Youth Council April 7 and 21, 4:30 Pride Center</p>	<p align="center">District 4 Community Meeting April 22, 6:30 District 4</p> <p align="center">◆</p> <p align="center">Ceasefire Steering Committee April 9, 9:30 a.m. Church of the Living God 430 Forest Avenue</p>	<p align="center">IFC Injury Free Coalition April 14, 12:00 Kasota Building (corner of Kasota & Burnet)</p> <p align="center">◆</p> <p align="center">Martin Luther King Coalition April 21, 10:00 Jordan Crossing</p>
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Cincinnati Recreation Commission

Hirsch Center
751-3393
Monday-Thurs 10am-8pm Fri 10am-6:30

YOUTH (5-12yrs old)

- ▶ After School Daycamp 2pm-6pm
- ▶ After-school drop-in 2pm-6pm
- ▶ Snack program daily
- ▶ Indoor Soccer
- ▶ Kickball
- ▶ Theatre Arts & Crafts
- ▶ Computer Lab

TEENS (13-17yrs old)

- ▶ Teen Hours 6pm-8pm Mon.-Thursday
- ▶ Computer Lab 6pm-8pm Mon. Wed. & Fri.

ADULTS & SENIOR (18-49 yrs old)

- ▶ Free Tai Chi, Mon. Wed. & Fri. 9am-11am
- ▶ Free Yoga, Tues. & Thurs. 11am-1pm
- ▶ Walking Program Mon. Wed & Fri. 11am-1pm
- ▶ Open Gym Daily 12pm-2pm

MATURE ADULTS (50 and over)

- ▶ Weight room & Exercise Daily 9am-12pm

Black History Classes (Adults)
Monday and Wednesday monthly
6:00 p.m.—8:00 p.m.

North Avondale Center
961-1584
 Center closed from 3/2—5/16, 2009 due to construction.

Programs relocated to *North Avondale Montessori*
(Old Burton Elementary)
876 Glenwood Avenue
will follow Mon—Fri CPS schedule

After School Day Camp 2-6 p.m.
Bridge Day Camp 2-4:30 p.m.
Karate Tues & Thurs 5-6 & 6-7:30
Work Out Party 2009 (Aerobics) Tues & Thurs 5-6 & 6-7:30
Yoga Mon & Wed 6-7

Programs relocated to *Hirsch Community Center*
3630 Reading Road
Mon-Thurs 10-8 Friday 10-6:30

Basketball—Open Gym (Teens) Tues-Thurs 6-8
Senior Line Dancing Mon & Wed 10-12
Senior Classics Fri 10
Weight Room Open Hours
Work Out Party 2009 (Aerobics) Saturday 12-2

**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	Leah Dennis	281-3149
Secretary	Earlene Newton	226-2627
Finance Chair	Terresa Adams	675-9217
Membership Chair	Fulton O. Jefferson Jr.	614-4775
Trustee	Linda Fairbanks	742-0770
Trustee	Linda Mayfield	751-6254
Trustee	Kelly Tarver	582-1644
Trustee	Christie Bryant	702-6999
Trustee	Ishaq Nadir	607-3538
Trustee	Sheila Holmes Howard	543-2333
Trustee	Jerome Manigan	861-8689



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

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Fax: (513) 352-5201
Mark.mallory@cincinnati-oh.gov

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Fax: (513) 352-2365
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