

METRO

Neighbors

January 2012

Serving Cincinnati's Northside & Uptown Neighborhoods

Mediaassociates@ella.net

Wessel goes to Washington—created Transit Map for Cincinnati—offered internship in D.C.

Clifton Heights—Nate Wessel will be living in Washington DC for the next three months while working for the US Department of Transportation (DOT).

Nate was offered an internship with the DOT after creating and distributing thousands of copies of his Frequent Transit Map of Greater Cincinnati. His map highlights where transit users can go quickly and easily by showing which routes run most frequently.

Nate created the map after becoming

frustrated with the lack of clear information on how to use the bus and where it went. He realized that many more people would consider using transit in Cincinnati if there weren't such a barrier to access. Now, instead of having to wade through dozens of paper schedules with no comprehensive route map, transit riders can quickly find their destination and plot the best course to get there.

In April of 2011, Nate put his idea online and raised more than \$2,000 for the project,

enough to print 30,000 pocket-sized maps. Since then, he's been distributing them all over the region at businesses, non-profits, and universities.

While in DC, Nate will be working on making transportation related data more usable by creating compelling graphics and web platforms for users to see and interact with the data.

Nate is currently finishing his undergraduate degree in Urban Planning and looks forward to finding employment here in Cincinnati when he returns. He is particularly interested in easing people's dependence on cars as a means of transportation by making walking, biking and using transit easier and more attractive. Says



Nate Wessel with Transit Map

Nate, "I hope this opportunity will give me some skills and contacts that I can bring back to Cincinnati with me in April!"

You can find a digital copy of the frequent transit map online at www.CincyMap.org

When not focused on transportation issues, Nate spends much of his time working with GLSEN Greater Cin-

cincinnati as a board member and volunteer coordinator. He volunteered for two years prior to board appointment.

Now he trains and works with a volunteer base of 40-50 active volunteers, coordinates staff outreach efforts and events such as fundraisers, festivals and major events. biannual retreats.

He is project leader of CUF Community Council's permit parking committee representing the communities of Clifton Heights, University Heights, and Fairview in work with Cincinnati's Transportation Department to implement a neighborhood wide permit parking program.

Make your tax return stretch

South Cumminsville—Working In Neighborhood (WIN) is offering a **free** workshop on money management and budgeting entitled How to Make

Your Tax Return Stretch Throughout the Year.

It will be on Saturday January 28 from 10:30 a.m. to noon, located at Working In Neighbor-

See **WIN**, Page 2, Col. 2

To Advertise—513-241-7539

Northside



Northside receives Keep Cincinnati Beautiful Awards

Every year Keep Cincinnati Beautiful honors communities which have had exemplary projects in beautification and environmentally conscious projects. Northside was the recipient of several awards this year. The awards are as follows:"

Keep Cincinnati Beautiful's Clean and Beautiful Community Awards for 2011. Ceremony was held at Benken Florist and Greenhouse in November.

Five Star Volunteer Awards

Robin Henderson was one of eight recipients of this award. Robin was nominated by the Northside Community Council. She

had been active in Northside for the last 20 years and was instrumental in starting the Northside Farmer's Market, as well as organizing various community cleanups and beautification projects.

Robin joins five previous Five Star Volunteer Award recipients from Northside: Tim Jeckering, Tori Houlihan, Dave Henry, Stefanie Sunderland, and Gary Skitt.

Green Project Awards

Chase Elementary School Green Corps in partnership with Northside Community Council received Third Place with a \$100 cash award. The Chase Elementary School Green Corps led

gardening, composting, and recycling efforts at the school during the 2010-2011 school year.

CNCURC (*Cincinnati Northside Community Urban Redevelopment Corporation*) received Second Place with a \$250 cash award. CNCURC's Rain Barrel Project provided 30 rain barrels to neighborhood residents at a discounted price. The rain barrels were installed in 2011 with the help of 17 youth.

Great American Cleanup Awards

Northside Community Council won First Place with a \$500 cash award. Northside Community Council collaborated with Cincinnati Parks and Pick Up America for the 2011 Great

American Cleanup. 110 neighborhood volunteers collected more than 150 bags of trash, 100 tires and two tons of assorted debris.

Volunteers also separated over 40 bags of recyclables.

Business District/Gateway Awards
Northside Commu-

ity Council won Third Place with a \$100 cash award. Northside Business District Recycling Program was one of the first to be implemented in a Cincinnati neighborhood business district.

Community Wide Projects Awards
The 2011 Northside

Porch Tour was one of seven projects nominated for this award.

Mini Grant Award

Northside Community Council's Business District Recycling Program was a 2011 Mini Grant recipient and thus eligible for this award.

Northside is "Hidden Treasure"



Heather Sturgill

Northside has been identified as one of Hamilton County's "Hidden Treasures" — communities that have been racially integrated for at least 20 years.

Northside was recognized with an award at an event in November at the Springfield Township Senior Community Center in

Finneytown. There to accept the award on Northside's behalf were Board members Heather Sturgill and Barry Schwartz.

Heather also served on a panel of award winners who shared their insights about promoting diversity and inclusion.

METRO Neighbors, including THE NORTHSIDER & UPTOWN NEWS

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Vol. 24, No. 1; January 2012

WIN—from Page 1
neighborhoods (*WIN*), 1814 Dreman Avenue, South Cumminsville. Entrance and parking is off of Llewellyn. Call 513-541-4109 to register and be entered into the prize drawing. No childcare provided. A **Free Homebuyer Class** is being offered

by Working In Neighborhoods and PNC Bank on Saturday, February 4 from 8 a.m. to 5 p.m. It will also be held at WIN's office.

Topics include finding the right mortgage program, what effects your ability to purchase a home, the mortgage application process,

what to look for in a home inspection, working with a Realtor, and PNC Home Mortgage products for first-time homebuyers. Continental breakfast and lunch will be provided. Call 513-541-4109 to register.

No childcare provided.



PEACE (hopefully)

By Steve Sunderland

Rage at the System

“What quality of will must a Negro possess to live and die with dignity in a country that has denied him his humanity?”

Richard Wright

Reading the classic works of Richard Wright (*Native Son and Black Boy*) depress me as the same issues of violence seem to have continued for the last 70 years.

Wright's insight into the human condition facing his lead character, “Bigger Thomas,” is stirring for its similarities to many realities

facing Black and poor people today. Wright notes that there is a very small voice expected from Black and poor people, especially about their desperate conditions with food, housing, healthcare, political choice, education, and employment. (*Black poverty was three times greater than white poverty in 2010.*)

Facing a violent expectation from white society that blacks must be silent, obedient and dutiful, the black hero of his best selling novel attempts to struggle

to some form of integrity. Again and again, Wright and his main character, face the real life obstacles to prejudice: the main one being that every black must be on guard for “crossing the line” and facing a violent response.

Wright, in his autobiography, painfully describes the wounding of his mind, his spirit and his soul as he realizes that he, like his main characters, cannot live up to this role of being a slave. What saves Wright is his hunger for a different kind of life, of both a mind and a heart: a mind that can be as free as anyone's and a heart that is filled with integrity.

I look at our schools and prisons and wonder

See *Peace*—Page 4, Col. 2

“Dr. Bob”



Dr. Bob and Mite

The Plum Street Pet Clinic (*Cincinnati Central Animal Hospital*), begun just after the Second World War, is one of the oldest established veterinary hospitals in the city. We are by design a smaller, more personalized clinic that provides complete services such as medical and surgical procedures. Dental and grooming facilities are available as well. Serving the Greater Cincinnati/Northern Kentucky area, we pride ourselves on personalized and intimate service at a place where the Golden Rule is our motto.

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Home Page

By Dave Scharfenberger

Why are we in the mess we're in and how do we get out of it?

South Cumminsville—I have read so many articles about how we got into this current housing crisis and economic recession.

Depending on your political perspective will probably affect who you think is at fault, and how to get out of this mess.

I also wonder what have we learned from our mistakes. Our analysis is important

what went wrong but also in deciding where do we go from here.

Recently I heard an announcement that consumer spending was up and this provided hope for the economy.

The question that crossed my mind was, “Isn't all this spending part of the reason why we got into so much trouble financially?”

From the banks and investment firms

making risky investments, to consumers overspending and ending up in major debt, we as a nation seem to place so much dependence on buying, consuming, and owning things. My question is, how are we using our resources, and what are we creating?

Simple Living – Do we want to change our lifestyle?

There are numerous articles, handouts, books and courses that can help us live more simply or to live with less and budget our resources.

These materials and resources will be helpful only to the extent that we have the motivation to change. If we have the motivation to change

now, will we stick to a plan of action. Do we want to change our lifestyle, change our spending habits?

Once a decision is made to conserve our resources, to get our finances in order, we need a plan.

Where do we reduce our spending and where do we put our time, talent and financial resources? How do we use our resources?

Make a list of your priorities. What is most important to you? Simplifying starts with these priorities, as you make room in your life to have more time for these things.

Next month we can talk about what specific steps to take.

Peace—from Page 3

about how Wright would write about these warehouses for black futility. Society has made it clear that the main place for black and poor people is outside the choices for opportunity.

My young students, preparing for a career in teaching, look with horror at the how the schools have been portrayed.

It is no wonder. The inclusion of other experiences, either reading black, Hispanic, Asian, or other writers, or the chance to live in an integrated housing experience or to brought up in a mixed neighborhood, would have given many young people a hint at the brutality of their prejudices, and their parents', teachers', minister', and friends' as well.

How much has our society changed since President Obama was elected? Do we see any rays of hope that black and poor children will find a bridge to success in our society? Or, have the gates been closed with a bang. Wright calls us to create a different country: “...for white America to understand the significance of the problem of the Negro will take a

bigger and tougher America than we have known.” Our work continues.

Recycling challenge

Jenn Ballard
MRC coordinator

Did you know you could assist our community in winning \$1,950 by participating in the Mayor's Recycling Challenge? (MRC)

You may be wonder-

See **MRC** Page 5. Col. 1

Northside and now College Hill Post Office scheduled for closure

Congress and the U.S. Postal Service have agreed to a moratorium on any post office or postal facility closing until May 15 in order to allow Congress time to enact comprehensive legislation overhauling the nation's financially insolvent mail delivery system.

The agreement was reached between a group of Democratic senators, U.S. Postmaster General Patrick

Donahue and U.S. Postal Service Board of Governors Chairman Thurgood Marshall Jr.

Northside's Post office was closed and now 10 mail processing centers and 120 post offices across Ohio—including the processing center on Dalton Avenue in the West End and post offices in Hamilton (*College Hill*) and Clermont (*Chilo and*

Neville) Counties—were among the hundreds of facilities nationwide that the postal service announced it was considering for closure.

But postal officials now say no final decisions will be made until spring.

Remember residents of College Hill and Northside, that although there is a moratorium, on the closing of the College Hill Post Office, foot traffic is still

NEEDED. If you prefer to use the College Hill station instead of Corryville or others, don't let each other down by not continuing to use the College Hill Post Office!!!

Now, an additional request for College Hill residents: We were asked to send in our concerns in individual letters, which will

then be forwarded to the final decision-making body, the Postal Regulatory Commission.

Please take a few minutes to write!

Send the letters to:

Bob Redden
1591 Dalton Ave.
Cincinnati, OH 45234

And, as an additional suggestion, take the letters to College Hill Post Office to mail them! Between now and the end of January, patronize our post office as much as possible. Additional traffic and income to our branch will also help the cause of keeping our branch open



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Up for Grabs Day January 21

The Sixth Annual Northside Up for Grabs Day is Saturday, January 21st from Noon to 4 p.m. at North Presbyterian Church, 4222 Hamilton Avenue.

Check out facebook for updates and news!

Up for Grabs Day is Northside's reuse extravaganza—the price of admission is at least two items in

usable condition—you put your items on their proper table (categories below) and then you can take home anything you want. It's all free and super fun! The only condition is that items taken are for personal use and not for resale of profit.

Up for Grabs Day is a great opportunity to clean out your garage, attic, basement and closets and be sure that your old stuff will go to a good home right here in Northside (or it will be do-

nated to charity at the end of the day) and it helps keep usable items out of landfills. It's also a great way time to catch up with friends and neighbors, so spread the word!

The Categories for Up for Grabs Day are:

Office
Books/Movies/Music
Lawn and Garden
Housewares
Appliances
Electronics
Health and Beauty
Pets
Crafts
Art
Toys and Games
Sports and Fitness
Shoes

Accessories
Baby Items
Children's Clothes
Men's Clothes
Women's Clothes
Holiday
Hardware
Luggage
Furniture

Oversize (*for items too big to bring to UFG Day, please bring a picture to post on our oversize bulletin board*)

Please contact Anne at Annelano@aol.com if you would like to volunteer or need more information. Now get busy cleaning out those closets!

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Churches Active

By MiMi Chamberlin Daly

Shelter Non-Profit for the third straight year!

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Grassroots News

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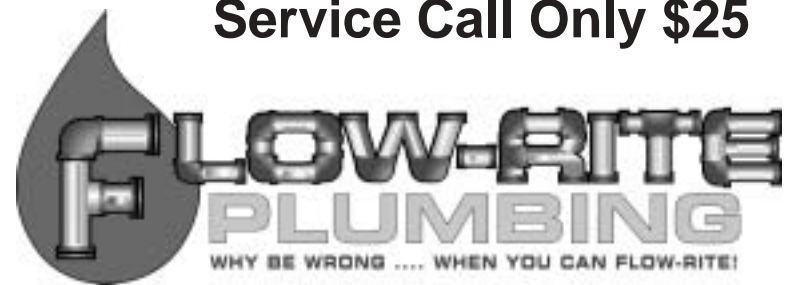
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Dr. Bob

By Dr. Robert Biederman

Urine—big trouble

Hello folks. Boy oh boy, it's been awhile since I've had the chance to write.

Well this month I want to rehash some really handy advice, as well as update some important info that has sprung up lately.

This has to deal more with the cat population, but don't get me wrong, dogs are by no means immune to these issues.

Urinary problems are a real pain for the pet and the wallet as well. Let's see if we can't be a little pro-active and cost effective too.

First, let's go over a couple of important facts. If we think of the bladder as a big balloon

that has slimy, mucousy innards—that would be pretty close to actuality. It also has a strong muscular outside. Urine is a “supersaturated” solution.

What that means in layman's terms is that if some-thing can go wrong—it probably will. Nature can up with this com-promise so that cats won't spend their whole life in the litter box and we, as people, (*Yes we have the same dilemma*) can period-ically make it out of the bathroom and lead productive lives.

For most of us warm blooded mammals, this compromise works out quite well as long as we

maintain that delicate balance of nature.

What upsets this balance you ask—Well a few things:

1.) FOOD—The old saying “Garbage in, garbage out” applies here. What really matters here is the ash and magnesium content of the food. If you and I could remove the protein, fat, carbohydrates etc. from the food—and then incinerate what's left—that is called ash. (*It's essentially fillers and it is very high in minerals.*)

Of all of these minerals, it is magnesium which is highly irritating to the slimy mucousy lining of the bladder. Here's what we want from our pet food: Ash content should be less than seven per cent (*the lower the better*) and magnesium content should be 0.2 per cent

or less. If your cat food does not mention either of these two on the label, find one that does for your pet's sake. Your happy local vet will be more than willing to help you here should there be questions.

2.) WATER—I suspect the water here in town to be responsible for the majority of urinary problems. Many a pet has moved to Cincy and then run into urinary issues.

I have had clients informed by their doctors that they consider our town to be “the heart of the stone belt” due to the hard water here. It's not like we live in Zimbabwe, but the hard water follows the same concept as the ash/magnesium mentioned above.

Some pets (*and some people*) reach a threshold point and

start producing bladder/kidney stones. What do we do?

I highly recommend one of two things. First, we either get them on distilled water (*spring water can be a hoax.*) or the other thing I highly recommend is what is called a “Zerowater pitcher.” The Zerowater pitcher looks like an ice tea pitcher. It costs about \$35 and removes virtually all of the minerals from the water—unlike those other things you screw onto your faucet. I am not a shareholder in this company, but it will prevent a lot of problems down the road.

Do your homework here. Your pets should be drinking the same water you are and many people do not drink tap water anymore.

3.) OBESITY—The connection here is somewhat obscure, but

nonetheless, fat cats are more prone to urinary problems. I have yet to understand the status of owning a fat cat. No one puts such status on Richard Simmon's followers. Why with cats? 4.) SEX—Both boys and girls can get UTI's, but the problem can become much more severe in the guys. The guys have this wicked little “S” bend in their urethra.

This is the perfect place for mucous produced from the bladder to cause a complete blockage. This can now become a life/death issue for some male cats. If you see your cat jumping in/out of the litterbox, take them to the vet. Even if it is 3 a.m.—GO TO THE VET NOW, and get the issue resolved.

Often it can mean the difference between living and dying.

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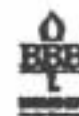
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