

# METRO Northsider

August, 2012

Serving Cincinnati's Northside & Uptown Neighborhoods

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## Northside Skate Park planning

By Tim Jeckering

Originally conceived back in 2000 and endorsed in the City of Cincinnati approved Colerain Connector Land ReUse Plan (CCLRP) and the 2007 Northside Comprehensive Land Use Plan, a skatepark was identified as a proactive use for what is known as Sector "A" of the CCLRP. Sited on the vacant land formed by Colerain and Virginia Avenues, the site was

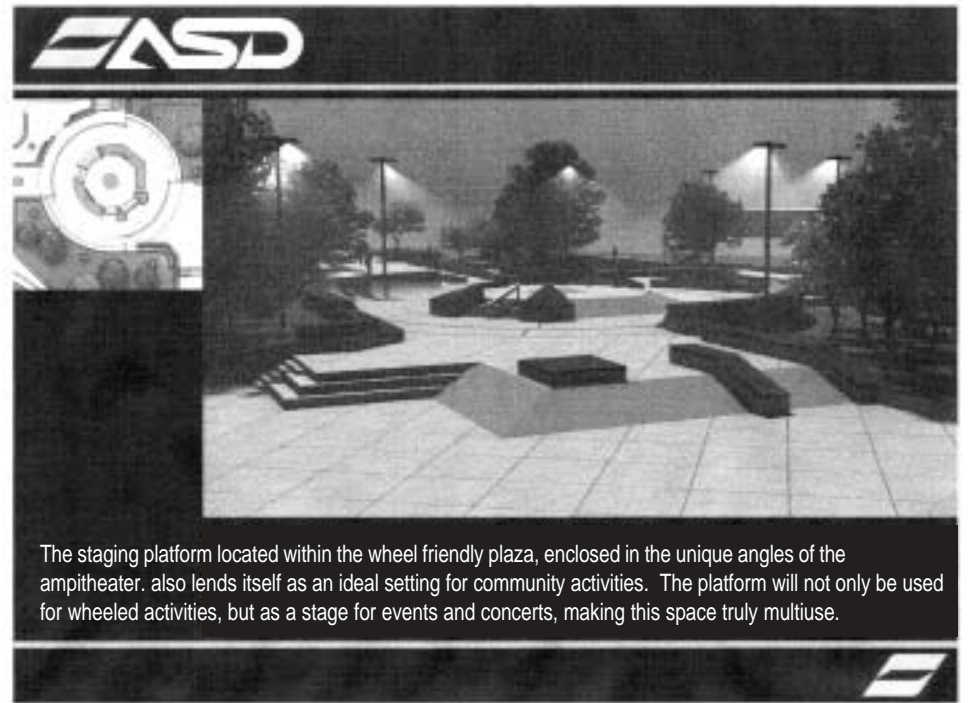
previously home to many residences that were demolished in the 1960's for an ill-conceived highway project dreamed up by ODOT.

In partnership with the professional designers Who Skates/Action Sports Design, the Northside Community Council has completed the preliminary design phase of this exciting project. Now that the preliminary design is completed, we are going

to aggressively start the fundraising phase of a project that will greet visitors and residents of Northside at the new and only entry/exit from I-74 within the neighborhood.

Back in the planning stages of our land use plans, our neighborhood decided that we wanted to set the stage for our neighborhood featuring youth doing positive action sports activities, and there was no better

See *Park*, Page 2, Col. 3



The staging platform located within the wheel friendly plaza, enclosed in the unique angles of the amphitheater. also lends itself as an ideal setting for community activities. The platform will not only be used for wheeled activities, but as a stage for events and concerts, making this space truly multiuse.



The park can be subdivided into a number of distinct geographical and functional areas. Any of these areas can be prioritized by need and budget for implementation. As an example, the Wheel Friendly Area/Multi-Use Staging Area could be constructed in an early phase along with some amount of parking and be fully functional.



# Northside



## Mini grant opportunities for Northside

The Northside Community Fund of the Greater Cincinnati Foundation held a very successful fundraiser in June at the American Can Building.

Billed as the “Hot Club of Northside,” the NCF raised more than \$15,000 minus expenses of \$3,600 netting \$11,500 for investment this year in community initiatives that have a positive impact on our neighborhood. Since its inception in 2004, the NCF Fund has pumped over \$50,000 into Northside Initiatives.

Thus far this year, the NCF has offset the \$2,500 permit fee the

Cincinnati Parks Department charges the Northside Farmers Market to operate in Hoffner Park during the summer months as well as supporting the Northside 4<sup>th</sup> of July Parade with a \$1,000 donation.

The NCF Board is very pleased to offer an open application period from now until September 15<sup>th</sup> for any group to submit a proposal. In order to qualify, groups will need to partner with a 501c3 organization.

For more info as well as an application for the NCF Mini-Grant, please Tim Jeckering at 513-542-2500 (1#) work or [timjeckering@fuse.net](mailto:timjeckering@fuse.net)

## House Tour set for September 30th

By Tricia Suit

Discover the character and charm hidden in homes throughout Cincinnati’s most eclectic neighborhood, during the Northside house tour on Sunday, September 30, from 12-5 p.m.

This year’s tour includes eight houses, none of which have ever been included on previous tours. Visitors will find historic and architectural gems, including a house that boasts its original Nutone doorbell from 1928, a yard that once had a pond used to water visiting circus animals, and a house that has been updated to be LEED (*Leadership in Energy*

*and Environmental Design*) certified.

Tickets for the tour are \$15 in advance (September 17 to 29) online at [www.north-side.net/housetour](http://www.north-side.net/housetour) and at Building Value, North Side Bank & Trust Co., Shake It Records, and Taylor Jameson Hair Design.

On the day of the tour, tickets will be available at Churches Active in Northside, (4230 Hamilton Avenue) for \$18, with \$1 from each sale donated to CAIN.

A free shuttle will run during the tour, taking visitors from the Northside business district to houses along the tour route.

For more information about the Northside house tour, e-mail [louisewatts77@gmail.com](mailto:louisewatts77@gmail.com) or call 513-541-7563.

The Hidden Treasures of Northside house tour is sponsored by the Northside Community Council and the North Side Bank and Trust.

## Northside Community Council

### Committees

**Education Committee** - Sue Wilke and Jeni Jenkins jointly co-chair. If interested in participating contact Sue at [suewilke@cinci.rr.com](mailto:suewilke@cinci.rr.com) or Jeni at [visionforchange@gmail.com](mailto:visionforchange@gmail.com).

**Northside Safety & Livability Committee**—meets the 2nd Thursday of month, 7 p.m., 4304 Hamilton Avenue. Contact Bill McCormick for details, 513-542-9355 or [bm.mg@mail.com](mailto:bm.mg@mail.com); Safety and Livability is looking for someone to make new people feel welcome in Northside. One way is to provide welcome kits which includes the Northside Guide, donated items from Northside businesses and information flyers from Northside committees and associations. If this interests you, please contact Bill at [bm.mg@mail.com](mailto:bm.mg@mail.com) or 513-675-3429.

**Youth Soccer Committee** - Currently NCC funds and sponsors two youth teams in both the spring and autumn. Contact Oliver Kroner for details, [olliekroner@yahoo.com](mailto:olliekroner@yahoo.com) or 513-284-0899 cell. Visit [www.northsidesoccer.com](http://www.northsidesoccer.com)

**Skate Park Committee** — Currently not meeting but still working! Contact Tim Jeckering at 513-542-2500, or e-mail Tim at [timjeckering@fuse.net](mailto:timjeckering@fuse.net). Visit [www.skatenorthside.com](http://www.skatenorthside.com).

**House Tours/Porch Tours** are usually the second weekend in October, on alternating years, House Tours are on even numbered years, and Porch Tours are on odd numbered years.

**Porch Tour** - Contact Tim Jeckering, 513-542-2500 ext (1#) or [timjeckering@fuse.net](mailto:timjeckering@fuse.net)

**House Tour** - Contact Louise Watts, 513-541-7563 or [louisewatts77@email.com](mailto:louisewatts77@email.com).

### Event Committees

**4th of July** — Chuck Brown at [chuckb75@aaahawk.com](mailto:chuckb75@aaahawk.com)  
4th of July Committee works at planning, recruiting, getting permits and community participation for the 4th of July Parade. This Committee also coordinates w/organizers of the Festival in Hoffner Park after the Parade.

### Affiliates

**Citizens On Patrol (COP)** — meets 3rd Thursday of month at 6 p.m. at Ella.net Studio (*above Northside Tavern*). Contact Mollie Brumm at [mollie.brumm@fmr.com](mailto:mollie.brumm@fmr.com)

**Cincinnati Northside Community Urban Redevelopment Corporation (CNCURC)** — Stefanie Sunderland, executive director, 513-542-4709

**METRO** Northsider

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# PEACE *(hopefully)*

By Steve Sunderland

## How many good chips have been given

I have been reviewing the video of Richard D. Lavoie, a special education teacher (*“How difficult can this be?: Understanding Learning Disabilities.” DVD*), for clues as to why people with disabilities are treated so badly in schools, families, work places, and by strangers.

In one of his talks he raises the question: “How many good chips have you given as a teacher, a parent, and employer?” What he means is that too often the learner, a person with disabilities, is ignored, criticized, or just not taken seriously in the classroom, the family, or the workplace. People leave with a feeling of something important being taken from them.

What would it be like if every learner, Lavoie, exclaims, “received more positive chips than negative?” A simple question. Yet, it would be fair to say that the pressure of education, too often the con-

flicts in the family and the fears in the workplace drive people to be too negative, too unrealistic, and very damaging to the spirit of the learner. Learners, whether disabled or not, bring their spirits to the learning experience and too often that spirit is ignored or, worse, damaged by the interchange between teachers and learners.

Recently, in our College Immersion Workshop, a week long learning experience for adults with and without disabilities, we emphasized the positive gifts that each learner brought to the experience. Setting our expectations both high and realistically, watching out for paternalism, heightening democratic participation, taking risks with new materials, combining groups to face tough issues, all led to an experience that triggered increasingly positive consequences and lots of smiles from the partici-

pants from Starfire and Stepping Stones.

Each day we began throwing out the labels that could act as barriers and be humiliating. Instead, we invited participation that was positive by noting that inclusion could be a great experi-

ence for all. Finding out way through the maze of labels is not easy, either for those calling names or those who are recipients. But, as we learned, it could be done, and with increasing ease. Unforgettable events happened: a young woman,

31, totally paralyzed from cerebral palsy, speaking to us though a computer voice box that she activated with a spot of something between her eyes, led a philosophy discussion of what are the reasons for happiness and unhappiness. “I don’t

allow unhappiness,” she said with her computer and the smiles burst out around the room. Another person drew a picture of a box, a person in the box, a person outside the box with a key, and a lock on the box. He ex-

See **Peace**, Page 8, Col. 2

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### Northside-College Hill Kiwanis

We hold our weekly meetings at noon on Tuesdays at Twin Towers in College Hill. Learn more about Kiwanis, join us for lunch. RSVP: Don Beimesche, 513-542-7800 or 271-2814 or Jan Holland, 513-681-5213



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## Finishing strong in the summer Neighborhood Block Party

North Presbyterian Church and World Outreach Christian Church are hosting a Neighborhood Block Party Saturday, August 25, 3-7 p.m..

This year, North Presbyterian Church and World Outreach Christian Church are co-hosting another end of summer Neighborhood Block Party for Northside residents, as they “pull out all the stops” with wholesome fun and more. and **its all free!** totally free, no strings attached.

How can you help? As you read this article, simply pray for a successful day as you make plans to attend.

At the Block Party,

there will be food and drinks, games and hands-on activities for kids with back-to-school prizes, a bouncy house, performers, music, and displays.

Happen Inc, the Farmer’s Market, Dramakinetics, Whiz Kids, Whole Again International, and CAIN are some of the groups that will be participating, and a whole lot more.

North Presbyterian Church, is located in the heart of Cincinnati’s vibrant Northside neighborhood. World Outreach Christian Church is new to the neighborhood.

The congregation moved here from Clifton in February and is sharing

space with North Presbyterian. “We look forward to serving and having fun with all of you,” says Elaine Jones, a member of World Outreach Christian Church, “and we look forward to making new long-term friends. Please join us for this exciting event as we give back to those who have always been so appreciative and loving to us.”

As churches that love to “operate outside the box,” NPC and WOCC both want to continue to show Christ’s love in all they do in and for this warm, wonderful neighborhood. The spirit of Northside is contagious and this Block

Party is all about giving back to others, celebrating with old friends and connecting to new friends who have done some unimaginable and impactful things to empower others.

The Neighborhood Block Party will take place all around the church, with most of the activities in the parking lot behind the church. The church is located at 4222 Hamilton Avenue, across the street from the Library, next door to CAIN. Everyone is invited. Come celebrate all the good folks and good work in Northside, Saturday August 25, 3-7 p.m..

We can hardly wait!

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## Dr. Bob

By Dr. Robert Biederman

### The weight

Hello folks. You know, I'm surprised I haven't gone through this one before.

A while back, I was at my parent's house. They have two dogs. Gus, the Scottie, has never forgiven me for neutering him five years ago! He still holds a grudge and runs and hides down in the basement when he hears my car engine pull into the driveway. (*Long memory on that boy!*)

So needless to say, I never really see him that much. Well, the one day he did pop out of the basement, I noticed how overweight he had become. The folks were quite distraught over this. "We feed him what the bag says," was the reply. Well now, does he get many treats? "Twenty to twenty-five a day!"

Well, that problem was easily taken care of; but it brought home the concern that many pet owners have. I am asked all the time as to how much should I feed my pet.

Well let's back it up for a second here. I have heard several times on the radio how we Americans are getting overweight and so are our pets. Well guess what? In my rather humbling number of years of being

a veterinarian, I cannot recall a single brand of food that doesn't tell you to overfeed the little ones in our lives. It would be great if every pet was in the Iditarod. I imagine, being the cynical individual that I am, that one would spend a little more a year on food that way. Seems fairly logical now doesn't it?

So why is this important? Well a few years ago, I was at my annual veterinary convention, and we had this speaker (*fellow colleague who spends his life doing laboratory stuff*). He made, in my mind, a very powerful statement, which evidently can be proven. It simply boils down to this — If you want to add twenty-two months onto your pet's life expectancy (*That's nearly two years folks*) do NOT let your pet's get overweight. I thought that was incredible and absolutely amazing. Nonetheless, this is now factual and not in the theoretical.

Okay, great — so what do we do? Well if nothing else pick up the phone and talk to your happy local veterinarian concerning your particular pet's situation. A cat with inflammatory bowel syndrome

or a dog with hypothyroidism will have different requirements from a 'normal' pet. My rough rule of thumb (*Put the accent on 'rough'*) is that whatever the bag says to feed, take that amount and reduce it by twenty five percent. Whether it's Purina or Blue Buffalo, whatever they say, cut it back by about one fourth. In most situations, that's probably closer to the truth as to what a pet requires. If you're like my parents (*not recommended!*) you may want to reduce that amount even more.

Calories consumed versus calories burnt off. It's still that simple. But do please check with your vet, as my rough rule of thumb cannot apply to all cases.

Oh, and there's one last thing. When it comes to treats or table food, do you know how many times I hear the phrase "He gets a little bit every once in a while."? A lot! If a 'little bit once in a while' sounds like something at your household, then take a deep breath and take an honest look at what is going on with our little loved ones. It can be a humbling thing!

So there we go! If we want to continue hugging little Oscar for an additional two years, be very mindful of the amounts of food dished out. Besides, when was an extra two years ever a bad thing? So with that thought, doesn't it put a smile on your face?

Until next time.

## METRO Northsider

By Worley Rodehaver  
Publisher

Twenty-four years ago this last June Media Associates Publications (MAP) began publishing **The Northsider**.

There have been changes down through the years.

At one point we were publishing four newspapers and we added METRO to each one to make it a family of newspapers.

Now, I am semiretired and have changed the name **METRO Neighbors** back to **METRO Northsider**.

Beginning this month we also have a website you can reach at <http://northsider.ella.net>.

Our website is in color as our print issue was after the 4th of July Parade. We look forward to additional print issues in color in the future.

The parade photos were great in color and I almost ate the pie. You can still see it on the website.

We have always looked at Northside as an unique city neighborhood as it most truly is and we are proud to have served residents, businesses and professionals here for 24 years.

And, we look forward to serving the community in the future. Peace!

# Do-ahead Summer Suppers

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*Economy of time is the key. Do almost everything ahead so you can come to your party as a guest, not harried host*

**By Barbara Rosenberg**

One of my earliest memories as a bride was a trip to downtown Cincinnati for an afternoon of shopping. I was properly dressed in a hat and white gloves, with a stop for lunch at The Woman's Exchange. (Their white-meat



Rosenberg

chicken salad will be recalled fondly by native Cincinnatians.)

The recipe that follows is the result of many attempts to duplicate their salad dressing's perfect balance between mayonnaise and sour cream.

### Poached Chicken Breasts

This method produces the most tender, succulent chicken!

- 1.) Place chicken breasts in pot of boiling water to cover.
- 2.) Add to pot 1/2 teaspoon salt  
1/2 cup celery leaves  
2 tablespoons chopped onion
- 3.) Bring to boil; reduce heat and simmer. covered for 5 minutes.
- 4.) Remove from heat and leave chicken in hot water for 15 minutes.

*Note: Strain and freeze chilled chicken broth for future use.*

*Yields: 12 servings*

## World's Best Chicken Salad

### Ingredients

6 lbs cooked chicken breasts (*Cooking Chicken Breasts, See on right*)

1/3 cup red Wine Vinegar and Oil Dressing

3/4 cup mayonnaise

3/4 cup sour cream

1 teaspoon salt

1/4 teaspoon freshly ground pepper

2 cups chopped celery

6 chopped hard-boiled eggs

Toasted slivered almonds

### Directions

Remove from bones and tear into 1" x 1/2" chunks

Place in bowl or bag and pour over chicken, shaking to coat:

Leave at room temperature for 1 hour.

Mix together:

Add to dressing:

Pour dressing over chicken and stir gently to avoid breaking chicken.

Chill in covered bowl before serving

Sprinkle with.

If you are adding fruit to your chicken salad, try substituting equal parts of lemon juice and Raspberry Vinegar for red wine vinegar in the dressing.

*(Editor's Note —This recipe was included in her book, **How to Succeed With Chicken Without Even Trying** and will be in her upcoming book **Savory Savings**.*

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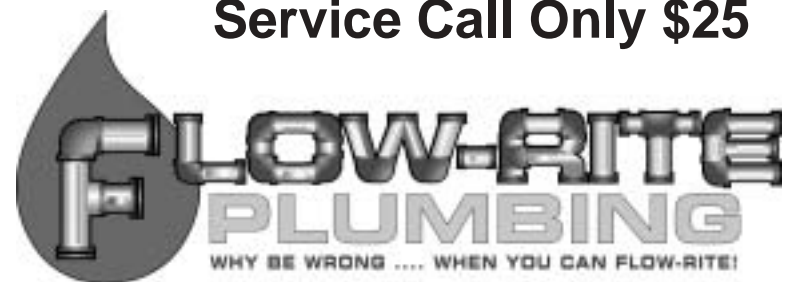
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**Peace**—from Page 3  
 plained: “I need special people to let me out of my box.” Again, we all smiled about his and our boxes, our locks, and who holds the key. Slowly and with affection, we created a learning community that gave an abundance of “good chips” and we were stronger and happier as a result.

Please join us at another upcoming event where we will learn how to expand our give of affirmation. The annual dinner of the Marjorie Book

Continuing Education Society, an educational group for adults with and without disabilities, will happen on September 12, 2012 at the Maketewa Country Club. We’ll have great food, a silent auction, and a lot of smiles. Plus you’ll

meet the members of the organization who have been pioneering new approaches to theater and continuing education. Bring lots of positive chips! (For more information, call Steve Sunderland: 513-919-2538.)

**Columnist leaves WIN**

Dave Scharfenberger, long-time writer of the **Home Page** in the **Northsider** has left Working In Neighborhoods.



column covered just about everything about the home. We will miss him and wish him well in his future endeavors.

His monthly

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