



NANA NEWS

APRIL 2019

Published by :The North Avondale
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Association Cincinnati
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PRESIDENT'S MESSAGE



Dear Neighbors,

I am in Orlando this week, watching my daughter compete at age group swim nationals, and I can't help but think about summer and Clinton Hills Swim Club (CHSC). We are grateful to have started our summer swim journey with the CHSC dolphins and are looking forward to many more years with new faces and friends. Thank you to Nick Brown, President of CHSC, for speaking at the our most recent general meeting about the upcoming club season.

We have our annual **Great American Clean Up & Green Up Day** coming up soon on **April 13 from 9:00 to Noon**. The beautification committee is working hard to organize NANA's yearly sprucing up of our neighborhood. Come on out, meet your neighbors and pitch in to give our neighborhood a spring cleaning. We hope to see as many of you as possible out in our parks and public areas. There are more details throughout this newsletter.

As we are coming closer to our **Annual meeting on May 19th**, we have also formed the NANA nominating committee (see listing under Committee Reports). This committee will make recommendation on behalf of our membership on the 2019-2020 board positions. The committee chair is Maura Wolf, so suggestions for nominations can be made via her.

I hope to see as many of you as possible at our next general meeting on **April 9th**, and in the meantime, please visit our website northavondalecincinnati.com for general info, minutes, committee updates, and to pay your NANA dues online.

Heather Herr

**NORTH AVONDALE & NANA
NEED YOUR HELP**

GREAT AMERICAN CLEAN UP GREEN UP DAY

Saturday, APRIL 13, 2019
9:00am to Noon
Meet at Seasongood Square Park.

Questions: emhartena@aol.com

sign up at:
<https://explore.nature.regfox.com/greenupday>



Spring



The North Avondale Neighborhood Association

Neighborhood Dues

PLEASE MAKE A DONATION TO NANA. YOUR DONATION HELPS ENSURE THAT NORTH AVONDALE REMAINS A STRONG DESTINATION FOR ALL.

The funds will allow for many projects which strengthen and build our community.
Any donation is appreciated.

NANA General Meeting

Tuesday, April 9 7:00pm

North Avondale Montessori Cafetorium

Annual Meeting is May 19, 2019
Location TBA

Thank you for paying your 2019 dues

COMMITTEE UPDATES

BEAUTIFICATION

It's officially SPRING! Time for spring cleaning in our homes and time to get our flower beds ready to burst with color for the rest of the outdoor season.

It's also time for our **Great American Clean-up/Green Up Day** in our neighborhood Cincinnati Parks. The date scheduled is:

Saturday April 13th 9am to Noon with pizza to follow.

- Please everyone come and help volunteer some time in our neighborhood parks.
- Sign in will be done at Seasongood Square Park then off to work to assigned task.

The projects scheduled:

- Spreading mulch around trees and flower beds. Mulch may not be available due to cost.
- Picking up litter in the parks and surrounding streets
- Raking and hauling leaves.

Please wear proper shoes, bring your own gloves and bring your water bottle.

We don't know if the park will get playground mulch. The issue again is the cost. The playground mulch has soared in price. So we may or may not see the playground mulch on April 13th.

Last week Jim Burkhardt, East Regional Manager, and I did a walk through and have the work to be done listed on the Cincinnati Parks Volunteer sign up page. Cincinnati Parks Volunteer Coordinator, Christyl Johnson-Roberts requests that volunteers sign up for our event at <https://explore.nature.regfox.com/greenuptday>

The month of March has come in like a lion and will exit like a lamb for our April Showers to come in and ready us for May Flowers! We've been waiting for color all winter long and it's coming in bloom now.

On Wednesdays (typically 10 to 12) myself and Sarah Koucky will be working in Seasongood Square Park. Please come to the park and join in on the gardening or just visit. Please bring your own garden tools and water too.

Thank you everyone! We hope to see you in the park!

Emily Harten

HEALTH & WELLNESS

Foodborne Diseases

According to the Center for Disease Control and Prevention (CDC), every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. As we move into Spring with warmer weather and the frequency with which we grill and picnic outdoors, it is important to be reminded of safety concerns when preparing and consuming food.

There are more than **250 foodborne diseases**. Most of

them are infections, caused by a variety of bacteria, viruses, and parasites. Harmful toxins and chemicals also can contaminate foods and cause foodborne illness.

People who have consumed dangerous foodborne bacteria will usually feel symptoms within 1 to 3 days of eating the contaminated food. However, sickness can also occur as quickly as 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time without medical care, some are not so fortunate. In some cases, foodborne illness can lead to chronic, severe, life-threatening health problems or even death.

This is especially true for people with weak immune systems including the very young, elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system. Pregnant women also need to be careful.

Food poisoning may cause symptoms like diarrhea, vomiting, upset stomach, or nausea. See your doctor if you experience high fever (over 101.5°F), blood in stools, diarrhea that lasts more than three days, frequent vomiting that prevents you from keeping liquid down, & signs of dehydration (decrease in urination, dry mouth and throat, and feeling dizzy when standing up)

Follow these tips to prevent food poisoning:

- **Clean** - Wash your hands and work surfaces often.
- **Separate** - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods in your shopping cart, refrigerator, and meal preparation area.
- **Cook** - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.
- **Chill** - Keep your refrigerator below 40°F. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if above 90°F outside).

Make sure your spring blossoms into a safe and illness-free summer.

(taken from the City of Cincinnati's Health Department newsletter: 12-19-2018)

Kimya Moyo, Health Liaison

2019 - 2020 NOMINATING COMMITTEE

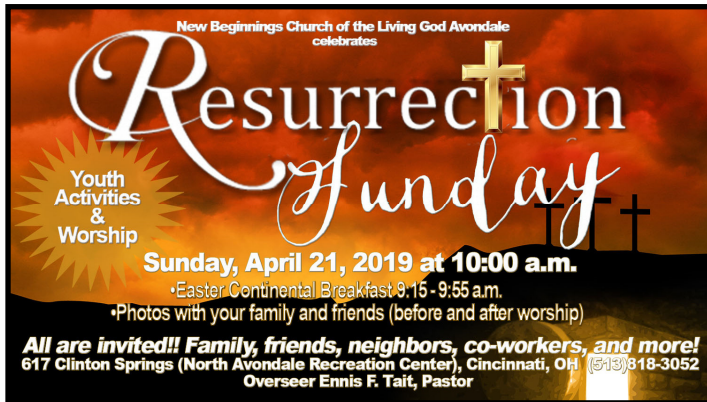
The Nominating Committee is comprised of Lesely Chapman, Carolyn Gillman, John Jones, Emily Harten, Heather Herr, and Maura Wolf. We are looking for volunteers for the 2019-2020 slate of elected officers for the North Avondale Neighborhood Association's Board of Trustees. If you are interested or have anyone to suggest, please contact me at maurawolf100@gmail.com. Our First Nominating Committee Meeting was held Wednesday, March 15.

Please consider volunteering; it's a great way to meet more neighbors and to help make North Avondale even better than it already is!

Maura Wolf, Chair of the Nominating Committee

FUN IN THE NEIGHBORHOOD

☞ Resurrection Sunday at the Rec Center



☞ The 2nd Annual North Avondale Neighborhood Yard Sale will be held on Saturday April 27, 8 AM - 12 PM. Rain date is May 4.

After the success of last year's sale, we are back this year with even more participating residents. We are also adding a give-back component of the event for the kids and teachers



of North Avondale Montessori: Sale participants can opt to donate a portion of their sale proceeds toward supplies needed by the school (which are otherwise purchased by teachers digging into their own pockets).

If you'd like to be added to the map and promotions for the neighborhood sale, please email your address to northavondale@yahoo.com. The sale is a wonderful way to de-clutter your house, snag a few bargains, and get to know your neighbors - all while helping out the kids at our local school. Please note: the donation is *entirely voluntary*, and not required for participation in the sale. I created a Facebook event page for the yard sale, <https://www.facebook.com/events/393300524586331/>

Laurie Pike

☞ Living Your Best Life, LLC

Living Your Best Life, LLC is a private therapy practice located in St. Bernard. We specialize in mental health therapy/counseling services as well as meditation. We are currently accepting new clients in our new location at 4711 Vine St. Cincinnati, OH 45217. Contact us today for more information or visit our website, www.livingyourbestlifellc.com.



We look forward to hearing from you!

*Emily Hunt, LISW-S, LICDC
Meaghan White, MSSW, LSW*

☞ Wiedemann's Beer Boxing Championship

The Summer is coming soon and we want North Avondale to know that OHIO and GEORGIA will battle for the 2019 Wiedemann's Beer Boxing Championship.

Ohio recently took our team to Georgia and won 11 of 18 boxing matches and now Georgia is coming here this Summer to return the favor.

The Beer Boxing Championship is a series of all day family friendly events that feature BEER & FOOD Festivals, Live Boxing Matches, the Kids Zone, Live Bands, and more! This year our celebrity host will be Matt Cooper of B-105.1 radio, Cincinnati's Country! Tickets are on sale Now at www.BeerBoxing.com

SUPPORT THE TROOPS:

We guarantee you'll have a great time but it's all for a great cause as well! Each year we raise **money for the Semper Fi Fund helping out the American Troops** who have served for our country by way of the Military, Army, Coast Guard, Air Force, and Navy. We also have partnered with LaRosa's Pizzeria and will be raising money for the **Cincinnati Golden Gloves** non profit organization as well. The first event is only 2 months away on **Saturday, May 18th!**

Event Details:

Who: LaRosa's Pizza, Wiedemann's Brewery, The Punch House

Where: Wiedemann's Brewery, 4811 Vine Street, St. Bernard, Ohio 45217

What: Beer/Food Festival, Kids Zone, Live Bands, Live Boxing, Fan Contest

When: May 18th, 2019

(3 Events May 18th, June 15th Father's Day, July 12th-13th)

Time: Kids Zone 12pm - 5pm, Beer Festival 12pm-12am, Boxing 4pm-12pm

Watch Live: on FITE TV

Tickets/Web: www.BeerBoxing.com

Thank You for your continued support, hope to see you!

Danny Calhoun Go Punch House! (Reading Rd)

Founder Since 2011 Phone: 513.692.5123 Web:

www.ThePunchHouse.com

☞ North Avondale Montessori 2nd Annual Golf Outing



The North Avondale Montessori School Foundation and NAM Father Group are excited to be jointly hosting our 2nd Annual Charity Golf Outing at Avon Fields Golf Course on **Saturday, May 18, 2019** (8am shotgun start, please arrive for check-in at 7:15am)!

Funds generated from this event will be used to support the many excellent programs and events that both the Foundation and Fathers Group sponsor throughout the year. Registration: \$75 per person \$300 foursome.

Player/Team Registration: namrockets.org/golf

Sponsors: golf@namrockets.org

FUN AROUND TOWN

Bullying prevention fundraiser will honor area Kappa Delta chapters

The Council on Child Abuse invites the community to recognize National Child Abuse Prevention Month and attend Reach for the Stars. The event will be held

Friday, April 26, 2019 from 6:30 to 9:30pm at The Summit, A Dolce Hotel, located at 5345 Medpace Way. Tickets are \$75 for individuals or \$125 for couples and include a wine reception, dinner by the bite, and drinks.

The second annual fundraiser will honor three area chapters of Kappa Delta Sorority - Omega Xi Chapter at the University of Cincinnati, Gamma Nu Chapter at Miami University, and the Greater Cincinnati Alumnae Chapter - as stars from our community for their support in keeping children safe. These chapters of Kappa Delta have donated 80 percent of the proceeds from their philanthropy events each year to support COCA and the work they do locally. The remainder of the proceeds is given to national child abuse awareness organizations to aid in prevention efforts across the country.

Reach for the Stars benefits the Council on Child Abuse (COCA) which provides education and public awareness programs to prevent and stop abuse and bullying where children live, learn, and play. COCA reaches children and schools throughout Southern Ohio and Northern Kentucky.

Tickets are available online at www.cocachild.org. For sponsorship opportunities, contact Bethany Smith at (513) 751.7747.



CPA Annual House Tour



Mark your calendars for **Saturday, May 11th** for CPA's annual house tour. This year CPA is doing things a bit differently. There will be only one magnificent house to tour with several speakers.

Tours will be given on the half hour: 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00.

Speakers/topics scheduled that day include:

- Modernism in Cincinnati: UC/DAAP Associate Senior

Librarian Elizabeth Meyer

- Terrace Hilton: Architect Sean Patrick Tubb

- Rauh House: CPA Executive Director Paul Muller

There is **NO** parking at the actual house. Guests will park at the Armstrong Chapel, 5125 Drake Road, and catch a shuttle to the house. The shuttle is free.

Tickets will be \$30 in advance for CPA members and \$35 non members. Tickets day of the event will be \$35 for all. Tickets go on sale April 1. <http://cincinnatiipreservation.org/events/>

IKRON Corporation 50th Anniversary

Cincinnati nonprofit IKRON Corporation is celebrating its **50th anniversary on Saturday, June 22, 6-9 pm at Memorial Hall.**

North Avondale residents, the late Dr. Scott and Dr. Julian Myers (Leyman Drive), founded IKRON in 1969 to help people in the Cincinnati area who were struggling with mental health challenges, physical or mental disabilities, or substance use disorders to address the barriers standing between them and a greater quality of life. In the past 50 years, thousands of people have received services at IKRON, fulfilling Dr. Scott and Dr. Julian's original vision.

Tickets to IKRON's 50th Anniversary are \$85. For more information, please visit Cincinnati.ikron.org or call 513.621.1117.



WELCOME NEW NEIGHBORS

- Mohammed M Shamma at 200 Clinton Springs Ave.
- Kassem Real Estate & Investments LLC at 518 & 520 Clinton Springs Ave.
- Dana LLC at 1047 Dana Ave.
- Timothy C Thornton at 314 Glenwood Ave.
- Edgar Construction LLC Tr Of Trust 121 at 3983 Warwick Ave.





NORTH AVONDALE MONTESSORI
363.3900 • 615 Clinton Springs
www.namrockets.org

NAM April Calendar

- 1 - Classes resume from Spring Break. ILT Meeting - 2:30pm - Art Room.
- 2 - LSDMC Meeting 5 PM - Media Center NAM-Foundation and PTSO Meeting - 6pm Cafeteria
- 4 - NAM Fathers Group Meeting 7 PM - 4811 Vine St. Weidemann Brewer
- 9 - Grade 3-4-5-6 begin ELA State Testing
 23 -through May 10 - Grades 3-4-5-6 Math State Testing
 Grade 5 Science State Testing
- 26 - Spring Concert - 6pm – Gym

NAM Brain Bowl Team has spectacular season!

Congratulations to the NAM Brain Bowl team on a great season. The Rockets ended their regular season with a 4-2-1 record. **The team defeated Fairview, Spencer, Cheviot, and SCPA.** During tournament action, the team beat Cheviot but did not qualify for the final four. "The team really improved throughout the season. I am very proud of my students and the effort they gave all year. They had an awesome time and enjoyed learning," said Coach Emily Mendenez-Apoite.

NAM Students Soar to new record!

Last week ended the annual Penny Wars between age levels 3 to 6, 6 to 9, and 9 to 12. The Penny Wars are a fund-raiser sponsored by our Nam-Foundation (NAMF). "The goal is for students to have an opportunity to participate in making contributions to our NAMF. We had our annual fund-raiser for the adults and wanted our students to also be able to participate in the process," said NAMF President Tom Kendall. **Our students raised \$2,879**, exceeding last year's total by over \$350. Our NAMF has been doing this activity the last 4 years and the Penny Wars has really taken off. I am proud of my students for contributing to our NAMF and making them feel like a part of our community. All age levels are very competitive but I told my students all of you are winners for helping our NAMF," said Principal Lewis.

"Next year our goal is to surpass the \$3,000 mark," said NAMF Treasurer, Ms. Allie. All the money raised in fund-raisers for NAMF goes back to the students in programming. Supplies, field trips, tutoring, and a computer program for math and reading are examples of how students benefit from donations.

Grade 6 Students OFF to Washington, D.C.!

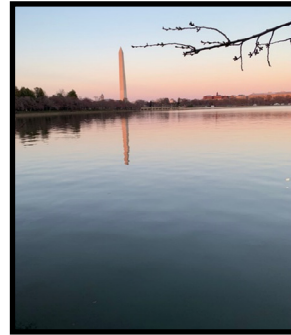
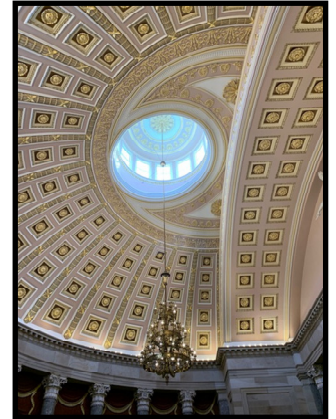
On Tuesday, March 19th before the crack of dawn, over 55 students loaded up the bus and headed to the nation's capital for their annual Grade 6 Field Trip. "The students were very excited and ready to roll," said Ms. Dangerfield, NAM Parent.

This is the 8th consecutive year Grade 6 students have gone on this trip. "Our parents have done a remarkable job in planning the trip and making this a unique and special trip for our Grade 6 Students. This trip is something all of our Grade 6 students look forward to," said Principal Lewis.

While in D.C., the students visited all of our nation's historical monuments (see the pictures). The trip was 4 days but students

were on the go from sunrise to sunset. I have been told by last year's 6th graders, "It's a fun and very educational trip but you will have no problem sleeping at night. You are constantly on the go," said current grade 6 student, Savana.

Roger Lewis, NAM Principal



THE NEW SCHOOL MONTESSORI (TNSM)
281.7999 • 3 Burton Woods Lane
www.newschoolmontessori.com

New School Montessori preprimary students practice grace and courtesy lessons to create a culture of respect for self, for others and for the environment. Preprimary children have a high need for order in their lives. They grow more comfortable in an environment when they learn their place in that environment and take responsibility for their role as a member of that social structure. Montessori curriculum helps give children the vocabulary they need while also providing step-by-step instructions for the children to practice.

As a result, children are more aware of the needs of an environment and the needs of others, and they have the skills to take action; to tackle a task, to lend a hand, or to ask for help. These skills will serve them well in every environment and relationship in their lives.

In the photos on the next page, children are practicing jobs like cleaning a mirror, changing the toilet paper roll, sweeping and washing up, tending the plants, helping someone in need and pouring the milk. *(Continued on page 6)*

FROM YOUR NEIGHBORS

☞ The North Avondale Yoga Club is looking for a new location to practice yoga on Sunday mornings. We have been practicing together for over ten years in the neighborhood on a donation basis. Over the years we have given over \$10,000 to various youth charities nearby. **The space we need should be accessible on Sunday mornings and have room for about 5 - 8 people extending themselves.** Please contact Teresa Harten at teresaharten@msn.com, if you have ideas.

Teresa Harten (Lenox)

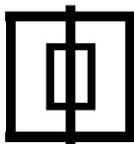
☞ A note of sincere and heartfelt gratitude to all North Avondale residents who contributed to the food drive for the **FreeStore FoodBank**, which I sponsored in tandem with my brokerage firm, **Comey & Shepherd, LLC.** Resultant of the extraordinary generosity displayed by our neighbors, **we amassed one and a half bins of food which were delivered to the FreeStore early the morning of Tuesday, March 5th.** They were very grateful for the contributions made by our neighborhood and assured us it would all be put to good use, helping those in need. Again, many, many thanks!

Warm Regards, Jack Wolking (Belvedere)

☞ The hill behind us on **Wess Park (Vine Street side)** has started to affect 3939, 3947, 3951, 3955, 3961 **Wess Park.** The Fowlers' house at 3955 had to be vacated because of foundational damage making it unsafe. We appreciate NANA looking into it. We are in communications with City Building Inspector head and at least one GeoTech Engineer from City of Cincy on this. The cobblestone wall and driveway shared by 3951, 3955 has been pushed forward and the yard at 3955 pushed into the house. We are examining all ideas including there is a storm drain supposedly on Cecil Thomas' land above us and we are investigating: if the water pooling on that property is a cause of the water running down our hill instead of the other way; if said storm drain on that property is clogged and if it is usable, etc. Something has to be done as stuff like this is \$\$\$ and no one's insurance covers it. We have started a goFund me page if anyone would like to help. <https://www.gofundme.com/manage/wess-park-landslide-cincinnati-oh>

Thanks, Richard McKenzie (Wess Park)

☞ Jeffrey Ramirez Designs provide Interior Design services for residential and commercial clients. We focus on guiding, inspiring and assisting our clients through the process of transforming their interior space. My services include a comprehensive space planning,



**JEFFREY
RAMIREZ
DESIGNS**

project management and construction. Our clients have the option to purchase high quality furniture, textiles, light fixtures, accessories and artwork.

For more information visit www.jeffreyramirez.com or call to (513) 549.7433 to book a one-hour free consultation.



Jeffery Ramirez (Clinton Springs)

(Continued from page 5)

*Ann Baumgardner,
Communications Director*



PARKS & RECREATION

North Avondale Recreation Center • 617 Clinton Springs Ave. • 961.1584

Hours: Monday - Thursday: 9:30 am to 9:00 pm; Friday: 10:30 am to 9:00 pm; Saturday 9:00 am to 1:00pm



Memberships: Youth (5-17) \$2.00; Young Adult (18-24) \$10.00; Adult (25-49) \$25.00; Senior (50+) \$10.00; Weight Room \$10.00/3 months, \$35.00/year

Summer Day Camp June 3 to August 9.

- 6/3-8/9 10 weeks M-F 7:00 am -6:00 pm 134.50 per wk.
- 6/3-8/9 10 weeks M-F 9:00 am - 4:00 pm 114.50 per wk.
- Call for more information

Spinning: Tuesday & Thursday 6:15 to 7:00 pm; Thursday at 10:15 to 11:00 am. All classes \$5 or purchase a Class Pass for 10 classes - \$50 for Non-member Or \$30 For Members.

Yoga for Adults: Yoga Basics with Relaxation Focus class is be offered **Wednesdays from 6:30-7:30 pm** at North Avondale Recreation Center. Each class is \$7.00 or pay \$50 for 10 classes Mats are available for use during class.

Special Programs:
Free VITA Tax Service
Saturdays 9AM-1PM
 Jan. 26th
 Feb. 2nd
 Feb. 9th
 March 9th
 March 16th
 April 6th
 Friday April 12th 10:00-2:00 PM
**No Appointment Needed*

North Avondale Recreation Center - 617 Clinton Springs Ave., 45208

Tiny Tumblers

Beginning Tumbling Class
 Ages 4, 5 & 6
 Thursdays 6:15- 7:00 PM
 \$20/ Per Session
 Feb. 21- Mar.21 & Apr. 4 - May 2

Please contact North Avondale Recreation Center to register or call directly for more info: 513.961.1584

North Avondale Recreation Center - 617 Clinton Springs Ave., 45208 - 9:30AM - 10:30AM

Move+Stretch+Balance

Move + Stretch + Balance
 Senior Fitness Class
 Low Impact Cardio/Light Weights
 Stretching / Balance

Where: North Avondale Recreation Center Gym
 When: Mondays and Wednesdays, 10:30 AM- 11:15 AM
 Cost: \$2
 Contact: Brittany Barrett for more info @ 513.961.1584

Pick up an **Spring Schedule** at the Recreation Center.

Please call 961.1584 if you have any Rec Center questions.

Hirsch Center

•3620 Reading Road • 751.3393

Is closed for renovations. Some programs are at South Avondale School.

GREEN UP DAY! Sat. April 13, 9:00 a.m. - Noon

Celebrate Earth Day a little early by helping us do something awesome for the earth! Roll up your sleeves and help make your parks more beautiful. Assist Cincinnati Parks staff on projects such as invasive species removal, litter pick up, mulching, trail maintenance and more. Great opportunity for student service hours. We hope you, your family, friends and neighbors will join us! Register online at: <https://explorenature.regfox.com/greenupday> To inquire about additional park locations near your neighborhood, please contact Christyl Johnson-Roberts or call 513.321.6070.



Other exciting Cincinnati Park events:

FREE Wildflower Walk Sat., April 13, 1:30 - 3:00 p.m. - California Woods Nature Preserve They say, "April showers bring May flowers," but did you know that April is the best time to see woodland wildflowers? Historically, Mid-April is the peak of the spring ephemeral wildflower display here in California Woods. Learn the difference between Dutchman's Breeches and Squirrel Corn; and find out why the Doctrine of Signatures was not healthcare's best idea! Wear sturdy, closed-toed shoes and dress for the weather. This program is entirely outdoors. This program is FREE, but space is limited so registration appreciated before Friday, April 12. Email: gia.giammarinaro@cincinnati-oh.gov or call 513.231.8678 to register.

FREE Spring Fest in the Woods

Sat., April 27, 11:00 a.m. - 2:00 pm - *Trailside Nature Center, Burnet Woods 3251 Brookline Drive 45220*
 It's a celebration of Spring! Join us for wild edible cooking demonstrations, crafts, vendors, live animals and more! Live music and face painting on site. Learn about Ohio's native plants and wildflowers and how you can help with habitat restoration. Get some spring tonic while you're there! Call 513-861-3435 for more information.

*Brittany L. Ashcraft / Explore Nature! Clerk
 Rachel Rice / Nature Next Door Outreach Cincinnati
 Parks, Avon Woods*

New Program! Kids 4 Birds at Trailside!

Calling all Kids 4 Birds! Come to the Trailside Nature Center in Burnet Woods for this new program for children, Thursday's between 4:00 and 5:00 pm, beginning March 28. Knowledgeable volunteers will teach how to identify the birds of Burnet Woods and beyond. Binoculars, field guides, and other learning materials will be available. If you want to hike, wear shoes that can get dirty. Parents must plan to stay with their children, please no dropping off. See you there! **Free, no registration required**

For Monthly Activities at the St Bernard Library: <http://cincinnati.library.evanced.info/signup/Calendar>

(limit calendar to St. Bernard by month for their calendar or chose other libraries for their activities)



RECYCLING TIPS

Household Hazardous Waste Drop-off



Hello Neighbors, Here's your chance to dispose of any household hazardous waste items. Check this out: **Thursdays, 1 p.m. - 7 p.m. March 21 - October 24, 2019** Environmental Enterprises,

Inc. 4600 Spring Grove Avenue, Cincinnati, OH 45232

Guidelines:

- Hamilton County Ohio Residents Only (must show proof of residency).
- Businesses and non-profits are not permitted to participate; materials from commercial establishments or brought in commercial vehicles will not be accepted.
- Do not get out of your car; staff will remove your items.
- Only drop-off during designated hours.

Acceptable Items:

- Pesticides/Fertilizers • Solvents/Thinners/Oil-Based Paints & Stains Lawn/Pool Chemicals • Cleaners • Batteries • Fire Extinguishers • Propane Tanks Mercury • Fluorescent Bulbs • Driveway Sealer • Gasoline/Motor Oil Antifreeze • Thermostats • Tar • Oxygen/Helium Cylinder

Unacceptable Items:

- Latex Paint • Radioactive Materials • Medical Waste • Explosives/Ammunition • Tires • Yard Trimmings • Garbage • Roofing Materials • Appliances Computers/Electronics Unmarked or Inoperable Cylinders • Fireworks/Gun Powder • Prescription Drugs

Learn more here: <http://www.hamiltoncountyrecycles.org/cms/One.aspx?portalId=6463011&pageId=13810308>

MAMLUFT&CO. Dance Summer Camp

Teaches at NAM during the school year

SUMMER DANCE AND CREATIVITY CAMP

BOYS & GIRLS AGES 5-10

REGISTER EARLY FOR A DISCOUNTED RATE!

WITH MAMLUFT&CO. DANCE

9AM-2PM + EXTENDED DAY TIL 6PM
June 17 - July 19 at Clifton Cultural Arts Center
2728 Short Vine (with convenient at-the-door drop-off)

THEMES • Lucky Llamacorns • Happy Campers • Tropical Tides • Mad Scientists
MODERN DANCE • KIDS BOP • CREATIVE MOVEMENT • COSTUME CRAFTS • PERFORMANCE

More info & register: MLCo.org/camp

Cincinnati's Best Address with: Beautiful Homes, Great Neighbors & Civic Passion

NANA CALENDAR

- **Tuesday, April 9, NANA General Meeting, 7:00 pm**, North Avondale Montessori School Cafetorium Center, 617 Clinton Springs Ave.
- **Saturday, April 13, Green Up Day, 9:00 to noon** Seasongood Park (Reading Road between Clinton Springs and N. Shuttlesworth)
- **Sunday, May 19, NANA Annual Meeting, 3:00 to 5:00pm**, Location TBA.

NANA EXECUTIVE BOARD & COMMITTEES

President: Heather Herr	heatherherr91@gmail.com	Treasurer: Doug Louder Jr.	Douglouder@yahoo.com
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