



# NANA NEWS

## JUNE 2010

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Neighborhood Association  
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President: Bill Stevens  
Administrator/Editor: Charlene Morse

### PRESIDENT'S MESSAGE

For 16 years the Stevens family has lived in North Avondale and enjoyed a neighborhood that my wife, children and I are proud to call home. Heretofore, I have been less actively involved than should be expected of a member that enjoys the umbrella of NANA. These words of contrition do not absolve absence of contribution. I am vigorously excited about the opportunity you have recently given me. Not serving when asked finds no hint of justification in a mirror. I am honored and appreciate your allowing me to serve as President of NANA for the next two years.

After being a businessman who worked at various locations in the US and overseas for some 45 years, I decided one day that I would retire. So, I did. The next day I was bored. I tried doing home improvements and I'm just not cut out for that self inflicted activity. I thought about travel and relaxation with Rita, my wife, but I am tired of being on airplanes, and Rita is not yet satisfied that she too wants to retire....so, she has not. But, boredom became less real when Barry Myers and Charlene Morse knocked on my door April 24<sup>th</sup> and brought the shocking news that I was being discussed as a possible candidate for the President of NANA. I was quick to tell them that they surely must have come to the wrong address.

However, the persuasive powers of Ms. Morse leave no place to hide. What I have learned after becoming President at the NANA ANNUAL MEETING on May 16<sup>th</sup> leaves little doubt that I will no longer be bored. I am elated at the confidence that the Nominating Committee and Board have in me and accept the responsibility with which I am charged.

Many thanks for the information, advice, suggestions and congratulations afforded me recently by neighbors and friends in North Avondale. I am much impressed by the unsolicited and unselfish pledges of support received from many of you for upcoming projects, ongoing items and challenges needing address in NANA. The talent in "Our Part" of Cincinnati is more than large. It is huge and much untapped. This is an asset that we must put to use, never forgetting that talent is like the wind, it can come forth at any moment and must be captured or it dies away.

I have a passion for projects. I like challenge. And, I want to be successful in working with all of you. I find myself surrounded with other officers and members of NANA who have wonderful visions. When practical, astute and talented people try, positive things happen! IT DOESN'T GET MUCH BETTER THAN THAT!

Being proud of where we live, and keeping it that way, makes NANA stand tall in Cincinnati. It is recognized that those who have served and worked relentlessly in past years to attain NANA accomplishments give to us solid foundation for continued growth. We all appreciate their unselfish dedication!!

Looking forward to the future,

*Bill Stevens* (1)



This wall was a city neighborhood project and originally was to be a wall/planter. Due to funding cuts we ended up with just a wall. For years, we have wanted to have a larger North Avondale sign in the neighborhood but were unable to get permission for any other site. Since the wall left something to be desired the Luminary Committee came up with a solution. The proceeds collected this year by the Luminary committee were used for the North Avondale wall letters.

Thank you to Michelle Baxter who chaired this event with the help of: Carolyn & Jake Gillman and her Rose Hill area volunteers; Grace Hill and her South of Mitchell volunteers; Nikki Kittrell and Fred Fegan and their N & S Fred Shuttlesworth volunteers. Thank you to Andrea Ward from Holthaus Signs, Jeff Stine from The City of Cincinnati and NANA volunteers Ursula Hassel and Terry Toepker.

But most importantly, thank you to all the residents who contributed to Luminary. This sign should be a constant reminder that when our neighborhood works and plays together we can meet our desired goals and create something wonderful!

**NANA General Meeting**  
**North Avondale Recreation Center**  
**617 Clinton Springs**  
**Tuesday, June 8, 7:00 p.m.**

▪ **PROPOSAL TO TRANSFER GREATER CINCINNATI WATER WORKS TO A NEW PUBLIC REGIONAL WATER DISTRICT - Chris Burton Cincinnati Water Works Customer Relations Representative**



## HAVE FUN WITH YOUR NEIGHBORS

### 2nd Annual Spaghetti Dinner Fundraiser

Friday, June 4, 2010, 6:00 pm

Why: Ohio Valley Yearly Meeting Teen Fundraiser to attend Service Trip in June

Who: All are welcome! Come and bring your neighbors!

Suggested donation: \$7.50/adult, \$5/child 10 and under

Where: Community Friends Meeting 3960 Winding Way or call 251-2558

**Building the Citizens Budget All-City Event** on **Saturday, June 5<sup>th</sup> 9a.m. to noon** at Cintas Center. This is an All-City Event. If you plan to attend, take a moment to review the "budget choices" and "budget scorecard" files on the site so that you understand how the options are framed and will be discussed. [www.citizensforcivicrenewal.org](http://www.citizensforcivicrenewal.org)

**BE PART OF THE COORDINATED CAMPAIGN WITH THE OHIO DEMOCRATIC PARTY AND ORGANIZING FOR AMERICA** On **June 5<sup>th</sup> from 1pm - 4pm** we will stage a canvass out of The Greenwich Jazz Club (2442 Gilbert Ave) in Walnut Hills. At 4:30pm we will head over to our Woodlawn office (10036 Springfield Pike) for an office opening and reception. The Woodlawn office opening will go until 6:30pm. You are also welcome to attend our phone banks which are held Monday - Thursday from 6pm - 8pm at our Pleasant Ridge office (6109 Webbland Place - The Hamilton County Democratic Party Headquarters). Contacts: Montez Mason - Field Organizer - 448.9367 - [mmason@ohiodems.net](mailto:mmason@ohiodems.net), or Kiambo White - Regional Field Director - 448.8645 - [kwhite@ohiodems.org](mailto:kwhite@ohiodems.org).

**The 38<sup>th</sup> Annual June Used Book Sale** begins on **Sunday, June 6** at the Main Library downtown. The sale continues all week and concludes with the much-anticipated Bag Day on Friday, June 11. Buy a Friends' bag for \$10 and fill it up. The sale is open during regular Main Library hours of operation (Sunday: 1-5; Monday-Wednesday: 9-9; Thursday-Friday: 9-6). Your support of the book sale allows The Friends to commit thousands of dollars to the annual summer reading program.

There will be a benefit concert "**Singing Folks for Feeding Folks**" for the Freestore/Foodbank taking place at the Quaker meetinghouse on Saturday, **June 12<sup>th</sup>**. 2:30-6:00 Everyone is welcome. Featured Musicians: Chris Collier, Greg Mahan and Willow Morning (includes Jamie Fota - Paddock Rd.). Suggested donation of food or money for the FreeStore Foodbank.

**St. Bernard Cruise In on June 12 from 10am to 5pm.** We'll have awards for best modified, most unique, and best classic restoration cars. We'll also be having food and drinks, a 50/50 raffle, and IBEW Local 212 is partnering with us for the event.

After Crossroads cancelled all classes of all types, **Gentle YOGA** is now at Revolution located on Ridge Rd. near Madison. THURSDAY 11:00-11:45. It is taught by Leah Gates. an exceptionally good teacher.

Susan Muije

## YOUR NEIGHBORS

**Sherryl Fegan** (N. F. Shuttlesworth) invites everyone to check out her new blog. Feel free to leave her a comment letting her know what you think of her site! [www.cincinnati.afican.american.history.com](http://www.cincinnati.afican.american.history.com).

**Thandiwe Fegan** (N. F. Shuttlesworth) will be performing in the upcoming Cincinnati Christian Community Theater's *Les Misérables*. Performance dates are July 8-10, 2010 at Xavier University's Gallagher Student Center. Tickets are \$10 and must be purchased in advance. Please contact Thandiwe ASAP at 861-8378 for more information. Tickets are expected to go fast!

**William Alexander Crutcher**, 22yrs, 21 year resident of Lenox Place married Elizabeth Eloise Lupp, 21yrs, also from Cincinnati on Friday May 28th at the Bell Event Center. William is in his last year of nursing school while Elizabeth's major is in special education. Both attend the University of Cincinnati. *Jennifer Crutcher*

**Rosalie van Nuis** (Burton Woods) was recently elected Treasurer of the Cincinnati Bar Association and President-Elect of The Woman's Club of the University of Cincinnati. She is also a Trustee of Pro Seniors, Inc. which will be having its first ever Fundraiser - Rock On For Seniors at the Mayerson JCC on Saturday, August 14, 2010. Visit [www.proseniors.org](http://www.proseniors.org) for ticket information.

**Doug Sawan's** (Burton Woods) band, Foley Road, will be performing at Metamora's Red Hat Society Day **June 19<sup>th</sup>**. For more information: <http://www.metamoraindiana.com/>

**Dr. Jamila Maddox**, Chiropractor (Clinton Springs) - from North Avondale Montessori (1989) to *improving the Health & Wellness* of our community! Visit her new interactive health education website for more details - [www.cincinhealingarts.com](http://www.cincinhealingarts.com) Eat, Move & Think Well 365... Office: 376.3996 Email: [maddoxdc@yahoo.com](mailto:maddoxdc@yahoo.com)

**COMMUNITY YARD SALE** St. Aloysius Orphanage, 4721 Reading Road in Bond Hill is opening its campus to the public for a Community Yard Sale on Saturday, **June 26**. Tables are only \$20 each. This is a family-friendly environment with games for children, face painting, food and drinks. Persons participating must supply their own cash box for the event. There is no need to pack up any leftover items as they can be donated onsite to St. Vincent de Paul. Questions? call Thomas Courtney at St. Aloysius on 242-7613, Ext. 308.

**Sonny's All Blues**, is still hosting their Sunday night blues jam session at 4040 Reading Road every Sunday from 8:00 p.m. until midnight - no cover charge.

**Lights, Camera, READ!** is the theme of the 2010 program. From June 1-July 31, readers of all ages will be able to enjoy programs, win prizes and maintain reading skills while utilizing the full range of library materials in print, online, recorded, and in person. It is easy to sign up. Just log on and follow the instructions at: [www.CincinnatiLibrary.org/summerread](http://www.CincinnatiLibrary.org/summerread)



Keith Grace Dawn Grace Mike Carr

**Clinton Hills Swim Club** kicked off the summer with a 50th anniversary poolside party on Friday, May 28th. Clinton Hills was founded in 1960, fueled by the passion of a committed group of North Avondale residents with the goal of solidifying our community against fast-moving urban flight. A core "team" of founding members located the property, went door-to-door to recruit members, and secured plans and financing to build what is now a much-loved community hub.

The party included a speech by founding member Richard Allen, who shared the experience of creating a summertime community that was open to everyone. Clinton Hills was the first integrated private swim club in the Greater Cincinnati area. Along with more than 100 current pool members, Mr. Allen and his wife Barbara celebrated poolside to the music of Terreus, a local jazz/blues combo that generously

donated their time and talent. A special guest appearance by former Cincinnati Vice Mayor and Councilmember Jim Tarbell was appreciated by all. Neighbors can read more about Clinton Hills and its founding in a special feature in the online news magazine Soapbox Cincinnati (written by North Avondale's very own Casey Coston) at <http://www.soapboxmedia.com/features/0525soapdishclintonhillswimclub.aspx>.

Interested in joining Clinton Hills? Email Tricia Renneker, membership chair, at [ClintonHillsMembership@gmail.com](mailto:ClintonHillsMembership@gmail.com).

The Hamilton County Solid Waste Management District proudly announces the opening of the **2010 computer/TV recycling program**. The program will begin **Tuesday, June 1 and run through Wednesday, June 30<sup>th</sup> Hours are Monday – Friday, 9 am – 4 pm**. The program will also be open on **Saturday, June 19<sup>th</sup> from 9 am – 2 pm**. Drop-Off Location: 2trg 11085 Kenwood Road Blue Ash, Ohio 45242 Please visit our website for a list of acceptable items and additional information:

<http://www.hcdoes.org/SWMD/Residents/CompElec.html>  
As a reminder, this program is for Hamilton County, Ohio residents only. Hamilton County will sponsor another collection event in the fall. Dates to be announced.

**YARD WASTE PICKUP IS BACK!** The City of Cincinnati will collect yard waste in its own container (no plastic bags) along with solid waste on regularly scheduled collection days. All types of yard waste are accepted including grass clippings, leaves, branches and brush. Please follow the guidelines below.

- Place yard waste at your curb by 6AM on your regular trash collection day beside your household trash and green recycling bin.
- Branches and brush should be tied into bundles no larger than 2 ft. x 4 ft. and individual tree limbs should be no larger than 6 inches in diameter.
- Raking leaves into the street or right-of-way is prohibited and is PUNISHABLE BY LAW.

**2010-2011 STREET REHABILITATION PROGRAM**

In North Avondale the streets to be paved, etc. are:  
**Avondale Ave.** Ledgeswood Dr. to Reading  
**Glen Lyon Ave.** Redway to Barry  
**Kessler Ave.** Kessler Pl to Wuest St.  
**Winding Way** Dana to Avondale Ave.

**IN MEMORIAM**

- ☞ Kevin Armstrong (Rose Hill) died on April 14 at the age of 54.
- ☞ Mr. William Crooms died on May 22 at the age of 86. He resided at Washington Ave. for around 30 years. Originally from Louisville, KY., he taught secondary school. He then moved to Cincinnati to work at the IRS. Graduate of Howard Univ.-with a Masters in Music Ed. He was Minister of music at First Antioch Baptist Church (Walnut Hills) for 45 years. Pianist and director of Baroque Choral Ensemble-later called Richard Bush Chorale. Was in WWII medic in the US Navy. In April, 2010 received the "Faith in Action Award" from Council of Christian Communions. Gave piano lessons to people at Cinti. Christian College. For many years gave private piano and voice lessons to young and old AT NO CHARGE. Services at Antioch. Baptist on **Sat June 5.** 9-11-visitation, service 11 am

**2010 MEMBERSHIP APPLICATION OR RENEWAL**

Mr. Mrs. Ms. \_\_\_\_\_ name \_\_\_\_\_ date \_\_\_\_\_

Address \_\_\_\_\_

Email Address/s \_\_\_\_\_

Annual Dues \$100  \$50  \$25  \$10  \$5  or \$ \_\_\_\_\_

Pay Additional \$7.00 for Newsletter Mail Delivery \_\_\_\_\_

Thank you! Please make your check payable to NANA.  
Send Checks to the NANA Office 617 Clinton Springs, 45229



**NORTH AVONDALE**  
**617 Clinton Springs**  
**961.1584**

northavondale@cincinnati-oh.gov

**Do You Know NAC?**

**Summer Center Hours:** Monday and Friday 10-6pm,  
 Tuesdays, Wednesdays and Thursdays 10am -8pm

**Summer Program Highlights**

**Reds Rookie Success League** will be held on Tuesdays  
 and Thursdays, June 8 - July 1 9am - 2pm FREE.

**Greater Cincinnati Charms - Competitive Cheerleading**  
 Ages 4-18 yrs old. Program begins in June. For more  
 information call 503 1991.

**Fishy Fun** is a beginner fishing program for youth.  
 Held Fridays from 11am - Noon. FREE

**Job Readiness Program** for 12 and 13 yrs old  
 Monday - Friday 10am - 4pm. Space is limited.

**First Tee Golf** for 8-11yrs old  
 Mondays from 9am - 1pm FREE

**Summer Day Camp :**

**Dates:** June 7<sup>th</sup> to August 13<sup>th</sup> **Times:** 7:00am – 6:00pm

**Cost:** \$810 which includes membership to the center and  
 pool, swim lessons, backpacks, field trip shirt, field trips  
 and loads of fun.

*Dina Hanks*

**HIRSCH CENTER**

●3620 Reading Road ● 751.3393

Hirsch@cincinnati-oh.gov

**Public Hours:** Monday –Friday 10 AM to 6PM

**Summer Day Camp** June 7 to Aug. 13 - (filled)

**Pre-Teen Job Readiness Enrichment Program** (filled)

**Theater Experience** (ages 11-17) M-F 11:45 AM to 5:45PM  
 June 7 - Aug. 6, Mon. – Fri. **\$250**

**Reds Rookie Success League** June 8 – July 1, FREE T & Th  
 9AM - Noon Kids will be bused to Schmidt Ball Fields

**Free Lunch Program** 1-1:45 PM (served at 1:20) NO  
 MEMBERSHIP REQUIRED

**Hang with Us Enrichment Program** Teen activities include  
 basketball, explore your talents and an enrichment program  
 Wednesdays 6pm to 9pm, June 9 -July 21 - Free

**Tai Chi** M,W, F 9am to Noon

**Gym Games** Daily, Noon to 1PM

**Summer Drop Ins** Daily, Noon to 4:30

**OTTO ARMLEDAR HIRSCH SWIMMING POOL ■ 357-7665**

**Guard Start** M - TH 11 - 1:30

**Public Swim Lessons** T & W 11-12

**Open Swim** M-TH 1:00-4:30

F & S 1:00-5:30

**Swim Team Practice** M-Th 4:30-5:30

**Open Family Swim** M-Th 5:30-7:30

*Julie Fatora C. P. R. P.*

**Annual Memberships At All Centers**

Juniors and Seniors - \$10, Adults (Ages 18-49) - \$25 Includes  
 All CRC Centers & Pool, *except Dunham Pool Optional for Adults*  
*only:* \$20 Includes All CRC Centers Membership, \$10 Includes  
 All CRC Pools Membership, *except Dunham Pool.*



**NORTH AVONDALE MONTESSORI**

●363.3900 ● 876 Glenwood

[www.namrockets.org](http://www.namrockets.org)

The new school building will open  
 August 2 to be ready for the beginning of  
 the school year. A tour for the  
 Community is planned for August before  
 school starts on August 18th. Everyone

is very excited and those who have toured the new school  
 are very pleased.

A new principal has been hired for this coming year. His  
 name is Roger Lewis. He comes to NAM from Schiel  
 Primary School for Arts Enrichment where he was  
 Interim Principal. NANA Welcomes him to North  
 Avondale.

**THE NEW SCHOOL MONTESSORI**

●281.7999 ● 3 Burton Woods Lane

[www.thenewschool.cc](http://www.thenewschool.cc)

We invite you to travel through our school year by  
 looking at our website's flickr® photo gallery where you  
 will see some of 2009-2010's adventures. You'll see  
 student artwork of animal mothers with their babies and a  
 quilt of the world created by students for our annual  
 auction. You'll be treated to an overnight at Camp Ernst  
 where students fly on zip lines, walk on ropes courses,  
 ride paddle boats and enjoy the outdoors with teachers,  
 parents and friends. You'll enjoy seeing what famous  
 characters are represented as the kids parade in their  
 "Who Am I" costumes dressed as Madeleine Albright,  
 Huck Finn, Albert Einstein and more. You'll see photos  
 of exciting field trips to local and far-away places with  
 classroom learning extending its reach from area museums  
 and zoos to the Marengo Cave in Indiana. There will be  
 photos of sixth graders in Washington, D.C. as they  
 engaged in their annual visit to important monuments and  
 museums. Ten sixth graders will be snapping photos this  
 summer as they travel to visit a Montessori school in  
 Yokkaichi City, Japan. We hope you'll join us at  
[www.thenewschool.cc](http://www.thenewschool.cc) to enjoy the journey.

*Ann Baumgardner Development/Marketing Director*

**The Community Action Agency May Be Able to Help**

The Cincinnati-Hamilton County Community Action  
 Agency is a private, nonprofit organization that has served as  
 a lifeline for low-income children and adults throughout  
 Hamilton County for 45 years. The agency provides early  
 childhood education and assistance with employment,  
 emergency services, utility bill payment, home weatherization,  
 housing, and youth programs. Services are available at no cost  
 to those who qualify.

The agency's largest program, **Head Start**, is now enrolling  
 preschoolers for the 2010-2011 school year. The program  
 promotes school readiness for 3 and 4 year olds by giving  
 them the classroom experience and confidence. It focuses on  
 the child's physical, emotional, and social development and  
 graduation from high school and continuing on to college is  
 more likely than with non Head Start low-income peers.

Please call 569-4510 to enroll your child or visit CAA's  
 website at [www.cincy-caa.org](http://www.cincy-caa.org) to learn more.

## Salad Bar Lunches at CPS

### Original Email

This past school year CPS, in a pilot, had salad bars in 4 schools. This next school year they will have 5 more. The schools they have selected are achieving schools that parents compete to get their children into. There are 16 schools in the Elementary Initiative schools that have been poorly achieving and CPS is working hard to bring up their academic achievement. None of these schools were selected.

According to a recent Enquirer article Cincinnati is a food desert, with 5 grocery stores closed in the past 10 years. Food desert describes areas of poverty where people can't walk to the store. Good produce is hard to get in these areas. This describes our neighborhood, North Avondale & Avondale. North Avondale Montessori will get a salad bar. South Avondale and Rockdale will not. They are both part of the Elementary Initiative. South Avondale is the neighborhood school for North Avondale and Avondale. Rockdale is the neighborhood school for the rest of Avondale.

We know that eating the right foods helps with learning. Once at Burton I brought a veggie tray for an event for the students. They ate it all. Some had never had some of those vegetables. We need salad bars in all schools that want it.

If you wish to comment to CPS, Customer Service 363-0123 or [cpshelp@cps-k12.org](mailto:cpshelp@cps-k12.org) or school board administrator [Davisph@cpsboe.k12.oh.us](mailto:Davisph@cpsboe.k12.oh.us)

*Pauline Daly*

### Response from CPS

My name is Jessica Shelly, and I am the Food Service Director for Cincinnati Public Schools. Superintendent Ronan asked me to provide some information on the food options we currently offer to our students and our "salad bar in every school" initiative. It is important to note that Food Services provides a chef salad entree choice and a crisp garden salad vegetable side along with a fresh fruit side selection to all of our students every day at every school. Food Services also assists and supports all of our schools on their grant application for the Fresh Fruit and Vegetable Grant each year. Last year we had 14 schools receive the award; this year we had 23 schools receive the award. This is the seventh year the Ohio Department of Education has offered the grant, and Cincinnati Public Schools is the only district in the state that has had at least two schools with the grant each year since its inception.

Most recently Food Services has been encouraging the creation of school-based gardens where the produce and herbs grown can be used in the lunch program. Food Services is working diligently to put a salad bar in every CPS school. We believe that placing a salad bar in each school will allow Cincinnati Public Schools to continue our efforts to provide nutritious and healthy meals to our students. By encouraging our students to make salads for lunch with plenty of fresh vegetables and fruits, we are teaching healthy eating habits that will keep students alert in classes and serve them well all their lives. As our department is able to recognize funding for the purchase and installation of salad bars, we will continue to place them in schools throughout CPS.

The first four salad bars installed in May 2010 were through a donation from Chiquita and United Fresh Produce Association. The four schools were selected jointly by CPS, Chiquita, and United Fresh Produce Association. There were requirements that the salad bars be placed in severe-need elementary schools that already had implemented exceptional nutritional education, especially on fresh fruit and vegetables. Also, two schools needed to be in US House District One and two schools needed to be in US House District Two. Carson (95% free/reduced), Academy of World Languages (92% free/reduced), John P Parker (90% free/reduced), and Pleasant Ridge Montessori (68% free/reduced) were selected.

In August 2010, we will be placing five more salad bars in schools at CPS. The reason these five schools were selected was that these schools currently have two serving lines, but only use one serving line. We are planning to use the unutilized serving line as a salad bar line; therefore, the cost for implementation of the salad bars at these schools is negligible. The five schools are Dater Montessori (47% free/reduced), North Avondale Montessori (43% free/reduced), Sands Montessori (30% free/reduced), Fairview (27% free/reduced), and Kilgour (17% free/reduced).

All of our meals served under the National School Lunch Program must, by federal law, meet nutrition guidelines based on the Dietary Guidelines for Americans. No more than 30% of calories can come from fat and less than 10% from saturated fat. Our school lunches are designed to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.

The items offered to the students at Cincinnati Public Schools are healthy versions of the restaurant-style items students expect and accept. The stigma of "school lunch" is challenging to overcome, but Food Services is working diligently through exciting menu changes, new marketing initiatives, and improvement of food choice and quality to change that perception. It is our goal that the students of Cincinnati Public Schools don't feel they have to eat school lunch, but they want to eat school lunch.

All menu items are in compliance with the Cincinnati Public Schools Wellness Policy. Wellness and the problem of childhood obesity are utmost on our mind when it comes to the food items offered to the students of Cincinnati Public Schools. Food Services is dedicated to selecting the safest, most wholesome products available. Food Services continues to make positive changes to the school meals to encourage students to participate in the school breakfast and lunch programs, and we continue to work hard to come up with adjustments that are still within the federal, state, and Board rules, but offer a better overall experience for the students. The items we offer, exceed the USDA nutrient guidelines for the National School Lunch Program. In February 2010, we were audited by the Ohio Department of Education on the nutrient value of our program and received multiple commendations for limiting use of sodium and fat in our foods and we were praised for our increase of fiber to each meal pattern.

Some of the examples of the nutritional value of our foods include: (1) All of our items are oven baked ... Fryers have been gone from every school kitchen for over five years. (2) Most of our products are whole grain products, including our pasta and pizza crusts. An enriched whole grain white bread is replacing the wheat bread currently used. The whole grain bread has the same amount of calcium of an 8 oz glass of milk, two grams of fiber per slice, and eight essential vitamins and minerals. (3) We eliminated pork products from our menu three years ago (except for the pepperoni on the pizza), and use turkey-based items where we can, like in our Coney dogs and corn dogs. (4) We offer a fresh whole fruit and a garden salad as side options every day in every school. (5) We use only low-fat cheeses on all of our products, including three-ways and pizzas. (6) No salt or butter is added to any of our vegetables or entrée servings. (7) We offer non-meat alternatives every day, which includes a chef salad and peanut butter and jelly sandwich. (8) All of our milk offered is skim or 1% fat content. All of the juices we serve are 100% fruit juice. (9) Beginning in August 2010, our chocolate milk choice will no longer be made with high fructose corn syrup, reducing the calorie, carbohydrate, and sugar content.

I hope I have answered some of your concerns and questions. Educators have long recognized the link between nutrition and learning, and recent studies showing that well-fed children learn better than poorly nourished children back up the anecdotal evidence. Our department looks forward to continuing play a pivotal role in supporting CPS students' intellectual, as well as their physical, development.

Regards, Jessica Shelly, RS, REHS, MBA, Food Services Director, CPS Office: 363-0818 Email: [Shellyj@cps-K12.org](mailto:Shellyj@cps-K12.org)

## NANA CALENDAR

- **Tuesday, June 8, NANA General Meeting, 7:00pm** North Avondale Recreation Center, 617 Clinton Springs
- **Wednesday, June 23, District 4 Resource Meeting** (4th Wednesday of each mth.) 6:30 pm Police Station, 4150 Reading Rd.
- **First Thursday of each month July 3, at 1:30pm, NANA Rental Housing Meeting**, District 4 Police Station 4150 Reading Rd.
- **Tuesday, July 13, NANA General Meeting, 7:00pm** North Avondale Recreation Center, 617 Clinton Springs

## IMPORTANT CITY NUMBERS

City Complaint/Request Hotline	591.6000	To just make a crime report (no police visit)	352.2960
Police District 4	569.8600	Request A Recycling Bin	242.4600
Paul Graves Neighborhood Officer:	569.8654	Report Air Odors 24/7	946.7777
Paul.Graves@cincinnati-oh.gov		To learn about Crime in Cincinnati visit:	<a href="http://Crimereports.com">Crimereports.com</a>
Thomas Beridon Dist. 4 Prosecutor	352.3618	Track property code violations:	
Thomas.beridon@cincinnati-oh.gov			<a href="http://cagisperm.hamilton-co.org/cpop/">http://cagisperm.hamilton-co.org/cpop/</a>
Nonemergency Police	765.1212		

## NANA EXECUTIVE BOARD, COMMITTEE CHAIRS

President: Bill Stevens _____	221.7549	Beautification: Ursula Hassel _____	751.4546
1 <sup>st</sup> VP: Nikki Kittrell _____	221.1040	Landlord Accountability: Michelle Baxter _____	475.0441
2 <sup>nd</sup> VP: Fred Fegan _____	861.8378	Master Plan: Tim Yosmali _____	641.1244
3 <sup>rd</sup> VP:		Neighborhood Issues: John Jones _____	281.2596
Corresponding Sec.: Barry Myers ___ bostonbarry@gmail.com		Rental Housing: Pauline Daly _____	751.8334
Recording Secretary: Linda Mathews lindaspear33@yahoo.com		Welcome: Grace Hill _____ gracehill@fuse.net	
Treasurer: Maura Wolf _____ maurawolf100@gmail.com		<b>NANA Administrator &amp; NANA News Editor:</b>	
		Charlene Morse _____	221.6166



***Cincinnati's best address with: Beautiful Homes, Great Neighbors & Civic Passion***

North Avondale Neighborhood Association  
 617 Clinton Springs Ave.  
 Cincinnati, Ohio 45229-1324

*Current Resident Or:*

**NANA MEETING JUNE 8,<sup>TH</sup> 7PM**

**~PAY YOUR 2010 NANA DUES~**

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