

# Paddock Press

A publication for the neighborhood of Paddock Hills, Cincinnati, Ohio. Funded by the Neighborhood Support Program.  
Newsletter address: PO Box 16028, Cincinnati, Ohio 45216-0028

A Bimonthly Newsletter

Volume 26 Issue 2 March/April 2019

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## Ethnic Potluck Dinner

Did you miss the Annual Ethnic Potluck in January?  
If so, you missed a feast.



Thank you to Liz and Don Swain  
for organizing the Ethnic Dinner.

Kudos to volunteers who help set up and clean up.

And thanks to all the people who came out to share the night and a dish.

If you didn't make the Ethnic Dinner  
be sure to come out for the Awards Dinner in March.

## Annual Awards Dinner

**Join us for the Annual Paddock Hills Awards Dinner**  
**Sunday March 10**  
**6:00 PM**  
**Blue Gibbon Restaurant**

Take a night off from cooking, and order your Blue Gibbon favorite. Catch up with old friends and meet new ones, while we recognize some of the people who stepped up this past year to make Paddock Hills special.

<https://www.bluegibbon.net/full-menu>

## 2019 Meeting Schedule

Paddock Hills **Community Meetings** are an opportunity to express your concerns, make suggestions and meet your neighbors. Please consider attending a meeting.

Meetings are usually the fourth Monday of the Month, at 7:00 PM and are held at the Avon Woods Nature Center.

The schedule for the remainder of 2019 is:

**Monday March 25**  
**Monday April 22**  
**Monday May 20**  
**Monday June 24**  
**Monday July 22**  
**Monday August 26**  
**Monday September 23**  
**Monday October 28**  
**Monday November 28**

# Neighborhood CleanUp

The consensus is that the accumulated trash surrounding the neighborhood this year is a serious problem. So let's solve it.

Our first spring cleanup of the neighborhood is scheduled for the morning of **March 30**. We will have student volunteers from UC meeting at Avon Woods Nature Center to get the ball rolling. The annual Keep Cincinnati Beautiful event will run from **9:00 AM to Noon**.

Environmental/Beautification Committee Chair, Lynne Stone is looking for volunteers to act as leaders directing teams of students.

The cleanup goes on rain or shine.

Pizza is served at Avon Woods Nature Center after a good morning's work.

The second cleanup is scheduled for **May 11**. Mark your calendars.

We will need volunteers to work on the neighborhood gardens and other clean up tasks.

## Message from the President

Spring is just around the corner and the Paddock Hills community will be preparing their lawns and gardens for health and beauty. Here's hoping the moles have no success this year in destroying our yards! If you find a process that keeps those moles from destroying your yard, please share. We would all appreciate knowing the secret!

On March 30th, from 9am-12pm, Paddock Hills will receive 50 UC students to clean-up and work in our community. Please advise areas in our community that need clean-up.

In addition, let me know if you would like to be a team leader to manage about 8-10 students on a project. Send emails to [paddockhillsassembly@gmail.com](mailto:paddockhillsassembly@gmail.com).

Happy Gardening and Spring Cleaning!

Lynne Stone  
President

## Change Your Clocks, Change Your Batteries

The Cincinnati Fire Department is reminding residents to make potentially lifesaving changes when they "spring forward".

Daylight Saving Time begins Sunday March 10.

That's when clocks move ahead an hour from standard time of the winter months

On that same day, everyone is encouraged to change the batteries in their smoke alarms.

Engine House 9 can hook you up with smoke alarms again this year.

# Potholes? Old Mattress? There's an App for That!

City of Cincinnati has an app, Fix it Cincy! that can be downloaded to a smart phone or computer. The app can be downloaded from Google Play or the Apple App Store at no charge.

The upgraded app allows users to report problems or request a service, such as icy/slippery streets, potholes, graffiti, litter, missed garbage collection and residential maintenance issues. Bulky item pickups can be scheduled.

Fix it Cincy! app can be used to report issues that improve our neighborhood, and multiple Paddock Hills residents reporting on an issue will alert the city that many people are affected, e.g. pot holes, water issues.

Pictures can also be included in the request, along with comments to identify if a danger to person or property.

## Smart 911

Smart 911 is a communications tool that provides 9-1-1 call takers and first responders with additional critical information about Cincinnati residents. This technology helps reduce response times and provide first responders with vital information that can help improve incident outcomes.

Cincinnati residents can create a secure Safety Profile at [www.Smart911.com](http://www.Smart911.com).

Your profile will automatically display to emergency call takers immediately upon placing a 9-1-1 call. When a call comes in, a call taker will see a user's Safety Profile as well as a Facility Profile about their current location.

The majority of 9-1-1 calls come in on cell phones these days. While the cell phone gives an approximate location first responders often lose valuable time locating a specific address.

Users can customize their profile and share any information they would like first responders to have in the event of an emergency – things ranging from information medical conditions to blood type to primary language.

Now, fire crews can arrive at the scene of fire knowing how many people live in a residence and the location of bedrooms, utility cut offs etc. EMS teams can have detailed information about a person's allergies or prescriptions they're taking.

All information outlined in a Safety Profile is private and secure, and it is seen only when a participating user dials 9-1-1.

## Yard Waste

Yard waste is collected every-other-week April through the second week of January, and is collected on the same day as recycling. Yard waste cannot be placed in your green recycling cart—it must be in separate yard waste bags or another container and labeled “Yard Waste.”

The first 2019 yard waste pick up for Paddock Hills is Tuesday April 9.

Do not dump yard waste on hillsides as it destabilizes the hill. And do not sweep leaves off private property onto the street clogging catch basins. This seems like common sense to the law-abiding community. Unfortunately, there is always that distinct minority of individuals that do not respect the basic concept of protecting our public property from accumulating trash, debris, or rubbish. For that distinct minority, numerous statutes exist to hold them accountable.

## Surveillance Cameras

Those coming into the neighborhood from Paddock Rd. may have noticed the sign that says, “This community has 24 hour surveillance.”

It is true. A couple years ago the Paddock Hills Assembly purchased cameras that are used to monitor key locations in the neighborhood. Video footage is stored on the cameras for ten days.

These cameras are not there to spy on anyone.

They are only casually monitored. What they are for is to assist police and neighbors if anyone witnesses any suspicious activity or vandalism.

For example, on two occasions in the past the cameras caught some drug deals and those transactions and the vehicles involved were posted on Nextdoor and social media.

Such postings gets the word out that this neighborhood is on the lookout for, and is capable of monitoring, such activity. We believe the presence of our cameras has spread through word-of-mouth and may be one reason for a decrease in drug activity in recent months in our immediate community.

The bottom line is: If you see something, say something. We may have recorded an incident that we can share with police. The cameras obviously monitor a portion of the neighborhood, so we won't catch everything. But we may still be able to identify a person or vehicle suspected of an incident leaving the scene of act of vandalism or other illicit activity.

If you do see something suspicious, do call the police. Our Neighborhood Officer is Anthony Hill [anthony.m.hill@cincinnati-oh.gov](mailto:anthony.m.hill@cincinnati-oh.gov) or 569-8678.

And notify Paddock Hills resident Rick Bird, who has volunteered to monitor the cameras. He can be reached at 513-242-6488; [newsbird@zoomtown.com](mailto:newsbird@zoomtown.com) . It is important that you note the day and time of the activity and any description of a vehicle or person and report it within ten days.

# Ambassadors Wanted

Don Swain is heading up a new community outreach effort. Paddock Hills Community Ambassadors is an attempt to make Paddock Hills a more inclusive, more connected, smaller and more welcoming community.

The Community Ambassador will become a point of contact for all neighbors, new and old, to the Paddock Hills Assembly. The individual will forward all information concerning the many activities taking place in the community. The Ambassador must be out-going, people loving, life of the party or none of the above as long as you care about people. Duties include but not limited to; **...meet and greet all new neighbors on your block...become a point of contact for all neighbors to the PHA...inform all neighbors of the community activities....pass out flyers as needed...provide well check for those neighbors in need.**

We have 14 cul-de-sacs, we need 14 ambassadors.

Please consider yourself for this important role. To volunteer contact Don Swain [dleeswain@fuse.net](mailto:dleeswain@fuse.net) , come to the next Community Meeting or let any of the Trustees know.

Help us become a more connected, inclusive and caring community.

## Fitness Corner

No pain, no gain.....really? Not so much! Muscular discomfort is NOT a badge of honor.

When the muscle is asked to do too much too soon, small micro tears occur in the muscle fiber. This is normal as long as the soreness is minor. Most muscular discomfort last between 12-24 hours after a workout. However, it could last up to 72 hours depending on how your body manages this post workout process. I personally use 48 hours as my average time of healing.

Activities that involve a high number of repetitions will produce more soreness than a low number of repetitions. Always choose quality over quantity and avoid temptation to overdo it until your body has adapted to the exercise. Remember starting a new activity, less is more. Progress slowly. Take extra time to warm up and cool down. The takeaway here is that you don't need to be sore to benefit from exercise. In fact too much soreness can be damaging and debilitating.

Lynne Stone

American College of Sports Medicine (ACSM) Certified Personal Trainer and Instructor



# Landslides

Landslides on Columbia Parkway make news when they snarl rush-hour traffic for a day or two, but this is not just a problem for people who happen to take Columbia Parkway to work or who live at the top of Mount Adams or Price Hill. This is about backyards around Cincinnati including North Avondale and Paddock Hills. While landslides have always been a problem here, they're a problem some fear will worsen as climate change causes more weather extremes and dumps more rain onto hillsides.

Greater Cincinnati sits in part on what's called the Kope shale formation, which breaks down easily and is highly prone to landslides. There is also lakebed clay, a remnant of the glaciers, scattered throughout this region. Lakebed clay shrinks when it's dry and swells when it gets wet. Too much precipitation adds weight and pressure. The hillsides get oversaturated and, eventually, there's a landslide.

That geology alone would be enough, said Eric Russo, executive director of The Hillside Trust, a nonprofit dedicated to protecting this region's hills. "We've significantly altered the landscape over the last couple hundred years," Russo said. "In a lot of cases, the hillsides were made weaker."

Landslides here have been exacerbated by development, Russo said. The hills were stripped of trees and quarried for rock. People built houses and roads, and they didn't always account for the hills and how they were changing and often damaging them.

The Hillside Trust doesn't keep exact counts, but Russo thinks landslides are increasing. These days, he gets five or six calls a week from people who think they might have a slide and aren't sure what to do.

The Hillside Trust is an informative resource for Paddock Hills homeowners who want to prevent or remedy landslide damage.

Contact the Hillside Trust  
<http://www.hillside-trust.org>

How to Spot a Landslide  
<https://infogram.com/landslides-1h984w11rxvv2p3>

Types of Landslides  
<https://infogram.com/landslide-types-1h1749q0wyyd2zj>

# Invitation

The Paddock Press would like to invite more submissions to introduce new neighbors and announce our neighbors milestones and accomplishments.

Please consider submitting your news for the May/June edition by the end of April.  
Paddock Press [newsbird@zoomtown.com](mailto:newsbird@zoomtown.com).

## Calendar / Upcoming Events

<b>Sunday March 10</b>	<b>6:00 - 8:00 PM</b>	<b>Awards Dinner</b>	<b>The Blue Gibbon</b>
<b>Monday March 25</b>	<b>6:00 - 7:00 PM</b> <b>7:00 - 9:00 PM</b>	<b>Trustee Meeting</b> <b>Community Meeting</b>	<b>Avon Woods</b> <b>Nature Center</b>
<b>Saturday March 30</b>	<b>9:00 AM - 12 PM</b>	<b>Neighborhood</b> <b>CleanUp</b>	<b>Avon Woods</b> <b>Nature Center</b>
<b>Monday April 22</b>	<b>6:00 - 7:00 PM</b> <b>7:00 - 9:00 PM</b>	<b>Trustee Meeting</b> <b>Community Meeting</b>	<b>Avon Woods</b> <b>Nature Center</b>

## Frequently Called Numbers

**Unattended, abandoned cars, litter, overgrown weeds, snow removal, pot holes, dead animals, sidewalk repair and graffiti, etc.**

To report concerns or request services from the city:  
Cincinnati Public Works 591-6000  
[www.5916000.com](http://www.5916000.com)

### Cincinnati Police

District 4  
569-8600

Officer Anthony Hill Neighborhood Officer  
[anthony.m.hill@cincinnati-oh.gov](mailto:anthony.m.hill@cincinnati-oh.gov)  
569-8678

**Avon Woods Nature Center**  
861-3435

### Paddock Hills Media

Paddock Hills Neighborhood website <http://www.paddockhills.org>  
Nextdoor Paddock Hills <http://paddockhills.nextdoor.com>  
Facebook <https://www.facebook.com/Paddock-Hills-266186546751105/>

## Paddock Hills Assembly Officers

**Lynne Stone - President**  
**Joe Galvin - Vice President**  
**Lina Orr - Treasurer**  
**Stacy Bird - Secretary**

## Paddock Hills Assembly Trustees

<b>Stacy Bird</b>	<b>Luekiucius Brown</b>
<b>Joe Galvin</b>	<b>Susan Glas</b>
<b>Ellie Johnson</b>	<b>Emma Kitzmiller</b>
<b>Nicole McWhorter</b>	<b>Lina Orr</b>
<b>Lynne Stone</b>	<b>Liz Swain</b>

## Committee Chairs

**Safety, Security and Traffic - Luekiucius Brown**  
**Environment/Beautification - Lynne Stone**  
**Neighborhood Support Program - Susan Glas**  
**Economic Development - Nicole McWhorter**  
**Social - Liz Swain**  
**Welcome - Emma Kitzmiller**  
**Membership - Joyce Coleman**  
**Youth Programs - Joe Galvin**

## Paddock Press

**Rick or Stacy Bird**  
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