

# Paddock Press

A publication for the neighborhood of Paddock Hills, Cincinnati, Ohio. Funded by the Neighborhood Support Program.  
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A Bimonthly Newsletter

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## Community News

### Together, We Nurture Our Community & Forest

Paddock Hills and the Avon Woods Nature Center have a long history of working cooperatively for the interest of both our neighborhood and the old growth forest in our backyard.

Please find a day in **2020** to be outdoors and take care of our mature forest by removing invasive species from it. Your volunteer efforts will ensure the natural place to unwind and relax remains intact, as it was meant to be.

**Avon Woods Nature Center on designated Thursdays, 9:00am to 12:00pm:**



January 2nd  
February 6th  
March 5th  
April 2nd  
May 2nd  
June 4th

Help parks staff remove harmful invasive plants such as winter creeper and honeysuckle and learn about nature along the way. Dress for the weather, wear closed toe shoes, bring a reusable water bottle, and work gloves.

# Community News

## Community Fall Cookout and New Neighbor Welcome

If you missed the Fall Cookout you missed some great food and conversation. It was a beautiful evening to catch up with old friends and meet new neighbors. Thanks to the Lowry's for hosting and the Swains for planning and set up.



# President's Message

HOLIDAYS? Nooooo, it can't be happening!

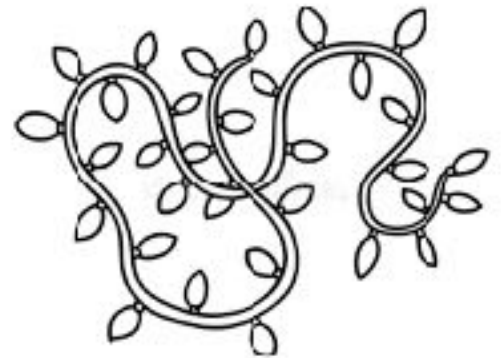
To my disbelief, the Winter Holidays are fast approaching whether I want to accept it or not. I was in Costco Sunday afternoon and actually did some Holiday shopping. I thought, WHAT am I doing? I was totally caught up in the Christmas trees and all the isles of toys...

I felt pulled into the holiday rush of activity! I started to feel overwhelmed by the thought of everything that needed to take place for Thanksgiving, Hanukkah, Christmas and Kwanzaa.

When I returned home, hiding my purchases...hehe, I came across some words of wisdom that brought peace to my soul and I wanted to share with my friends & neighbors!

## Ten Things That Drain Your Energy

1. Constant worrying
2. Taking things too seriously
3. Spending time with toxic people
4. Comparing yourself to other people
5. Not having boundaries
6. Trying to please everyone
7. Not being yourself
8. Too much time on social media
9. Too much junk food
10. Sleeping in late



Have a Peaceful Holiday,  
Lynn Stone  
President

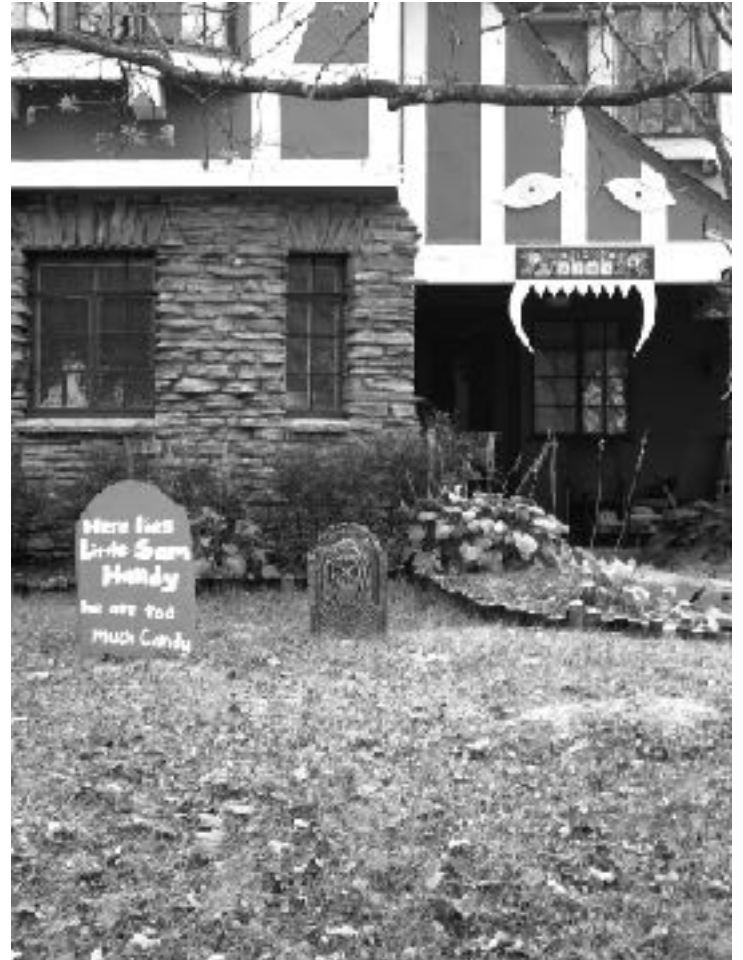
## NSP

The Paddock Hills 2020 Neighborhood Support Program (NSP) Proposal and Application was approved by the Trustees and by the unanimous vote of community members at the November Community Meeting. If approved funds will be dedicated to four project areas as in 2019. The project areas are: Membership/Communication, Social Events, Beautification and Security & Safety. This year NSP Grants are \$6,078.

Thanks to Faraz Rizvi's efforts in taking over this responsibility, and to Susan Glas who continues to be a resource for Faraz.

# Fall in Paddock Hills

If you don't have the pleasure of trick treating with children, you may have missed some of our neighbors fall holiday displays. Here are just a few.



# Neighborhood News

## Kudos! Tree Planting Neighbors!

Paddock Hills is known for its beautiful tree-lined streets and friendly community.

Here's a SHOUT-OUT to acknowledge all the neighbors who planted trees for the 2019 ReLeaf Program! Thank you for keeping our neighborhood healthy and vibrant. If you missed receiving a free tree(s) this year, please contact Cathi Lowry, [joca.lowry@gmail.com](mailto:joca.lowry@gmail.com) to receive 2020 ReLeaf information next fall.

## PH Voted!

Paddock Hills is known for its community involvement but in some circles we are also known for our good citizenship. A poll worker at our voting place was overheard commenting on Paddock Hills' great voter turn out.

If you are new to the neighborhood or have not voted in a while, here is some information:

Precinct Name: Cincinnati 7-A

Polling Address: The Metro Sorta Office 4700 Paddock Road

US Congress: 1ST Congressional District

Ohio Senate: SE09

Ohio House: 33RD House District

School District: Cincinnati City Schools 3101

Municipal Court: District 2

Early Voting is conveniently located in Norwood at: The Hamilton County Board of Elections  
4700 Smith Road  
Cincinnati, OH 45212-9002  
Phone 513 632-7000

To register to vote, change your registration, verify your registration, get absentee ballots, sample ballots etc.,

go to the Hamilton County Board of Elections site: <https://boe.hamilton-co.org> for assistance.

## Fire Safety Tip

Firefighter Freeland reminds us to be mindful of fire safety when preparing our Holiday Feasts and winter comfort foods. He advises that we store a kitchen fire extinguisher in a convenient location but away from the stove. If a fire breaks out at the stove it could block access to the extinguisher, so store it on an opposite wall or a pantry cupboard.

# Tree Talk

It was announced in our Aug/Sept Paddock Press that Marilyn Jackson of 1234 Avon Drive was the winner this year of the 2019 Beautification award. The property edged with flower beds is framed by the large Ginkgo tree with its elegantly tangled branches.

It is a tree that is well known to residents of that stretch of Avon, according to Mary Leitzinger who has lived on Avon since 1967 with her husband, Paul. She remembers it was well cared for since the '70s. "We just called it Mr. Turners Ginkgo tree. He loved that tree and protected it. I guess you could say he was the classic 'grumpy old man' yelling at kids to get out of his tree. It was such a good climbing tree." It still is.

One of the most distinct of all deciduous trees, the Ginkgo stands out. Fan-shaped leaves turn a stunning yellow color in the fall. It can tolerate many urban conditions including heat, air pollution, salt, and confined spaces. It establishes easily.

The Ginkgo tree is often described as a "living fossil," with the earliest leaf fossils dating from 270 million years ago. It was rediscovered in 1691 in China and was brought to this country in the late 1700s.

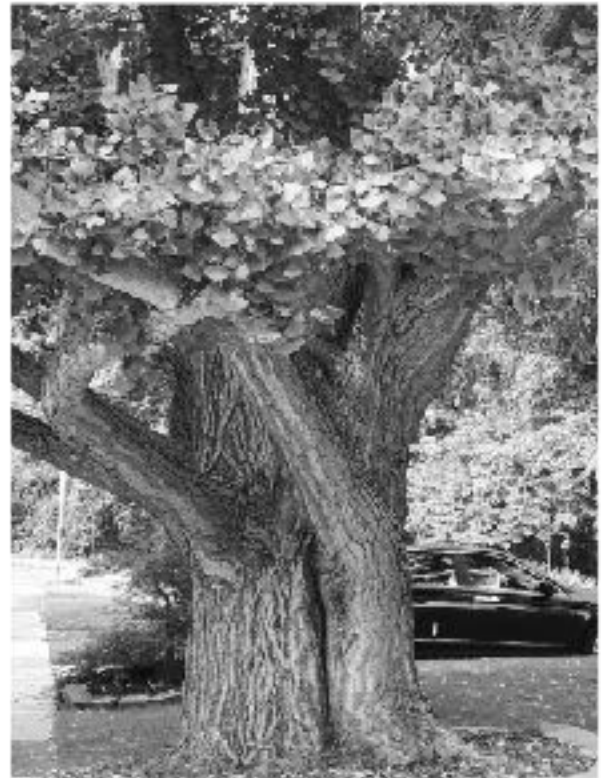
The seeds and leaves have been (and are still today) used in medicine throughout the world.

In that same announcement Cathi Lowry, Chair of the Beautification Awards Committee, made mention of Red Bud Trees.

Jamie and Les Stoneham moved into their home at 1344 Westminster last summer and Jamie knew exactly what to do with the Red Bud Tree in their yard. Jamie, a chef and founder of The Farm Chef, which provides culinary and gardening programming for schools, hospitals, and other organizations, writes us:

"A little note to Cathi Lowry: she said the kids were disappointed that there weren't any edible berries on the redbud tree, but just in case she didn't know, the flowers are edible and quite tasty. We sprinkle them on fresh spring salads and after-bake toppings on homemade pizza."

<https://www.motherearthnews.com/real-food/foraging-for-redbuds-flavorful-flowers-zbcz1503>



# Fitness Corner

## Hip and core activation exercises

Your core and hips power your every movement, whether you're getting up to refill your coffee mug or squatting with a heavy barbell.

Keeping these critical muscles—which include your abdominals, low back muscles, gluts, hip flexors, and hip adductors—firing on your off days will help prep your body for the more intense work you may have planned for the days ahead, according to strength and conditioning coach Erica Suter, M.S., C.S.C.S.

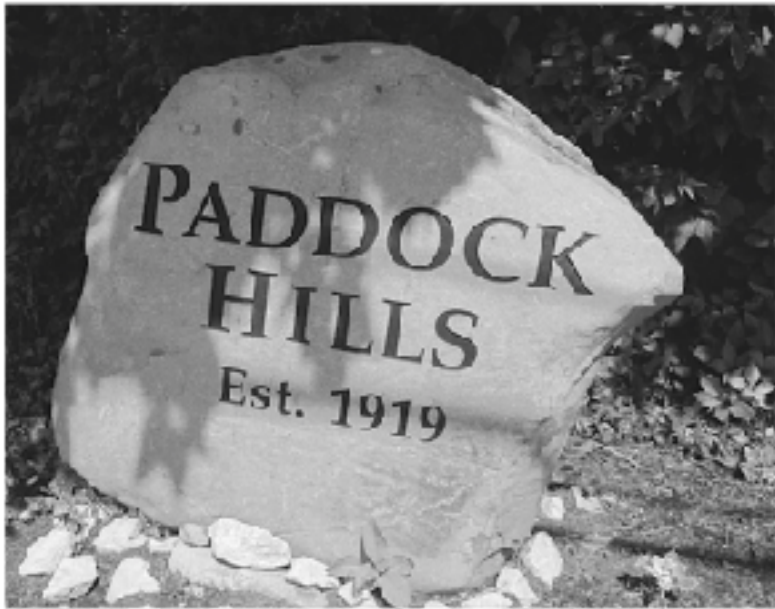
Simply put, keeping them working will keep them limber and trained to activate when you need them during your hard workouts.

Consider these your go-to moves and sprinkle them throughout your day: bird dogs, dead bugs, bodyweight glut bridges, fire hydrants, and planks.

Lynne Stone

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

## Happy Birthday Paddock Hills



Paddock Hill's Centennial Year draws to an end and we wish all in our community a final Happy Birthday and a Happy New Year!

As we enter our neighborhood and community's second hundred years let's continue to work and play together, show pride in our homes and our streets, embrace new neighbors, celebrate old traditions and and make news ones. Make the next hundred years good ones!

Best wishes in the New Year!

# Newsletter Submissions

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

Are you a new resident who has never been introduced? Introduce yourself!

Personal or Family accomplishments? Toot your horn a little!

Community or School News of interest? Let us know?

Neighborhood memories? Tell us about it!

Observations and anecdotes that capture what Paddock Hills represents to you.

Please submit your news for the January/February edition by the end of December.  
Paddock Press [newsbird2@icloud.com](mailto:newsbird2@icloud.com).

The January/February editions will be distributed January 10th.

“New year—a new chapter, new verse, or just the same old story?  
Ultimately we write it. The choice is ours.” — Alex Morritt

## 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

Stacy Bird

Bruce Bowden

Joe Galvin

Ellie Johnson

Paul Jones

Emma Kitzmiller

Cathi Lowry

Nicole McWhorter

Lina Orr

Lynne Stone

Liz Swain

### NSP Grant Manager

Faraz Rizvi

### Committee Chairs

Safety, Security and Traffic - Luekiucius Brown

Environment - Paul Jones

Beautification -Cathi Lowry

Economic Development -

Nicole McWhorter and Ellie Johnson

Social - Liz Swain

Welcome - Emma Kitzmiller

Membership - Joyce Coleman

Youth Programs - Joe Galvin

### Paddock Press

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