



Quarterly Newsletter of the Clifton Town Meeting
 WINTER 2021 • VOLUME 30 • NUMBER 4



legendary Garage Shakespeare Esquire indies popcorn Plaza improv rock bands classics pharmacy unsurpassed
 education Union Intellectual Cultural Arts Center Galleries jewelry boutiques
 Library Hebrew University College spiritual nourishment churches mosque temples craft entertainment boutiques
 Schools Smart makers University State walkable spiritual nourishment churches mosque temples craft entertainment boutiques
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 Music Hospitals sounds Cafes coffee tea market Zoo burgers comestibles pasta Italian American Indian Diversity Cliftonites donate
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 must-see Zoo burgers comestibles pasta Italian American Indian Diversity Cliftonites donate
 Drink beer wine Chinese Cajun American Indian Diversity Cliftonites donate
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 tasty chili familiarity Inclusion neighbors hometown



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President's Message

As I sit down to write my last message as the president of Clifton Town Meeting, I can't help but think of what a long, strange trip it's been.

I was elected president in January of 2020 and looked forward to trying some new ideas and increasing turnout for our monthly meetings. Then came COVID-19 and everything went out the window. Suddenly the task wasn't making small adjustments to an existing method, but instead learning on the fly how to maintain the basic functioning of the organization in a world gone crazy. I am extremely proud to say that CTM never missed a meeting and never stopped advocating for the best interests of Clifton. We supported our local businesses with Clifton Cares and other programs, and to the upcoming trustee elections we took advantage of the unique circumstances to try new ideas like the Clifton Avenue bike lane.

I am disappointed that I did not get to oversee some of our traditional activities like the House Tour, the Memorial Day parade, and the Lantern Walk. But that is the hand that was dealt. I am grateful to have had the privilege of working with a fantastic group of Trustees and volunteers over my two years as president. I owe them a great deal. But now it's time to look forward, to the upcoming trustee elections.

I'd like to thank the CTM trustees who will have fulfilled their service to our community as of the last days of December 2021. They have served in executive roles, as chairpersons of our always-important committees, and in support of the work and projects initiated by their peers. Heartfelt appreciation goes to Peter Block, Brian Duffy, Mark Jeffreys (who will be serving the wider community as a member of Cincinnati City Council), Malcolm Montgomery and Ioanna Paraskevopoulos.

CTM and Clifton are extremely fortunate to have an excellent slate of candidates for the open trustee positions. Their biographies are included in this edition and I hope you'll review them carefully. Make sure you sign up for our email list by going to cliftoncommunity.org, and follow us on Facebook and Twitter, for more information on how to cast your vote this year.

CTM is YOUR community council, and we rely on YOUR support. If you are already a member, thank you very much for your support. If you are not a member, please consider becoming one. Your support is essential.

- Joe Brunner, President

2021 CTM Board of Trustees

Executive Committee

Joe Brunner (President)
Robert Hamberg (Vice President 1)
Ioanna Paraskevopoulos (Vice President 2)
Gérald Checco (Treasurer)
Jan Brown Checco (Secretary)

Trustees

Peter Block, Brendon Cull, Brian Duffy, Chris Harding, Mark Jeffreys, Naghma Malik, Malcolm Montgomery, Genet Singh, and Zeeshan Tayeb

Keep in Touch with CTM!

For announcements and links to virtual meetings, visit our website at <http://www.cliftoncommunity.org>. When you move, please send an update to your mailing address to ctm.chronicle@gmail.com. And also - let us know if you'd prefer to receive your Chronicle as an e-newsletter.

CTM Committees, Chairs & Liaisons 2021

Executive—President Joe Brunner
Caretaking & Beautification—Gérald Checco
Business District—Jan Brown Checco
Chronicle—Secretary Jan Brown Checco
Communications Chair—Chris Harding
Membership—Kevin Marsh
Housing and Zoning—Malcolm Montgomery
Nominating—Joe Brunner
Clifton Community LLC—Joe Brunner, Gérald Checco
Transportation/Public Safety—Mark Jeffreys
Parks—Mark Jeffreys
Education—Brian Duffy
Arts & Culture—Joyce Rich/interim
Governance—Malcolm Montgomery
Finance—Treasurer Gérald Checco

Ad Hoc Committees

Strategic Planning—Robert Hamberg
Fundraising—Joe Brunner
Save the CCAC—Malcolm Montgomery
Neighborhood Community Plan—Joe Brunner

Chronicle is supported in part by Federal funding awarded to the City of Cincinnati by the US Department of the Treasury

Liaison Roles

Uptown Consortium / UC Health—Brendon Cull
Invest In Neighborhoods—Ioanna Paraskevopoulos
TriHealth—Joe Brunner
Clifton Community Fund—Teresa Hoelle
Clifton Business Association—Jan Brown Checco
Neighborhoods of Uptown—Malcolm Montgomery

To inquire about volunteering for CTM committee work, please email contactctm@cliftoncommunity.org

Clifton Chronicle

Quarterly Newsletter of Clifton Town Meeting
P.O. Box 20042, 45220-0042

Clifton Chronicle is available online! This and past issues are archived on the CTM website. Use this code or visit the site below.



<https://www.cliftoncommunity.org/clifton-town-meeting/clifton-chronicle/>

The Chronicle is CTM's free-to-the-public newsletter, published quarterly by Clifton Town Meeting on 3/1, 5/20, 9/1 and 12/1. We deliver to over 6000 readers.

To subscribe for a printed newsletter, or to request your Chronicle by email only, please provide your mailing and email addresses and full name(s) to ctm.chronicle@gmail.com

Clifton Chronicle Committee

Jan Brown-Checco, Chair 2021, Brendon Cull, Gerald Checco, Josie Angel, John Whedon, Marianne Brunner, Abby Moran, Bob Driehaus, Rachel Wells and Chris Wetterich with advice from the CTM Executive Committee

Be a Chronicle Content Creator!

We invite our readers' participation for content creation. Send all images (300 dpi jpg) and stories (400 words max in Word) to ctm.chronicle@gmail.org

Become a Member of Clifton Town Meeting!

Here's how:

Clifton Town Meeting (CTM) is your community council, advocating on behalf of the Clifton community. We sponsor many activities and festivals throughout the year, but to continue this important community work, we need YOUR generous support. Membership is open to all neighborhood residents, property owners and businesses, age 18 or older. **Membership dues cover 12 months, are our second largest means of support and are tax deductible.** CTM also accepts donations, so please consider this as you sign-up or renew at <http://www.cliftoncommunity.org/membership/> (Note: Memberships that were purchased in November to December 2020 will be active through 11/30/2021.)

Sign up online or clip this form and send it along with a check or money order payable to:
Clifton Town Meeting, P.O. Box 20042, Cincinnati, Ohio 45220-0042.

Name(s) _____ Address _____
Phone(s) _____ Email(s) _____
Committees and Activities that interest you: _____

Membership Categories:

___ Single (1 vote).....\$20	___ Senior citizen, 65+ (1 vote).....\$10
___ Household (2 votes).....\$20	___ Senior household, 65+ (2 votes)....\$14
___ Full-time college student (1 vote) \$10	___ Life membership (2 votes).....\$180
___ Business (1 vote).....\$40	___ Donation of \$ _____

Thanks for writing legibly!



New Mural Art in Gaslight Alley

Earlier this year, the Arts and Cultural Committee of Clifton Town Meeting commissioned Tenzing to design and create a mural for the business district. That mural is now complete with the finishing touches of strategically placed round red lights in hemispheres added by Paige Wideman and John Osterman. The mural revitalizes the alleyway between Los Potrillos and the Esquire Theatre, and the committee will continue to further develop interest in this passageway throughout the new year.

Meanwhile, Off Ludlow Gallery hosted a Visionary + Voices exhibition and continues to renovate the old post office. New signage has been designed in line with our business district's Urban Design Overlay. Gallery Gifts III opens on November 19, our annual holiday boutique featuring over 25 artisans from around the TriState.

Off Ludlow Gallery Holiday Gifts III begins on Nov. 19!



CTM Fall Cleanup 2021
 Here are just a few of the 30+ volunteers who came out one sunny Saturday morning to make sure that our village stays clean and safe. Support our business district, help us to keep it clean all year 'round!
See you in Spring!

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Dinner
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LUDLOW GARAGE OH.
 WHERE LIVE MUSIC COMES TO PLAY

December

2 Blue Oyster Cult	16 John McLaughlin
3 Max Weinberg	17 Rumours
4 Peter White Christmas	18 Squirrel Nut Zippers
7 David Benoit Christmas	23 Maddie Poppe's Acoustic Christmas
9 Hot Tuna	31 Freekbass P-Funk NYE Show
10 Herman Hermit's Peter Noone Christmas	
11 Emmaline Sings the Christmas Classics	

Restaurant open
 Wed-Friday 4:00pm
 Saturday & Sunday 11:00am

- Cocktails
- Brunch
- Dinner
- & of course **Legendary Concerts**

Check website for updates **LudlowGarageCincinnati.com**

Best Burgers in Clifton!



Clifton Cool - by Carol Talbot

I live in Clifton because Clifton is cool.

Clifton looks and feels cool.

Green spaces in Burnet Woods,
beautifully tended yards throughout the neighborhood.
The Cincinnati Zoo Botanical Gardens -
unsurpassed in their color, variety and elegance.
In eastern Clifton, you can hear lions roar.
And the glow of gaslights is undeniably cool.

Clifton has the cool comestibles.

Skyline, Graeter's, UDF, Frisch's...and Worthmore Soup -
the only maker of mock turtle soup left in the US.

Clifton has cool entertainment.

First-run movies at the Esquire Theatre,
intriguing indies and must-see classics.
Popcorn with real butter! Beer and wine!
The Ludlow Garage is back, building on
a solid history of cool, legendary musicians.
On summer evenings, we get outdoor live music -
randomly at the Plaza, regularly at Burnet Woods bandstand.

Clifton provides cool spiritual and intellectual nourishment.

Clifton Avenue is lined with houses of worship -
churches, temples, mosques.
Hebrew Union College, Cincinnati State, the University of Cincinnati
all just steps away uphill and downhill.
Being smart and spiritual helps to keep you cool
no matter what is happening.

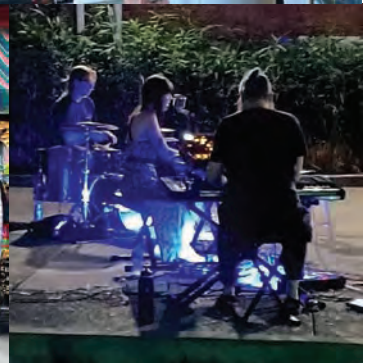
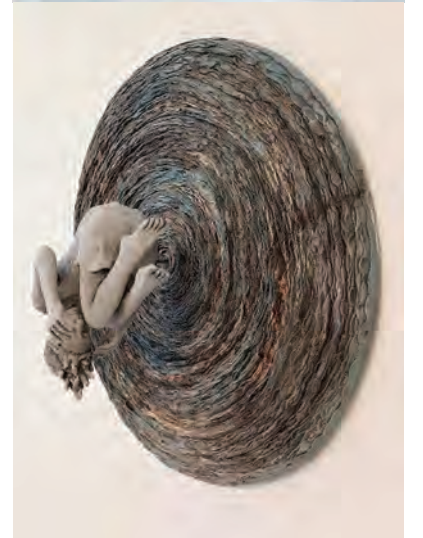
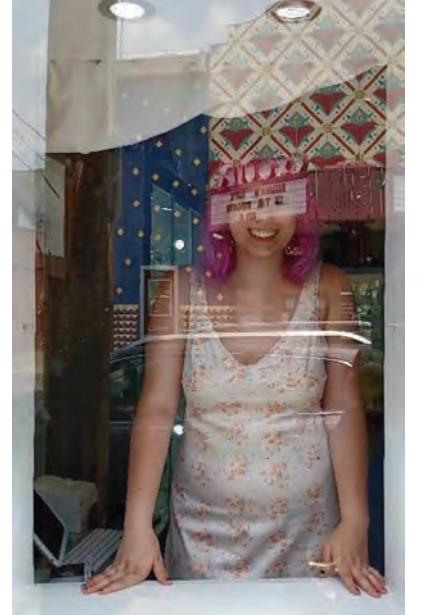
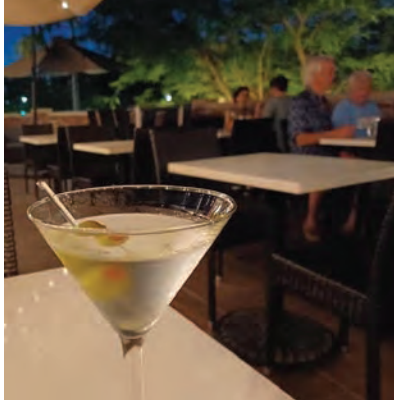
Cliftonites collaborate to make cool things happen.

Worried about safety at the corner of Resor and Middleton,
neighbors established a "Go Fund Me" account
to create a four-way stop and new crosswalks.
Collecting over \$3K, 26 people made it happen.
At the start of the pandemic, Cliftonites donated \$43K to pay
shuttered local cafes to cook 4000 meals served to our hospital workers.
A cool \$million has been donated to the Clifton Cultural Arts Center
for their new building (to date: 73% on the way to the finish line).

Undeniably. Cool is Clifton.

Photos by Jeff Wilson "Clifton Cool"

Jeff Wilson is the music editor of The Absolute Sound and a fiction writer.



Meet the Candidates for Clifton Town Meeting

Clifton Town Meeting's 15 trustees are the heart and soul of this organization. Dedicated volunteers give their time and talent to lead committees, organize community events, and interface with City officials, doing everything they can to serve Clifton and its residents. CTM is always seeking dedicated individuals who reflect our community's diverse backgrounds, beliefs, and viewpoints.

We are fortunate to have an excellent slate of nominees this year whom we invite you to meet by reading their brief bios arranged below in alphabetical order. They have agreed to run for Trustee positions that range from 1 to 3 years of service.

Voting precedes our annual Members Meeting on December 6 from 6-7 pm. To participate you'll need to either become a new member, or renew your current CTM membership. You can easily pay dues online at cliftoncommunity.org/membership.

To attend our Board meetings, you'll always find a link to the Zoom call on our website www.cliftoncommunity.org. Please also sign up for our email list at <https://bit.ly/3iFS2vf> to receive The Clifton Chronicle — our quarterly newsletter — and to be informed about ongoing news and events. You can also follow us on Facebook and Twitter!

Now, please meet our candidates!

Jan Brown Checco - For the past two years, I have served on the CTM Board of Trustees as Secretary while also supporting the organization's work on the Executive Committee, the Caretaking/

Beautification Committee (update of the Telford seating area, graffiti removal and regular litter picking), the Arts and Culture Committee, the Nominating Committee in 2021, and serving as CTM's liaison to the Clifton Business Association. Most recently I have been serving as Chair of the Chronicle Committee, working within a team of eight members who guarantee quarterly publication of our ever-improving neighborhood newsletter. We've expanded the number of Cliftonites who are content creators — 29 and counting, up by more than double from last Spring. If re-elected to the Board, I will be glad to continue working on publication of the Chronicle and to support the work of the organization on behalf of our citizens. I believe that CTM is an essential provider of information and an instrument of community building. But in my experience — which includes reestablishment of Cliftonfest (2012-14), production of programming with action group Ludlow 21 (2014-17), and working to help found Clifton Area Neighborhood School/CANS (2017-19) — there is much to be done whether or not one is formally elected into an organization. Each of us has a role to play in keeping our village safe, clean, vital, and attractive. Preserving our business district must always be a top priority as well as reestablishment of events and programs, all while launching new ideas and projects. Maintaining strong relationships with Clifton's other leading organizations creates the momentum to reemerge from these past troubled months into stability — stronger, more dynamic and cohesive. It's wonderful to live in a community so full of good initiatives and beauty. I would be grateful to have your vote.

Molly Gray - The complicated charm of the Clifton Gaslight neighborhood made an immediate impact on me in the mid '80s. Back then, there was a row of green metal park benches on Clifton Avenue — just along the border of Burnet Woods. I was a suburban kid attending parochial school and my best friend had transferred to Walnut Hills High; her diverse group of friends welcomed me and the common meet up location was "the benches." Live shows at Bogarts and my sister's Saturday drama classes at CCM had been my only exposure to this part of our city but once I discovered the Gaslight, Ludlow became a home away from home. I graduated from Xavier University and officially made Clifton Gaslight my residence over 30 years ago. Professionally, I have worked as a freelance production manager in the film community of Cincinnati, tallying commercials, music videos and feature films to my CV. Just over seven years ago, I started my own production company, Tantrum, which has provided media for such live events such as the Super Bowl Halftime Show, tours for artists Twenty One Pilots and Jason Aldean, and endless one-offs like the Billboard Music Awards, Country Music Awards, and The Grammys. The past 18 months have forced an introspection as to what is next for me as I watch my current industry struggle to emerge from the global pandemic. Having the anchor of this community I believe in is a compass I keep close. Our neighborhood still holds the same charm for me as it did all those years ago and it's my desire to serve our community through Clifton Town Meeting as one of its new Board of Trustees. When I consider the Gaslight, I'm grateful to live among families of all kinds, professionals with unique talents and experiences, students

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Annual Meeting Board of Trustees, 2022

with endless curiosity and potential. With these neighbors in mind, I see that we can be doing more to curate a town center that serves every citizen who calls the Gaslight home. If elected to CTM's Board, I would look to join committees that support current merchants while adding new, relevant ones and would use my experience to pick up where Cliftonfest left off, developing a seasonal festival for all ages. I ask for your trust and your vote.

Mary Pat Lienhart- I appreciate this opportunity to introduce myself to the Clifton community. My name is Mary Pat Lienhart. I grew up 45 minutes north of New York City. After obtaining a degree in Biochemistry from Mount Holyoke College I worked as a research biochemist at NYU and BU School of Medicine. About 10 years into working as a biochemist I decided to switch gears and went to law school from which Procter & Gamble recruited me to join their patent division in 1991. I have always said P&G brought me to Cincinnati but my husband Tom keeps me here. Tom and I have been married for over 23 years. His family and business in Northside is the reason we moved to Clifton 18 years ago. While at P&G, I worked for several business units and practiced in a wide variety of areas (patents, drug regulation, advertising, mergers, acquisitions and divestitures) and obtained my MBA from Xavier. A few years ago I retired from P&G as Associate Director to "pursue other interests" which have been a variety of volunteer positions that I enjoy because I meet so many different people in our community and feel that what I do does actually makes a difference. Some of my interests include volunteering at The William Howard Taft National Historic Site, CAIN's food

pantry, gardening projects around Cincinnati as a master gardener and I continue to give my time to Legal Aid's volunteer arm – VLP— as a member of its board and working on its project providing legal assistance to our veterans. Mostly I enjoy spending time in Clifton with our two collies and now my parents who moved from New York to Clifton in 2019. I hope I can be of some help to the community we live in and would be honored to serve on the CTM Board.

Loni Jackson Maxey - Hi there, fellow neighbors! My name is Loni Jackson Maxey, and I live on Hedgerow Lane with my amazing husband, Tim Maxey, and our two kids, Anaka and Myles. I am fortunate to be a stay-at-home mom for our family, which also allows time to support our local community. You may have seen me around the neighborhood. When COVID hit and we were all locking down, I arranged and delivered tulips around Clifton to raise money for the zoo (a huge thank you, again, to those who donated), and my kids and I went door-to-door raising money for the four-way stop at Middleton and Resor (again, thank you!). I also love cooking and do so for many of my neighbors who could use a home-cooked meal from time to time (which is everyone, really, right?). My background is in psychology and social work, and my great passion in life is to nurture others and solve problems. As a board member, I would want to remove barriers to solutions and execute initiatives that our neighbors are passionate about. After all, you all have the great ideas! Thank you, Clifton, for being such an amazing neighborhood, and I look forward to serving you as a CTM board member!

Tim Maxey - Hello Clifton! My name is Tim Maxey, and I would like to serve this community as a member of the CTM Board. You may have seen my wife, Loni, and our 2 kids going around, raising money for the zoo, gaining support for traffic improvements, or just out enjoying the best neighborhood in the city. We are a family who likes to do things for others, and serving on the CTM Board seems like a very natural progression of what we already do. Professionally, I am a strategic advisor, entrepreneur, and leader in business, technology, and innovation. I bring people together, help develop individuals and organizations, and build teams who solve very complex problems through collaboration and high-impact efficiency. I've worked all over the globe for a variety of companies in various countries and industries, which is probably why I am drawn to this beautifully diverse neighborhood. There are 2 things I am very passionate about—bringing efficiency to where it is needed and connecting with others. The first likely stems from being raised by an engineer and an IRS tax examiner (yes, I learned to read tax law as a teenager—I was that kid). The second, connecting with others, is deeply rooted into my core, and very apparent to those I meet. It's my favorite part of traveling, working, and just being alive! I've learned to harness these 2 passions over the years in order to get things done collaboratively and well, and that is precisely what I hope to bring to the CTM Board, and specifically, as Treasurer!



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Meet the Candidates for Clifton Town Meeting

Nestor Melnyk - After we were married my wife and I didn't want to live anywhere else other than Clifton. We bought our first home over thirty years ago on McAlpin and moved to Ludlow ten years later. While our son still lives with us, our daughter couldn't leave Clifton so she and her husband are proud Clifton homeowners, too. I have been involved in the community in various capacities over the years. I previously served on CTM's Housing and Zoning Committee, was a board member of the Apple Tree Daycare, supported multiple unique Clifton projects, am cofounder of Clifton's Pup-Up Puppy Party (PUPP), and most recently helped organize several socially distanced Clifton COVID runs. I am a principal at MSA Design where I lead the firm's higher education and civic markets. Some projects in and around Clifton that I have been involved with include the new Immanuel Presbyterian Church façade, the Northside Transit Center, and the current renovation of Calhoun Hall on UC's campus. I have both undergraduate and graduate degrees from the UC and was awarded the AIA's Henry Adams Medal and Certificate. My studies included urban planning in Greece and liberal arts in Italy. I am a licensed architect and a LEED Accredited Professional. In addition to my professional practice, I am deeply involved in public service and have been active in both advisory and leadership roles revolving around developmental disabilities, accessibility, and children's healthcare issues. I am president of the Hamilton County Board of Developmental Disabilities and a Leadership Cincinnati alumnus. I served on the City of Cincinnati's Visitability Task Force and the Ohio Association of County Boards; volunteered with the Ohio Early Childhood Cabinet; and completed

two gubernatorial appointments to the Ohio Developmental Disabilities Council. I have also been involved with quality improvement and patient-centered care initiatives at Cincinnati Children's Hospital Medical Center as well the American Hospital Association, and the National Initiative for Children's Healthcare Quality, the Institute for Healthcare Improvement, the Institute for Family Centered Care. I look forward to serving Clifton and supporting our community. I hope to combine my professional and leadership skills with my love of the neighborhood and understanding of the City to make Clifton the best it can be, respecting the past, accepting the present, and embracing the future.

Jayne Ritter - Hello Neighbors! My name is Jayme Ritter and I am seeking election to the Clifton Town Meeting Board as a trustee. My goal is to become more involved with the community and meet more of the wonderful and diverse citizens that call this place "home." My husband and I moved to Clifton three years ago from Norwood but have long been supporters of the neighborhood and its businesses. We were excited at the opportunity to become residents. We love the walkability and urban feel that Clifton offers while still being considered a historic suburb. Clifton is a community that welcomes all, is passionate in its inclusiveness, and has an energy that is contagious. As an architect and project manager with nearly 20 years of experience, one of my greatest assets is my ability to listen and extract information from clients and project stakeholders. I have worked with numerous city governments and agencies across the country, including federal and Department of Defense clients. I understand there is a need for cohesion

and collaboration between organizations, project owners, community businesses, and residents for projects to integrate into a neighborhood successfully. I would like to join the CTM Board as a trustee to continue the excellent work that has been done in Clifton and to contribute to the hard work that lies ahead. I would like to advocate for you, my neighbors, as we preserve the community we love and steer it through the challenges it faces in the future. As a professional, as a woman, and as a passionate citizen, I believe I will provide a strong voice that represents Clifton well.

Michael Roller - Michael is a product and innovation manager at Procter & Gamble, an abstract artist, and the father of two boys raising hell on Evanswood Place. Roller believes Clifton is the greatest neighborhood in Cincinnati. He will apply his experience working in the arts, branding, and human-centered design to help CTM preserve the best parts of the neighborhood, continuing its development as an appealing destination for families, businesses, and visitors for years to come. Roller's experiences guide his goals as a candidate for CTM with interest in serving as Secretary. As a lover of the arts, he will uphold Clifton's strong arts culture, focusing on the preservation of Ludlow Avenue as an iconic landmark that draws people in with its spirited, social atmosphere. As an innovator, he will focus on building partnerships and collaborations with the extended community's broad set of experts. He will work to take full advantage of our uniquely talented population to build strong ideas and resilient plans. As a human-centered researcher, he will focus energy and resources on deeply understanding the entire



HEALTH

Water is essential for life. It makes up 75% of our body. Yet, we sometimes take it for granted because it is everywhere and ever-present.

Lao Tzu said, "Nothing is softer or more flexible than water, yet nothing can resist it." Medical News Today reports that water helps our bodies by:

- lubricating the joints
- regulating body temperature
- assisting the digestive system
- maintaining blood pressure

You can increase your water intake by setting a daily goal and establishing a simple routine for yourself. "So drink up! Cheers to water!"

RELATIONSHIPS

The importance of touch is well established. Everyone needs to be touched. Infants need it to thrive and now studies are proving the same is true for adults. Experiencing touch can lower blood pressure, reduce stress hormones, and improve immune function. So, for those with the good fortune to have a loving partner or close friend at their fingertips: massage their feet. (Pg 258. The Third Person In The Room. Bea Larsen, 2019).



Town Meeting Board of Trustees, 2022

community's needs.

Tim Tope - Tim developed an early sense of curiosity and this desire to learn and experience more has directly brought him to where he is now. Born and raised in Cincinnati on the westside, Tim is proud to be a Cincinnati and to call Clifton his neighborhood. The diversity, eclectic culture, and history make our Clifton the best choice to live. Raised in North Fairmount, Tim attended Walnut Hills High School, and after graduation he enlisted in the US Air Force and spent four years working on Avionic Instrument systems of various aircraft. After a short break as a UC student, Tim left Cincinnati again and enlisted in the US Marine Corps and that is where he stayed for the next 16 years, first in Signals Intelligence and then Counterintelligence, retiring as a Chief Warrant Officer 2. Tim lived in Europe and the Far East, traveled the world a few times, and participated in various military operations overseas. He left the US Marine Corps and entered the private sector and after a few years in LA, he came "home" to Cincinnati spending time with the General Electric Company, both Corporate and GE Information Technology Solutions. As already described above, curiosity being a guiding flaw, he decided to go to law school and attended the night program at NKU/Chase College of Law; let's call it a bucket list thing. So, Tim is an attorney, but not one that is practicing law in the traditional sense. He holds certifications in cyber security and several as well in information privacy. He is currently a Vice President/Business Information Security Officer for a global financial services organization. The past years have been gracious and kind to Tim. He has a beautiful and lovely wife,

Massiel, two sons, and three wonderful daughters that attend Clifton Area Neighborhood School. In his 'free time', Tim enjoys maintaining his historic Clifton home and spending time with his family. Undoubtedly, CTM is the optimal way to engage locally and make a difference in our community on the issues that Tim most cares about: our roads, crime, maintaining and preserving Clifton, the walkability of our streets, and the business district. This is why Tim is running as a CTM Trustee.

Seth Walsh - Seth has been a resident of Clifton since 2013 when he moved here shortly after graduating from Xavier University (you can say, he saw the light). During the day, Seth is the Executive Director of the College Hill CURC (Community Urban Redevelopment Corporation), having started in that position in 2016, and works to revitalize the College Hill business district along Hamilton Avenue. Seth is an avid soccer fan and can often be found in Mt. Storm Park playing pickup soccer. A recently converted dog lover, you will also find Seth out walking Clifton with his two dogs, Calvin and Rosie.

Monica Windholtz - I believe that I will bring a unique perspective to the Board of Trustees as a young, lifelong resident of Clifton. Growing up in the same home my mother did, with family close by, my roots in Clifton run deep. Clifton is a beautiful, vibrant community and I am proud to call it home. The architecture, walkability, parks, tradition, and the great people make our neighborhood an incredibly special place. I am running for Trustee because I believe it is important to pay forward the support I received in our

community. My professional skills as a lawyer will provide an important legal perspective to local issues and Clifton Town Meeting discussions. My legal experience focused on community-level work which gave me a well-rounded understanding of municipal government. This knowledge will be particularly useful for work with the Housing and Zoning and Governance committees, to which I hope to contribute as a trustee. As Clifton rebounds from the pandemic, I intend to support the preservation of our historical setting and natural beauty while strengthening the community ties between our neighbors. Thank you for your consideration; I would be honored to have the opportunity to serve Clifton as a member of the board.

Zeeshan Tayeb - Dr. Zeeshan Tayeb has lived in Clifton for 8 years and is currently renovating a home in Clifton as well. He is a native of Cincinnati and attended Sunday school over 30 years ago in the original Clifton Mosque house, hence a long history to the area. He is now a practicing physician and nationally renowned instructor in his area of expertise. Dr. Tayeb started his own medical practice in 2015 where he specializes in pain management and regenerative medicine. He is also involved with several nonprofit endeavors with one of them being the Clifton Mosque. He is currently the Vice President at the mosque. With three children and investing in the new home, he will be here for the "long haul." He wants to be able to contribute more to the Clifton community at large. Being involved with Clifton Town Meeting may be the vehicle to allow this to happen.

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Clifton Offers Visual Interest for Filmmakers

Anchored on Ludlow Avenue by the Esquire Theatre, Clifton is a neighborhood for movie lovers. Pan out to include ornate Victorian-era homes and lush campus greens, and it's also a neighborhood for movie makers. "It's such a pleasure to be able to take (filmmakers) to places like Clifton," says Kristen Schlotman, executive director of Film Cincinnati. "It's an incredible neighborhood and community of people that care about their community and appreciate the old mid-century modern homes, the tudors There's a love of the architecture."

Clifton has served as backdrop for several movie scenes over the years, and location scouts returned in 2021 for at least two different movies. Mum's still the word on those titles, but one shot a scene at the Esquire Theatre, said Julianne Reisenfeld, Vice President of Operations at Theatre Management Corporation, which runs the Esquire. The Esquire

is also a favorite for special screenings of films shot elsewhere in Cincinnati, like "Carol" (2015), and premiers of those made by local filmmakers. "One of the selling points is having their name on the marquee," Reisenfeld said. "It's just what you envision for an old movie theater."

Another movie, in pre-production, brought Cincinnati-based location scout and manager Deirdre Costa to Clifton this summer looking for Victorian homes matching a color palette chosen for a key character from the late 1800s. Costa has worked on movie scenes in Clifton since she first arrived in Cincinnati more than 30 years ago to work on Jodie Foster's directorial debut, "Little Man Tate" (1991), which included scenes at The Roanoke. The multi-family building on Ludlow Avenue can also be seen in Emilio Estevez's "The Public" (2019). "It's just visually very interesting

the way the staircase winds, and the floor — the beautiful tile floor — gives some great camera angles and allows room for the film crew to get in," Costa said of The Roanoke. She said "The Public" filmed scenes at The Roanoke at night, avoiding the morning rush hour and the need for special permitting.

Working with neighbors to minimize the impact of filming is a big part of any location manager's job, she said. "We've been fortunate that, by and large, the people have been really gracious about allowing us into their neighborhood," Costa said. Schlotman agrees, and notes that Clifton residents and businesses "embrace filmmaking as an artform. They think it's worth their time ... People there are very welcoming."

- by Rachel Wells



Director Emilio Estevez, Director of Photography Juanmi Azpiroz and Assistant Director SB Weathersby on a director's location scout of The Roanoke for "The Public." Photo by Cincinnati-based Location Scout and Location Manager Deirdre Costa.



An apartment scene from "The Public." Photo provided by Film Cincinnati.



A New Clifton Tradition

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New Year, New You at CCAC!

Resolutions? Dust off your dance shoes, pick up a pen, or tickle the ivories! Whatever your artistic ambition, CCAC has classes for kids, teens, and adults that kick off on January 4. Our new series of Family Art Workshops with local artist Deb Brod offer after-school art options include Cartooning, Leathercrafting and Textile Recycling, Clay Sculpture and Wheel Pottery, Spray Paint Stencils & Mural Painting. On evenings and weekends come in for Fashion Design, Anime & Manga Drawing with Art Academy of Cincinnati, and monthly crafting workshops on Arm Knitting, Leather Jewelry, and Key Chain Making. Express musicality this year with Private Guitar, Piano, Ukulele, or Voice lessons. Group classes include Guitar Master Classes, The Evolution of Salsa, New Horizons Orchestra for String Players, and new preschool music classes for 3 and 4-year-olds. Written Word turns life events into poetry in our From Prose to Poems for adults course, and then learn how to self-publish your work in On Becoming An Author.

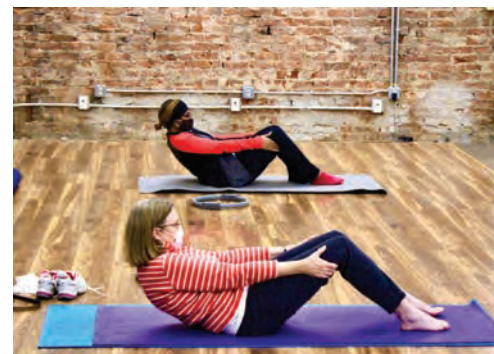
New fitness routines? Weekly Pilates, Nia Technique, and Tai Chi classes – offered both in-person and virtually – are for you. Check out CCAC's lineup of dance classes: for adults, there's Salsa, Tap, and International Folk Dancing; for kids, after-school Ballet, Creative Movement, and Jazz. For additional information on upcoming CCAC classes and scholarship opportunities, visit cliftonculturalarts.org/classes or call [513-497-2860](tel:513-497-2860).



The Makeshop, a family-friendly space for building and crafting, will feature a garage door to encourage passersby to take advantage of drop-in opportunities. The multi-disciplinary 180-seat venue will be adaptable to accommodate various performances, creative expressions, and dialogues.

The Clifton Cultural Art Center's capital campaign to build a permanent home in the heart of Clifton has reached 75% of its \$8.45 million goal. By hitting this important milestone, CCAC has been able to initiate the construction process for its new facility by opening up the project to bid for subcontractors. This puts us on schedule to break ground in early 2022 on the vacant lot on Clifton Avenue between Skyline and the United Methodist Church. Construction is slated to take between 10-12 months, after which time we'll welcome you into the 18,000 square foot facility designed for people to engage with the arts, with other cultures, and with each other.

The Clifton Community Challenge, launched this past June, assembled \$1.5 million in challenge funds toward constructing our community arts center. Impressively, thanks to hundreds of community members making contributions ranging from \$10 to \$10,000, the challenge has already raised \$1,024,000 toward that 1:1 match. To learn more about CCAC's new home, the Clifton Community Challenge, or ways you can get involved, visit ccacnext.org.



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Sibling Faith Communities: chapters and Wild Church

Our alternate worship expressions include **chapters**, a progressive community in Northside where stories intersect (meeting 5 pm 2nd-4th Sundays)

and **Wild Church Cinci**, where spirituality without boundaries happens in untamed places (4th Saturdays at 4 PM)

All of these communities will gather **Tuesday Dec 21** for a Longest Night bonfire in Finneytown at Chapel in the Woods

For the latest, follow on Facebook and Instagram:
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Riding, Anyone? - by Geoff Gelke, "The History Buffs"



The Cincinnati Riding Club left behind a nostalgic trail of memories from when Cincinnatians of high society rode in grand style. Etiquette, education, ballet, and tennis – all expected for young ladies in Cincinnati's Golden Age society circles, but accomplished and stylish riding really completed the portrait.

Recognizing a market niche, M.de Gisbert — a Frenchman — and prominent Cincinnati Edward Larz Anderson opened a riding academy in the south end of Music Hall in 1880 to serve the fine folk living in the basin. Activities included riding instruction (French Military Style), musical rides, show jumping, and exhibitions. Sporting distinguished riding habits, the girls mounted side saddle astride well-bred mounts.

A shift came in the 1890's as clientele migrated to fresh air and newly built grand houses on Cincinnati's hilltops. The neighborhoods of Clifton, Mt. Auburn, Walnut Hills and Avondale prompted the equine consortium to relocate more centrally. In 1890, land was purchased on Helen Street in Mt. Auburn between Reading Road and Highland Avenue, and the Cincinnati Riding Club dedicated its new digs.

Membership soared for the next half-century, proudly capturing names from Cincinnati's "who's who", but limited to around 200 members. Clifton equestrians included Charles Duhme, Julia Resor Foster, Catharine Morrison, Jane Espy, Ms. Jane Bowler, the Ellis girls, the Ransohoffs, the Rawsons,

the Wiborgs and Hulbert Taft (long-time club director.) "The Riding Club of Cincinnati is without doubt the most fashionable organization of which the Queen of the West can boast," crowed the Cincinnati Enquirer. The club featured a large Indoor tan bark riding arena, lounges in the front to accommodate parties and stables at the rear. Seating ringed the arena for spectators at hundreds of horse shows and indoor polo matches. Even circuses were staged to widen the entertainment spectacle. M.de Gisbert kept school horses for instruction and provided boarding for some privileged members, but most members simply rode to Helen Street from their private stables.



As it goes, the club soon felt a need for more space, disengaging from the confines of an ever-growing neighborhood. They accepted an offer in 1915 to establish a cavalry post for the famed State of Ohio Troop C, and the building was rebaptized "The Helen Street Armory" until it's demolition in 1935 when it was replaced with vernacular styled apartments.

Soon after 1915, the riding club bought ten acres in Avondale at Reading Road and Asmann Avenue, constructing a stucco Tudor-revival equestrian facility. With aspirations of still further greatness, it opened in 1920 with a large tan bark indoor arena and seating for horse shows and polo matches. More stables ringed the periphery including Victory Stables, nearby where Sugar N Spice restaurant is today. The club prospered into the 1930's with shows, events and a waiting list for membership. But soon, a burgeoning neighborhood sent the horsey set a'scouting, and by the mid 1930's they landed eastward in Indian Hill's Camargo Stables for greater room and fox hunting. The Reading Road facility was converted again as an armory location for the Ohio National Guard, which it remained for many years.

Cincinnati Recreation Commission



Meet Bryan Moore and Brittany Havens, Clifton Recreation Center's New Community Directors

Bryan Moore: "I've been involved and worked in recreation nearly my whole life. From being a day camper and on swim teams, graduating to lifeguard and instructor. After college and a spin in retail, I came back to my local rec center in Pleasant Ridge. After my wife and I married, I was promoted to full-time staff member and have been so for almost 20 years. I've served in the communities of Pleasant Ridge, Oakley, Madisonville, Over the Rhine, Walnut Hills, the lower East End and now Clifton. I'm a big fan of the outdoors and camping, comics, fantasy and science fiction adventures. I'll host boardgame meetups in the evenings and on weekends and next summer, I'll host teens on our annual River Trek camping and canoe adventure."

Brittany Havens: Currently a Community Center Director at Saylor Park, Brittany has overseen many community events while also managing after-school programming. She will oversee tumbling at Clifton and looks forward to engaging with the Clifton community.



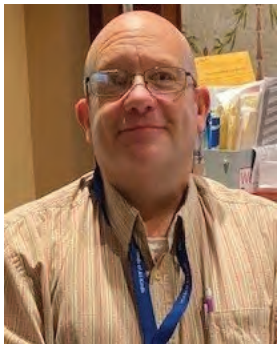
Parting words from Tiffany Thomas:

"My last day as Community Rec Center Director in Clifton turned out to be an emotional day, as I anticipated it would. After 6 years I can't put into words what this community has meant to me. How much I appreciate everyone I have partnered and worked with. Please know it has been my pleasure to serve the Clifton community. Thank you for all the kindness you have shown me. Clifton Recreation Center will welcome two new Community directors Bryan Moore and Brittany Havens, I know you will show them the same support that was given to me."





Meet Mr. Ron — Clifton Branch Library Customer Adviser



Interview by Children’s Librarian Eric Davis with Clifton Branch staff member, Ron Loudermilk

Eric Davis: How long have you worked for the Cincinnati & Hamilton County Public Library?

Ron Loudermilk: “It’s been 20 years now. Before that, I worked as a manager at White Castle for 19 years. When my cousin, Gary, who worked at the Library suggested I apply for a position, I did and was hired in the Custodial Department. I worked there for 10 years, first at the Hyde Park and Oakley branches, then at the Green Township Branch, and then Cheviot and Miami Township branches. In 2011 I became a Library Customer Advisor at the Clifton Branch and have been here ever since.”

ED: Tell us about your typical day.

RL: “I usually start off in the Sorting Room, preparing holds for customers, checking in items in the delivery, and loading up lockers with materials for customers to pick up. The rest of the day I help customers find items, print documents, and assist with computer needs. I also have several monthly tasks I work on when I’m not on the floor helping customers. We have had a lot of new part-time staff members, and I enjoy creating some fun, engaging games to test their knowledge.”

ED: What is your favorite thing about Clifton Library?

RL: “I enjoy all the friendly customers that come in. The kids that come in with their families really make my day! I also really enjoy and value the great team of staff members we have, we’re like family.”

ED: What do you enjoy in your free time?

RL: “I like fishing, going to the zoo with my grandkids, spending time with family, visiting historical places and learning about life in different time periods. I’m also involved with my church, organizing events for kids and families.”

ED: What’s on the horizon for your next chapter in life?

RL: “In retirement, eventually, I would like to volunteer at Children’s Hospital to entertain kids and make their stay there a little better and brighter.”

Clifton neighbors and library customers — we look forward to seeing you! When you next visit, say hello to Mr. Ron and remember, in his words — “Your friendly smiles make my day!”

New School Montessori: Making Maps

In this age where GPS systems guide us through our turns in life, it is still valuable for us to see where we are and to plan where we’re going. Maps are cool. They help us understand our place in this world and give us perspective on the relative size of our neighborhood, our country, our planet, our galaxy in relation to what is around us. National Geographic concluded in a 2013 report on maps and education, “Spatial thinking is arguably one of the most important ways of thinking for a child to develop as he or she grows...(providing) an advantage in our increasingly global and technical society.” As New School Montessori preprimary children work on their mapping skills, they find “buried treasure” every time, gaining insight into their place in the world as they improve their skills in navigation and mental mapping. TNSM enrolls children ages 3 to 6th grade, and is dually accredited by AMS and ISACS with Montessori-credentialed teachers who support the whole child, ensuring academic, social, and emotional development in children since 1970. Please join us for our Sunday, January 30 Virtual Open House from 2:00-4:00 p.m.



Immanuel Presbyterian Church

On October 24 we celebrated the renovations to our building which create a more welcoming gathering space for the entire community. If you or your organization has need for a warm space to meet, please contact our office — [513-751-0312](tel:513-751-0312) or visit our website www.immanuelpresby.org for details. The holidays bring many opportunities for us to serve the “least of us.” In November food was gathered to fill Thanksgiving meal boxes for Project Give Thanks. In December we’ll gather gift items for the Shoebox Christmas project. And join us for Christmas Fest, December 10 at 6:00 pm. We look forward to this event every year and hope that COVID-19 conditions will allow the event to happen. Stay tuned! We continue to assemble Buddy Bags for the Fairview Clifton German Language School, supplementing weekend meals for 25 students. Weekly worship services are held on Sundays at 10:30 am; Bible Study on Wednesdays at 1:00 pm; and — on most Thursdays — Pub Theology at 7:00 pm at Upside Brew on Ludlow Avenue. All are invited to join in these activities.



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Torry Cornett – New Director of Athletics at DePaul Cristo Rey



Torry Cornett has been named director of athletics at DePaul Cristo Rey High School. He began his new position in July overseeing all aspects of the athletic program. DPCR offers competitive teams in six sports for its student-athletes.

Cornett is a native of Columbus, where he excelled as a student-athlete in both football and basketball at Independence High School before attending Prairie View A&M University. He returned to compete for the University of Cincinnati's football team competing in the 2006 International Bowl, the 2007 Papa John's Bowl and the 2009 FedEx Orange Bowl as the starting linebacker. After graduation from UC he played two seasons in the German Football League. Upon returning to the states, Torry began his coaching career at the University of Rio Grande (Ohio) as an assistant for the men's basketball program. He then joined the staff at Mount St. Joseph University as an academic advisor and adjunct instructor. In 2017, he was hired as the associate director for Student Athlete Support Services at UC. He later served as the athletics director and a physical education teacher at the Cincinnati Achievement Academy. "I am honored to serve the DPCR Athletics Department," says Torry. "I stand on the shoulders of all the administrators, coaches, student-athletes, and staff who have laid the groundwork before me. I look forward to the remarkable relationships that will be established and the opportunity to serve." Torry takes over the athletic department following the retirement of Lynne Morris, who led the program for the past nine years. DePaul Cristo Rey is a Catholic, college-preparatory high school with a mission to educate young people who have the potential but limited financial means to go to college. This is accomplished through a dynamic academic program partnered with an innovative Corporate Work Study Program, not available at any other local high school. Sponsored by the Sisters of Charity of Cincinnati, DPCR is one of 37 high schools in the nationwide Cristo Rey Network® which serves 13,000 young people.

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Burnet Woods Advisory Council

Fall Fest in Burnet Woods was a blast! On Saturday, October 23 at Trailside Nature Center, there was lovely music from Miss Joanie and Zak Morgan, games to play and a scavenger hunt, and Trailside critters to visit including a handsome snake. Best of all, there were pumpkins to carve or paint! Some of the jack o' lanterns were scary, some were artistic, and all were great fun to see come to life on the picnic tables by the lake. Burnet Woods Park Advisory Council (BPAC), with sponsorship from Cincinnati Parks and the Cincinnati Parks Foundation, plus a bunch of wonderful creative student volunteers from the University of Cincinnati brought everything together for a very pleasant afternoon. Volunteers from Preserve Burnet Woods helped kids to make scary masks. Special thanks to Michael George and Bradley Jackson from Cincinnati Parks for ALL their preparations for the event! And \$204 was raised for the Trailside Nature Center's "Critter" Support Fund that helps feed the Trailside animals.

BPAC receives updates from Cincinnati Parks and we try to provide a list of upcoming events in Burnet Woods to the area community councils. Other things we talk about include the emptying of trash cans and litter pick-up, parking (including vehicles on the lawns), signage, getting Trailside open on weekends for Nature Encounters, the progress in invasive plant removal, frisbee golf, trail maintenance, off-leash dog attacks, and the proposed dog park. At BPAC's April 7, 2021 meeting, the members passed a resolution not in favor of construction of a dog park in Burnet Woods.

The Burnet Woods Park Advisory Council currently meets on the first Wednesday of every month from 4:30 to 6:00 pm via zoom. If you're interested in participating, please send an email to lisahaglund61@gmail.com and I will put your email on the list to receive Zoom meeting links. Please note: Cincinnati Parks indicates there may be changes in the Cincinnati Parks Advisory Council structure in the future, so the link to volunteer on their website may change.

- by Lisa Haglund



Pumpkins in the garage with Michael George and Bradley Jackson, photo by Lisa Haglund



Pumpkin carving at Fall Fest, photo by Steve Slack

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SKIRBALL MUSEUM: EXHIBITIONS, NEW HOURS, NEW WEBSITE

The Skirball Museum of Hebrew Union College-Jewish Institute of Religion recently launched a new website with an entire section devoted to our collections, filled with images and information about works of art from the museum's core exhibition and special collections. The website can be viewed at csm.huc.edu. The Skirball recently reopened its core collection following a renovation of lighting and displays, featuring art and artifacts related to immigration, Jewish Cincinnati, archaeology, Torah, life cycle, holidays and festivals, Holocaust and Israel.

On view through December 30, 2021- Opening the Ark: Bringing a Lost Polish Synagogue to Life. Rabbi Shmuel Polin built this full-size Holy Ark when he was a fifth-year rabbinical student. The original ark from Sidra, Poland, was destroyed by the Nazis. On view through January 30, 2022 — the Skirball celebrates the Bicentennial of Jewish Cincinnati with A Portrait of Jewish Cincinnati, featuring portraits of Cincinnati's movers and shakers from the early 19th century to the present day.



From February 10 through May 29, 2022 — A Collage of Customs by Mark Podwal features 26 imaginative and inventive interpretations of woodcuts from a 16th-century Sefer Minhagim (Book of Customs), presenting historic images in a new light.

From February 24 through May 8, 2022 — From Darkness to Light: Mosaics Inspired by Tragedy by Susan Ribnick, co-chair of the Austin Mosaic Guild in Texas. Susan reached out to fellow mosaic artists and brought together 36 people from around the country and the world to create a collection of mosaics that react and respond to the Tree of Life massacre in Pittsburgh.

The Skirball Museum is open on Sunday afternoons from 1- 4 pm, and Tuesdays and Thursdays from 11 am to 3 pm. Reservations are required and all visitors must show proof of vaccination and wear masks while in the building. For additional information: [513-487-3231](tel:513-487-3231) or email awheeler@huc.edu

- by Abby Schwartz



LEFT: Blessing the Sabbath Candles, Mark Podwal, signed print, 2020, Cincinnati Skirball Museum, gift of the artist. ©Mark Podwal.

RIGHT: Marcus Fechheimer, 1881, John Aubery, oil on canvas, Cincinnati Skirball Museum purchase, Lucas Museum Fund, 2015

Our Essential Workers: Jennifer Dangerfield — Crossing Guard

Every school-day morning, if you happen to cross at the intersection of Resor and Middleton, you'll earn yourself a blessing and your pup, a dog biscuit, cheerfully bestowed by beloved crossing guard Jennifer Dangerfield who has safeguarded pedestrians and pooches there for over 14 years.

No matter if this is the first or the thousandth time you've scurried across, she'll call after you — "Have a blessed one!" — as you hurry on to Fairview Clifton German Language School. Before she arrives at her post here in Clifton, she performs the same selfless, caring duties in front of North Avondale Montessori School, another heavily trafficked street. "These are my babies," she will tell you, never a complaint for weather, faithfully dispatching parents, toddlers and teens on their way to and from learning.

Jennifer is excited about the newly striped Zebra crosswalks at her post and additional stop signs, two that will have flashing lights to alert motorists who too frequently speed through this intersection. Neighbor Loni Jackson Maxie says, "There is a certain comfort that comes from constancy. Jennifer not only keeps our bodies safe, she soothes our souls with her unwavering positivity, warmth, and uplifting spirit. Our family is exceedingly grateful for her service."

Crossing guards play an important role in reducing pedestrian injuries. Cincinnati Public School crossing guards, in fact, work for the Cincinnati Police Department. They are scheduled for a 3-hour shift daily — morning and afternoon — earning \$11.01 hourly. The Cincinnati Police Department is presently hiring crossing guards. There is a paid training period prior to the first day on the job and all gear is provided, including a safety vest, jacket and a flag. If interested, please call Angela Kloepfer [\(513\) 352-1472](tel:513-352-1472).

- by Jan Checco

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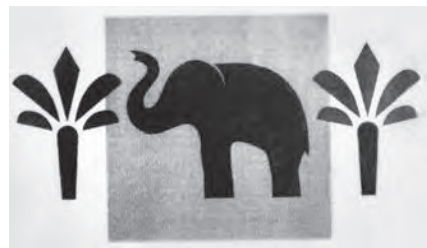
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The Facts: A Clifton Community Dog Park

The earliest supporters of a Clifton Community Dog Park project would like to set the record straight. They'll be the first to admit a false start that seemed to determine Dunore Park as the location. Some may recall that earlier effort and the neighborhood battle that ensued. Negative reactions brought the initiative to a stop. Now supporters are organizing a message for logical development with transparency, persistently weeding out misinformation. Let's see where we are now.

What Is Known:

- Clifton residents have expressed a desire for and use of a dog park in Clifton.
- Cincinnati Parks reviewed several sites around the community (all identified by Parks' staff) including 3 sites in Burnet Woods. They chose to pursue the location at Burnet Woods, just off Brookline and Ludlow, as the best location, and continue to seek input on the specifics of that site's development.
- A small site (approximately 10,000 sq. ft.) has

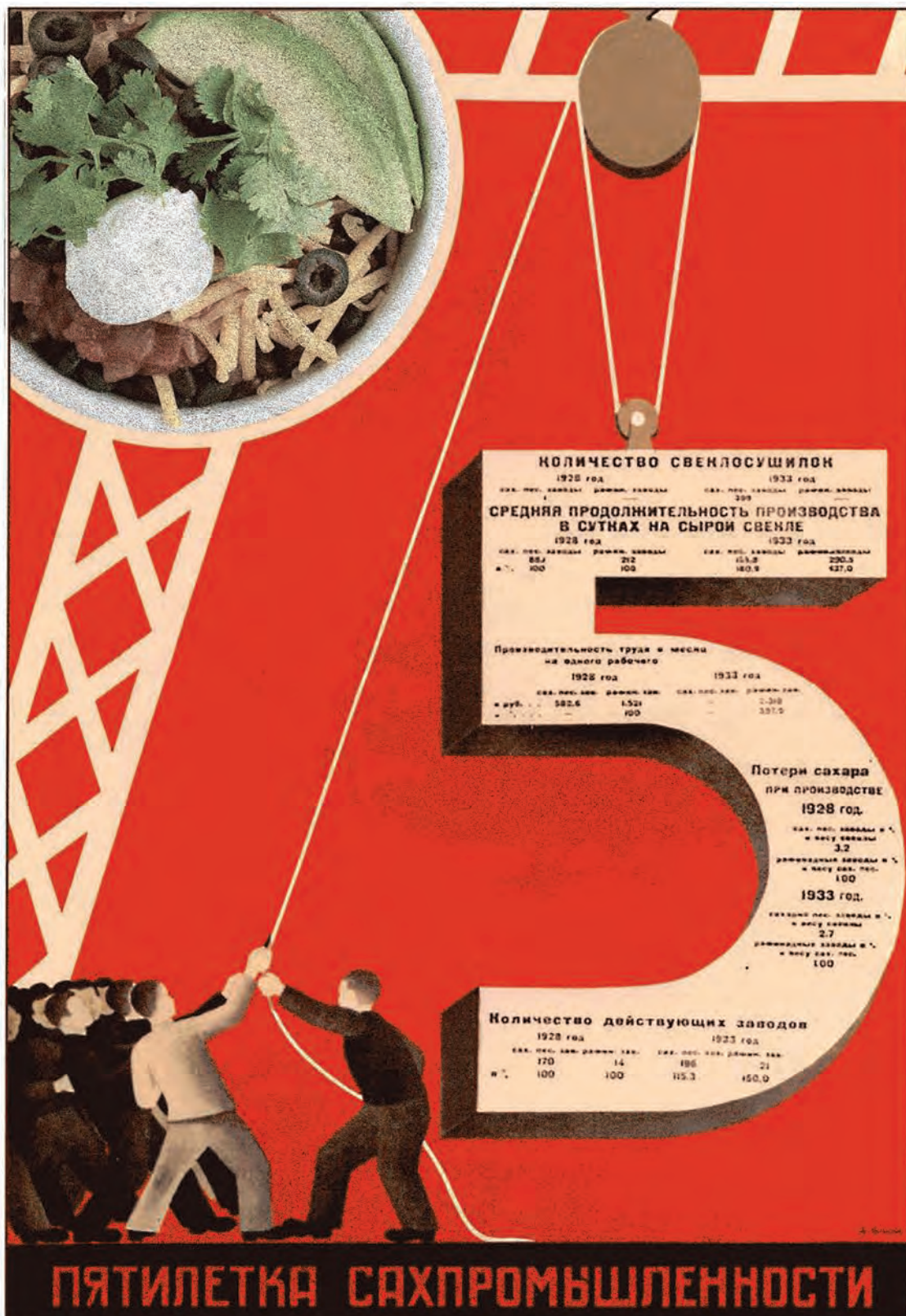
been staked out. No historic trees would be removed, though one pear tree will be removed because of its "invasive" status.

- Water will be tapped from a nearby source.
- The design would be similar to Westwood's Dog Park, with sustainable cleanable turf, concrete paths and benches, enclosed by decorative aluminum fencing with an appearance of wrought iron.
- Cincinnati Parks has earmarked \$150,000 for the project, inviting interest groups to raise the remaining needed funds, approximately \$100,000.

A neighborhood group — PUPP (Pop Up Puppy Party) — has been in the dog park game for close to three years. Founder and Clifton resident Cassandra Clement said, "When we started this, we wanted to work on a project that could involve our son Troy who has Angelman Syndrome. For months we reached out to Clifton residents and assessed their interest in creating something that Clifton needs. As the project unfolded, we learned that neighbors

loved their dogs and wanted a place to gather around that love."

PUPP adherents always wished for a permanent dog park in Clifton, but their support has some conditions - that the dog park be positioned in a safe and visible part of a park, that it be responsibly designed and small in size so dogs are not out of owners' sight, and that it have benches where neighbors can meet and get to know one another. They do not support an expansive "dog run" with endless dirt and unattractive fencing, nor a place where dogs are left unattended. Other supporters appear to agree. For now, Cincinnati Parks has plans for the project



OUR FIRST FIVE-YEAR-PLAN HAS BEEN SUCCESSFULLY COMPLETED

OUR OPERATION HAS EXPERIENCED NO SETBACKS—ONLY ADVANCES. WE HAVE NO SUPPLY CHAIN ISSUES, AND OUR FOOD AND FUEL COSTS HAVE NOT RISEN PRECIPITOUSLY. OUR EFFORTS HAVE BEEN REWARDED WITH AN EXCESS SUPPLY OF LABOUR AND MATERIAL.

WE HAVE AVOIDED THE NEED TO EXPROPRIATE LAND AND ENFORCE THE COLLECTIVE GROWTH AND HARVESTING OF AVOCADO, CILANTRO AND OTHER INGREDIENTS ESSENTIAL TO BOWL PRODUCTION—FOR NOW.

AS WE EMBARK ON OUR SECOND FIVE-YEAR-PLAN, YOU MUST CONTINUE TO MEET OR EXCEED YOUR WEEKLY QUOTA OF VISITS. THIS IS YOUR DUTY AS A BOWLSHEVIK.



REPORTING FIVE YEARS OF MET OBJECTIVES

to be developed in Burnet Woods. With support growing, we may see a dog park in our area in the coming year. Links to a petition inviting signatures of support as well as a Facebook Group page can be found here: (<https://www.change.org/p/cincinnati-parks-i-support-a-clifton-community-dog-park>) (<https://www.facebook.com/groups/1913235925516712>).

- by Jan Checco

Hello? It's Your Body Calling!

- by Zeeshan Tayeb, MD

Sshhh...Listen...Your muscles and bones, your heart and brain, they actually "speak" to you! Not out loud like a trusted friend might, but when you're running low on precious nutrients — the fuels that keep you strong — your body parts have ways of letting you know. Are they shouting "Protein!!!"? You say that you eat lean meat, eggs, nuts, fish, maybe even quinoa. Still, how to know if you're really getting enough? The warning signs of low protein might be whispering to you, so learn how to translate your body-speak:

You're Tired, Weak, or Sore — A diet too low in protein means your body cannibalizes tissue for fuel. Your endurance suffers and your recovery does, too.

You're Crabby — Protein helps the body create hormones like serotonin to keep you calm and less anxious. It also keeps your mood steady by stabilizing insulin.

You're Snacking ALL THE TIME! — If we don't give our bodies a healthy supply of protein, we feel spikes and crashes of unstable blood sugar. Protein foods fill you up and satisfy you, not like the carb-heavy foods that give a quick boost that soon plummets.

Your Hair is Thinning — Protein is a main component of each strand of hair. If your hair is thinner, maybe you can see your scalp or hair is falling out, your protein tank may be nearing empty. Our "non-essential" body parts are the first to go, like hair!

Brain Fog — Eating protein with fiber-rich carbs like fruit helps to release carbs more slowly, delivering steady energy that keeps you focused.

Ugh... You're Bloating — Protein helps to prevent salt and water from seeping into surrounding tissue which causes swelling. But if "bloat" is in your gut, it may not mean low protein, just the wrong kind.

Have you ever heard of the 8 essential amino acids? These essential amino acids help the body make protein and are considered the building blocks of life! One of the easiest, cleanest and most efficient ways to increase your protein intake and avoid these warning signs is to take amino acid supplements.

Got the message? Good. Learn to listen and understand your body. Heed the call for protein, because the older you get, the more protein you'll need for fuel and recovery.

Clifton Child Study Group

The Clifton Child Study Group (also known as The Clifton Mom's Group) has been bringing mothers together to socialize and discuss ideas since the 1930's, and we are always welcoming new members. If you are new to Clifton or just wanting to make some new connections, CCSG is a great place to start. Our meetings are held the second Tuesday of each month, from September through May. We start at 7:00 pm with a social hour where we serve refreshments and light hors d'oeuvres, followed by a speaker and discussion for the remainder of the meeting. This is a casual, conversational presentation with speakers usually connected to our neighborhood. Discussions focus on topics that modern mothers are facing today. For example, the October speaker was Robert DiTomassi who, with his business partner Barbra Druffel, are trusted realtors in our community. He spoke to our group about the state of Clifton's housing market and provided some tips for selling or buying a house.

Traditionally, a member of CCSG volunteers to open their home and host a monthly meeting. It's so fun to see the inside of our beautiful Clifton homes while connecting with other mothers in the area. However, with COVID this year has looked slightly different. Both September and October's meetings were held outdoors in lovely backyard settings. As the weather gets colder we will have to be even more creative, but there are lots of ideas in order to continue meeting safely as a group. If you are interested in being added to the email list, please email Amanda Kuhn at cliftonmoms@gmail.com.



Well Being / Personal Symmetrics

Personal Symmetrics is a post-mastectomy boutique in Cincinnati that has served the needs of women in the TriState for more than twenty-five years. "Our work is not just about physical symmetry; it's about restoring personal balance," said Tammy Franklin, CFM/American Board-Certified post-mastectomy fitter at Personal Symmetrics. The staff works closely with plastic surgeons to help patients with every detail prior to surgery, through phased reconstruction and into the final phases after implants. The board-certified clinical staff guides patients through the fitting process, explaining choices from among the many different products available. "We understand the many questions a patient will have about post-mastectomy care and reconstruction, and we serve as an important member of her recovery team." Post-surgery services include helping the patient choose the perfect fit for the prosthesis and undergarments, whether for full or partial mastectomy, lumpectomy, or reconstruction with the goal of the patient's feeling beautiful, confident, and comfortable. Personal Symmetrics is a division of R.J. Rosenberg Orthopedic Lab, certified by the American Board for Certification in Orthotics, Prosthetics, and Pedorthics. Using the best fitting techniques, measurement guidelines, anatomy issues, and knowledge of how products can correct them, they carry post-surgical camisoles, lymphedema vests, post-surgical bras, silicone breast prostheses, foam breast prostheses, and custom silicone breast prostheses, swim foams and swimsuits.



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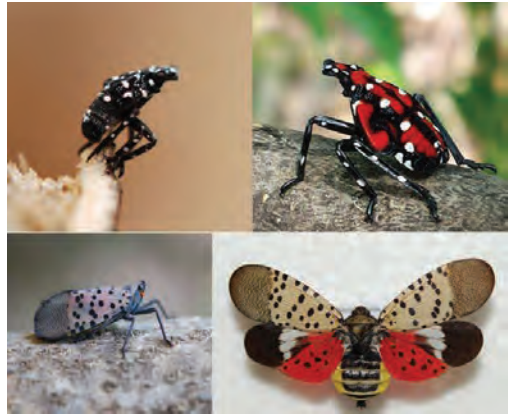
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For more information on R.J. Rosenberg Orthopedic Lab or Personal Symmetrics, please call (513) 221-7200.

Our offices are located at 3366 Central Parkway, Cincinnati, Ohio 45225.

Garden Alert: Spotted Lanternflies



They're so pretty, right? **WRONG!!!**

The **Spotted Lanternfly** is not a friend to our green environment. About an inch long and half an inch wide, their forewings are gray with black spots. When flying, it exposes its red and black hind wings. The adult lanternfly has a black head, black legs and a yellow abdomen with black bands. Said to have originally "arrived in the U.S. as egg masses attached to a shipment of stone," by July 2021 the lanternfly had spread to about half of Pennsylvania, large areas of New Jersey, parts of New York state, Maryland, Delaware, and Virginia and has been found in western Connecticut, eastern Ohio, and now Indiana.

The Spotted Lanternfly causes serious damage including oozing sap, wilting, leaf curling and dieback in trees, vines, crops like hops, apples, blueberries and stone fruits. They have been found in wooded and residential areas, feeding on black walnut, maples, tulip poplar, and black cherry. They excrete a sugary substance called "honeydew" that encourages the growth of black sooty mold. Learn more about Them through Cornell's New York State Integrated Pest Management Program.

Spotted Lanternflies live through the winter only as eggs (see photo) and their favorite type of host tree is the invasive Tree of Heaven, but they can lay eggs on almost anything- under bark, on rusty metal, on cars and trailers, on outdoor grills, on plastic yard objects.



Hatching lanternflies are initially white and can be observed from late April until June, depending on environmental conditions. Their exoskeleton hardens, quickly becoming black with white spots. As they enter their "teenage" days, the insect's primary color is red instead of black. Since they're hitchhikers, they rely on human activity to travel, especially by laying their eggs on cars or in camping gear. **If you find a Spotted Lanternfly on your property:**

1) Report it! For the Ohio Dept of Agriculture, call (614) 728-6201. <https://agri.ohio.gov/wps/portal/gov/oda/divisions/plant-health/home>

2) Kill it! You can kill Spotted Lanternflies mechanically by swatting or crushing them. However, when you threaten them, they quickly jump away from you, so mechanical control is not easy to achieve.

While there are natural enemies, birds don't seem to like to eat them and researchers have not yet found predatory or parasitic insects having a

great impact on population reduction. Still, some predatory friends to encourage in your gardens include: Praying Mantis, Chickens, Garden Spiders, Gray Catbirds, Yellow Jackets, Wheel Bugs, Garter Snakes, and Koi.



I'm keeping my plastic bag!

Don't worry! I don't want to add more bags to our 100 billion plastic bags a year habit. (Which consume 12 million barrels of oil by the way.) It always amazes me when the person at the register asks me if I want a bag...for my pack of gum or an item that's already in a bag. It's even more amazing when I hear people say "yes!" But back to my ONE plastic bag. As I type I have a Publix bag in my back pocket. It's been there for 6 months. Why Publix? I was visiting my son & daughter in Florida (Publix is the Kroger of Florida) and I volunteered for grocery duty, but being out of town I was not prepared and had to say "yes" to Publix' kind bag offer. I've been using the same bag ever since.

Oh, I have nice reusable bags. The problem is I either forget to take them with me or leave them in the car when I go into the store! Meanwhile, my reusable bags (where did they all come from?) are multiplying and my basement looks like I'm a reusable bag hoarder! Each morning I wad up my trusty Publix bag and stick it in my back pocket when I'm loading up my keys, wallet, phone, etc. If I make a last-minute stop at the Clifton Market I'm ready! CVS? I'm covered. I fill my tattered Publix bag — while the register person is ringing things up. Yes, I get the occasional startled look or the person who moves a step or two away, but now that I'm mostly retired that can count as excitement! (If you want real excitement, fill the bag as you walk around the store. Trying to reduce plastic overload can look very much like being a shoplifter!) Meanwhile, there are over 300 bags a year I haven't used. That may not sound like much but if everyone had a bag in their pocket we'd keep 100 billion bags out of the oceans, our food, our bulging landfills not to mention ourselves!

Not an empty nester? Need more than one bag when you shop? No problem! I did a test and stuffed my pocket with 4 comfortably...I told you I was semi-retired and had more free time!

- by Larry Holt

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Putting Your Garden to Bed



This is the time when gardens slow down and stop. Time to peruse the seed catalogs that have been arriving. What changes do you want to make to your garden next spring? Time to plan! If the weather permits, you can still plant bulbs. Squirrels love tulip bulbs, so you might want to plant them in pots in the garage over winter. Daffodil bulbs aren't as attractive to critters and there are many varieties to choose from. Scilla are beautiful too. Rake all those leaves. A leaf blower works, or a leaf crusher, or maybe a few energetic 8-year-olds with rakes! Oak leaves don't break down very quickly, creating the potential for fungi and mold to thrive underneath them. But shredded leaves can be put back on planting beds as mulch. Cut back all your perennials or not? Maybe cut some, not all? Raking out the garden certainly is easier when the stalks are cut back first. But beneficial insects can stay the winter in woody stalks. Snow is pretty on Autumn Joy sedum and other plants. Seed heads on plants provide birds with a snack as temperatures drop. Peonies should be cut to the ground unless they are tree peonies. Put their foliage in the garbage to avoid spreading fungal diseases, not into the compost or lawn waste containers. Do not try to prune any evergreen shrubs or trees now; you may encourage new growth which may not survive the winter. Store your hoses inside and shut off the outdoor faucets, clean and sharpen your garden tools — you will thank yourself next spring! Consider feeding birds this winter and maybe provide a heated bird bath. Both are great ways to bring more life into sleeping gardens.

- by Alice Palmer

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Snow Angels of Clifton

The snow will be back soon enough! Our walkable neighborhood becomes less walkable when packed snow and ice create real mobility issues, especially for children, senior citizens, our friends using wheelchairs and others with mobility challenges. CTM Beautification and Caretaking Committee proposes creation of a "Snow Angels Squad" that activates after snowstorms. Volunteers organized block by block would commit to snow and ice removal from their sidewalks as early as reasonably possible. Snow Angels could share tools as necessary, including snow blowers and snowplows as available. If you can volunteer, please send an email at ctm.volunteer@gmail.com and let us know the sidewalks you'd like to take care of. We'll create a list of volunteers for logistical planning, then publish a map of "adopted" sidewalks on the CTM website at www.cliftoncommunity.org.



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Weekly Activities

Worship, in-person, 10:30am
Sunday!

Bible Study, Weds. @ 1PM
Contact office for Zoom link



Most Thursdays @ 7:30PM
Upside Brew on Ludlow

UKirk Ministry
[@ukirkcincinnati.org](https://twitter.com/ukirkcincinnati)

Upcoming Events

All Welcome
Dec. 10, 6:00PM
Christmas Fest!

Community Partnerships

Buddy Bags in partnership with Fairview
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