

FAIRFAX FORUM

Village of Fairfax
5903 Hawthorne Street
Fairfax, OH 45227

Submissions
Fax: 513-271-4178
Email: fairfaxforum@fuse.net

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Cincinnati Sports Club—Health and Wellness Events

Staying Mobile with Foot Arthritis—Tuesday, September 9, 6pm-7:30pm

Joint Sessions hosted by The Christ Hospital at the Cincinnati Sports Club. The pain and stiffness you feel in your feet and ankles as you grow older could be arthritis. Severe arthritis can restrict your mobility and limit your quality of life, but with appropriate treatment, you can slow the development of arthritis and lead a more productive life. Presented by Sandra Eisele, MD - Orthopaedic Foot/Ankle Surgeon and Physical Therapist Maria Felblinger. Call 527-4000 to register for this free session.

General Joint Screening – Shoulder, Knee, Back or Foot—Friday, September 12, 4pm-6pm

Whatever it is that is bothering you, come and get it checked out. The Christ Hospital Wellness and Physical Therapy Center will provide a complimentary joint screening at the Cincinnati Sports Club. A brief history and exam designed to troubleshoot and modify activities and exercise programs will be covered. Please call 527-4000 to reserve your time.

Muscle-Tendon-Ligament Screening—Wednesday, September 17, 12pm-1pm

Have a muscle, tendon or ligament problem? Let a sports medicine doctor show you how these issues are evaluated using ultrasound. The Christ Hospital will provide complimentary screenings at the Cincinnati Sports Club. Please call 527-4000 to reserve your time.

The Healing Power of Blood – Innovations in Treating Tendon and Joint Pains—Tues, Sept. 23, 6:30pm-7:30pm

Dr. Marcheschi of The Christ Hospital will discuss the PRP (Platelet Rich Plasma) process which is a new treatment that uses a person's blood to treat soft tissue injuries affecting muscles, tendons, or ligaments. PRP uses your body's own healing and regenerative resources to replace unhealthy tissue with healthy tissue. Please call 527-4000 to RSVP.

Hearing Screening— Tuesday, September 30, 9am-11am
Free screening with Connect Hearing. Call 527-4000 to schedule.

To find a physician for your health and wellness needs, visit www.thechristhospital.com or call 513-585-1000.

Fairfax Forum

Volume 22, Issue 9

September 2014

Village of Fairfax

www.fairfaxoh.org

ECC Meeting -
September 8th, 7pm
Council Meeting -
September 15th,
7:30pm

R.G. Cribbet Recreation Hall rental, Community Room rental, Ziegler Park Picnic Shelter reservations, Ziegler Park soccer field use permits.
Call Chandra Buswell, Rec. Dept. Supervisor : 568-4820 or email at chandrabuswell@yahoo.com

We hope you enjoy this issue of the Fairfax Forum which is published by the Village of Fairfax monthly as a service to the residents and businesses in our village.

Articles and photographs are welcomed. Please contact Chandra Buswell for more information. Photos will not be returned. Due to limited space, the editorial staff reserves the right to select and edit articles for both content and space.

Chandra Buswell
568-4820
Jenny Kaminer 527-6503
fairfaxforum@yahoo.com

Next Issue - October

Deadline – September 20th

FALL FESTIVAL POSTPONED 1 YEAR

Due to unfortunate circumstances, we have received late notice that the rides and games company is not available for the Fall Festival the weekend of September 5 and 6, 2014. After much discussion, Council decided that it would be best to postpone the festival for one year. The rides and games are a big part of the festival's draw, and without a successful turn out, the organizations that sponsor many of the festival's attractions – food, beverages, music – may be in a position to lose funds.

We did not make this decision lightly, and we have exhausted every option, including contacting other rides companies, but our festival is so small that they were not interested or not available. We also considered moving the festival to another weekend to secure rides, but some of the organizations, booths, and people we rely on to make the festival a success were not available either. The short notice we received has greatly affected our ability to properly plan for another date. We know that many residents look forward to the festival each year and we are committed to making sure that tradition continues. Although we know it will not be a popular decision, we ask that you understand our position and we ask for your support in coming out to the festival next year. We would also like to put out a request to residents who may be interested in participating on a festival committee. If you would be interested, please contact the Village offices at 527-6503 or email at jkaminer@fairfaxoh.org.

M.H.S.ALUMNI ASSOCIATION WOULD LIKE
TO INVITE YOU TO OUR ANNUAL
Homecoming Hoopla

Friday, October 3rd, 2014 5:00-7:00pm
Grass located between Rembold and Hiawatha Ave
Face Painting and games for kids.
\$2 Pizza slices and \$1 Drinks

Join us and other community organizations to watch the Homecoming Parade at 6:00pm and chant with the Mariemont Youth Cheerleaders!

GO WARRIORS!
Mariemont vs Taylor: 7:00pm

*Starting at 9pm, join us for the post game gathering at
Hahana Beach!

VILLAGE CONTACTS

www.fairfaxoh.org

Mayor's Office	527-6504
cshelton@fairfaxoh.org	
Police Dept.	271-7250
skelly@fairfaxoh.org	
Administrator's Office	527-6503
ikaminer@fairfaxoh.org	
Clerk's Office	527-6505
cmetzger@fairfaxoh.org	
bblankmeyer@fairfaxoh.org	
Tax Department	527-6506
pauer@fairfaxoh.org	
Building Department	527-6507
jhester@fairfaxoh.org	
Property Maintenance	253-3092
Melissa Bradford	
Maintenance Dept.	527-6508
jhuskey@fairfaxoh.org	
Recreation Dept.	568-4820
chandrabuswell@yahoo.com	

Mariemont Preschool Parents Group Opening Meeting

Thursday, September 11, 2014 at 6:30 pm

Mariemont Community Church Parish Center

3908 Plainville Road

Join us at our annual opening meeting! The Mariemont Preschool Parents Group (MPPG) provides activities for young children and a forum for parental education, discussion and social interaction. MPPG welcomes all expectant parents and parents of birth through preschool-age children in Mariemont and surrounding communities.

For more information, please visit: www.MariemontPPG.com

Questions? Email: Info@MariemontPPG.com

Village Rec Programs

Basketball Open Gym:

Free Adult Open Gym every Wednesday
from 8:30pm to 10pm.

Inside the Mariemont Junior High (3806 Southern Ave)

ZUMBA!

Every Thursday 6pm
Fairfax Rec. Center

Only \$6 a class! www.zumba.com.

Village Yoga

Every Thursday at 7:15pm

Fairfax Rec Center \$6

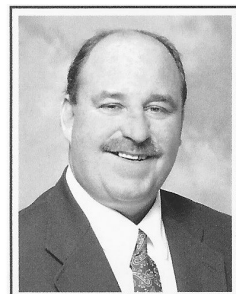
Dress comfortable and bring a towel or a mat

Book Club

The Book Club meets monthly in the Community Room of the Fairfax Rec Center.

To find out which book they are currently reading you can check the Village of Fairfax Facebook page or by calling the Rec Dept at 568-4820.

New members are always welcome!



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The Neighborhood Watch

Due to the Fall Festival being postpone for on year, the Neighborhood Watch has decided to host an evening for people to drop off Christmas cards they had signed at home and anything they had collected for the Yellow Ribbon Program. We will also be accepting donations of personal care products, drinks packets, etc. just like we did for Memorial Day, along with monetary donations for shipping costs.

We will be at the Fairfax Recreation Center Thursday September 11, 2014 from 5PM-9PM to accept the donations of cards, etc. and we will have plenty of cards to be signed. Let's let the troops know how much we appreciate their service to our great country. Call Annie at 271-2861 if you have any questions.

Our next regular meeting will be Thursday September 18, 2014 at 7PM in the Recreation Center. James Lee (Office of Public Affair) will be our guest speaker. Along with an overview of Energy Choice in Ohio, the 20 minute presentation from the Public Utilities Commission of Ohio will also cover protecting personal information, what to look for when approached by door-to-door or telephone solicitors, and what questions to ask before signing a contract with an energy supplier. Questions are welcome during and after the presentation. We look forward to seeing you at the September meetings!

*Working together we can make Fairfax an even better place
to live, work, shop and play.*

COMMUNITY INFORMATION

Solicitation Permits: Anyone going door to door in the Village must register with the Police Department. If you are unsure about anyone coming to your door, please contact the police department at 271-7250.

Communicator: All residents and businesses can be added to the automated communicator system for emergency notifications and community event announcements. Please contact the police department at 271-7250 to register.

Rumpke missed pick-ups (Solid Waste or Recycling) 513-742-2900

Report Street Light or Traffic Light Out Jill Kessler, Fairfax P.D.
513-272-9941

Twig/branch pick up is available year-round on Mondays. Please remember that any piles of yard waste or similar debris must be bundled in 4 foot lengths and bound with twine or placed in a container for easy pick-up. If you have a large amount of yard waste to remove, please contact Joe Huskey in the Maintenance Department at 527-6508. The Village will provide a truck to your residence for you to load up with items and we will dispose of it for you at no charge.

Fairfax
Community
Wide Yard
Sale Day

September 20st

9am—1pm



Important!

New Forum email address.

fairfaxforum@yahoo.com

Please use the above email address for all new Forum submissions.

Thanks You!



CONCEALED CARRY
PROTECT YOURSELF



Carry Concealed Weapon Classes

Mike Murphy, Certified Instructor
(513)520-1206

Pirates in the Park

BROUGHT TO EVERYONE BY THE MARIELDERS

Welcome aboard mates! Join in the fun as the Cincinnati Opera performs a mini version of the *Pirates of Penzance*. Sunday, October 12, Dogwood Park at the Bell Tower will be transformed into a pirate’s island with an evening full of music, food and adventure for the whole family. This event will cast off with a Carillon concert, performed by Mr. Richard Gegner at 4:00pm. A BBQ dinner feast will be available from 4:00pm until 6:00pm. The opera will follow en plein air.

Tickets are \$25 per person and \$5 for children under 12 for dinner and the opera. Don’t miss this captivating performance by the Cincinnati Opera. Tickets must be purchased in advance at the MARIELDERS weekdays 9am-4pm, 6923 Madisonville Road, Mariemont. For more information please call Kathy Chapman at 271-5588 or visit our website marielders.org.

A Letter from Steve Estep, Mariemont City Schools Superintendent

As we get ready for another great year at Mariemont City Schools, we have a lot to celebrate and much to look forward to accomplishing this school year. Earlier this month, our very own Mariemont High School was ranked #1 in *Cincy Magazine*. I am so proud of all of the students, staff members, parents and community members that have invested in our schools, making this recognition possible. Our goal is to maintain the quality programming at all grade levels that supports this ranking. In order to make that possible, we are coming to our community to ask you to support our schools this November 4 at the ballot. Our school district is requesting approval of a 5.95-mil operating levy to fund the day-to-day operations of our schools. These dollars will allow us to keep great teachers and maintain small class sizes. This funding will also be used to keep our curriculum resources current and competitive ensuring we preserve existing levels of educational programming. And these dollars will protect what we have, maintain our beautiful buildings and help keep property values among the strongest in the county.

We were able to make the last levy last one additional year even with steep losses from the state and have made \$1.8 million in cuts and reductions to operate within our means. Now, all of that is no longer enough, and our forecast shows the need is now for additional revenue. For more information about the levy, please visit our district homepage, www.mariemontschools.org, and look for the link “Important Information about the District’s November 4 Levy.”

There are so many positive things happening in our school district. You will have the opportunity to read about many of our accomplishments with the release of the 2013-2014 Quality Profile. If you haven’t received yours already, keep an eye on your mailbox for this important publication, packed full of important information about your school district. You can also access it by visiting the district website. The Quality Profile reflects a district and a community that chooses excellence every day, and I am proud of what we have accomplished together thus far.

Thank you for your continued support of our schools. Please stay updated on school events and news by visiting our Facebook page and Twitter feed and by downloading our school app. You can also follow me on Twitter (@Estep) and Instagram (Sestep). I also look forward to seeing many of you at our school events. I am thrilled to be a part of this community and look forward to another great year at Mariemont City Schools!

Sincerely,
Steven Estep
Superintendent, Mariemont City Schools



COALITION CORNER

The Warrior Coalition would like to welcome all families to a new school year! The start of the school year is incredibly exciting but can also be very stressful. It is important to keep kids and teenagers engaged but new routines, academic and extra- curricular expectations and lack of adequate free time can occasionally cause our youth to feel overwhelmed. We know that feeling overwhelmed can lead to poor decisions regarding alcohol and drug use. With that in mind, we would like to offer some tips parents can use to help reduce their child’s stress level:

- Suggest to your children that they avoid excess caffeine intake which can increase feelings of anxiety and agitation.
- Encourage “quiet time” and turn off electronics. Encourage meditation and teach your children relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Help your children develop assertiveness training skills and learn how to establish boundaries.
- Encourage your children to practice situations which cause stress. For example, sign them up for a speech class if talking in front of a class is a source of anxiety.
- Teach your children coping skills. For example, teach them how to break a large task into smaller, more attainable tasks.
- Help them decrease negative self- talk: help them challenge negative thoughts about themselves with alternative neutral or positive thoughts.
- Put aside perfection. Help your children learn to feel good about doing a competent or "good enough” job rather than demanding perfection from themselves.
- Encourage your children to take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress but minimize screen time.
- Make time for regular exercise. Schedule “walks and talks” with a parent or friend to talk over the week’s stresses.
- Help your children build a network of friends who help them cope in a positive way.

Create structure and routine wherever possible, i.e. bedtime, mealtime, homework, exercise and bedtime.

If you do notice signs of withdrawal, agitation, changes in eating or sleeping habits or other behaviors that seem out of character for your child, contact your school counselor, pediatrician or specialist who can advise you.

Adapted from The American Academy of Child and Adolescent Psychiatry (AACAP), *Facts for Families* http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Helping_Teenagers_With_Stress_66.aspx

"The Warrior Coalition is a community organization focused on protecting the children of the Mariemont City Schools District from substance abuse. Our mission is to provide awareness, education and prevention programs to support our parents and to encourage our children to make healthy choices."

Kiwanis Club to Hold Annual Art and Craft Fair

The Kiwanis Club of Mariemont will hold their 29th Annual Fall Art and Craft Fair Sunday, September 7th from 11am to 5pm on Wooster Pike in the heart of beautiful, downtown Mariemont. This year’s Fair will feature close to 100 exhibitors from across the Tri-State area, including many in our local community.

Exhibitors will be showing a wide variety of original art and craft ideally suited for home and office décor, gifts and collections. Jump start your holiday shopping while supporting a great cause! Because of their unique nature, most items are not available anywhere else. This year’s event will, once again, feature a raffle, with prizes including a Kroger gift card, Mariemont Night Out, and a grand prize of a flat screen TV.

The Annual Fall Art and Craft Fair is Mariemont Kiwanis’ largest fundraisers for local scholarships. The Kiwanis Club of Mariemont exists to serve the youth of the Fairfax, Terrace Park and Mariemont communities. Along with our annual spring golf outing and holiday nut sale, the fall fair helps raises close to \$15,000 in scholarship money for graduating seniors of the Mariemont School District.

In addition, Kiwanis works closely with students in the surrounding communities to provide mentoring relationships and support local youth activities. For information about how you can become more involved in serving our youth, stop by the Kiwanis booth at the Fair or visit their website at www.mariemontkiwanis.org.

The Kiwanis Club of Mariemont meets every Tuesday morning at 7:45AM in the Mariemont Elementary school cafeteria. A continental breakfast is served and guests are welcome anytime. Meetings last less than one hour and feature a variety of local speakers.

Ragweed Season Is Upon Us

Ragweed is often the culprit for late summer, early fall allergies. Unfortunately, this nasty plant is prevalent in southwest Ohio. Ragweed plants produce billions of pollen grains that are easily spread by wind. In our region, Ragweed blooms from August through early October, peaking in September.

The Southwest Ohio Air Quality Agency measures pollen and mold counts, Monday through Friday and provides this information through several convenient resources:

Pollen and Mold Hotline at 946-7753
Social Media: [Twitter.com/SWOOhioAir](https://twitter.com/SWOOhioAir) or [Facebook.com/SouthwestOhioAir](https://facebook.com/SouthwestOhioAir)
Website: SouthwestOhioAir.org

You may consider using this data to keep your own journal of when your allergy symptoms correspond with pollen counts. Look for a pattern that might help you anticipate how to respond to future high pollen counts. In addition, these tips may be helpful:

- Keep windows closed and use air conditioning instead. Be sure to change the filter.
- Avoid activities such as raking leaves, mowing and working with compost.
- Minimize outdoor activity between 5 a.m. and 10 a.m. when pollen levels are highest.
- Shower before bed to remove pollen from your hair and skin.
- For severe allergic reactions, consult an allergist.

ATTENTION: Home Owners...

If you have a plumbing problem,

Don’t Panic!..

“How To Get A ‘Top Talent’
Plumber
to Show Up On –Time,
So You Don’t Waste Time”

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