

FAIRFAX FORUM

Village of Fairfax
5903 Hawthorne Street
Fairfax, OH 45227

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

PRSRT STD
US POSTAGE
PAID
Cincinnati, OH
Permit No. 4747

**Cincinnati Sports Club
Health and Wellness Events**



General Joint Screening – Shoulder, Knee, Back or Foot

Thursday, January 8, 9:30am-11:30am. *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.*

Hearing Screening

Tuesday, January 13, 9am-11am. *Free screening with Connect Hearing. Call 527-4000 to schedule.*

Muscle-Tendon-Ligament Screening

Tuesday, January 20, Noon-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.*

**Cincinnati Sports Club
25th Anniversary Open House – Saturday, February 14, 10am-3pm**

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

Fairfax Forum

Volume 23, Issue 1

January 2015

**Village of Fairfax
www.fairfaxoh.org**

**ECC Meeting -
January 12th, 7pm
Council Meeting -
January 19th, 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 - February
Deadline – January 20th

***Village of Fairfax
Fifth Annual
Family Bowling Day***
January 25th ~ 1:00pm @ *Madison Bowl*
4761 Madison, Cincinnati, OH 45227

To sign up for the two games of the day email:
chandrabuswell@yahoo.com or jkaminer@fuse.net.
\$8 per person.

This is a family friendly event that is intended for all bowling skill levels.

There will be trophies and split the pot.

Need not live in Fairfax to join the fun.

We enjoy this event with our friends and family from outside the village as well.
*Lanes of 4-5 players. Small numbers may be put together.

**FROM THE MAINTENANCE
DEPARTMENT
Joe Huskey 527-6508**

Leaf pick up for the season is now over. If you have any lingering leaves or piles to dispose of, please put them in trash bags and put them out with your regular trash if you do not have a way to mulch them.

We are hoping the snow we got last winter does not revisit us again, but in preparation for wintery weather please remember to park your vehicles in your driveway if there if the forecast predicts snow. We understand not everyone has a driveway, but for those that can move their vehicles off the street, this makes salting and plowing of the roads much more efficient and avoids vehicles being plowed in. We thank you in advance for cooperating with us to make our roads driveable as quickly as possible.

The Maintenance Department will pick up live Christmas trees daily through Friday January 16th. Please place trees out near the curb and we take care of it.

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
jkaminer@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

Preschool
Playgroup

Children 0-6 years
and their parents
are welcome to come
to the Fairfax
Rec Center on
Thursday mornings
from
9:30am - 11:00am.
5903 Hawthorne Ave.
Hosted by the Village
of Fairfax and the
Mariemont Preschool
Parents Group.

THE MARIEMONT
COMMUNITY CHURCH
PRESCHOOL
&
ELEMENTARY SCHOOL
EXTENDED CARE PROGRAM
OPEN HOUSE
FOR THE 2015-16 SCHOOL YEAR

When: Wednesday, January 28th
Time: 7-9pm
Where: 3908 Plainville Rd

(We are located on the lower level of the Parish Center)
Parents will have an opportunity to see the facility, meet the staff members and register for the 2015-16 school year.
If you have any questions, concerns or would like a personal tour, please contact
Renee Brownfield at 504-9287.

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 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 on Mondays. Please remember that 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.

Best Decorated House Contest
The Fairfax Village Council is proud to name
Bill and Ann Eastham at 5804 Elder
the winner of this years best decorated house for the holiday.

They join the past winners in turning Fairfax into a beautiful winter neighborhood to be proud of and enjoy.
Thank you to every home that took the time to spread the holiday cheer to share with their neighbors.
Past Winners
2008—6014 Eleanor
2009—3718 Camden
2010—3975 Watterson
2011—3711 Lonsdale
2012—5921 Murray
2013—3821 Carlton

WE NEED YOU!
FESTIVAL COMMITTEE BEING
FORMED

The Village of Fairfax is committed to having the Fall Festival in 2015. In order to have a successful event, we need a core group of people to make that happen. If you are interested in serving on the festival committee, please plan on attending a meeting on Thursday January 22, 2015 at 7:00 PM. We are looking for people interested in spearheading specific areas of our festival including gambling/games of chance, kid's games, overall volunteer coordination, raffle booth coordinator, etc. If you are not sure where your talents could be utilized, but would like to help out, please attend and we can find a fit for you.
The meeting will be held at the Fairfax Municipal Building. If you have any questions, please contact Chandra Buswell, Events Coordinator at chandrabuswell@yahoo.com or Jenny Kaminer at jkaminer@fairfaxoh.org.

Hedge Above Landscaping

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Contact Steve today for FREE ESTIMATE!
(513) 497-8183 or hedgeabove@gmail.com

Village
Rec
Programs

Basketball
Open Gym:
Free Adult Open Gym every
Wednesday
from 8:30pm to 10pm.
Mariemont Junior High
(3806 Southern Ave)

ZUMBA!
Every Thursday 6pm
Fairfax Rec. Center
Only \$6 a class!
www.zumba.com.

COALITION CORNER

On May 27, 2014 an 18-year old high school senior in LaGrange, Ohio, died suddenly of a caffeine powder overdose. According to CBS News, the Lorain County Coroner found that the senior had ingested a toxic amount of the white powder suffering cardiac arrhythmia and a seizure resulting in death. As a member of the high school wrestling team, he reportedly used caffeine powder as a pre-workout supplement. His death has raised awareness of the risks of caffeine overdoses, particularly powdered caffeine, which is highly concentrated.

Recently, there have been quite a few reports on the health benefits of caffeine. As with most things, health benefits are only reaped with small to moderate “doses” like the morning coffee ritual.

Caffeine can be found naturally in plants such as cacao, coffee and tea. It is a stimulant that affects the central nervous system and brings desired affects such as mental alertness. Even the relatively small amount in coffee is considered addictive and can come with potential side effects such as nervousness, insomnia, headaches, and increased heartbeat. When ingested in excess, caffeine has a very dark side. Powdered caffeine lends itself to misuse because it is almost impossible to portion out properly with typical kitchen utensils due to its concentration.

Powdered caffeine can be very alluring to young people. Not only is it used as a workout supplement to boost performance in the gym but also as an aid in weight loss as it does boost metabolism. Teenagers may also be tempted to use powdered caffeine to stay alert during late night study sessions. Unfortunately, powdered caffeine is easily accessible online. It is not an illegal substance and there are no age requirements for purchase. Furthermore, it is labelled as a supplement and not currently regulated by the FDA. The chart below compares the caffeine content of popular beverages and supplements:

Beverage	Serving Size	Caffeine (mg)
Starbucks Coffee	Grande, 16 fl. Oz.	330
Dunkin’ Donuts Coffee	Medium, 14 fl. Oz.	178
Starbucks Espresso	Doppio, 2 fl. Oz.	150
Decaf Coffee	16 fl. Oz.	15-25
Green Tea	8 fl oz	30
Mountain Dew, regular or diet	12 oz	54
Diet Coke	12 oz	47
Coke	12 oz	35
5 Hour Energy Drink	1.9 oz	208
Red Bull	8.4 oz	80
No Doz or Vivarin	1 caplet	200
Caffeine Powder	1/16 tsp	200

Please be reminded to stay "in the know" by asking questions and having an open dialog with your teen about health, nutrition, and the prevention of substance abuse. For more information about emerging trends, please visit the following sources:

Center for Science in the Public Interest<http://www.cspinet.org/new/cafchart.htm>

NIH (National Institute on Drug Abuse): <http://www.drugabuse.gov/drugs-abuse/emerging-trends>

“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.”

ANNOUNCEMENT

Credit Cards are now accepted for Tax Payments

You need to come into the Tax Office to register your credit card. This is a onetime requirement to ensure security.

Sign-Up Procedure: The person whose name is on the credit card must come into the tax office with the credit card and driver’s license or other photo ID.

After credit card information is verified, payments by phone (during our regular hours) will be accepted. User identification information will be requested when making payments by phone. If you want your spouse or adult child to use your card, you must let us know in advance.

HOURS: 8:30AM to 5:00PM, Mon. – Fri. (lunch 12 – 1:30) exceptions on voice mail

Tax Tips:

*1) Make an estimated tax payment now to avoid owing a large amount on April 15. (Estimated tax is based on the prior year's tax. Call the Tax Office if you need help calculating your estimated tax. Phone 527-6506)*REMEMBER TO ADD "ESTIMATED TAX PAID AFTER THE DATE ON THE RETURN" TO THE CREDIT LINE 5b, OF YOUR 2014 TAX RETURN*

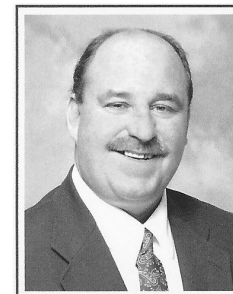
2) File your return early to avoid late filing fees.

3) Husband and wife can file a joint return for Fairfax regardless of how they file their State and Federal Returns.

4) Check your pay stub for local tax paid. You should only pay local tax to the place where you work or live. (If you find an error, contact your company's payroll department immediately.)

REGISTRATION: If you are a new resident or moved since filing your last tax return, you must register by mail or phone (Tax Office at 527-6506). Give name, address, SS#, date moved in and landlord’s name if applicable. If registering by phone, please spell all names.

In January of each year tax forms are mailed to registered residents and businesses in the Village. **However, not receiving a form does not excuse anyone from filing a tax return with the Village.** Forms and instructions are on our website www.fairfaxoh.org.



RODNEY CASH
REALTOR®
(513) 271-7200 OFFICE
(513) 520-8452 CELL
(513) 332-9567 FAX
rodney.cash@cbws.com



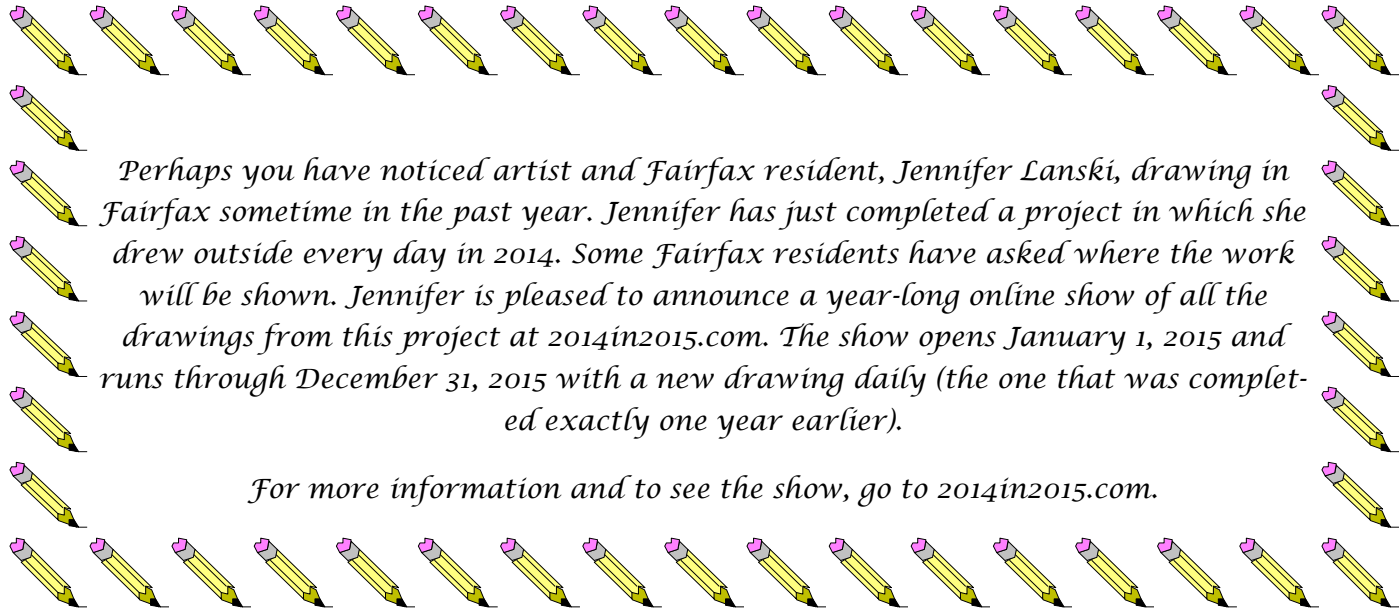
WEST SHELL
3908 Miami Road
Cincinnati, OH 45227
www.cbws.com/rodney.cash

Operated by Coldwell Banker
Residential Real Estate LLC.



Carry Concealed Weapon Classes

Mike Murphy, Certified Instructor
(513)520-1206



Happy New Year!

Since October 2012, residents of the Village of Fairfax have been eligible for special membership rates at the Cincinnati Sports Club thanks to a new multi-year agreement signed by Mayor Shelton



and the Village of Fairfax Council. The Village of Fairfax is subsidizing the cost of the membership for its residents in a unique public/private partnership.

“Our relationship with the Cincinnati Sports Club will afford Fairfax residents increased access to quality facilities without needing to construct and maintain costly new village facilities,” said Kaminer. “Healthy relationships like this have favorable effects on residential property values in Fairfax, as well as help make our village a more enjoyable community.”

The Sports Club's 10-year master plan, a comprehensive effort to improve its offering for membership and the surrounding community.

The Cincinnati Sports Club has met the community's health and wellness needs for 25 years. Locally and privately owned, the Sports Club's mission is to encourage people to live an active lifestyle in a spotless, well maintained facility staffed with friendly and knowledgeable professionals.

For information on joining the Cincinnati Sports Club, please call 527-4000 or visit in-
fo.cincinnati-sportsclub.com/villageoffairfax.



Forum Delivery and Circulation

The Forum is a free newsletter put together by the Recreation Department as a service to the residents as well as to the local businesses, schools, and non profit organizations.

The Rec Dept works to provide the newsletter on a monthly basis; a more frequent production than the quarterly basis it was on previously. The goal is to provide it by the beginning of the month however there is no set “drop date”. Months with late holidays like November and December make it more difficult to have the Forum done by the very first of each month. All effort is made to have the Forum done as close to the first weekend of the month however that can not always be possible.

To keep cost down and to control drop time we have hired young residents to deliver the Forum. They are paid \$0.20 a house which is the same as bulk mailing costs. This helps because bulk mail can take up to 10 days to deliver were the route deliverers are given 3 days to get their routes done.

The deliverers are given instruction to do their best to find a safe, dry area at the front of each home to leave the Forum. This is particularly difficult during rainy weather and winter time. If you have any trouble receiving your Forum please email chandrabuswell@yahoo.com or call Jenny Kaminer at 527-6503. You can find extra copies of the Forum in the Municipal Offices.

Thank you, we hope you enjoy the information the Forum is able to share.

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"

Forsee
Plumbing Co., Inc.
#1 Plumber in Cincinnati
www.forseeplumbing.com
forseeplumbing@yahoo.com
(513) 271-6720

State License PL16160
Master Card and Visa accepted
Fairfax residents; present this ad
and you will receive \$10 off the \$39
service call fee.

CINCINNATI BASED LIQUIDATORS WORLD
EXPANDS OPERATIONS.

Liquidators World, which operates showrooms in Cincinnati and Louisville, has expanded its Cincinnati operation to a new 16,000 square foot facility located in Fairfax at 3380 Red Bank Rd. Vice President, Jeremy Daniel, states "Liquidators World has seen 40% growth over the past year and it was imperative that we find a location which would provide a larger showroom for our clients to view our vast array of products, we feel that we accomplished that with our new warehouse and distribution center."

Daniel states “we are seeing many small/medium business owners wanting to start-up or expand their operations but needing to keep their out of pocket cash to a minimum. Pre-owned office furniture is significantly more affordable than purchasing new; in many instances our clients are able to save 50-75% off of the list price of new furniture.” Liquidators World has one of the largest selections of used office furniture and workstations in the Midwest which gives its clients many different options when designing their office space. Liquidators World has supplied pre-owned office furniture to small businesses, non-profits, and Fortune 500 companies, all looking to save money while obtaining the high quality known by top office furniture manufacturers. For a reasonable fee, we also offer full service delivery and installation of the furniture and cubicles we sell to further assist the client with their purchases.

As a member of the BBB, Liquidators World has also been able to help businesses who are in need of selling unused office furniture. The company has seen a significant increase in the number of clients looking to unload unused furniture over the past year. “We provide a solution to business owners who have quality unused office furniture that they no longer are utilizing. Whether businesses are looking to cut storage costs or are looking for additional capital to run their operations, we are able to buy these assets and remove them from our client’s facilities in a timely manner” explains Daniel.

Liquidators World began its operation 13 years ago by purchasing office furniture throughout the United States and selling it through a nationwide network of dealers. Seven years ago, Liquidators World opened its doors to the public when it opened retail stores in Cincinnati and Louisville. The new warehouse and distribution center for Cincinnati is located at 3380 Red Bank Rd. Fairfax, OH 45227 next to the BMV Office and Hyde Park Lumber. To find out more, please visit www.liquidatorsworld.com.