



NORTH AVONDALE CENTER (NAC)
617 Clinton Springs
961.1584
northavondale@cincinnati-oh.gov

● **SUMMER DAY CAMP SIGN UPS BEGAN THIS WEEK AND ARE ONLINE AT CINCYREC.ORG**

The date of the **Fitness Sampler** is going to be **March 8th**.

Tabata Training With Patrice: High intensity interval training that includes 8 exercise sequences-4 minute bouts of explosive interval moves done for 20 seconds with 10 second break in between rounds. Build strength, improve cardio endurance, and increase metabolic rate at rest after workout.

Men's Fitness: Full body workout using your own body weight.

Other Adult classes: Spinning, • Walking Club • Core Sculpt • Stretch & Tone • Zumba • Workout Party • Healthy By Choice • Yoga will be starting this month • Personal Training
Call the Center for class schedules and more details.



NORTH AVONDALE MONTESSORI
363.3900 • 615 Clinton Springs
www.namrockets.org

Calendar of Events:

- 2/10 - School is in session. (Makeup day)
- 2/17 - President's Day - No School.
- 2/20 - Parent-Teacher Conference Night - 4 PM to 7 PM
- 2/28 - "Crazy Hair Day!"

NAM Talent Show & Craft Night Huge Successes!

On January 24th there was a **Talent Show** in which over 250 people attended. We had 31 performances with the proceeds going to the 6th grade Washington, DC field trip in late March.

Thank you to Myles Harper and Jeff Hammond who coordinated the event.



On Friday, January 31st, the NAM-PTO hosted the third annual **Craft Night**. Parents and students had the opportunity to make a craft together with the theme being, "Valentine's Day." Over 150 students and

parents attended and many creative projects were made. "The event was well attended and our school community had a wonderful time. With the weather being so cold we didn't know what to expect," said Principal Lewis. "Every gathering we have hosted has been well attended which speaks volumes of our parent involvement and commitment to NAM."

For the second consecutive year PTO Vice President Hope Love coordinated the affair. "We had materials for the students and parents to make a craft along with pizza, salad, and a drink at no cost to the family. Making arrangements for Craft Night is challenging but I am excited to see so many people come out

and have such a great time. This is my contribution to my school," said Ms. Love.

"Hosting and creating activities to build and strengthen our community is a major part of the Montessori philosophy. The addition of Craft Night has brought us together during the winter and I look forward to next year. Not only are parents and students working together, but parents and students are socializing and having fun," said PTO President Shannon Sanker.

Roger R. Lewis, Principal



SOUTH AVONDALE
●363.5500 ●636 Prospect Place
●savondale.cps-kl2.org

Universal Preschool for a Safer Neighborhood

Three and four year olds that attend a good preschool are usually about 2 years ahead of their peers in school than those who did not. This 2 year advance continues throughout their lives.

The result is these children are more likely to progress in school without problems and more likely to contribute to the economy as adults.

Pauline Daly



THE NEW SCHOOL MONTESSORI (TNSM)

281.7999 • 3 Burton Woods Lane
www.newschoollmontessori.com

The New School Montessori Takes 4th Place in Findlay Market's Chili Cook-off

The New School Montessori was a crowd favorite with their vegan, Caribbean black bean chili at Findlay Market's Annual Chili Cook-off. They came in 4th place and were the only school represented out of 30 participants. The Cincinnati firefighters judging the contest were called away briefly for an emergency but returned in time to complete the voting along with the alternate judges picked from the crowd.

This marks the second year that The New School has competed with other chili aficionados from the area. Last year the school's chef, Audrey Cobb, created a white bean chili, and this year her Caribbean black bean chili surprised us with sweet potatoes and kale as two of her main ingredients.

Chef Cobb, previous owner and chef of Mullane's Parkside Café, cooks wonderful, healthy lunches from scratch each day for the preprimary and elementary students who attend The New School Montessori.

Chili recipes from both years are available on the school website's lunch page.
newschoollmontessori.com/why-choose-montessori/lunch/



Caption:

New School Montessori students Diele and Jemea Diob were pleased to taste samples of chili made by the school's chef, Audrey Cobb, and to cheer her on.

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The New School Montessori Auction 2014 – March 8 at Clifton Cultural Arts Center

Each year TNSM families, friends and local businesses provide auction items and gift certificates to support our annual fundraiser for the school. We invite you to enjoy an evening of auction festivities. Please call the school for ticket information 281.7999.

To schedule a tour of The New School Montessori, call (281.7999) or visit www.newschoollmontessori.com. We also encourage you to attend our spring Open House on Sunday, April 27 from 2:00-4:00PM. Teachers, board members and staff are available to answer questions, to give tours and to facilitate the discovery process as children explore the environment.

Ann Baumgardner Marketing and Communications Director

North Avondale Business Association (NABA)

NANA greatly appreciates working with our local businesses.



Check out the magnificent new design!

Join us in thanking the two highlighted below who recently helped re-make the winter banners on more durable fabric.

- Coriolis Custom Signs helps small to medium sized businesses communicate their message with outdoor signs to get customers through the door, and indoor signs to guide them through the purchasing process. You can visit Coriolis at 3911 Reading Rd, or email at sales@corioliscustomsigns.com or call 281.0800.

- Vanessa Sorensen is a freelance graphic designer living in North Avondale. You can visit her blog at nessydesigns.blogspot.com and see her work at www.vanessasorensen.com.

Search Engine Optimization & Social Media Internship

Schenectady, NY & Cincinnati, OH

Do you want to gain valuable experience in what it takes to market a business on the web? One of New York City's most competitive soccer league, the Gotham Soccer League, LLC is currently looking for an intern to help implement our SEO & Social Media efforts with a Spring Semester project. The timeframe for this project, is from now until the end of May, 2014.

This is a paid internship, with roughly 10 hours per week expected for the spring semester. To see a full description of the position, please see <http://coriolisig.com/pages/careers/6>. Apply today by sending your resume and availability to admin@gothamsoccer.com. Gotham Soccer League, LLC is a subsidiary of Coriolis Investment Group, Inc. based on Reading Road in North Avondale.

NABA appreciates your support of our local businesses.

AROUND THE TOWN

Old House Interiors 2: Plaster, Murals and Lighting



Saturday,
February 15,
9:00 a.m.-Noon
Hauck House,
812 Dayton St.,
West End.

Presented by
Ken Hughes
(Decorative
Restorations),
Patrick Snadon.

PhD and Elizabeth Meyer (UC-DAAP).

The second in CPA's "Old House Interiors" series is all about walls and ceilings. Learn about paint colors and finishes, gas and electric lighting, monitoring and repairing plaster cracks, and repairing decorative plaster with castings and molds. You'll also learn about the exciting discoveries of the exquisite Hauck House ceiling murals.

The program is free to CPA members and students. \$15.00 for guests (per session). Reservations are required and seats are *limited to 30*. Parking is available in the gravel lot behind house on Horace Alley. To reserve a place call 721.4506 or email info@cincinnatiapreservation.org.

- The American Planning Association (APA) announced that Plan Cincinnati has been honored with the 2014 Daniel Burnham Award for a Comprehensive Plan. This award is one of the most prestigious given by the APA each year.

Here is a link to the story on the Department of Planning and Building's website: <http://www.cincinnati-oh.gov/planning/news/plan-cincinnati-wins-national-award/>

Editors Note: Many NANA neighbors led by Maura Wolf worked very hard on this project!

- The Avondale Comprehensive Development Corporation (ACDC) participated in a program called *Inspirations: A Tribute to Black History Month* on Star64. During this 30 minute special you will hear some amazing and inspiring stories from some of the most passionate, brightest and successful African Americans in Cincinnati sharing stories of their past and building bridges to the future. In honor of Black History Month, please tune in and tell all your family members, friends, neighbors, and colleagues to tune in as well!

Their segment can be found at: <http://www.local12.com/community/features/black-history-month/stories/avondale-comprehensive-development-corp-3.shtml>

The complete program will air 2 more times in the month of February on Star64-TV: Sat, Feb 15th at 11:30am Sat, & Feb 22nd at 11:30am You can find WSTR / Star64 TV at either 64 or 11 (depending on your television provider) The Whole Show and each individual segment can be viewed on Local12.com:<http://www.local12.com/community/features/black-history-month/#.UvO791ckTbh>