

February
2010

The Voice of the East Row Historic Foundation is published monthly and paid for by the East Row Historic Foundation (ERHF). Diverse, responsible commentary is encouraged. All opinions are those of the authors and do not necessarily express those of the ERHF or its officers.

Articles, editorials, or calendar items should be e-mailed to Voice@EastRow.org.

Submissions must be signed to be considered for publication. The editor reserves the right to edit or reject submissions due to length, content, or appropriateness.

Editor: Jenny A. Hudson

Advertising: Deborah Duttle

Contributors to this issue:
Elizabeth Shely

Deadline for submissions is the 10th of the month.

Next Meeting:

Joint meeting for Gateway and Mansion Hill neighborhoods is 7 p.m. on Tuesday, February 2, at the Sanctuary (Monroe and 6th Streets).

East Row Historic Foundation Officers:

Chair: John Morrow,
Chair@EastRow.org

Secretary: Bruce Murray

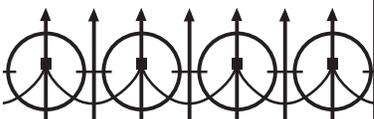
Treasurer: Pat Budd

Gateway Rep: Missy Richardson,
missyrichardson@earthlink.net

Mansion Hill Rep: Joy Bishop,
Therestitis@aol.com

Want to subscribe to the East Row List Serv? Here's the e-mail address:
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EastRow.org



Gateway

The Voice



Mansion Hill

OF THE East Row Historic Foundation

Volume 11

Issue 2

Presentation of Prospective ERHD Officers

The East Row Historic Foundation (ERHF) will present its slate of officers for 2010 at the February meeting, which will be held at the Sanctuary (corner of 6th and Monroe) at 7 p.m. on Tuesday, Feb. 2. Please plan to attend and meet the candidates. In order to vote, members must have attended two meetings in the last 12 months. Other nominations will be accepted from the floor, so please plan to attend and participate in this important neighborhood process. The offices and duties are described below.

Article VII: Directors/Officers

Section 1: The nominating committee for directors will be formed at the January meeting. The nominees will be slated in February. Nominees will be announced in the March Voice and voted on at the March meeting by members present. There will be no absentee votes accepted.

Section 2: The ERHF shall be directed by a Board of Directors, which shall consist of five elected directors. One of the directors shall be elected to the office of Chairperson by the membership. One director shall be elected to the office of Secretary, and one director shall be elected to the office of Treasurer. Two directors shall be elected respectively from the following: one resident from the Gateway neighborhood and one resident from the Mansion Hill neighborhood. These directors shall hold the offices of Vice-Chairpersons and will be the official neighborhood representatives to the city of Newport and the Newport Citizens Advisory Council. This structure satisfies Newport's requirements for membership in the Newport Citizens Advisory Council and the requirements of Article II.

Section 3: The directors shall be elected to one year terms at the March meeting to take possession of the office at the May meeting. This schedule is to facilitate the smooth and orderly changeover and to allow ample time for orientation and administrative transition to incoming directors.

Section 4: Any vacancy will be filled at the next regular meeting by election.

Section 5: Candidates must be members of the ERHF. The candidate must have been to at least four meetings during the twelve month period prior to the election unless this rule is waived for an individual case by a unanimous approval of the members present at the meeting. Questions of eligibility shall be settled by the By-laws committee with the advice of the Secretary.

Section 6: Directors may not serve more than two consecutive terms in the same office unless this rule is waived for an individual case by a unanimous approval of the members present at the meeting.

Section 7:

A. The Chairperson/President shall:

- Preside at all meetings.
- Serve as an *ex-officio* member of all committees.
- Be responsible for preparing and distributing all agendas.
- Sign ERHF documents and letters as needed.
- Make appointments as needed for the effective work of the ERHF.
- Perform other duties as required by the members.
- Represent the ERHF on issues as directed by majority vote of the ERHF.

(Continued on page 2)

ERHD Officers (continued)

B. The Vice-Chairperson/neighborhood representative shall:

- Serve as the official representative of the neighborhood in which they live.
- Assist the Chairperson upon request
- Assume the duties of the Chairperson in their absence; attend the Newport Citizens Advisory Council meetings at City Hall.
- Represent their respective neighborhoods and the ERHF in accordance with Article II.

C. The Secretary shall:

- Record and maintain an accurate and comprehensive record of all proceedings of the ERHF.
- Maintain a membership roll.
- Be informed of all items on the agenda.
- Give notice of meetings to ERHF members.
- Write and/or assist in all correspondence assigned to him/her.
- Have custody of the by-laws, records and general archives.

D. The Treasurer shall:

- Keep accurate account of moneys and give regular financial reports.
- Assist in obtaining moneys and be authorized to sign checks. Such checks shall be countersigned by the Chairperson or a director in the Chairperson's absence. Such disbursements may only be for those expenses approved by ERHF.
- Conduct an annual audit.
- File all forms required to insure the tax exempt status.
- Maintain all liability insurance required for 19-C-3 corporations.
- Contract with and maintain a working relationship with a CPA firm for tax filing requirements.
- In the absence of an elected Treasurer, dual signed checks will be required of the Chairperson and other director.
- Maintain the official post box for the ERHF. 🐾

Upcoming ERHD Meetings

Tuesday, February 2
Tuesday, March 2
Tuesday, April 6

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Just a Reminder...

As we live in a historic district, it is important to consult with Newport's Historic Preservation officer Emily Jarzen, prior to making any changes to the exterior of your home. This ensures the work conforms to the guidelines for the Historic District. It is also necessary to display a permit that shows the work has been approved.

Emily can be reached at 859.292.3637 or at ejarzen@newportky.gov. 🐾

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The Emerald Ash Borer (EAB) is now here and has already killed 1,000's of Ash trees in the Cincinnati area.

The City of Newport has informed us that they will not be treating any street Ash trees against the EAB. This means that in 3-5 years, Newport's Ash trees will likely be infected, *unless they are treated now.*

Losing established, large street trees can *greatly affect* the value of your East Row Historic District home and can take *decades* to regrow.

Save your Ash trees. Call us today.



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East Row Resident to Run for State Senate

Julie Smith-Morrow, ERHD resident, Newport School Board member and vice president at Cincinnati's Freestore Foodbank, has filed to run for the 24th District seat in the Kentucky Senate. Smith-Morrow is a Democrat and will run against Republican Katie Stine.

The 24th Senate District encompasses all of Campbell and Pendleton counties.

"I look forward to getting out and listening to the needs of the people of the 24th District as I visit each and every community," said Smith-Morrow. "It's long past time when the residents of the 24th District should have their voices heard. I want to work together with people on both sides of the aisle to develop solutions that will put us on solid footing into the future."

Smith-Morrow will put much of her focus on meeting basic human needs, and education. "I believe everyone should have opportunities to be successful and have happy, productive lives." ❁

Kudos Neighbor!

Congratulations to Fourth Street resident Rich Boehne, president and CEO of the E.W. Scripps Co., who will serve as the 2010 chair of the Cincinnati USA Regional Chamber. Rich will assume the chair on Feb. 25 at the Chamber's annual dinner. ❁

East Row Block Captains Next Meeting

- Thursday, February 18
- 7 p.m.
- Morning Star Christian Life Center, 510 Park Avenue (at Fifth Street) Newport ❁

East Row Garden Club News

by Elizabeth Shely

The East Row Garden Club kicked off the new year in style, with a delicious meal and speaker Susan Fox, from Natorp's, who spoke on the winter garden.



New officers Elizabeth Shely (President) and Carole Weitner (Vice President), Rene McPhedren (Secretary) and Monica Gardner (Treasurer) were introduced. Next month we have an exciting presentation on setting up Community Gardens, to further our research on starting an urban public garden plot here in Newport. City Manager Tom Fromme will speak to this as well.

We are a growing group and are eager to welcome new members. All who are interested please join us on the third Tuesday of the month at 6:30 pm at the Sanctuary on Monroe and 6th Streets. ❁

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February's Schedule of Events

at the Newport branch of the
Campbell County Public Library,
901 East Sixth St. 859.572.5035



Adventure Club: M&Ms Bingo - 4 p.m. Feb. 2
Play Bingo, win prizes and eat M&Ms! Ages 6-11. Please register.

E-mail with Gmail - 10 a.m. Tuesday, Feb. 2
Learn how to setup and use Gmail e-mail accounts. Adults. Please register.

Book Club - 7 p.m. Tuesday, Feb. 2
Join us in a discussion of this month's book *Everything Matters* by Ron Currie Jr. Visitors welcome.

Gospel Music with Jubal Rain - 2 p.m. Saturday, Feb. 6
Celebrate Black History Month with the Jubal Rain Gospel Choir. Adults.

**Adventure Club: Mad Hatter Valentine's Party!
4 p.m. Tuesday, Feb 9**
Make a balloon hat and join in on other fun activities! Ages 6-11. Please register.

Teen Cookie Decorating - 3:30 p.m. Thursday, Feb. 11
Decorate cookies at the library! Ages 12-18. Please register.

Adventure Club: ArtReach presents: *Harriet Tubman & the Trail of Freedom* - 4 p.m. Tuesday, Feb. 16
ArtReach presents a drama about an amazing woman and her travels through the Underground Railroad. Especially for grades 4 and up. Please register.

Teen Hot Chocolate Making - 3:30 p.m. Feb. 18
Make warm hot chocolate at the library! Ages 12-18. Please register.

FAF Sampler Weekend: Mask Making and Creative Movement - 12 p.m. Saturday, Feb. 20
Support your child's curiosity and imagination through movement games and the creation of their own mask! Especially for ages 5-8. Registration not required.

**FAF Sampler Weekend: Chris Comer Jazz Trio
2 p.m. Saturday, Feb. 20**
Join the Chris Comer Trio for an afternoon of jazz! Adults. Registration not required.

Adventure Club: Seuss-a-Palooza - 4 p.m. Tuesday, Feb. 23
Enjoy activities and crafts based on your favorite Dr. Seuss books! Ages 6-11. Please register.

Internet Basics - 10 a.m. Tuesday, Feb. 23
This class will teach the basic skills and concepts needed to use the Internet. Adults. Please register.

Card and Board Games - 3:30 p.m. Thursday, Feb. 25
Join us at the Library for card and board games! Learn a new game or play a favorite! Ages 12-18. Registration not required.



February's Fusion Fitness Facts

- ❖ Research states that beginning in their mid-twenties, women start to lose a 1/2 a pound of muscle each year.
- ❖ Loss of muscle = a slower metabolic system and higher numbers on the scale.
- ❖ Many women focus only on cardiovascular or aerobic exercise. The fact is that cardiovascular exercise only increases the metabolism for the amount of time you're working out.
- ❖ Strength training preserves muscle mass, increases lean muscle and raises the metabolic system so you will burn more calories, even at rest.
- ❖ Strenuous aerobic exercise causes a small increase in metabolic rate for a relatively short period of time. Strength training, on the other hand, has a higher exercise metabolic after burn, causing a permanent rise in metabolism, raising your metabolism so that you are burning more calories 24-hours a day. Training with weights provides an indispensable metabolic adjunct to a proper eating program. Lifting weights "turbo-charges" your metabolism, allowing women to ingest more calories while maintaining body weight and changing the proportion of muscle to fat.

The Voice Advertising Rates

Voice ads are available as noted below. All printing is black and white, and good quality photographs are permitted. A prepaid full year (12 issues) is billed at the price of 11 ads.

Card Size	\$30
Double Size	\$55
Quarter Page	\$70
Classifieds	\$10 - For two lines

To place an ad, contact ads@eastrow.org



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