



The Pleasant Run Farms MEMO
"An Active Community"

February 2009

Volume 41 Issue 2

www.pleasantrunfarms.org

A publication brought to
you by the PRF Civic Association

Volunteers Needed

We can still use volunteers for the following positions on the PRFCA board: Secretary, Membership. If you are interested in donating a few hours per month for your community, please contact any board member (contact info is on page 2).

PRF Baseball is BACK!!!!!!

Come out of hibernation; put the Wii and DS games away and sign up to play BASEBALL in 2009. Join the fun for this year's baseball season. PRFAA will continue to build on creating a stronger instructional environment for developing skills.

PRFAA needs umpires, coaches and players for another exciting season - that means YOU!

Umpire candidates – contact Darryl Pope at 825-0790

Little League Coaches – contact Marc Ferguson at 825-2669

T-Ball Coaches – contact Bob Koch at 825-6539

Softball Coaches - contact Marc Ferguson at 825-2669 (need a coordinator)

Concession Workers – contact Kelly Girts at 648-9766

Corporate Uniform Sponsors – contact Bob, Marc or Darryl

Registration Dates to Sign up your children

Feb. 11th - 6:30 – 7:30pm - Pleasant Run Elementary – Marc Ferguson/Darryl Pope

Feb. 21st - 10:00am – 12:00pm - John Wesley – Marc Ferguson/Darryl Pope

Please note –NO REGISTRATIONS WILL BE ACCEPTED AFTER Feb. 28th. Parents...don't be responsible for your child standing on the sideline this year. PRFAA could have fielded 4 additional teams last year had parents signed up their child in time.

Spotlight on your Carrier

This month....**Justin Berquist**

Justin is the son of Chip and Nancy Berquist. He is a 6th grader at Pleasant Run Middle School. He has delivered memos for a little over a year after picking up Route 1 from his older brother. Route 1 covers part of Creswell, as well as all of Clayburn and Edgewater. In his spare time, Justin likes to watch TV and play video games. Justin is active in both football and baseball and plays the clarinet in the school band. Next time you see Justin, say hello!



N
E
W
S

Y
O
U

C
A
N
U
S
E



The MEMO is published by the Pleasant Run Farms
Civic Association,
11955 Elkwood Dr.,
Cincinnati, Ohio 45240
www.pleasantrunfarms.org



Monthly Issue Advertising Rates:

Back Full page \$110 Regular Full Page \$90
Half Page \$65 Quarter Page \$45
Business Card Size Ad \$25
Classified Ad \$8
Call Krista Hepp at 851-3644 to place your
Classified or Business Ad.

Pleasant Run Dry Cleaners

Same Day Service-

In by 10:00 Out by 4:00

Shirt Laundry

FREE Minor Repairs

Ask for our 20% off Dry Cleaning
Card

6106 Winton Road at Mack Road

(between Jay's Food Mart & Domino's Pizza)

Fairfield, OH

829-4441

YOUR PRF EXECUTIVE BOARD MEMBERS:

Dale Grigsby 742-0217 dale.grigsby@gmail.com (President)
Randy Scheib 931-3508 rscheib@vls.com (VP)
Chris Rowland 674-1063 (Treasurer)
OPEN (Secretary)
OPEN (Membership)
Jennifer Higgins jhiggins@copper.net (Community Activities)
Tonya Klei 742-0385 tonyaklei@cinci.rr.com (Pool)
Darryl Pope aggiepop@aol.com (Athletics)
Krista Hepp 851-3644 jhepp@cinci.rr.com
(Communications)

Memo Deadline for Advertisements and Articles

Tuesday, February 24, 2009

The next Memo Delivery will occur on the weekend of March 7, 2008. If you would like to **place an ad in** or **contribute to** the Memo, please contact Krista Hepp at 851-3644 or jhepp@cinci.rr.com. If you have any problems with **receiving** your Memo, please contact Susan Schieb at 931-3508.

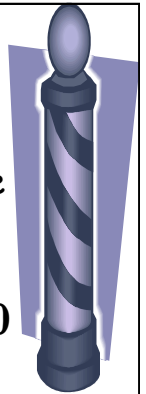
The Memo and the PRF Civic Association reserve the right to refuse any content. Letters to the editor will be published only with the authors name. Any comments, suggestions, or new contributors are welcome.

*Cincinnati
Style*

NEXUS

"Your
Family
Hair Care
Center"

829-9500



Woodfox Center in Fairfield at Old Winton & Mack

PRFCA Membership Applications are available on the website listed below or by calling our Membership Chairperson listed above. Dues are \$25 a year.

Check out the website below for additional news and community information.

www.pleasantrunfarms.org

Note - almost 40 of your neighbors joined in January—

it's never too late for you to join!!

What is the PRF Civic Association?

Over 40 years ago, when the neighborhood known as Pleasant Run Farms was developed, the Civic Association was founded. The intent of the Civic Association was to provide the residents of the Farms with an active community; the Association was the foundation for the sports teams, community pool, activities, and hobby/interest clubs (gardening, babysitting, reading, etc.). Throughout the years, the Civic Association has continued to provide residents with a way of connecting with their community, as well as providing the neighborhood a political voice with Springfield Township.

What has the Association accomplished?

In addition to maintaining sports teams, the pool, and other yearly activities (such as the Fourth of July Parade), the Civic Association has made lasting impacts on the community. As examples:

- Purchase of and retaining the greenbelt areas. These areas stretch behind the pool on Elkwood and back along Broadhurst, and along Hazelgrove, Forester and Hazelhurst, separating the properties owned by Home Depot and Kmart from the residential properties. Several times throughout the years, developers have asked about purchasing the land for retail development; the Civic Association maintains the property as a buffer between retail and residents, in order to maintain home values.
- Development of Clifford George fields as a sports complex and Township Park. The property at the corner of Forester and Mill was to be sold and developed into a gas station/minimart. The Association convinced Springfield Township to purchase the land and develop it as a complex for our sports teams. The volunteer hours put forth by residents maintains the fields as part of the agreement with the Township.

Why should I join? Where does the money go?

The Civic Association fees pay for many things. Some of them are:

- Printing and delivery of the Memo. While ads pay for some of the Memo, the remaining costs for printing and delivery are paid for by fees. Memo compilation and editing is volunteer; all Memo delivery is done by neighborhood youth, who are paid using the fees.
- Insurance. Sports teams, the Pool, and the greenbelt areas require insurance carried by the Association. Sports fees and Pool membership fees pay the portions of their premium; fees pay for insurance on the greenbelt areas.
- Activities. We are fortunate to have several churches in the area who offer their halls free of charge for any activities. However, activities such as the Fourth of July Parade, Easter Egg hunt, Landscape Contest, etc., all require some funds.
- Scholarship. The Civic Association is fortunate to be able to provide at least one \$500 college scholarship per year to a neighborhood youth.

How do I join? How much is it?

Joining is easy, simply complete the form found on the next page of the Memo (or you can get one online at any time at pleasantrunfarms.org). Mail or drop off the form at the address listed.

Membership runs January—December. Fees have been reduced this year to \$25. *If you are already a member, and you joined on or after July 1, 2008, you will receive a discounted rate of \$12.50 for 2009.*

If you have any questions about membership, how to join, or other benefits of the Civic Association, please contact a Board member (info on page 2) or email PRFmembership@gmail.com

PRFCA Membership Form January—December 2009

Date		Family Last Name	
------	--	------------------	--

Address		Phone	
---------	--	-------	--

Email	
-------	--

PRF Resident Since:	Month		Year	
---------------------	-------	--	------	--

Household Member	Birth Month/Day	Adult/Child?

The Civic Association needs volunteers to help keep its programs running smoothly. Please check if you would be willing to help with any of the following programs:

Spring Activities		Summer Activities		Fall Activities	
Winter Activities		Landscaping		Sports	
Pool		Memo		Membership	
Scholarship Committee		Where Needed		Other	

Note: If your child participates in PRF Sports, you must be a member.

Please complete this form and return along with your check for \$25 (\$12.50 after July 1st) made out to PRFCA, and mail/drop off to

Chris Rowland, 11887 Belgreen Lane, Cincinnati, OH 45240

Any questions, please call Chris at 674-1063 or email PRFMembership@gmail.com



It's time to Kick off the First 2009 PRF Wellness! This is to provide a wide range of Wellness programming aimed to keep PRF informed and interested in the health and the health of their families. Welcome, PRF, to the first steps to a healthier you by reading each month here!

February is Heart Month!

After a recent study January 2009, cutting back on salt can help reduce not only your blood pressure but also lower the risk of a stroke or heart attack. To help regulate your blood through your vessels, it is recommended to reduce your sodium intake to 2,400 milligrams or less (approximately one teaspoon of table salt). But unfortunately, the average individual eats twice that without even realizing it. In fact, most processed foods are loaded with salt. So make sure to read the labels of what you buy. If the label reads "very low sodium" the FDA requires it to have less than 35 milligrams of sodium in a serving, "low sodium" must have less than 140 milligrams, and "reduced sodium" will have 25% less than the original product.

Just keep in mind that seasonings such as soy sauce, steak sauce, bouillon cubes, and Worcestershire sauce carry a lot of sodium. Instead, have a low-sodium diet by using lemon juice, vinegar, or herbs.

Also keep in mind when shopping, it is best to choose fresh or frozen vegetables instead of the canned version. But if you must, either purchase the low-salt/no salt items or drain and rinse the canned foods before preparing.

But at the very least, to help lower your risk for developing heart disease and stroke, continue to keep those fitness New Year's resolutions. After all, fitness is still one thing you can do to lower your risk and above all, provide many other positive health benefits such as lowering the risk of cancer, diabetes, and anxiety.

- Michelle Mayhall

Have a Hobby? Want to meet others?

Do you want a way to connect with others with similar interests? Or are you looking for a cheap night out in this tough economy? Or maybe you are new to the area and just want to find others near you with the same likes?

Here is your chance. There are interest groups forming in the Farms, and it's easy to join. Here are some of the groups that are looking to start up:

- Book club
- Bowling (fun, not a league)
- Cards
- Walking club
- Couples gourmet/ murder mystery/progressive dinner

If you are interested in any of the groups above, or if you want to start your own interest group, please send an email with your name, phone, email and area(s) of interest to prfactivities@gmail.com.

ITEMS & SERVICES:

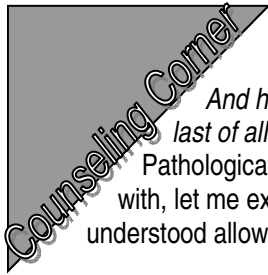
Cabinet Making: Furniture repair & refinishing. 825-4208

Sharpening Service: Chain saws, scissors, knives, hedge trimmers (electric & manual), mower blades, etc. Phone 825-4208.

Professional Housecleaning: Weekly, bi-weekly, monthly, special projects. Thirty years experience, PRF resident for 37 years. Dependable, honest, thorough. 825-2557 (home) or 607-6059 (cell).

Sitter Wanted: Sitter for our home 11:15-3:30 Monday & Wed. 674-7361 ask for Ms. Moore.

Pathological Narcissism



And he (Jesus) sat down, and called the twelve, and said unto them, if any man desires to be first, the same shall be last of all, and servant of all. [Mark 9:35](#)

Pathological narcissists, now that's a mouth full, before you roll your eyes or wonder what psychobabble Rick has come up with, let me explain. I am concerned that our society has created or is creating a culture of pathological narcissists. To better understood allow me to define the two terms.

Pathological is defined as an adjective and pertains to pathology, caused by or involving a disease; morbid, caused by or evidencing a mentally disturbed condition: i.e. a pathological liar and finally dealing with diseases, that which causes distress and despair.

Narcissism is defined as a noun and pertains to excessive love or admiration of oneself. A psychological condition characterized by self-preoccupation, lack of empathy, and unconscious deficits in self-esteem, cannot be wrong or accept self blame or wrong doing.

Put them together and you have a people who are totally self-absorbed, cannot be wrong, and cannot accept blame or wrong doing, and lacks empathy toward others that is involved in something that ultimately causes distress, despair, and disease to those around them.

Now that's a pretty picture isn't it? Rick you're exaggerating, there's no one like that! Let's look at some current headlines and you be the judge? Here is a sample of five incidents of pathological narcissism....

1. 22 year old Natalie Dillon is selling her virginity over the internet; the latest bid is 3.8 million. Her standards, that he be intelligent and a nice person.
2. American Idol: January debut drew a record 37.4 million viewers, wonder how many would watch if it were called American Servant?
3. The American Porn industry is seeking a 5 Billion dollar bailout due to a 23% reduction in movie sales.
4. Matt Dillon, Charles Barkley, Andy Dick, DMX, Vanilla Ice, Nicole Richie, Paris Hilton, Lindsay Logan and O.J. Simpson, America's entertainment hero's were convicted or charged with crimes ranging from sexual battery, drunken driving, heroin and cocaine possession, domestic violence and possession of a machine gun with silencers.
5. Tim Geithner, Barack Obama's nominee for Treasury Secretary, knowingly failed to pay his taxes, even after an IRS audit exposed his "mistake." He wants to be the person responsible for collecting our taxes. I hope he will excuse our "mistakes."

Sounds bleak doesn't it? Fear not, I'm the bearer of good news. Our response is simple, we can stop and turn the tide of pathological narcissism by committing today not to our own betterment, but the betterment of all those we come in contact with. It may sound old fashion, but it's still true, and truth doesn't need to be politically correct!

Rick Anderson



The January 22 Pleasant Run Farms Civic Association Meeting was videotaped through Waycross Community Media. It will air on Time-Warner Cable, Channel 8 (15 cable ready) at the following times:

Sunday, February 8 7:30 PM

Tuesday, February 10, 2 PM

Thursday, February 12, 11 AM

Friday, February 13, 9 PM

Saturday, February 14, 8:30 AM

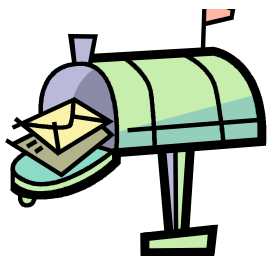
Wednesday, February 18, 9 PM

It can also be viewed on the Farms website at www.pleasantrunfarms.org. Additional cable playback times found at www.waycross.tv

Waycross also cablecasts the following programs of interest to PRF residents:

-Springfield Township Trustee meetings LIVE, the second Tuesday of every month, at 6:30 PM on Time Warner Cable, Channel 23. These meetings are replayed on Friday's at 6:00 PM, Sunday's at 10:00 PM, and Monday's at 7:00 AM.

-Northwest School Board Meeting, Sunday's at 8:30 AM, Wednesday's at 3 PM, and Thursday's at 7:30 PM, on Time Warner Cable, Channel 4.



To the Editor:

Now that we have fully come through election season, I would like to offer some comments regarding the November 2008 election.

First and foremost, I would like to commend all of our neighbors on a fantastic turnout at the polls! There are 6 precincts that cover Pleasant Run Farms. Those Springfield Township precincts are D, I, AA, FF, HH and UU. More than 75% of our registered voters cast ballots this past election day!

However, on local issue 40, there were only 2,383 votes cast by the 2,602 PRF residents who voted. This is only 91.58% of all the voters who voted and only 68.93% of all registered voters. Among all 49 precincts in the Township, our percentage of voters that cast a vote on Issue 40 ranked 27th, 30th, 35th, 39th, 40th and 41st. This is significantly lower than in past elections.

Regardless what your opinion was on Issue 40, it is imperative that all voters take the time to make their voices heard on our local issues. We owe it to ourselves and to the Township Trustees to make sure that they are well aware that our community is one that reflects on the issues and votes accordingly. The more voters who cast a vote, be it for or against an issue, the better our leaders will be able to analyze the results and, if necessary, solicit information from OUR community on how to improve in future financial decisions. Incidentally, in all 6 of our precincts, Issue 40 was defeated.

If you are reading this and are not yet registered to vote, I encourage you to do so. Now, is a great time as it is not the "busy season" for registrations. If you are a voter who has traditionally only voted on the "top ticket" candidates and issues, I encourage you to take the extra time to move through the ballot in the future and vote on local issues. It is the best way to ensure that decision makers truly understand the position of our ENTIRE community.

As many of you probably read in the Northwest Press, the Springfield Township Trustees will soon be considering a Police Levy. No decision has been made regarding the amount or when a levy might be placed on the ballot. Regardless of how you feel about a potential levy, I encourage everyone to make sure that next time we vote, we send a clear and concise picture of what Pleasant Run Farms thinks by making sure all of us who are eligible: are registered, show up on election day, and cast a vote on any and all local issues.

Thank you again to all 2,383 voters who made sure your voice was heard regarding Issue 40 on November 4th!

Fred Hunt

Reminder—PRF Scholarship Applications Due April 12, 2009

The Civic Association provides a \$500 scholarship each year to one high school Senior for continuance of their education, either college or technical school. The student may attend any high school, but must live in the Farms and their family must belong to the Civic Association. Scholarship applications are available at Northwest High School, as well as online at www.pleasantrunfarms.org. Good



Kids Looking for Work?

Due to the number of outdated entries on the "Kids Looking for Work" section, we are starting over.... So if you are interested in being listed, please send the following information to jhepp@cinci.rr.com: name, age, phone number, and area(s) of interest (ie- babysitting, animal care, yard work, etc.). Please also include any special skills (Red Cross certified, etc).

Birthdays and Anniversaries

Happy Birthday to the following PRF Residents:

January: Daniel Buck (4th), Drew Roland (7th), Carol Hamann (8th), Cade Henry (8th), Julie Mayer (8th), Max Purvis (12th), Ted Chapman (13th), Terry Oyster (19th), PJ Bissmeyer (23rd), Betsy Bissmeyer (29th), Tommy Platt (30th), Ricky Platt (30th).

February: Chris Post (4th), Mary Ellen Williams (5th), Martha Goodwin (6th), Wendy Roland (7th), Abby Purvis (9th), Michael Post (12th), Calista Smith (22nd), Jean Stead (27th), Randy Hamann (28th).

Happy Anniversary of Moving to the Farms:

- Mary Bischoff January 1971
- Jason & Charlotte Henry January 1998
- Peggy Harris January 2000
- Randy & Susan Scheib February 2006
- Randy & Carol Hamann February 2007



Thanks for making the Farms a great place to live—if you know one of these folks, wish them well!!



11969 Blackhawk Circle



12152 Brookway Drive



11997 Cedar creek Drive



12017 Cedar creek Drive



12092 Cedar creek Drive



1909 Centerbrook Court

**Who said Homes are Not Selling
in Pleasant Run Farms?**
Susanne Sold these Homes in 2008!



1755 Clayburn Circle



SUSANNE ANTON
Executive Sales Vice President
Million Dollar Producer
(513) 519-9455 Direct
santon@sibcyclyne.com
www.susanneanton.com



1808 Forester Drive



1422 Hazelgrove Drive



1436 Hazelgrove Drive



2107 Hillrose Court



2142 Hillrose Court



Your Home Could Be Next!