



The Pleasant Run Farms MEMO
 "An Active Community"
 March 2009
 Volume 41 Issue 3
www.pleasantrunfarms.org
 A publication brought to
 you by the PRF Civic Association

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Free Community Easter Egg Hunt

When- SUNDAY, MARCH 22
 Time- 1:30-3:00 p.m.
 Where- Inside John Wesley United Methodist Church
 (Wesley Hall) in back
 1927 West Kemper Rd.

Bring- Something to collect eggs and prizes
 What- There will be plenty of carnival games and
 activities.

Questions- Call 825-0733

This event is sponsored by John Wesley United Methodist Church and the PRF Civic Association.

Wellness Seminar at the Springfield Township Senior Center

The Springfield Township Senior Center will be sponsoring a four-part Wellness Series designed to address the health concerns and needs of our senior population. Classes will be held **March 24, March 31, April 7 & April 14 beginning at 9:30 a.m.** in the Springfield Township Senior & Community Center, 9158 Winton Road. *(Located behind the Springfield Township Administration Complex)*

Each class will consist of two parts. Part one, scheduled from **9:30 – 10:20 a.m.** will focus on exercise and technique.. Part Two of each Wellness class will cover various elements of nutrition. Classes may be taken independently, or as a series for a reduced rate. **Senior Center members may participate for just \$12.50 per class, or \$45 for the four-part series. Non-members may participate for \$17.50 per class, or \$55 for the four-part series.** Visit the township's website (www.springfieldtwp.org) for more information, or call 522-1154.

Spotlight on your Carrier

This month...**Bradley DeBildt**

Bradley is the son of Keith and Theresa DeBildt and is an eighth grader at Pleasant Run Middle School. Bradley enjoys playing soccer and golf. He also enjoys drawing. Bradley has delivered memos for about a year and a half and covers Route 2. Route 2 covers all of Blackhawk, Briarfield and Belgreen and portions of Broadhurst. In his spare time, Bradley enjoys playing video games. Next time you see Bradley, say "hi"!





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

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6106 Winton Road at Mack Road

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

Fairfield, OH

829-4441

YOUR PRF EXECUTIVE BOARD MEMBERS:

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Chris Rowland 674-1063 (Treasurer)
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Darryl Pope aggiepop@aol.com (Athletics)
Krista Hepp 851-3644 jhepp@cinci.rr.com
(Communications)

Memo Deadline for Advertisements and Articles Tuesday, March 24, 2009

The next Memo Delivery will occur on the weekend of April 4, 2009. 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.

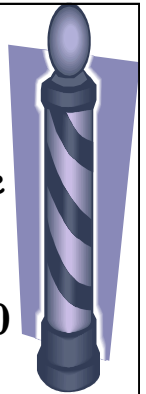
The Memo and the PRF Civic Association reserve the right to refuse any content. Letters to the editor will be published only with the authors name. Any comments, suggestions, or new contributors are welcome.

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NEXUS

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Center"

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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

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	
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Address		Phone	
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Email	
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PRF Resident Since:	Month		Year	
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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



You don't have to give up Dessert!

Yes, passing up dessert when on a diet is VERY difficult. However, don't give them up just yet. Keeping a healthy eating schedule and having your dessert too is possible. Just learn how to make smart substitutions. Avoid a lot of butter, nuts or any creamy frostings. Instead try one of the items in table 1. Or, if you like to bake, learn how to make your favorite recipes a little bit healthier. See table 2 for other alternative ingredients.

Table 1

Try:
A lowfat cookie
Frozen 100% juice bar
Fresh berries w/low fat creamer
A few pieces of chocolate (dark is better)
Frozen grapes
Angel food cake
Pudding made w/skim milk
Nondairy frozen dessert
Lowfat ice cream or sorbet
Pieces of fruit

Table 2

Use when baking:	Don't use:
Egg substitutes or egg whites	Whole eggs
Applesauce/prune puree (it traps moisture into cakes/ breads)	Oil
Less sugar (recipes often call for more than needed)	
Fruit-based desserts	
Visit sparkpeople.com for more recipes	

But don't forget that any healthier way of eating dessert can be ineffective if you have too much. Like many things in life, moderation is key. So having one instead of two servings of angel food cake, is a good stopping point without overindulging.

As always, keep up the good work and I will see you next month.

- Michelle Mayhall

AUGSBURG

LUTHERAN CHURCH

Augsburg Lutheran Church (ELCA)
11676 Hamilton Ave. Phone: 513-825-2240
(Located south of Pleasant Run Elementary School on
the east side of Hamilton Ave. by the Speedway station.)

Come Worship with Us

Sunday School (Ages 3 through adult) 9:30 AM
Sunday Worship 10:30 AM

Special Services

Wednesdays, March 8 to April 1
Soup & Sandwich Suppers 6 – 6:30 PM
Evening Prayer 6:45 PM
Small Group Meetings 7:15 PM

Pastor Grace Werzinske
augsburgpastor@fuse.net

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.

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



Sherry Glover

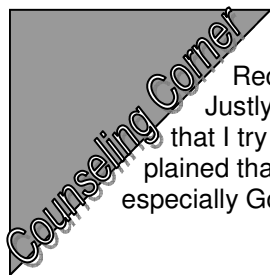
Independent Consultant

1954 Edgewater Drive
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m 513.673.0634
sherrymakemebeautiful@gmail.com
www.arbonne.com



ARBONNE

Taking God Seriously



Recently I had a client in my car and he commented on a card I have on my dashboard. It reads, Act Justly, Love Mercy, and Walk Humbly. When they ask me what it meant I shared with them that it means that I try to act justly to every one I meet whether the president of my agency or a common criminal. I explained that I also love to show mercy over showing judgment and I attempt to walk humble among all people especially God.

He said, "You take this God think seriously don't you?" I said I guess I do, that I try to live by it. As I reflected later on what the young man said and wondered if I really do take God seriously. I pondered on what it meant to really take God seriously. With the help of author Charles Swindoll I came up with a few ideas.

There are 5 signs of people that take God seriously...see where you measure up?

God occupies the first place in your life, not second to anything. This means you may choose to raise your children differently than your neighbors or you choose not to be dishonest in that deal. God takes priority over your check book, your schedule book, and your address book, our spouses and children and most importantly in our thought life.

God's Word is the final word, not just another opinion. This means we don't conform Scriptures to our feelings, worldly philosophy cultural diversity or political correctness. We allow Scripture to conform us. Like God His Word never changes.

Our worship of God is deep and meaningful, not superficial. Our worship is a direct response to from us to God. It is not about entertaining the church crowd hoping to grow numbers; rather it is individuals engaging in worshipping a Living God hoping to deepen their relationship with the God of the Universe.

The values we embrace transcend culture, rather than culture transcending our values. I am surprised at our ever-changing changing culture. Our cultural values have shifted from Biblical absolutes to modern day relativism. Old fashioned or not values like God's truth never changes.

The integrity and sanctify of human life is protected, not compromised. Human life was and still is God's greatest creation. We have a moral obligation to do all we can to protect all human life.

So how did you measure up? Rick Anderson.

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 luck!!

Kids Looking for Work!!!

Following is a list of young residents looking for work. The PRFCA/Memo does not endorse any of those listed; we list these names free of charge as a service to our community....

Babysitting:

Julie McKendry, age 14, 742-3087, Red Cross Certified Babysitter

Nefertiti, age 15, 545-4602, Red Cross Certified, CPR Trained, will babysit in my home or yours

Maria Boylson, age 16, 290-4756. Fire Safety classes, basic CPR, first aid

Yard Work/Pet Care:

Jeremy Purvis - age 16, 851-2871

Derrick Purvis - age 14, 851-2871



Artfully simple

2324 Mack Rd., Fairfield, Ohio 45014 858-1400/907-4939
(Located behind Jelly Bean Junction)

SCRAPBOOKING...RUBBER STAMPING...CARDMAKING

IN OUR RETAIL CORNER

You will find your scrapbooking and rubber stamp essentials. We carry:

AMERICAN CRAFT CARDSTOCK & PRODUCTS
K & COMPANY OPEN STOCK DESIGNER PAPER
NEW CORE'DINATIONS CARDSTOCK

VARIETY OF ADHESIVES
EMBELLISHMENTS
STICKERS/RUB ONS
12X12 PAPER STACKS

VISIT OUR CROP STUDIO

We are a gathering place for rubber stampers, scrapbookers and cardmakers to meet and socialize with other members of our community. Here you will find a gallery of wonderful scrapbook pages and card samples...get the latest news, tips and techniques. A large inventory of scrapbooking and rubber stamp supplies for your use. As well as the Cricut Personal & Expression with 24 cartridges, Cuttlebug with folders and dies and the Epsen 1400 photo printer.

CLASSES: SCRAPBOOKING, CARDMAKING, RUBBER STAMPING AND 3 D PROJECTS.

FREE BEGINNER CLASSES IN SCRAPBOOKING, RUBBER STAMPING AND CARDMAKING

GROUP SESSIONS: GIRL SCOUTS, BOY SCOUTS, SENIORS, CHURCH GROUPS AND MOM'S CLUBS.

EVENTS: BIRTHDAY SCRAPPIN' PARTIES, BABY AND BRIDAL SHOWERS, OVERNIGHT CROPS AND FUNDRAISERS.

SERVICES: HANDMADE CUSTOM SCRAPBOOKS, ANNOUNCEMENTS AND INVITATIONS.

STUDIO RENTALS ON SATURDAY NIGHT AND SUNDAY AFTERNOONS FOR CLUBS AND GROUPS

DAY PASS PACKAGES AND MEMBERSHIPS AVAILABLE TO FIT YOUR LIFESTYLE

VISIT OUR WEBSITE FOR STUDIO CALENDAR OF EVENTS

HRS: MON-THURS 10-9PM FRI 10-11PM SAT 10-5 SUN CLOSED
EMAIL: ARTFULLYSIMPLE@ZOOMTOWN.COM WEBSITE: ARTFULLY-SIMPLE.COM

ARTFULLY SIMPLE

2324 Mack Rd., Fairfield, Ohio 45014 858-1400

Coupon for **\$5.00** off any
CLASS of \$15.00 or more
RETAIL PURCHASE OF \$25.00 or more
(1 coupon per person) Expires 05/31/09

Hrs. Mon-Thurs 10-9pm Fri 10am-11pm Sat. 10-5pm
Email: artfullysimple@zoomtown.com Website: artfully-simple.com

Birthdays and Anniversaries

Happy Birthday to the following PRF Residents:

Joe Byrum (1st), Danielle Henry (2nd), Peter Mayer (2nd), Lorie Schur (3rd), Gary Huddleston (4th), Charlotte Henry (7th), Jennifer Higgins (9th), Jeanne Huddleston (13th), Ryan Higgins (15th),
Jonah Coffey (21st), Kaitlin Kent (21st), Adam Rowland (22nd), Caitlin Scheib (22nd), Emily Scheib (22nd)

Happy Anniversary of Moving to the Farms:

Daryl & Karen Pearson	March 1990
Paul & Betsy Bismeyer	March 1997
Tim & Jennifer Higgins	March 1999
Robert & Carolyn Gorman	March 2003

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



Best Buy in the Farms!



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Pleasant Run Farms**



Lovely four-bedroom home with updated, open kitchen, gleaming hardwood floors, and park-like yard. *Newer windows, doors, driveway, and more.*

\$30,000 of Recent Improvements!

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FREE CONSULTATION!**



**Seller offering \$500 gift card to Home Depot to
buyer who closes on or before April 30, 2009!**