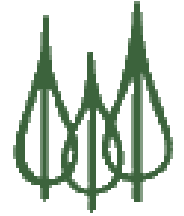




The Forester



www.fpcivic.org

Volume 61 Issue 01

Forest Park Civic Association

JANUARY, 2025



Grant Committee Shares Vision for 2025 with FPCA Board

At the end of December, the Grant Committee, including of Quentin Monden, Erin Materu, and Laura Hayes, met with the members of the Forest Park Civic Association (FPCA) Board of Directors to outline their vision for funding in 2025. The Grant Committee presented their guiding mission statement: "To foster a vibrant community where residents are empowered to live healthier, more connected lives." This mission will shape the types of grants the Committee will pursue and the funding opportunities they will explore throughout the year.

Key themes discussed during the meeting included the importance of knowing our neighbors and fostering strong community bonds to better support one another. We also discussed ways we could utilize our time more effectively during meetings and explore more modern technology to gather better information about community needs. This will enable the FPCA to provide more targeted and impactful support to residents.

In addition to looking for new funding, the Grant Committee will work on executing the New American Civic Integration funding they were awarded from the City of Columbus. This funding is meant to support and assist with the unique and emerging needs of the growing immigrant and refugee community in Columbus.

The meeting was well-received by the Board of Directors, generating renewed energy and enthusiasm for the year ahead. **Want to Learn More?** If you're interested in learning more about the work of the Grant Committee or would like to get involved, please contact Erin Materu, volunteerfpc@gmail.com

Happy New Year 2025!!!
January Forester ONLINE only

January FPCA Meeting
Tuesday January 14, 2025
Open to the Public

- **Blockwatch 6pm**
Supplemental Security & Liaison Officer Yandrich to answer questions
- **311 Code time 6:30pm**
bring your code enforcement & neighborhood questions
- **FPCA Meeting 7pm**
Sarah Pomeroy, from City's Attorney office will be hear to swear in officers/area reps for 2025 year & give Neighborhood/City Report

Epworth United Methodist Church
5100 Karl Rd

FOREST PARK CIVIC ASSOCIATION OFFICERS & REPRESENTATIVES

PRESIDENT

Ed Vanasdale.....614-847-1494
ed1vanasdale@gmail.com

VICE PRESIDENT

Trevor Secord.....tsecord@unc.edu

TREASURER

Cheryl Lutman.....614-783-0514
cllutman17@gmail.com

SECRETARY

Lou Bernard614-569-9028
loubernard3@gmail.com

PUBLIC RELATIONS

Mary Sguerra.....614-506-7540
marysguerra@howardhanna.com

FORESTER EDITOR

Rita Woeste.....614-327-5175
rwbuckeye@gmail.com

SUPPLEMENTAL SECURITY

Daryl Van Mercetta.....513-479-2416
Dvanmercetta@gmail.com

BUSINESS REPRESENTATIVES

Sheridan Landon.....slandon52@gmail.com
Cynthia Alkire.....1classicyn@gmail.com

VOLUNTEER COORDINATOR

Erin Materu.....(614) 254-0712
volunteerfpc@gmail.com

WELCOME COMMITTEE CHAIR

Laura Hayeshayeslaura2@gmail.com

Forest Park Social Activities

VACANT.....

NCC REPRESENTATIVE

Ken Gilbert614-888-3559
Dave Paul614-325-8217

NCC Development Rep

Ed Vanasdale.....614-847-1494

AREA REPRESENTATIVES

Forest Park West

1. Ernie Mack.....614-477-8452
2. Bob Hinebaugh.....614-885-0691
Bonnie Freeman.....614-356-0816
3. Catherine Gilbert.....(614) 888-3559
4. Suzanne Conway...614-804-4404
5. Scott Biggs.....614-378-9889

Forest Park East

6. Cindy Fenstermaker.....614-323-3173
7. Eileen Kunkler.....740-605-2526
8. Frances Link614-657-9510
9. Jane Dean.....
janemarie6677@yahoo.com
10. Hilda Johnson.....614-515-7711
11. Daryll & Katie..513-479-2416 or
Dave Paul.....614-325-8217
12. Rita Price.....614-776-4316
Francine Dillard....614-882-2717
13. Mark Bell.....614-818-9065
14. Alicia Ward.....

City Code Enforcement : Call 311

CONTRIBUTORS THIS MONTH ARE:

Rita Woeste, Laura Hayes, Lou Bernard,
Cheryl Lutman, Ken Gilbert,
Mary Sguerra, Ziggy Cicchella
Katie Van Mercetta

FORESTER Advertisements

For information please call
Email Lowell at

fpc.newsletter.ad.manager@gmail.com
Advertisements can be emailed (camera
ready) to: rwbuckeye@gmail.com &

COSTS to ADVERTISE:

Full page AD: \$195

1/2 page AD: \$105

1/4 page AD:\$65

Business card AD: \$40

If you encounter problems with an
advertiser, please notify Rita Woeste.

FORESTER BILLING ADDRESS:

Checks should be made payable to Forest
Park Civic Association and mailed to :
Forest Park Civic Association
c/o Ads for Forester
PO Box 29160
Columbus, OH 43229-0160

Foresters are available at the Karl Road
Library, Donatos Pizza,
YMCA, Gabby's Bar

Our January & February 2025 Issues of the
Forester will ONLINE only.

Articles for the February issue are due on
the January 25th. The Forester will be
published and posted
at fpcivic.org website.

If you can help with delivering the Forester
in your neighborhood, contact Rita Woeste
at rwbuckeye@gmail.com

Get Ready for Winter Activities You Will Love: Register for Classes Starting Jan. 7

Mark your calendar! Registration for winter session
classes opens Tuesday, Jan. 7, at 12:30 p.m.

The winter session runs from Jan. 13 to March 15,
offering a variety of programs at your local community
center. Whether you're looking to stay active, explore
your artistic side or learn something new, there's
something for everyone—kids, adults and seniors alike!

[Check out your community center's schedule](#), and find
the perfect activity to kick off the new year. Don't wait
- [register early to secure your spot!](#)

[https://anc.apm.activecommunities.com/
columbusrecparcs/activity/search?](https://anc.apm.activecommunities.com/columbusrecparcs/activity/search?)



Moegling Home Remodeling

Justin Moegling
330-301-3845

Bonded and Insured

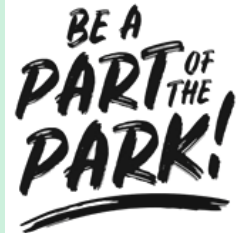
Full Whole Home Remodeling Services:
Plumbing - Electrical - Drywall - Framing - Painting
Flooring - Trim work - Ceiling Texture - Texture
Repair - Appliance Install - Demo - Haul Away
Dump Trailer Rental

Follow Us On Facebook For Ideas For Your Next Remodel
[@MoeglingHomeRemodeling](https://www.facebook.com/MoeglingHomeRemodeling)

Monthly Financial Report - November 2024

Income	MTD	YTD	Budget	Remaining
Household Membership	\$180.00	\$13,080.00	\$14,400.00	\$1,320.00
Business Membership Forester	\$0.00	\$450.00	\$750.00	\$300.00
Advertising	\$725.00	\$5,985.00	\$7,600.00	\$1,615.00
Additional Donations	\$0.00	\$888.34	\$750.00	(\$138.34)
Supplemental Security	\$0.00	\$1,418.34	\$1,600.00	\$181.66
Beautification	\$0.00	\$643.34	\$700.00	\$56.66
Garage Sale	\$0.00	\$275.00	\$170.00	(\$105.00)
Mulch Sale	\$0.00	\$6,328.00	\$6,000.00	(\$328.00)
Welcome Committee	\$0.00	\$0.00	\$0.00	\$0.00
T-Shirts	\$0.00	\$100.00	\$0.00	(\$100.00)
Interest	\$0.16	\$1.32	\$2.00	\$0.68
Other	\$0.00	\$1,905.00	\$1,800.00	(\$105.00)
Total Income	\$905.16	\$31,074.34	\$33,772.00	\$2,697.66
Expenses				
Membership				
PayPal Fees	\$1.36	\$72.15	\$100.00	\$27.85
Annual Mailing Printing	\$0.00	\$280.00	\$1,300.00	\$1,020.00
USPS Bulk Mail Permit	\$0.00	\$2,195.00	\$2,000.00	(\$195.00)
Outreach Day	\$0.00	\$95.34	\$100.00	\$4.66
Forester				
Printing	\$985.00	\$7,880.00	\$9,850.00	\$1,970.00
Delivery Instruction Printing	\$0.00	\$0.00	\$100.00	\$100.00
Bags	\$0.00	\$1,967.25	\$1,500.00	(\$467.25)
Supplemental Security	\$875.00	\$7,806.25	\$11,000.00	\$3,193.75
Beautification				
Island Maintenance	\$2.75	\$2,691.03	\$500.00	(\$2,191.03)
Neighborhood Beautification	\$0.00	\$0.00	\$150.00	\$150.00
Committees				
Welcome	\$0.00	\$0.00	\$500.00	\$500.00
Social	\$0.00	\$175.00	\$500.00	\$325.00
Parade	\$0.00	\$231.00	\$300.00	\$69.00
Garage Sale	\$0.00	\$51.96	\$110.00	\$58.04
Mulch Sale	\$0.00	\$4,621.68	\$4,000.00	(\$621.68)
Office Expenses				
Office Supplies	\$0.00	\$14.39	\$50.00	\$35.61
Insurance	\$508.00	\$508.00	\$450.00	(\$58.00)
NCC	\$0.00	\$185.00	\$185.00	\$0.00
Banquet	\$0.00	\$159.40	\$80.00	(\$79.40)
PO Box	\$0.00	\$0.00	\$256.00	\$256.00
T-Shirts	\$0.00	\$948.90	\$0.00	(\$948.90)
Other	\$0.00	\$170.08	\$100.00	(\$70.08)
Total Expenses	\$2,372.11	\$30,052.45	\$33,131.00	\$3,078.57
Net	(\$1,466.95)	\$1,021.89	\$641.00	(\$380.91)

NOVEMBER, 2024
Treasurer Report
Submitted by
Cheryl Lutman



Our funds this month covered:

We paid for security patrols, a partial payment on our island maintenance (the remainder cleared in early December) and renewed our insurance for another year.

We received 7 new memberships this past month plus some income from advertisers.

Scott's Complete Car Care

Mon-Fri 8-5:30 ~ Sat. 8-12:00

Visit us at www.scottscompletecarcare.com



Proudly serving the Forest Park area since 1990



Scott Petty
Owner/Operator

COMPLETE CAR CARE

2661 E. Dublin-Granville Road — Just East of Cleveland Ave.

614-890-8787



Support our Local Business Members!!

If you know of a business who would like to advertise in the Forester or just become a FPCA business member, have them contact Forester Editor, 614-785-1555 or email forester_ed@fpcivic.org for information.

614-846-1477

A-1 Cleaning Service

Providing Quality Cleaning For
Commercial & Residential Clients

FREE ESTIMATES



Call Mona / Owner

"Your Friendly Neighborhood Cleaning La-

STEVEN K. BORING

CERTIFIED PUBLIC ACCOUNTANT

Tax Preparation

Tax Consultation

5753 Firwood Place
Columbus, Ohio 43229

614/885-0437

Steve

DeMatteo Stucco and Painting

Repair ★ Resurface ★ Stucco Painting ★ Stucco Stone
Power Washing ★ Snow Removal
Chimney Repair
Repair Broken Concrete ★ Install New Concrete



20% OFF

STEVE DEMATTEO

Call 614-900-8153

**Conservation Tip: Safely Dispose
of Your Real Christmas Tree**

The holiday season has come to an end, and while it's always a little bittersweet to take down decorations, it's important to properly dispose of your real Christmas tree. Real trees naturally dry out and need to be removed for safety and cleanliness.

You can take advantage of the City's curbside yard waste collection program for convenient tree disposal. Simply remove all decorations, lights and tree stands,



then place the tree on your curb for pickup on your scheduled collection day. Alternatively, you can drop off your tree at one of the City's designated Waste and Reuse Convenience Centers, located at 2100 Alum Creek Drive, 43207, or 1550 Georgesville Road, 43228. These centers are open Tuesday through Saturday from 10 a.m. to 6 p.m. and provide free disposal for residents.

By disposing of your tree responsibly, you're helping to support conservation efforts and keep our community clean!



Felix Quachey, Agent

Felix S. Quachey Jr. Agency LLC
1425 E Dublin Granville Rd
Ste 102, Columbus
(614) 536-0237
fquachey@amfam.com

**PROUD TO LIVE IN
AND SERVE FOREST PARK**

Call for a bundle quote today!



HOME | AUTO | LIFE | BUSINESS | FARM & RANCH

American Family Mutual Insurance Company S.I. & its Operating Companies, Life Insurance underwritten by American Family Life Insurance Company, 6000 American Parkway, Madison, WI 53783 ©2022 21178 - 8/22 - 21780471

Grand Opening of the Fran Ryan Center

This new community center, located in the Olde Towne East community, at 865 E Capital St., is in part, a replacement for the former Janis Center on the Ohio State Fairgrounds. Built on the side of the former Douglas Elementary School, it will include the new home of the Golden Hobby Gift Shop. It will be a “creative arts and wellness hub offering dynamic, hands-on programming for all ages” according to the city’s website.

Why is this important for Forest Park residents? First it will include lots of activities for seniors. But more importantly, it is named after our own Fran Ryan. She raised her family in Forest Park and served in the FPCA. She then served in many ways in our city, including as a City Council member, Franklin County Commissioner, and City Clerk. She also served nationally, in President Carter’s Department of Labor. In more recent years, she has been a strong advocate for seniors, co-founding the Senior Services Roundtable of Columbus and Franklin County. In 2017, she was inducted into the City of Columbus Hall of Fame. For more on her accomplishments, see:

<https://www.columbus.gov/Government/Mayors-Office/City-of-Columbus-Hall-of-Fame/Fran-Ryan>

The new Center will open on January 8, 2025. There will be an open house from 4 to 7 pm on that date. I invite Forest Park residents to come to this event and salute one of our own.



Forest Park Business Memberships—2024

Home, Services

Mary Sguerra

Howard Hanna Real Estate Services
614-818-7636

Cindy Fenstermaker

AO Real Estate
614-323-3173

Andrea Philipson

Yellow Umbrella Homes at
Home Central Realty
614.264.3846

Restaurants/Entertainment

Sequoia Pro Bowl

5501 Sandalwood Blvd
614-885-7043

Shopping, Services

Moegling Home Remodeling

330-301-3845
Justin.moegling@gmail.com

Martin’s Dumpster Hauling Services

614-600-9426
Martinsdumpster13@yahoo.com

Forest Park Christian Early Learning Center
5600 Karl Road
614.888.5282

North YMCA

1640 Sandalwood Pl
614-389-4707
Sherrie Johnson Dantzler
<https://ymcacolumbus.org/locations/north>

Karaoke Corn Hole Darts Euchre

BOWI



Volleyball



FUN Night

Family Night Date Night

Girl’s Night Bro’s Night

Forest Park West | 5501 Sandalwood Blvd
sequoiaprobowl.com | thevolleypark.com

Hello Forest Park!

Supplemental Security is an essential part of the Forest Park Civic Association because it helps foster a safer community. As we step into the new year with hopeful hearts, we mustn't forget the importance of looking out for one another. We believe that safety and security thrive in a community where every member is proactive in keeping an eye out for their neighbors.



Our Supplemental Security Program is designed to enhance the safety measures in our neighborhood, ensuring a secure environment for all residents. This initiative is not only about having regular security patrols but also about fostering a sense of communal vigilance. We hope that you become a member of the Civic Association (for only \$30 per year for the entire household) and become an active member in our monthly Block Watch Meetings, held on the first Tuesday of every month at 6:00pm, immediately before the Civic Association Meeting, at the Epworth Church.

A close-knit community is our first line of defense against crime and emergencies. When residents are vigilant, we can quickly identify and address potential threats, reducing the chances of incidents before they escalate. Simple acts, like reporting suspicious activities to the police, securing our homes, and looking after the property when a neighbor is away, can significantly contribute to our collective safety. To report any non-emergency issues, contact the Columbus Police Department non-emergency number at 614-645-4545; if it's an emergency, call 911.

As FPCA members, your involvement is crucial. Paid members have the added benefit of submitting their vacation requests to ensure that their homes are monitored by additional supplemental security patrols during their absence. Members can submit their requests by emailing Daryl Van Mercetta at dvanmercetta@gmail.com, mailing the form to 2131 Honeytree Court, Columbus, OH 43229, or submitting it online at fpcivic.org.



By actively participating in block watch and joining the Forest Park Civic Association, you're not just protecting your property but also contributing to the safety of the entire neighborhood. Let's make this new year a safe and prosperous one by being vigilant and looking out for each other. Together, we can create a secure and thriving community that we are all proud to call home.

As always, if you see something, say something and stay safe everyone! Katie and Daryl Van Mercetta

Supplemental Security House Check

Forest Park Business Members and Homeowner Members only!

Use this form to have your home checked while you are on vacation. The form will be passed on to the supplemental security officer and the Security Officers. Or fill out the request on our website, www.fpcivic.org

Name _____ Address _____ Phone _____

Vacation Dates: Depart _____ Return _____ Please notify _____

Alternate person Address _____ Phone _____

Who has key? _____

Lights on timer? _____ Location of lights _____

Radio or TV continuously on timer? _____
Location of devices _____

Will older children be in and out? Yes _____ No _____

If yes, make and model of their car _____



Mail to:
Daryl Van Mercetta
2131 Honeytree Court
513-479-2416 Email at:
dvanmercetta@gmail.com



Financing Options Available



COLUMBUS WINDOWS & SIDING CO.

CENTRAL OH'S WINDOW & SIDING PROS!



ROOF SIDING GUTTERS WINDOWS

Call Us For A Free Estimate

614-453-5332

Columbuswindowsandsiding.com

New Years Resolutions?????

Happy New Year!! Have you started your resolutions yet? Many of us start to slack when we realize how little time, money, and energy we actually have for working towards goals.

During our therapy sessions, my clients and I like to read books to each other. A fan favorite is *Atomic Habits* by Columbus local James Clear. After a devastating accident put him in a coma, James had to work very slowly to get his life back on track. After documenting his progress, he learned he was more successful AFTER the accident! In his book, he shares the steps he took, motivational quotes, and real-life examples of how to better manage yourself and your expectations to reach your goals.



Some points that stuck out to me are:

-Coach Dave Brailsford, who saved the British Cycling team with “The philosophy of searching for a **tiny margin of improvement** in everything you do: If you broke down everything you could think of that goes into riding a bike, and then improve it by 1 percent, you will get a significant increase when you put them all together.”

-**We need to change our identity when we want to change our habits.** If we can respond to being offered a cigarette with “no thanks, I am trying to quit” or “no thanks, I am not a smoker”, who do you think would give in? Who do you think would stay strong?

-**Decide the type of person you want to be and prove it to yourself with small wins.** Each time you write a page, you are a writer. Each time you practice an instrument, you are a musician. Each time you _____, you are a _____. (Fill in the blank!)

Keep up the good habits! You got this!
Ziggy Cicchella, LISW
Altandrotherapy.com

Atomic Habits can be found as a book, e-book, and audiobook at Columbus Metropolitan Library: Karl Road Branch. You can also visit jamesclear.com for free articles and self-improvement tips.

Forest Park Civic Association Meeting Minutes

Date: December 10, 2024

Location: BRU Burger Bar

Meeting called to order @ 7:00 PM by Ed Vanasdale

The Pledge of Allegiance was recited.

Attendance was taken via roll call.

OFFICER REPORTS

President Ed Vanasdale - ed1vanasdale@gmail.com

1. Thanked everyone present for their support and service throughout the 2024 year.
 2. January Meeting is the swearing in ceremony for all officers, committee chairs, and area reps. Guest Speaker: Sarah Pomeroy.
 3. February Guest Speaker: Emmanuel Remy
 4. Members of the Board decided it was unnecessary for every volunteer to sign a copy of the Code of Conduct. We will have them available at the January meeting for people to read. Volunteers are responsible for reading them and abiding by them.
- Presented the quarterly newsletter from Karmel/Woodward Park that they have had printed in color and in 6 languages by the City of Columbus. The Grant Writing Team and *Forester* editor will be working together to make this happen for us.

Guest Speaker: None

Vice President Trevor Secord - tsecord@une.edu - *Absent* - No Report

Secretary Lou Bernard - loubernard3@gmail.com

Attendance:

Officers/Committee Chairs Present: EV, LB, CL, MSg, RW, DVM, KVM, SL, LH, EM, MST, KG, QM, SB, AH
 Officers/Committee Chairs Absent: TS, DP, CA
 Area Reps in Attendance: 2, 3, 5, 7, 9, 11, 13, 14
 Area Reps Absent: 1, 4, 6, 8, 10, 12
 Total meeting attendance: 29

1. Reviewed minutes from November; no changes or corrections needed; minutes have been approved and were entered into the official records.
 - The amended Constitution and Bylaws are updated on the website - [CLICK HERE](#).
 2. Thank you note for Devin Deal, Northland Area Community liaison, was passed around.
 3. Requested that all committee chairs email their reports since none were going to be given during the meeting.
- Attendance Sheet for 2024: [Located online](#)

Treasurer Cheryl Lutman - cllutman17@gmail.com

1. 7 new household memberships and some advertising dollars collected.
 2. We paid for security patrols, a partial payment on our island maintenance (the remainder cleared in early December) and renewed our insurance for another year.
- Still no sign of the grant check from the City of Columbus. They are mailing it, and the mailbox is being checked regularly. Cheryl will let the Grant Writing Committee know when it comes in.

Public Relations

Mary Sguerra - marysguerra@howardhanna.com No Report

Forester Editor Rita Woeste - forester_ed@fpcivic.org

1. Articles, stories, recipes, etc. due NO LATER than Dec. 27th. January and February are online issues.

Supplemental Security

Daryl Van Mercetta - dvanmercetta@gmail.com,
 Katie Van Mercetta - kvanmercetta@gmail.com,

Dan Yandrich (CPD Liaison Officer) - dyandrich@columbuspolice.org 614.645.1418
 See report in the *Forester*.

Business Representative

Sheridan Landon - slandon52@gmail.com No Report

COMMITTEE REPORTS

Welcome Committee Chair Laura Hayes - hayeslaura2@gmail.com

1. Working on gathering 2025 materials for new residents. It's important to keep the folders full of relevant and timely information, but doing so takes time.

If anyone wants to assist with contacting local businesses and organizations for updated paper materials, or you have a new neighbor and want to welcome them to the neighborhood with a folder, please contact me 614-736-8812.

Volunteer Coordinator Erin Materu - mmateru@hotmail.com

1. 1 position is open and currently looking for people to fill them: Civic Action (311) Officer
- We want to welcome Mark Bell to the position of Vice President and Tammy Smith to the position of Social Activities Chairperson. They will begin in January.

Membership Coordinator

Mike Stone - msto0103@yahoo.com No Report

Social Activities Vacant

NCC Representatives Ken Gilbert - kgilbert78@att.net, Trevor Secord - tsecord@une.edu *Absent*

The Northland Community Council held its December meeting on Tuesday, December 3 at Fujiyama Steak House. This was the NCC's annual holiday dinner. There was a brief business meeting consisting of a roll call and brief announcements, before adjourning to dinner.

NCC Development Representative

Ed Vanasdale - ed1vanasdale@gmail.com

3 cases were heard at the 12/4/2024 meeting, only one in the FP immediate area: a parking lot reduction at 1450 E. Dublin -Granville Rd. The issue was tabled. [See complete minutes of the meeting online](#).

Grant Writing Committee Chair

Quentin Monden - q.monden@gmail.com

They will be meeting with the Board of Trustees on Weds. Dec. 18 in order to establish goals for the upcoming year and to develop an action plan to implement the New Americans Grant.

Website Administrators Scott Biggs sbiggsmail@yahoo.com (Website/Facebook), Dave Paul dwpaul@fpcivic.org (Website) - *Absent*, Ashley Howard ahoward@ashleynicolecounseling.com (Instagram/Facebook)

Our website/Facebook page is always - always being updated with new and upcoming info! Please check it out!! Please subscribe/follow us.

OLD BUSINESS

Concerning the FP signs, it was suggested to try to get the city to replace all of the signs that have been removed/damaged. Tabled until January. Update: Devin Deal was emailed on 12/22 about this issue.

NEW BUSINESS/ANNOUNCEMENTS/IDEAS

The next Block Watch (6:00 pm), 311/Code Enforcement (6:30 pm), and general FPCA meeting (7:00 pm) will be held on Jan.14, 2025 at Epworth United Methodist Church on Karl Rd.

Meeting adjourned at 7:20 PM

Meeting minutes submitted by Lou Bernard, Secretary, FPCA

Tips from American Heart Association on Shoveling Snow

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The mix of cold temperatures and physical exertion increases the workload on the heart,¹ which may increase the risk of a heart attack for some. According to the American Heart Association, even walking through heavy, wet snow can place strain on your heart.

The following tips can help keep you safer when you set out to shovel:

- **Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- **Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body. When lifting snow, bend your knees and use your legs when possible.
- **Choose your shovel wisely.** Ergonomically designed shovels can help reduce the amount of bending you have to do.
- **Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- **Hit the pause button.** Pace yourself and be sure to take frequent breaks. Consider taking a break after 20 to 30 minutes of shoveling, especially when the snow is wet.
- **Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- **Keep up with snowfall.** Try to shovel snow shortly after it falls, when it's lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.
- **Wear layers.** Dress in layers and remove them as you get warm to help maintain a comfortable body temperature.
- **Stay hydrated.** Drink plenty of water to stay hydrated while shoveling.



If you don't exercise on a regular basis, are middle-aged or older, or have any health conditions, such as heart disease or high blood pressure, you should check with your doctor before doing any strenuous shoveling.

And Last, if it's too much, consider buying a Snow blower or hire a young person in the Neighborhood.

Forest Park Link

Parade of Homes info



<https://rb.gy/zv2leu>

Scan QR code, scroll to Parade Homes 35-47

Brought to you by: Michael Bishop

The Cooler Real Estate Agent

(614) 600-4554

RU living in a parade house?

1961, The world was introduced to a new style of housing development
Forest Park has been the home to "Home Builders Association" parade, twice



www.CentralOhioHomes.info

Buy Sell Have Fun & Know the Numbers! I help clients w/FACTS * STATS * DATA

Slate of Positions for the Forest Park Civic Association for 2025.

These individuals have volunteered to hold these positions for FPCA for the year 2025 and will be sworn in on Tuesday January 2025, 7 pm, at the FPCA Civic meeting by Sarah Pomeroy from the City's Attorney's office.

There are still several positions to fill. If you are interested in becoming more active in your neighborhood, check out our FPCA website for detail descriptions of open positions. We are always looking for volunteers to help us deliver this Forester when it is printed, looking for Subs who will help out when our regular delivery folks have family/vacation/medical commitments and need to take a month away from the job.

Our next printed Forester issue will be for March 2025.

Contact Lou Bernard, loubernard3@gmail.com, or Erin Materu, volunteerfpc@gmail.com, if you would like to be part of the FPCA.

OFFICERS - Title	Name	Area
President	Ed Vanasdale	5
Vice President	Mark Bell	13
Treasurer	Cheryl Lutman	2
Secretary	Lou Bernard	1
Forester Editor	Rita Woeste	1
Public Relations	Mary Sguerra	8
Supplemental Security	Daryl & Katie Van Mercetta	11
Civic Action Officer		
Past President	Scott Prigan (deceased)	
COMMITTEE CHAIRS	Name	
Business Rep	Sheridan Landon	1
Business Rep		
Welcome Committee Chair	Laura Hayes	5
Volunteer Coordinator	Erin Materu	1
Membership Coordinator	Mike Stone	1
Social Activities Coordinator	Tiffany Smith	3
NCC Rep	Mark Bell	13
NCC Rep	Ken Gilbert	3
NCC Development Rep	Ed Vanasdale	5
Website Administrator	Dave Paul	11
Website Administrator	Scott Biggs	5

AREA REPS - WEST	NAME	Area
Area 1	Ernie Mack	1
Area 2	Bob Hinebaugh	2
Area 2 Asst.	Bonnie Freeman	2
Area 3	Catherine Gilbert	3
Area 3 Asst.	Glenda Wylder	3
Area 4	Susan Conway	4
Area 5	Scott Biggs	5
AREA REPS - EAST		
Area 6	Cindy Fenstermaker	6
Area 7	Eileen Kunkler	7
Area 8	Frances Link	8
Area 9	Jane Dean	9
Area 10	Hilda Johnson	10
Area 11	Daryl & Katie Van Mercetta	11
Area 11 Asst.	Dave Paul	11
Area 12	Rita Price	12
Area 12 Asst.	Francine Dillard	12
Area 13	Mark Bell	13
Area 14	Alicia Ward	12



NEIGHBORHOOD Update!



Real Estate Services

January 2025.



MARY SGUERRA
CBR \$25 MILLION CLUB
FOREST PARK RESIDENT
818-7636



Dear Neighbors:

I hope everyone had a safe, healthy, & happy holiday season. This has been another great year in real estate and I would like to thank everyone who has done business with me and who has referred their family and friends to me. **I hope you have a GREAT 2025!**

I also hope you will think of me when buying and selling real estate this coming year. I specialize in this area and I'm always here to help. Please feel free to give me a call and let me show you what Howard Hanna and I can do for you.



CURRENT MARKET WATCH

The following homes are **For Sale** with **Howard Hanna**:

- 5137 Forestwood Rd. Ranch/3BR 315,000
- 5203 Tamarack Blvd. 2-Sty/4BR 319,900

Howard Hanna homes In Contract

Looking for Buyers to help them find a new home :)

(C)=In Contract Contingent (E)=I/C w/Escape clause

All Homes SOLD

Homes sold since 11/12/24

	Asking Price:	Sold Price:					
1655 Pin Oak Dr.	290,000	290,000	2-Sty/3BR	5422 Hazelwood Rd.	Split/4BR	320,000	300,000
5176 Tamarack Blvd.	299,900	295,500	Ranch/3BR	1406 Cottonwood Dr.	Ranch/3BR	335,000	335,000
1719 Rocky Pine LpN	285,000	279,000	Bilvl/3BR	5301 Sweetgum Pl	Ranch/3BR	225,000	217,500
5275 Sandalwood Ct.	299,900	283,500	Split/3BR	1485 Hempwood Dr.	Ranch/3BR	309,900	298,000
1738 Pin Oak Dr.	279,900	290,000	Ranch/3BR	2174 Blackoak Ave.	Split/3BR	310,000	328,000
1685 Ivyhill Lp S	325,000	325,000	2-Sty/4BR	1736 Ivyhill Lp N	Ranch/3BR	335,000	332,000
2144 Yelow Pine Ave.	335,000	335,000	Ranch/3BR	5239 Arrowood Ct.	2-Sty/4BR	395,000	385,000
5470 Redwood Rd.	280,000	275,000	Ranch/3BR				

Information obtained from the Columbus Realtors - MLS as of 12/17/24. If your property is currently listed For Sale with another realtor please disregard this offer



**I KNOW FOREST PARK!
I LIVE IN FOREST PARK!
I SELL FOREST PARK!**