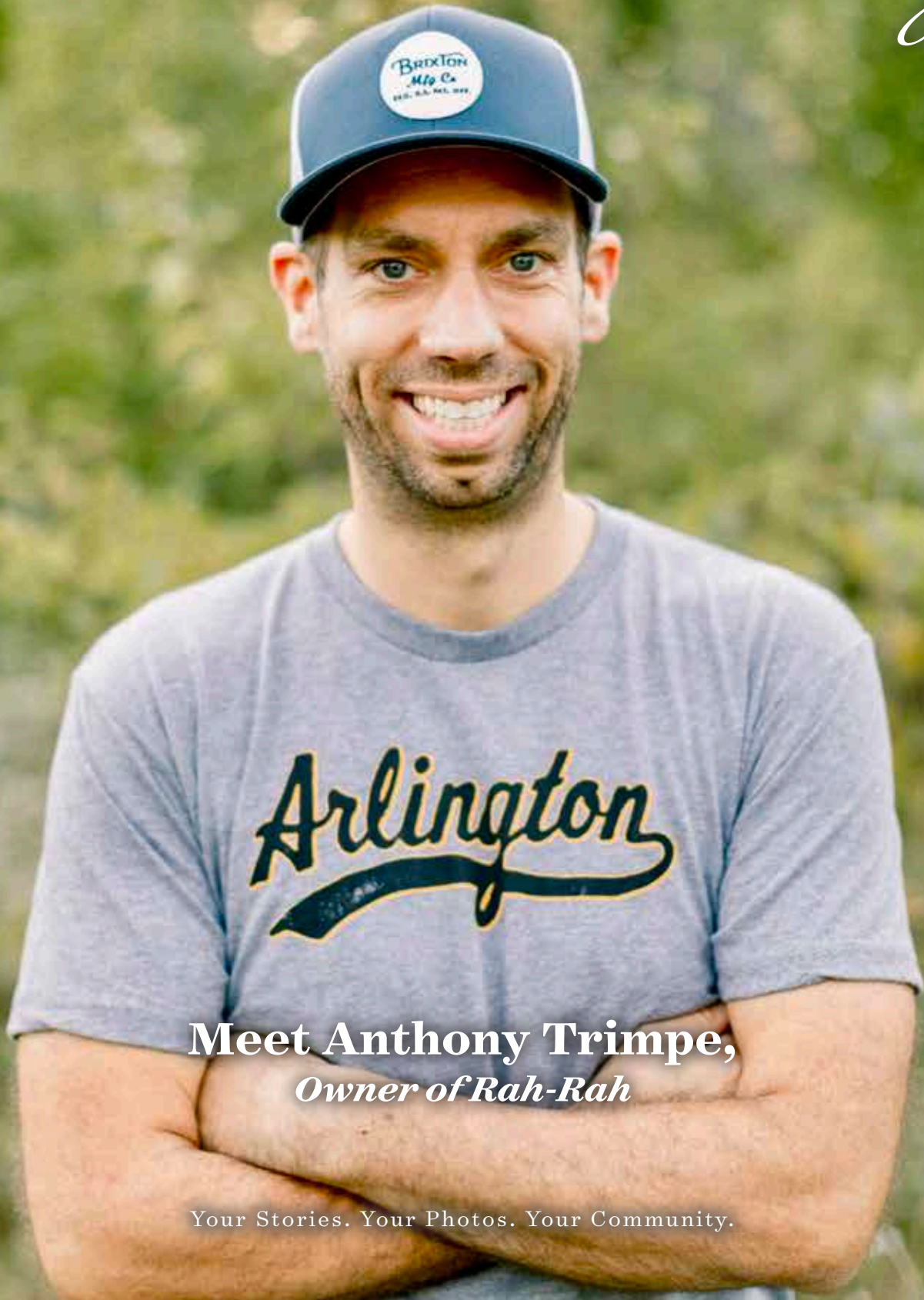


MAY 2020

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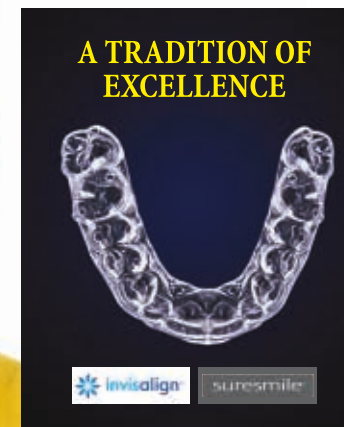
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**publisher's note**

**Happy Mother's Day To All The Moms!**

What a crazy time these last few months have been with everything going on with Coronavirus.

It has been an absolute whirlwind for me, and perhaps it has been for you, as well. My thoughts and prayers go out to all the local businesses and to all of you. This is a difficult time, but it is temporary. I love more than anything spending time with my family and I have had to adjust to what I like to call "this new adventure." For me, trying to work from home and keep a 4, 2, and 3-month-old happy and entertained has really stretched me and has also been a beautiful experience all at the same time. I know for many of you, you have been homeschooling your kids, putting new schedules in place, keeping the house clean, the pantries full of food, and some of you are still working from home and adapting to this new adventure as well. I know this is a temporary season and there is a light at the end of the tunnel. Many times I say to myself in difficult moments "what is the gift?" Many of you have told me how great it has been to sit and have dinner with your family every night. Many of you have said you have loved having more quality time with your significant other or your kids. Many of you have found creative ways to celebrate birthdays and bring joy and light to your neighbors. I have heard stories about coloring your sidewalks with positive messages, doing fun scavenger hunts with hearts and teddy bears in your windows, and many of you have mentioned that you have actually enjoyed slowing down and just being present in the moment. To me, that is the gift.

As we continue to grow through this "New Adventure" continue to send us your ideas and pictures for the publication. Share with us photos of "your new adventure." We are going to be featuring the class of 2020. So please send in your senior photos. If you have photos of how you are passing the time, pictures of you spending time with your loved ones, or just new memories that you are creating with your family, we would love to hear from you. Please send those to [ArlingtonNews@n2pub.com](mailto:ArlingtonNews@n2pub.com).

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# meet YAHTZEE

## precious pets

This month, we are excited to introduce you to Yahtzee. Yahtzee is a sweet, lovable, stubborn, and amazing dog. He is about 10 ½ years old and is a mixed breed. Yahtzee is a rescue dog and was adopted by Cheryl Burnside when he was 3 years old. Yahtzee likes to go on walks, see other people, and see other dogs. Yahtzee especially loves kids! He typically has two walks a day so he gets to see them often. During his walks, he is very stubborn and only goes the way he wants. Cheryl said that if he wants to go one way and she goes the other, he will stand still and won't budge. When it comes to eating habits, Yahtzee doesn't eat much during the day, mainly water, but eats most of his food at night. He loves dinner time! During the night, he likes to sleep in Cheryl's bed with her, but little Yahtzee is a snorer. Cheryl loves that Yahtzee is a happy dog and that he loves people. Because of Yahtzee's age, unfortunately, he has glaucoma. This is mainly due to his age. Recently, in August, he had surgery on a cyst in his back. This caused him to be sad and a little depressed. Now, he is happy again and back to his sweet, lovable, and stubborn attitude as it should be! If you see Yahtzee on a walk, feel free to say hello!

Thank you, Cheryl, for sharing your precious pet with us!

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## around town

Written by UA resident Kristin Greenberg(\*)  
Photos courtesy of the UA Historical Society



## Making Sense of the Present through Conversations about the Past:

The HistorySpeaks Series from the  
Upper Arlington Historical Society



Historic cover of a Livingston seed catalog (courtesy of Martha Livingston)



Richard Rothstein and UA resident Catherine Kennedy in discussion at the pre-ception to the HistorySpeaks March 4 event.

School closings. Church meetings cancelled. Social distancing encouraged. Similar to COVID-19 in 2020, the Spanish Flu of 1918 forced residents of greater Columbus and beyond to wage battle against an unseen enemy by altering their daily life.

It's no wonder that advertisements in the late 1910s used phrases like "pure air," "park-like" and "does not suffer from smoke and dirt" to sell homes in Upper Arlington. Living through our own pandemic, it's easy to understand how those words would have resonated with inhabitants of the congested city at the time. Our young community's restrictions to ensure plentiful shared green spaces and generous private lawns were a powerful promotion tool.

The flu pandemic officially ended in 1920, and Upper Arlington's population continued to grow rapidly. We can find both hope in the eventual return to normal life by our predecessors a century ago and a greater appreciation as to why our community flourished during those early years.

The stories of our history become more robust, more fathomable, when we have a better grasp on the environment within which they occurred. To that end, the Upper Arlington Historical Society has recently launched a new series entitled HistorySpeaks. As the name suggests, this is an opportunity for residents of UA and beyond to gather and learn about topics, providing context and insight from a historical perspective.

Like the coronavirus, issues that are relevant in our lives today often have parallels or roots within our history. For example, Upper Arlington's city officials, school district and community-at-large have recently increased the focus on the areas of diversity, equity and inclusion.

In support of these efforts, the Upper Arlington Historical Society hosted esteemed author Richard

Rothstein at Jones Middle School for their inaugural HistorySpeaks event on March 4. Over 220 people heard Mr. Rothstein discuss themes from his recent book *The Color of Law*. His extensive research demonstrates how American governments in the 20th century intentionally imposed residential racial segregation across the nation. The presentation and subsequent Q&A session brought an awareness of how institutions played a role in decisions we may have reflexively attributed to individual biases. As one participant reflected, "Mr. Rothstein was an insightful speaker, and I can tell you that I learned a great deal which I will share with others." The Society videotaped the event to share online at a future date.

The three remaining programs for the HistorySpeaks 2020 series offer topics to appeal to a variety of audiences.

The next event - June 10 at 2 p.m. - highlights the resurgence of interest in gardening, with a member of the Livingston family detailing the history of the Livingston Seed Company, established in 1850, and its connections to Upper Arlington. Founder Alexander Livingston fine-tuned the tomato into the fruit we know and love today. The event will be held at the historic Miller Ice House, an original Miller Farm structure from the 1800s, on the grounds of First Community Village. The presentation will include historical information on the Miller family and a healthy helping of ice cream sundaes. More information can be found at [uahistory.org](http://uahistory.org).

In September, a walking tour will solve the mystery as to why today's real estate ads still promote a "Royce-built home." A Society representative will describe the life and career of 1939 OSU graduate architect Robert R. Royce, and participants will take a short walk to view a few examples of the homes he designed in UA.

The last of the 2020 series will be hosted in late fall in conjunction with the Centennial Veterans Committee in support of the UA Veterans Plaza project. Living historians will roam the Mallway, reenacting the lives of soldiers from the era of the 1916 Camp Willis military training camp that was located there. Attendees will also learn more about the new Veterans Plaza to be constructed in Mallway Park and participate in a ceremonial event.

As a non-profit, the Upper Arlington Historical Society will use the funds raised from these HistorySpeaks programs to continue their work as chief stewards of UA's history and help us all to discover, preserve and celebrate our heritage.

Please see [uahistory.org](http://uahistory.org) or find us on Facebook for more information.

Disclosure: I have been involved with the Society since 2015, first as a Board member and currently as the part-time Assistant Director.





## behind the business

Written by Elizabeth McCabe, Photos by Oh Miss Meghan Photography

# Meet Anthony Trimpe, OWNER OF RAH-RAH

"I saw a need for really cool vintage-inspired design and quality spirit wear at the high school and local community level. There is plenty of that for the collegiate audience and the pros, but there was nothing like that for high schools and their towns," says Anthony Trimpe, owner of Rah-Rah.

He worked as a Creative Director at HOMAGE for several years before launching his own side business. With an eye for design, storytelling, and an education at the best brand in town, Anthony used his creativity to make his own vintage spiritual. His high-quality, super soft gear brings inspiration back to spirit wear. This successful entrepreneur opened the online portal of his business in August 2019, one week before the start of football season. And it's been gaining traction ever since.

Vintage wear has inspired and interested him since his childhood days. Originally from Cincinnati, Anthony attended Elder High School as a teenager and was transformed by the community atmosphere at "The Pit," the high school stadium that is ranked as one of the top ten high school stadiums in the country by *USA Today*.

"The first T-shirt I did was of The Pit, smiles Anthony. The Pit brings back nostalgic memories for him as it was a place of connection and community. Anthony's father still attends games every Friday night during football season. "It brings people together," reminisces Anthony.

In a similar manner, Rah-Rah vintage wear accomplishes the same purpose. Anthony says, "I've always been drawn to these stories and moments that are depicted on T-shirts that connect people—it's what I loved (and still love) most about HOMAGE. You can walk down the street wearing a school's sweatshirt, which acts as an amazing connective material. It unites people,

turns strangers into friends, builds camaraderie and breaks the ice. It's a great conversation starter."

The mission behind Rah-Rah is to "celebrate the places that define us and moments that unite us." Anthony is doing just that with every sweatshirt that is sold.

Rah-Rah spirit wear can be purchased online and at Fabtique at the Shops of Lane Avenue. Anthony also has spirit wear available at several events throughout the year in Dublin, UA and Elder.

Anthony is proud to be an official licensee of Upper Arlington Schools, Elder High School, and works closely with the Alumni director at Dublin High Schools. And to be an official spirit wear provider for UA Crew. This March, Rah-Rah will be expanding to Bexley, which is rich with traditions, history and community.

When Anthony isn't hand-drawing the next vintage design, he serves as a creative director at Root. He likes spending time with his wife Anna Maria, who grew up in Upper Arlington, and son, Luca. Anthony's mother-in-law still resides in Upper Arlington. A talented seamstress, she sews every Rah-Rah label on the inside of every garment sold.

Upper Arlington has great appeal to Anthony for several reasons, including its tight-knit community, exceptional schools, Mom-and-Pop shops, rich traditions and passionate fanbase. For more information on Rah-Rah and to purchase spirit wear, check out their website, [rahragear.com](http://rahragear.com).



**Do you live in the neighborhood and own a business?** Did you know that as a resident, you could have your business highlights in UA Living for free? Email [arlingtonnews@n2pub.com](mailto:arlingtonnews@n2pub.com) to find out how to be featured in an upcoming Behind the Business!

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# First Merchants Bank Takes A Holistic Approach To Customer Service

Providing a superior banking experience takes more than just offering customers a few cookie-cutter, one-size-fits-all banking options. It requires genuinely understanding their expectations and employing knowledgeable and high-performing professionals to execute and bring to fruition even the most complex requests. One such financial institution, First Merchants Bank, located right here in Columbus, has implemented this holistic approach to banking to serve its clients more effectively.

Since its inception in Indiana in 1893, First Merchants Bank has been dedicated to one thing: the customer. They know that they aren't successful unless their clients are successful. In addition to a plethora of personal and business banking products designed to make its customers' lives easier, First Merchants Bank offers top-notch private banking and residential and commercial lending.

Whether you're purchasing, building, or refinancing, First Merchants Bank has competitive rates and a staff of mortgage loan officers to help clients make the most informed decision when navigating various loan options. Christopher Miller, who brings to the table 12 years of experience in the banking industry, represents the mortgage department at the Grandview branch. Christopher graduated from college as an Academic All-American at Kent State University before returning a few years later to earn his master's degree in business and finance.

Christopher moved to Columbus in 2009 when the economy was struggling. "That's kind of when I realized the importance of service and hustling for a customer," he said. First Merchants Bank purchased The Arlington Bank, with whom he was already employed, in the summer of 2017. "Even though we are a larger



Chris Miller-NMLS #478111

Christopher and Lisa often take a team approach to come up with creative ways to offer their clients the best of what they can both offer under the First Merchants Bank umbrella. "Chris and I will call or email with each other two or three times a day talking about how we can come up with solutions together to help an individual find a new home," Lisa said. "Or, I can come up with financing to bridge a short-term gap to allow that client to get into the home that they want, so by working together, we can come up with a solution to make sure we deliver what the customer wants in the end."

In their downtime, Chris and Lisa enjoy spending time with their families and friends. Chris is an avid golfer and enjoys spending time with his wife, Lindsay, and son, Roy, while Lisa enjoys landscaping, traveling, and anything outdoors.

Chris Miller-NMLS #478111  
Lisa Higginbotham-NMLS #744740



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bank now, our local leadership is still here, and being able to contribute to a community is what I like about this job. That's what keeps me awake—it could become like Groundhog Day or transactional-based, so you kind of look for those moments with people, and that's what keeps the juices going."

Private Banker Lisa Higginbotham has been with First Merchants Bank for seven years, though she's been in the industry for 20. Lisa graduated from Bowling Green State University with a BSBA in business administration in 1996. She immediately took a job with a local community bank where she was shown the ropes in management. "I fell in love with all the different aspects of banking, including consumer lending, commercial lending, and assisting customers with their basic banking needs," Lisa said. She remained in banking throughout her career, and her dream job was realized when she became a private banker.

As a private banker, Lisa serves the exclusive needs of professionals, executives, and affluent individuals and families. She provides individually tailored custom financing strategies based on her clients' goals and values. Even more specific, she can offer preferred depository accounts, portfolio lines of credit, home equity financing, and professional investment financing. "I absolutely love my job," Lisa added. "It is very challenging and also allows me to be creative and come up with specific solutions to help our client base and allow them to plan for a long, successful life, whether it be professionally or personally."

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# Hastings Middle School Drama Club Presents Disney's Frozen Jr.

March 6-8, students from Hastings Middle School Drama Club performed Disney's Frozen Jr. Over 120 students were involved in the cast and tech crew. They rehearsed for 9 weeks to prepare for the show. Well done, Hastings Drama Club!



# The Ohio State University Comprehensive Cancer Center – What is a Comprehensive Cancer Center and Why Does it Matter?

## The James



Patients with cancer who seek top-notch treatment can be confident they'll find it at a comprehensive cancer center.

Only 51 institutions in the United States hold a comprehensive cancer center designation from the National Cancer Institute (NCI), and each of these centers must maintain this distinction via a five-year NCI review.

Fundamentally it's an assessment, an opportunity for the NCI to grade the centers in their efforts to provide optimum research-based cancer treatment and prevention strategies.

Expert oncologist and researcher Peter Shields, MD, deputy director of The Ohio State University Comprehensive Cancer Center, paints a picture of the NCI evaluation that's more qualitative than you might think.

"It's really about stories," Shields says. "They're not just evaluating the science per se, but that you have a vision to develop the science that leads to an impact."

By "impact," Shields means a new drug, a new public policy, a new screening protocol or a new treatment method. It's anything that's measurable, anything that translates laboratory findings into improvement in the way cancer is understood, prevented, diagnosed, treated and cured.

The Ohio State University Comprehensive Cancer Center - James Cancer Hospital and Solove Research Institute (OSUCCC - James) is among the foremost cancer centers in the nation and is the only NCI-designated Comprehensive Cancer Center in central and southern Ohio. Accompanying that designation are a multimillion dollar NCI support grant and invaluable prestige.

"The NCI wants (Ohio State) to support cancer research with vision, break down traditional university



research silos, support the best science and show that we are making advances in the war against cancer," Shields says. "Our vision at the OSUCCC – James is to create a cancer-free world."

A comprehensive cancer center designation requires talented leadership, vast resources and a mass of research in basic, clinical and population sciences. It also requires transdisciplinary approaches so that physicians and scientists can collaboratively craft optimal treatments.

Ohio State's cancer program first checked all of the NCI's boxes in 1976 when the university assumed the mantle of comprehensive cancer center. It also has checked them at each subsequent five-year interval. Remarkably, the OSUCCC – James in its two most recent evaluations earned the NCI's highest rating of "exceptional," achieving a perfect score in 2015.

How does a comprehensive cancer center achieve an "exceptional" rating or a perfect score? By never settling.

"Anyone can have great clinicians," Shields says. "But (many others) aren't

super-specialists. They aren't getting into a room and saying, 'I've got this patient with this tumor that has an unusual mutation.' Then a scientist can step up and say, 'I'm studying that, maybe (the patient) can try this drug.' That's what happens here. It's a translational impact."

Shields says researchers and physicians at the OSUCCC – James work together to provide a comprehensive service to their patients.

He adds that the institution plans to invest more resources into genetics research, targeted therapies, cancer prevention, genetic counseling, cellular engineering and immunotherapy—continuing to foster the collaborative environment that has placed the OSUCCC – James among the nation's best comprehensive cancer centers.

**To learn more about the OSUCCC – James, visit [cancer.osu.edu](http://cancer.osu.edu) or call The JamesLine at 800-293-5066.**

*The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute is located at 460 W. 10th Ave. on the Ohio State campus. (43210).*

## meet your neighbor

Written by Lindsey Wells

### PHYSICIAN PROFILE:

# *a profile of* Dr. Julia Pinkham

With complimentary and alternative medicines on the rise as more people are choosing to forgo mainstream medicine, health-care professionals such as Dr. Julia Pinkham at Upper Arlington's Pinkham Medical are continuously welcoming both new and current clients with open arms as they seek out wellness and relief from pain and other chronic conditions.

A Doctor of Acupuncture and Oriental Medicine, Dr. Pinkham has been practicing integrative healthcare for 15 years. She



Photo by Miguel A Gonzalez

Client: Keller Williams Classic Properties  
Size: 1/4  
Location: Sponsorship

became licensed in acupuncture in 2005 and obtained a second master's degree in Chinese Herbology from the Maryland University of Integrative Health. In 2011, the Ohio State Medical Board recognized this degree, allowing Dr. Pinkham to begin practicing that type of medicine in Ohio. Currently, she is completing a Doctorate of Acupuncture and Oriental Medicine through the Pacific College of Oriental Medicine.

Dr. Pinkham was born into medicine and followed in the footsteps of her MD mother, Dr. Sandra Pinkham, who was a pioneer in alternative, holistic, and integrative medicines. The two doctors were in private practice together for 18 years before she passed away just last year. "The neat thing was we got to collaborate and bridge that Eastern/Western medicine best-of-both-worlds approach as far as her helping people get off medications and maybe using acupuncture or herbs for pain, anxiety, cancer, chronic diseases, autoimmune disorders, fertility, things like that," Dr. Pinkham said.

Integrative Medicine encompasses its patients' full body, mind, and spirit using nutritional supplements and treatments including herbal therapy, acupuncture, and massage therapy. Recently, Dr. Erik Hensel joined forces with Dr. Pinkham to also offer Pinkham Medical patients the use of functional medicine. And, although they are not affiliated with the same company, two chiropractors operate out of the building at Pinkham Medical, truly offering patients an entire wellness clinic under one roof.

"The majority of people coming in for acupuncture, Chinese herbs and nutritional supplements, and functional medicine are not getting relief from their primary care and traditional care, and they're seeking an alternative," said Dr. Pinkham. "Maybe they don't feel well or feel like themselves, and they're trying to find ways to improve anti-aging, to eat better, to feel better, have more energy, to sleep better, to relieve pain, or to focus on recovery. I think normally people come in for pain, sciatica, shoulder, knee, hip, or foot pain, carpal tunnel, and headaches, but you also get a second invisible benefit because it's a relaxation technique, so it helps our body to heal and recover."

Pinkham Medical treats a lot of athletes and individuals with chronic diseases or difficult conditions who are trying to maintain and improve their health. "Anyone benefits from this type of medicine because we live in a stressful world, so just for the stress relief and relaxation alone, it is restorative and rejuvenating and really important."

Since her mother's passing, Dr. Pinkham has strived to uphold the legacy that she left behind. "Just today I had a woman come in who went to see the functional medicine doctor, and she was just reiterating how my mom saved her life," Dr. Pinkham said, "so that's the impact she left and the beauty of just being fortunate to carry that legacy forward and in her memory keep



doing those things that improve our lives and help others. I feel blessed to be privileged to be her daughter and still be here serving our community."

In her downtime, Dr. Pinkham enjoys practicing yoga and Tai Chi, swimming and dancing, cooking and entertaining friends and family, walking her two dogs, and riding bikes with her kids, son Nico, 12, and daughter Eva, 9. Nico is in sixth grade and plays on a club soccer league, while Eva is in third grade and is a competitive gymnast.

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# CAPSTONE

CAPS OFF SENIOR YEAR



As the Class of 2020 prepares to graduate and go their separate ways, it is a time to reflect on the past four years and the many achievements of these uniquely accomplished students. While the paths to attaining their high school diplomas varied, most share the common experience of the Senior Capstone project.

Upper Arlington Living met with UAHS Principal Andrew Theado to learn more about the process, the latest improvements and the reasons behind this assignment.

**UAL: What is the purpose of the Senior Capstone project?**

**Mr. Theado:** Capstone literally means crowning achievement. During their last year at UAHS, we want our seniors to explore a subject they are passionate about and to use the experience as an influencing factor in what they choose to pursue post-graduation. Learning how to independently conduct research and create an end-product are also extremely valuable skills.

**UAL: Do all students do this, and what must they accomplish?**

**Mr. Theado:** In order to graduate, Upper Arlington Schools requires the completion of a Capstone project for the majority of seniors. Exempt are International Baccalaureate (IB) Diploma candidates who produce an Extended Essay, or lengthy research paper, and those in Community School who participate in the Odyssey Project, an experiential learning program.

Students fulfill three end-objectives to earn their graduation credit: 1.)

writing a research paper; 2) creating a product; and, 3.) presenting their learnings and fielding questions for 10-15 minutes in front of classmates, staff and guests.

**UAL: How specifically does the process work today?**

**Mr. Theado:** Seniors must take a semester-long Capstone course which provides dedicated time during the school day and direct access to an instructor. This has also been offered in the summer prior to senior year so students can choose whatever timing – summer, fall or spring – that works best with their own academic and extracurricular responsibilities.

The class operates as a workshop with the teacher providing support to narrow topic ideas, discuss research methods and demonstrate effective presentation skills.

**UAL: This is a significant change since some of our readers were seniors, and major alterations were instituted just in the past few years. Can you describe the evolution?**

**Mr. Theado:** Some may remember the Senior Thesis, which was a writing project based in Language Arts and focused exclusively on literature. About 12 years ago based on student feedback, we expanded this process to allow for research on any topic of interest to the student.

The assignment remained under the senior Language Arts course, but the scope became so broad that it began to take prized time away from the overall Language Arts curriculum. It was obvious that a new

process was needed to adequately support our students.

For two years, seniors completed a moderated self-study version of the Capstone until we recently implemented the Capstone class requirement.

**UAL: What are some examples of Capstone “products?”**

**Mr. Theado:** A popular choice is to coordinate a fundraising event for a service organization, like a run to raise money for a youth sports club that lacks resources. Many students also build a portfolio of work – art, writing, music – that centers on a theme, such as using the medium for therapy.

As for a specific example, recently a UAHS hockey player arranged for stuffed bears to be thrown by spectators onto the ice after Upper Arlington’s first goal. These furry friends were then donated to Nationwide Children’s Hospital.

**UAL: Do other local high schools have a similar graduation requirement?**

**Mr. Theado:** Some have senior projects, but our process – research, product and presentation – is unique.

**UAL: What are the future challenges with Capstone?**

**Mr. Theado:** We are continually assessing the Capstone process to ensure it is working for our students. Through gathering feedback from our Capstone teachers and our seniors, we are constantly identifying issues and making incremental adjustments.

Looking forward, we want to explore the possibility of incorporating internships into the process to have students connect with the real world in a real way before their high school graduation.

Congratulations to our UAHS Class of 2020 from Upper Arlington Living!

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## ua parks & rec

Written by UA resident **Kristin Greenberg**,  
Photos courtesy of the **City of Upper Arlington**



Land prior to the construction of Fancyburg Park

# A GOLDEN ANNIVERSARY for Parks & Rec

This month, Upper Arlington's Parks & Recreation Department officially marks its 50th year of serving our community.

On May 12, 1970, City Council approved an ordinance stating that "a Recreation Department be established, and that the funds be appropriated to hire a Recreation Director and the necessary personnel needed to effectively operate a full-time Recreation Department." (City of UA Council Meeting report, May 25, 1970.)

A half-century later, 29 employees and a summer staff of 175 manage 23 city parks, hundreds of recreational programs spanning all age groups, aquatics and tennis facilities, street trees and much more. These amenities are an integral part of our community's appeal. A recent resident survey reported an 81% satisfaction level with the Department overall, approximately 18% higher than the national average according to Parks & Recreation Director, Debbie McLaughlin.

The Department will celebrate on Monday, May 11 at the Municipal Services Center (MSC) with a reception from 6:30-7:30pm and comments at the City Council meeting directly afterward. MSC's current art installation displays historic photos, original park blueprints and an array of memorable documents and promotional pieces. In addition, the first Parks & Recreation Director, Ken Thompson, will be one of the inductees for the Wall of Honor on May 17 at 3 p.m. All events are free and open to the public.

"Upper Arlington had parks before 1970," notes Debbie, "but during Ken's 26-year tenure as Director, he focused on expanding the park system through acquisition, developing the recreational components within the parks and retaining natural areas."

"We have doubled our City's park acreage in the past 50 years from about 90 acres in 1970 to 182 today," adds Jeff Anderson, Parks Planning and Development Manager. As the timeline shows, much of the growth occurred during Ken's term, most notably with the land purchases for Fancyburg and Northwest Kiwanis parks. In 2004, Lane Road Park was renamed Thompson Park in recognition of Ken's accomplishments.

While further greenspace expansion is limited due to our city being landlocked, the passage of an income tax increase dedicated

to the City's Capital Improvement Program provides essential funding for future park enhancements. The recently completed 2018 Parks & Recreation Comprehensive Plan established a road-map for the Department's upcoming investments. As the Plan's Executive Summary states, the goal was to "help the City better understand the wants and needs of its citizenry and how best to fulfill them."

"Looking forward, we have a tremendous opportunity using the direction from our residents to update our parks and optimize the amenities offered," highlights Debbie.

One outgrowth of the plan is the ongoing Community Center Feasibility Study which is reviewing the lack of adequate indoor recreational and public gathering space. Phase 1 - determining the degree of resident interest and support - draws to a close next month with a presentation to City Council. With a positive outcome, the remainder of 2020 will be spent in Phase 2, outlining costs for land, development and facility operations.

Secondly, the Department is looking to better maximize our athletic fields to serve our ever-growing youth sports population. "Some of our existing fields have drainage issues, and others suffer from over-usage which hinders adequate grass growth," explains Debbie. Infrastructure improvements, field rentals in outlying areas and field rotations to rest specific areas are all being explored.

Parks & Rec is also servicing our playgrounds, with several structures having already been replaced and the remaining scheduled for renovation within the next five years. The bonded rubber surface that is used to cushion the play area increases accessibility for all and, unlike mulch, does not need to be maintained and replenished.

In addition to the usual summer offerings from Parks & Rec - Farmer's Market, Movies in the Park, Music in the Park, pool time, camps and more - the Department is inviting residents to Swim Under the Stars at two events: Tremont Pool on Friday, June 12 and Reed Road Water Park on Saturday, July 18, both from 7pm-10pm. Pool passes will be accepted, but all others will pay only 50 cents in honor of the Department's 50th anniversary.

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# meet Caroline

**Name:** Caroline Mouser

**Age:** 9

**Grade:** 4

**School:** Barrington Elementary

**Brothers or Sisters:** Ethan

**Musical Instrument I Play:** Violin

**Musical Instrument I want to Learn:** Flute

**Something Unique About Me:** I am good at freehand drawing animals

**When I Grow Up I'm Going to Be:** A veterinarian

**kid to  
kid**

## FAVORITES

**Activities/Hobbies:** drawing, reading and horseback riding

**Animal:** Wolf

**Color:** Yellow

**Food:** Sushi

**Movie:** *How to Train Your Dragon 2*

**Place to Play:** In my room

**Sports Team:** Ohio State Buckeyes

**Subject in School:** Reading

**TV Show:** *Dragons Race to the Edge*

**Vacation:** Universal Studios Florida



Attention, kids! We'd love to learn more about you in our Kid to Kid section! Email [arlingtonnews@n2pub.com](mailto:arlingtonnews@n2pub.com) to find out how to participate.




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# GET "On Board" THE CHARCUTERIE TRAIN!



Did you read the title of this article and ask yourself, "What is charcuterie?!" This French term, though hard to pronounce ("shar-cu-tuh-ree"), refers to an assortment of meats paired with different accompaniments, such as crackers, fruit, cheeses, and sauces, and it's growing more popular by the party here in the U.S. There's a certain art to putting together the perfect charcuterie tray, once considered a holiday or special occasion dish. As we move into picnic and garden party season, check out the following suggestions for making your next gathering deliciously successful!

Once you have your delectable ingredients chosen, decide how you want to assemble them. Begin with your cheeses and small bowls of various canapés, arranging the rolled-up meats around them. Scatter crackers and bread around the space, then add fruits, nuts, and herbs to keep the colors of your platter balanced and beautiful. Don't forget to choose a **lovely foundation** for your charcuterie spread, such as a large bamboo cutting board, marble slab, or ceramic platter.

The first rule to remember when preparing charcuterie for your gathering is **there are no rules**. Obviously, you will likely want to include the basics – meats and cheeses – but otherwise, have fun with this! Choose items – local, if possible – you and your guests will enjoy as well as those that will work well together visually, keeping in mind any known allergies. Here are some *key components of a good charcuterie board*.

Last, consider **beverage pairings** for your delightful delicatessen. Wine is most often paired with charcuterie (though a good scotch, bourbon, or rye will certainly work) to harmonize with the fattiness and saltiness of the proteins. Stick with less complex wines with subtle tannins and low alcohol, such as crisp, white wines (sauvignon blanc, pinot grigio, riesling, and sparkling white wines like prosecco) and lighter and fruitier red wines.

**Meats:** Choose a variety of meats, such as prosciutto, salami, pepperoni, ham, chorizo, and pâtés; you'll need approximately 2-3 ounces per guest.

**Cheeses:** Make use of diverse soft and hard cheese options with varying milk types and colors, such as brie, havarti, gouda, hot pepper, cheddar, mozzarella, or blue cheese, soliciting suggestions from the cheese counter employee if needed. You'll need approximately 2-3 ounces per guest.

**Nuts and Seeds:** Go big or go home! Marcona almonds, spicy nut/seed mixes, caramelized nuts, and even chocolate-covered nuts or raisins are great choices.

**Fruits/Veggies:** Mix in a colorful assortment of (preferably in-season) fresh and dried fruit, such as grapes, berries, sliced apples, dried apricots, dates, and figs, as well as herbs like basil, rosemary, or thyme. Olives and other pickled or cured vegetables delightfully complement cured meats and provide beautiful color to the board.

**Sauces, Breads, and Other Accompaniments:** Add a few spreads, jams, and mustards; honey and olive oil with balsamic vinegar work well here too. Go for artisan breads, a toasted baguette, and gourmet crackers with different shapes, textures, and flavors to keep things exciting.



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**When aches pains and injuries are chronic or recurring, they are almost always the result of dysfunctional movement patterns.**

Movement pattern dysfunctions occur naturally as we have injuries, no matter how little they may seem. That's to say that an old ankle injury, that hasn't bothered you in years, may be contributing to the nagging issue you're experiencing now. These compensations occur via fascial connection and communication. The good news is that a deep injury history and movement assessment can help you reverse those compensations, restrain efficient movement, resolve the chronic issue your annoyed by, prevent it from returning, and often reveal other health improvements as a bonus!



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# Real Estate RESOURCE



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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt
2314 Club Road	Upper Arlington	\$2,250,000	\$2,619,000		21	5	4.1	4,885
2642 Clifton Road	Upper Arlington	\$1,025,000	\$1,025,000		120	5	4.1	3,723
2460 Stonehaven Ct N	Upper Arlington	\$795,000	\$795,000	06/01/20	70	4	3.1	4,244
2156 Elgin Road	Upper Arlington	\$749,900	\$715,000		213	4	3.1	2,968
3259 Somerford Road	Upper Arlington	\$675,000	\$650,000		107	5	3.2	3,235
1110 Regency Drive	Upper Arlington	\$680,000	\$650,000	09/01/20	148	4	2.1	3,501
2069 Pinebrook Road	Upper Arlington	\$649,000	\$635,000		211	4	3	3,188
1805 Ashland Avenue	Upper Arlington	\$569,500	\$569,900		29	4	2.1	1,872
2245 Lane Woods Dr	Upper Arlington	\$568,250	\$559,726	02/01/20	27	3	3	2,375
1843 Willow Forge Dr	Upper Arlington	\$561,000	\$559,000		49	4	3.1	2,668
5115 Chevy Chase Ct	Upper Arlington	\$549,900	\$545,000		131	3	2.1	2,231
4225 Camborne Road	Upper Arlington	\$539,000	\$539,000		12	5	3.1	2,579
4225 Camborne Road	Upper Arlington	\$484,900	\$470,000	09/01/20	41	4	2.1	1,789
1560 Guilford Road	Upper Arlington	\$465,000	\$447,870	03/01/20	40	3	2	1,982
3400 Stonehenge Ct	Upper Arlington	\$389,500	\$389,500	09/01/20	7	4	2.1	2,770
2256 Dorset Road	Upper Arlington	\$399,000	\$389,000		66	3	1.1	1,636
4186 Windermere Rd	Upper Arlington	\$425,000	\$340,000	07/01/20	36	3	2	2,794
2170 Eastdelf Drive	Upper Arlington	\$319,900	\$319,900		26	3	2	1,324
2625 Mt Holyoke Rd	Upper Arlington	\$329,500	\$313,000		16	2	2	1,368
2687 Edgevale Road	Upper Arlington	\$299,900	\$299,000	03/01/20	7	3	2	1,196

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