

Mayor Tepe and Council discuss numerous issues

--Martha Rassi

The April 2016 meeting of the Village of Terrace Park Town Council was called to order by Mayor Tepe. He began his report by summarizing the ODOT meeting he attended in March concerning the Eastern Corridor. He learned that there is not much remaining to be done specifically to Wooster Pike but did note that items for the group to consider are an update to the traffic lights in the Village of Mariemont and also a correction to the standing water problem on Wooster in front of Sunrise Church. Mayor Tepe announced that he had spoken to the Indian Hill Water Company concerning the existence of lead water pipes. The water company noted that any home built prior to 1927 should have the water pipes examined and homes built between 1982-86 should be checked for lead solder in the pipes. The Indian Hill Water Company will come and test the water as part of their customer service. Mayor Tepe then proclaimed April 29th, 2016 as Arbor Day in the Village with emphasis on the planting of trees to improve the Village. If advice on tree planting is needed, the Mayor encouraged residents to contact the Village Arborist, Mark Castator. In conclusion the Mayor requested residents drive at a safer and more alert speed in the Village as children now have more day light hours to be throughout the Village.

Solicitor: As expected the Ohio Supreme Court has declined to hear the appeal of the Martin/Marietta case decision thus drawing this case to a conclusion. Martin/Marietta still needs specific permits to move forward. Residents have the option to contact any of the county commissioners to voice their opinions on these permits.

EMS: Continued educational training in March and April included unites on ethics, documents, and patient refusals plus joint training with the Village Fire unit and the UC Air Care units. The three newest trained volunteers will be sworn into service at the May council meeting.

Police Chief: Chief Hayhow informed residents of a "smash/grab" theft operation that was recently noted outside of St. Thomas church. These thieves are looking specifically for cash and easy access with incidents also reported

in the Milford area. Residents are reminded to not have valuables visible and to always lock unattended vehicles.

Planning/Zoning: The second reading of a resolution amending the Terrace Park zoning ordinance was read and approved.

Finance: A resolution was presented requesting the county auditor to advance remaining tax dollars since due to a non-Village software issue all tax dollars were not forwarded to the Village. A second resolution was presented to empower the assistant fiscal officer of Terrace Park to revise the 2016 appropriations budget. This action was needed to make available funds for upcoming street maintenance and repairs. Mr. LeMay also noted that planning is already underway for the 2017 budget with a draft being presented at the May council meeting.

Rules/Law: An ordinance was presented amending the dollar amount needed for projects before having to go out for bid. This is necessary to keep in line with the state of Ohio that now requires a \$50,000 dollar project cost, an increase from the former \$25,000 limit. In addition a resolution was presented as first reading that up-dates the employee handbook to establish a tobacco free work place policy.

Public Safety: Three resolutions were presented and passed that allows the Village to enter into contracts and increase budget dollar amounts for upcoming street maintenance and repairs. This work will be staggered and Chief Hayhow will give advance notice to affected residents prior to the beginning of any work.

With no further business, the meeting was adjourned.



Mother's Day is May 8. Happy Mother's Day! Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May.

Memorial Day is on May 30. It was originally called Decoration Day and was initiated to honor the soldiers for the Union and Confederate armies who died during the American Civil War.

Celebrations honoring Civil War heroes started the year after the war ended. The establishment of a public holiday was meant to unify the celebration as a national day of remembrance instead of a holiday celebrated separately by the Union and Confederate states. By the late 19th century, the holiday became known as Memorial Day and was expanded to include the deceased veterans of all the wars fought by American forces. In 1971, Memorial Day became a federal holiday.

Thank You to Steve Holmes and the Stumps Boat Club

On April 9, more than 50 members of the Terrace Park Historical Society enjoyed an entertaining and informative afternoon at the Stumps Boat Club. Stumps member, Steve Holmes, who is also a Lifetime Member of the Terrace Park Historical Society and our Legal Counsel, generously offered to host the group at the clubhouse bordering the Little Miami River.

Our members agreed that this was one of our most enjoyable programs ever, made all the more interesting by the Steve's presentation about the origins and history of the Club.

We learned that the club's name has a connection with a previous Hyde Park club, "The 'Pillars'". The founders of Stumps may have been a group who were unable to join the Pillars, or the younger sons of the Pillars members who wanted to found their own club. These early members participated in a number of sports, including football, baseball, tennis and shuffleboard. The Cincinnati Enquirer even records that the Stumps football team bested the University of Cincinnati twice, in 1902 and 1905!

The present building is the fourth clubhouse on the property and dates to 1920, when a member provided the funds as a way to commemorate his colleagues who had fought in WWI. During the flood of 1937, water rose to the level of the mantelpiece over the fireplace, but the building remained standing, attesting to its solid construction.

Over the years the club has been the venue for many family events, including dances, receptions, debutante and holiday parties, many of which are still hosted currently. But perhaps the most characteristic features of the club, past and present is the comfortable ambience and the "good home-cooked meals"!



(l-r)- Steve Holmes and TPHS board members Ogle Annett, Marcia Moyer, Teri Shaughnessy, Anna Arnold, Susan Rodgers, Sandy Koehler, Suzie Ricketts



Dave and Sally Coffman's wedding rehearsal dinner was served at Stumps nearly 50 years ago and Dave recalls family celebrations there during his father's 40-year tenure as club president. They're pictured next to a portrait of Dave's father, which hangs in the clubhouse.



Judy Reid, Regina Sharp and Suzi Ricketts enjoy the view from Rid's Wall, named for Dr. Ken Riddle, the longtime member who built the structure in the mid-1900s.

A look back in time

Memorial Day, 1982, was observed in part by the following activities in the Park:

- Scouts participated in the annual parade and raised the flag as Taps was sounded on the Green.
- Reverend Gerhard led the

crowd in a prayer at the Village Green.

--over 100 youngsters took part in the Junior Olympics (K-8) sponsored by the Recreation Committee. Events included the 50-yd Dash, Baseball Throw and

Long Jump.

--over 55 men, women and children competed in the annual Mini-Marathon; with resident Bob Caswell being the overall winner with a time of 9 minutes and 58 seconds.

→ WV Deadline - Friday, May 20th by 9 p.m. For articles, please contact Cyndy Finnigan at tpvillageviews@gmail.com For calendar submissions, please contact Hester Sullivan at hestersullivanme.com. For ads please contact Kim Newton at newtongoodwin@cinci.rr.com

Award winning author visits Terrace Park Elementary

--Josephine McKenrick, Mariemont City Schools

Shelley Pearsall, author of the novel "Trouble Don't Last," which was the recipient of the prestigious Scott O'Dell Award for Historical Fiction, and "All of the Above," an ALA Notable book, visited Terrace Park Elementary School to guide the 5th and 6th grade students through writing workshops and answer questions about writing techniques and her books.

During her visit to Terrace Park Elementary, Shelley engaged students in conversations about her books and shared her research,

tricks of the trade, brainstorming ideas, rejection letters and many rough drafts. Fifth grade students participated in a historical fiction workshop, exploring the combination of research and creativity necessary in this type of writing. Sixth grade students participated in a workshop about inspiration and character development.

"It's so much fun to come up with the character," said sixth grader Ben Werdmann. "You can make your character anything you want because anything is possible."



Author Shelley Pearsall interacting with TPE students.

TP Garden Club and TP first graders celebrate Arbor Day

On Thursday April 7, 2016, first graders met in the library at Terrace Park Elementary School to receive Hornbeam trees which are beautiful trees native to America. All students were also given other trees this day due to Earth Day having a special celebration this year. Mr. and Mrs. Evans came with the Hornbeam trees which our arborist, Mark Castator, carefully selected and prepared with the right soil and nutrients. Many of the 3-4 foot trees had little green buds showing already. Amy Evans talked to the children about Arbor Day and J. Sterling Morton, the founder of Arbor Day, who felt that trees were needed in Nebraska when he moved there from Michigan. He wrote about it in his paper and planted many trees of his own, and finally in 1872 Arbor Day was named. That first year one million trees were planted in Nebraska.

The Garden Club buys the trees every year to help keep our Village beautiful and full of trees. These particular trees are flower-

ing and have orange fall color too. Their hardwood was once used by early Americans to make ox yokes and tool handles and bowls. Some are now made into Bonsai trees as well. This tree has little disease potential or insect problems. They are attractively shaped (rather like a fan one holds) and may be grown in shady sites in lawns or in woodland areas. The low density leaves reduce leaf litter.

If you are interested in more information about the TP Garden Club and our activities, please see our website at www.terracepark-gardenclub.com. It is easy to contact a member through the website. Meetings are open to the public; our next meeting is May 3, 2016 at 10 am beginning with a meeting at the Terrace Park Log Cabin and then a field trip to Spring Grove Cemetery which is also a beautiful garden. Most of our meetings are at noon the first Tuesday of the month in the TP Community building. We hope you will join us and learn as well as enjoy one another.



First graders with their saplings.

Village Views welcomes reader mail. Signed letters to the editor must be received by 9 p.m. on Friday, May 20. **Please limit length to 350 words.** Letters over 350 words will be published as submitted subject to space availability. All signed letters will be printed as submitted; however, minor editing for grammatical and typographical errors may be necessary. Content will not be edited. Any questions should be directed to the editor. See below.

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Where to send:
Village Views P.O. Box 212
 Terrace Park, OH 45174. If possible, the staff prefers to receive contributions by e-mail at tpvillageviews@gmail.com. Please submit articles as Microsoft WORD or .jpg format. Please put your name and date on submitted disks. Photographs and disks will not be returned.
The deadline is Friday, May 20 at 9 p.m.

Advertisements for *Village Views* may be placed in a variety of sizes. A business card size (2x4) is only \$24 per month. A classified ad is \$5 to Village residents only. Payment must accompany ad. Call Business Manager Kim Newton @ 239-6568 for additional rates. *Village Views* welcomes your business.

May 20 deadline:
 The next deadline for *Village Views* is May 20. All camera-ready ads and articles must be submitted by 9 p.m.
All advertisements go to Kim Newton at newtongoodwin@cinci.rr.com.
All articles go to Cyndy Finnigan 128 Winding Brook Lane or tpvillageviews@gmail.com. Questions? Call Cyndy Finnigan at 831-5121.

Village Views welcomes readers to submit articles: promotions, awards, school activities, engagements, weddings, births... things you think people would like to know and read about.

Leaving the Village?
 Subscriptions are available for \$20.00 per year. To subscribe send payment to: *Village Views* P.O. Box 212 Terrace Park, OH 45174

Eagle Scout completes border in Rain Garden

--Dennis Kokoruda

Andrew "AJ" Walter completed his Eagle Scout project at Terrace Park Elementary School. AJ and other Troop 286 members built a border of paver stones around one of the rain gardens in front of the school. The benefits of this project include keeping the natural plants separate from the rest of the lawn, preventing erosion and flooding, and beautifying the area were all welcomed by the students and faculty alike of TP elementary. AJ, Scouts and parents removed 12 inches of top soil and replaced with six inches of aggregate base and four inches of sand. The paver stones topped off the area and plastic edge restraints were installed to keep the pavers in place. The project was AJ's last step in achieving the rank of Eagle.

New Eagle Scouts for Troop 286

The Terrace Park Boy Scout troop recently recognized three of its members: AJ Walter, Matthew Burgess, and Henry Wagner for achieving the rank of Eagle Scout. The ceremony took place at St. Thomas Church where attending parents, relatives, friends, and fellow troop members witnessed the three scouts achieve the highest rank in scouting. The three are all juniors at Mariemont High School. Scouts were honored and advised by Scoutmaster Kokoruda and other troop leaders before speaking about their experiences in scouting and some of their fondest memories. The mothers of the scouts then gave a heartfelt speech about their nearly grown children and how they had seen scouting change them. Congratulations to AJ, Matthew and Henry!



Troop 286 Eagle Scouts (l to r) Andrew "AJ" Walter, Scoutmaster Dennis Kokoruda, Henry Wagner and Matthew Burgess



New paver stones in the Rain Garden.



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Neighbor to Neighbor

Student drug use survey delivers critical information for our neighborhood

Is teen alcohol or marijuana use on the rise in our community? Which factors contribute to - or discourage- youth substance abuse? These questions and many more were answered on April 5 when the Warrior Coalition hosted an important meeting to discuss the results from the 2015 Mariemont School District Student Drug Use Survey. Survey results were presented by Amanda Conn Starnor of PreventionFIRST!, formerly the Coalition for a Drug-Free Greater Cincinnati. PreventionFIRST! was founded in 1996 as a comprehensive effort to reduce adolescent alcohol and drug use.

The mission of PreventionFIRST! is to increase public awareness of illegal substance abuse and to empower families and youth with knowledge to practice prevention. As part of this, they conduct a Student Drug Use Survey every two years across a 10-county region in Ohio, Indiana and Kentucky. There were a total of 39,085 7th – 12th grade students from 88 schools, public and private, who completed the survey. Mariemont Junior High and High School students participated in the Survey between September and November 2015.

The Survey delivered some

very positive results. It found that most kids in our district are NOT using alcohol, tobacco or other drugs. In fact, use continues to decline; fewer Mariemont students are regular users than in 2000. In addition, age of first use has risen since that time. The table below shows the 2015 Survey Results for the five key measures of substance abuse in Mariemont City Schools. The positive results are an indication that the collaboration between the community and organizations like the Warrior Coalition and PreventionFIRST! are working.

Measure	Alcohol	Tobacco	Marijuana	Prescription Drugs*
30-Day Use	17.2%	3.1%	10.7%	1.9%
Perceived Harm	83.3%	91.1%	71.2%	90.0%
Parental Disapproval	85.4%	96.8%	93.1%	97.8%
Friend Disapproval	60.2%	84.0%	70.3%	88.9%
Average Age of First Use (yrs)	14.1	14.6	14.8	14.4

*Non-medical use. 1Percent responding harmful or very harmful. 2Percent responding that parent or friend feels behavior is wrong or very wrong. Source: 2016 Student Drug Use Survey: Alcohol and Drug Abuse by Youth



in Mariemont City Schools

Again, overall the results indicate that most kids in the Mariemont School District are NOT using alcohol, tobacco or other drugs. Alcohol use among 7th and 8th graders in our Junior High stands at 2.1%-the lowest in the region- compared to 6.5% among other Tri-state participants in that age group. Unfortunately, that district number increases to 25.3% in high school- surpassing reported usage in other participating high schools-which stands at 21.2%.

In general, the Perceived Harm is high across the board for alcohol, cigarettes/tobacco, marijuana, and prescription drugs. Marijuana is perceived as the least harmful. This could be due, in part, to efforts to legalize the drug in certain states. This trend is concerning because the Perception of Harm measure is a primary predictor of substance abuse. Between 7th and 12th grade, the measure of marijuana's Perceived Harm steadily decreases while Past 30-Day Use steadily increases.

The 2015 Survey also indicates record high levels of Parental Disapproval and Friend Disapproval. Perception of Parental Disapproval is higher for Cigarettes/Tobacco, Prescription Drugs and Marijuana than for Alcohol. Parents are the primary influence in a young person's life. Therefore, disappointing a parent is a strong factor in not wanting to use or abuse drugs.

When do kids first start? Age of first use has continued to rise since 2006 and is now between 14 and 15 years old. Age of First Use is very important because the brain continues to develop until the mid-twenties. Data confirms that, during development, the effects of alcohol and drug use are particularly harmful. Additionally, addiction is a developmental disease starting in adolescence. Research shows that users who start before age 15 are five times more likely to develop a substance abuse problem in adulthood.

While the results are mostly positive, we must continue to be vigilant, promote positive social behaviors and encourage health and wellness. Parents and teachers must talk about the dangers of using alcohol and drugs, parents and schools must establish clear rules about using these substances, and we must encourage participation in school and community activities that promote health and well-being. We know that 13 is a pivotal age and that when we focus on protective factors, we can continue to keep our teens healthy and thriving.

For a complete copy of the survey, please visit the Warrior Coalition website at warriorcoalition.org.

The Warrior Coalition's mission is to support families in developing healthy, resilient children.

Earth Day taking root committee

--Patti Normile

Sarah Husted, of the Earth Day Committee, headed the April 6-7 tree bagging event at Terrace Park Elementary School. She is assisted here by Terrace Park Woman's Club members Julie Northrop

and President Ann Lindell. Each student was given a Burr Oak or Red Bud seedling to plant in Tree City Terrace Park. More than 300 trees were given to help bolster the tree population.



Terrace Park Woman's Club members, President Ann Lindell with Carol Cole (middle) and Janet Sarran who also joined the Earth Day Committee to help prepare trees.

Terrace Park Music Project underway!

Plans are underway to create a CD of music performed by and/or composed by Terrace Park musicians--individuals or groups. Ross Aldrich invites singers, instrumentalists, composers of all ages to submit their musical offerings to him for inclusion on the CD. Residents or close relatives of residents are invited to contribute.

The Terrace Park Music Project rises from Ross's lifelong love of music coupled with his desire to pass that passion along to the young and not-so-young. His

background in the world of music as performer, writer, promoter, director, producer equips him to enable the TP CD

to become a reality.

In addition to highlighting the talents found within the Village, the CDs will be sold for a nominal cost. All proceeds will go toward a scholarship fund to support education for musical hopefuls from Terrace Park.

Interested groups or individuals can contact Ross at 831-1775 or rraldjr@gmail.com.



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Wildlife watch

The opossum!
--from the editor

The opossum is North America's only marsupial – a mammal that carries its underdeveloped young in a pouch until they are capable of living independently. It is also one of the oldest and most primitive species of mammal in North America. This animal is little changed from its ancestors of 70 million years ago. Opossums were probably rare in the vast forests of unsettled Ohio, but began to take hold as the land was cleared for agriculture. Today they are found in every county of the state, and slightly more abundant in southern Ohio. An adult opossum is about the size of a large house cat, with coarse grizzled grayish fur. It has a long, scaly tail, ears without fur, and a long, pointed snout that ends in a pink nose. Farmland is the preferred habitat for the opossum, especially wooded pastures adjunct to water. Opossums are quite adaptable and can also be found throughout suburbia. The den is usually situated



in a wooded area near water. The opossum is an opportunist and will take shelter anywhere it can stay dry and safe from predators. It often uses the deserted dens of other animals, brush piles, tree holes or openings under old buildings as shelter. The opossum's best known behavior is that of "playing possum." When threatened, the opossum may hiss and bare its teeth. More likely, though, it will roll over and lay motionless, appearing to be dead. When the danger is past, the possum "revives" and resumes its activities.

Trapping and removal are an accepted and safe way to remove a problem opossum from your property. A professional trapper, one who is licensed and experienced, can locate, trap and safely remove the nuisance animal.

Boy Scout Scott Overbey completes Eagle Scout project

--Dennis Kokoruda

At the end of the Terrace Park Swim Club parking lot sits a dumpster. The unfortunate placement of this dumpster created some problems. First, it was unsightly. Second, trash would fall out of the dumpster's side door since it was rusted open, and the trash would blow all over Drackett Field during windy days. According to Steve Morrison, a member of TPSC's board of directors, "the dumpster is a problem that needs to be fixed".

Because of this, local Boy Scout Scott Overbey decided his Eagle Scout project would be to construct a fence around the dumpster in order to improve both the aesthetic and sanitation of the area. Over the course of two days with the help of over twenty volunteers, Overbey constructed the fence. On the first day, he and his volunteers drilled holes for supporting poles, braced these poles in places, and cemented the poles in place once they were braced in place. On the

second day, Overbey continued his work when he and his volunteers primed and painted sections of fencing and then attached the fencing to the erected poles from the day before. In the end, over 140

man hours were spent constructing the fence. Scott would like to thank his fellow troop members and parents for assistance in completing his project.



Dumpster area after completed enclosure.

Eating Disorders: nothing to laugh about!

--Lisabeth Kaeser

**editor's note: TP resident Liz Kaeser has bravely chosen to share her story with the Village. The article also includes information on how to get help or get involved with the problem of eating disorders.*

Recently a new sitcom called the Real O'Neals aired on the ABC television network. Its trailer showed one of the sons announcing that he was anorexic followed by the sound of laughter from the audience. To me, and to the 20 million women and 10 million men, reported by Nation-

al Eating Disorders Association (NEDA), who will suffer from an eating disorder in their lifetime, it is no laughing matter. According to NEDA, eating disorders have the highest mortality rate of any mental illness including Major Depressive Disorder, Bi-Polar Disorder and Schizophrenia.

I can speak from personal experience that this illness devastates the lives of, not only the patients, but also the entire family unit, and anyone in relationship with the patient. Clearly this is not material

for a sitcom. It is time for people to understand that this is a deadly and life altering illness for those of us that survive or live with the vestiges of the illness.

It is an illness, not a choice or a diet gone too far, a means for getting attention, or just an adolescent phase (I am 52). No one wakes up one day and decides to have the most deadly of all mental illnesses. I know I did not, and I know those that have passed away from their eating disorder did not. To paraphrase Dr. Cynthia Bulik, PhD and leading researcher from UNC, the myth that this illness is a choice to somehow obtain the cultural thin ideal is the most damaging misconception for those of us suffering from eating disorders. Due to this commonly held belief, patients with eating disorders often are not treated efficiently or correctly because doctors and health care workers believe they cause their health complications by their own behavior.

(continued on page 5)



Liz, holding carriage, with team supporters

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Instructional co-ed youth touch rugby coaching to be offered

Instructional youth co-ed touch rugby games will be held on Saturdays May 14 through June 18 at 9:30 to 10:30 A.M. at the soccer fields at Avoca Park. Ages 6 through 14. Please contact Terrence Kelley at kelly_terrence@hotmail.com or Craig Russell at craig@theenglishcontractor.com for additional information.

Touch rugby is a fun sport. It is combination of soccer and touch football. All players will get a chance to run, kick, and pass. No athletic equipment is required,

other than athletic shoes, a mouth guard, and water bottle. Touch rugby is great exercise, and increases a player's team work, and leadership abilities. Many of the skills involved, including kicking, running, and sprinting, are transferable to other sports. Rugby is a growing sport and will be included in this summer's Olympic games. Many local high schools, including Moeller and St. Xavier, have varsity athletic programs.

The cost is \$25 per player, which includes a t-shirt.

Garden Club welcomes speaker Lisa Gross to discuss container gardening at meeting

Garden Club welcomes speaker Lisa Gross to discuss container gardening at meeting

With the start of spring, the Garden Club was excited to meet for lunch and enjoy our speaker, Lisa Gross. Lisa is the owner of her own business called "Going to Pot". Lisa said, "I started my company Going to Pot in 2007. Designing beautiful containers and window boxes is my passion. Working outdoors with all the beautiful colors, fragrances and varieties of flowers is what I love most. I simply love flowers; they make me happy, and I've seen the joy that my creations bring to others and that's very rewarding."

With a "hands on" demonstration, Lisa assembled 2 shade containers and 1 full sun container. Container gardening has been increasing for the past 10 years and continues to do so for several reasons. Containers are easy to manage, they can be moved to different locations without too much effort, and will quickly spruce up a patio or front porch. Containers are a way to accessorize your house with your own personal style. Anything can be used as a container. For example, a bird bath, a wagon, an old chair, etc. Containers give you a lot of variety because they can be changed seasonally. There's no reason your container should remain empty even during a Cincinnati winter. Lisa uses fresh cut evergreens, twigs and berries for winter interest.

A water management plan is crucial to the livelihood of a container garden. This includes proper watering and drainage. "It amazes me how many pots still don't have holes in the bottom," Gross explains. Drainage holes should be in the bottom of all containers to allow excess water to escape the roots and avoid root rot. If a container doesn't have holes, create them yourself without making them too large.

The best time to water plants in the morning or evening when the sun is not too hot, and there are self-watering containers and irrigation systems that make watering easier for busy homeowners. Avoid over-watering using Gross' method of sticking a finger into the soil to make sure the soil is dry.

Buying a bag of garden soil is fine for container gardens, but Gross recommends mixing it with peat moss, vermiculite or sand. Keep soil lighter in the summer, and add a sustained release fertilizer for all of the extra watering. Osmocote is a favorite for



Lisa Gross with one of her baskets she planted for demonstration purposes.

the Garden Club projects. Soil can become denser in the fall to protect plants from cold weather. Never use soil from the ground or garden, due to possible insects.

Diversify plants to make the container interesting, but make sure all plants are compatible before putting them in the same container. The sun exposure and watering needs of all plants should be the same. Plants are like babies. They need extra attention in the beginning stages, and they become more independent with time.

It was a very interesting presentation followed by questions and input from Garden Club members. We also had several members of the public in attendance. Always remember our meetings are open. If there is a program you are interested in, please stop by on the first Tuesday of the month at 1:00 pm at the Community House.

The meeting concluded with all Garden Club members getting excited about our annual Flower Fest at the Green. We have sold preordered plants and gift certificates to the public this past late winter. Now we can look forward to free plant deliveries on Friday, May 13th, and a fun day Saturday at the Green, May 14th.

Please stop by on Saturday, May 14th from 10 am to 2 pm for a large assortment of flowers and baskets supplied by the Olde Garden Shack. There is a free Children's' Corner so Mom can shop while the kids are busy. Garden Club members will be available all day to answer your questions and help you with your selections.

In advance we would like to thank everyone in the Village for their support of the Garden Club's fund raising activities. Monies are used for the beautification of Terrace Park. See you Saturday, May 14th!

Village Calendar 2015

April

25 Mariemont Athletic Boosters Meeting, MHS C20, 7:30 PM

29 Mariemont High School Prom, Cincinnati Netherland Plaza - Hall of Mirrors, 8:00 PM

MAY

3 Terrace Park Garden Club Tour of Spring Grove Cemetery, Meet at Log Cabin, 10:00 AM to car pool. Tour 10:30 till noon. Lunch at Ruth's Parkside Café.

3 4th Grade Instrumental Try-It Night, MHS, 4:00 PM

3 MAA Meeting, MJHS Media Center, 7:30 PM

9 Board of Education Meeting, Mariemont Elementary cafeteria, 7:00 PM

10 TP Village Council Meeting, 7 p.m.

11 Kindervelt end of year party, 7:30 p.m. MJs on Main in Milford

14 Garden Club Annual Flower Sale, 10am until 2:00pm, Village Green

14 16th Annual Kiwanis Golf Scramble, Reeves

Golf Course, 11:00 AM All proceeds help generate \$15,000 in scholarships given away each year to Mariemont High School seniors. The cost is \$70 per golfer and includes all fees, cart rental and lunch. Prizes will be awarded! The deadline to register is Tuesday, May 3. Contact Ted Beach at 513-252-4258, visit mariemontkiwanis.org. If you would like to sponsor a hole, click here: <http://mariemontkiwanis.org/images/Sponsor%20Form.pdf>.

19 ME/TPE 5th & 6th Grade Choir Concert, ME Auditorium, 7:00 PM

25 ME/TPE 5th & 6th Grade Band Concert, ME Auditorium, 7:00 PM

26 ME/TPE 5th & 6th Grade Orchestra Concert, ME Auditorium, 7:00 PM

29 MHS Baccalaureate, Mariemont Bell Tower, 2:00 PM

29 MHS Graduation, Kusel Stadium @ MHS, 7:30 PM

30 Memorial Day - No School, 8:00 AM

June 1st LAST DAY OF SCHOOL, EARLY DISMISSAL, All Mariemont City School District schools, 12:00 PM

Please e-mail **Hester Sullivan** at hestersullivan@me.com with calendar information.

Eating Disorders: nothing to laugh about!

(continued from page 4)

What researchers like Dr. Bulik are discovering is that there are highly complex disorders influenced by genetic, biological and environmental factors. Once a person with the pre-disposition for the illness starts on that first diet "their anomalous biology kicks in and anorexia nervosa just sends them down a path they have no control over."

Eating disorders for many, myself included, becomes a way of coping with feelings or circumstances beyond our control. It is a way of controlling something when everything else "seems" out of control. It becomes a dangerous way to distract one's self from emotional pain and or fear.

So while the illness isn't a choice, those of us that suffer from this illness have to somehow figure out how to recover. The beginning of recovery begins with recognizing the illness. Most people hold the common misconception that a person must look emaciated to be sick, but this is not the case. According to NEDA there is no way to diagnosis an eating disorder from a person's appearance. The vast majority of eating disorder sufferers are not underweight, and because they don't look "sick" they often endure years of physical and emotional distress because they feel they aren't sick enough to deserve treatment. I believe this "never enough" thinking is a common thread that weaves its way through most of us with eating disorders and can often be the very thing that keeps us from seeking treatment.

February is NEDA's Eating Disorder Awareness Month. This year's campaign was "3 minutes can save a life." If you believe you or a loved one may have an eating disorder you can find information and take the 3-minute screening on line www.nationaleatingdisorders.org then enter screening in the search box.

Early intervention is crucial. We know so much more today about eating disorders and effective treatment then when I first developed anorexia as an adolescent; shortly before Karen Car-

penter's tragic death turned the spotlight onto the illness. This is good news for those seeking treatment because NEDA reports that 60% of those seeking treatment will make a full recovery.

Eating disorders such as anorexia and bulimia, along with other specified feeding and eating disorders, (OSFED) can be deadly to 1 in 20 people who have them. The Alliance for Eating Disorders Awareness reports that as many as 23 people die daily as a direct result of their eating disorder. People with anorexia nervosa are 57 times more likely to commit suicide. It is the third most common chronic illness in adolescents.

Eating disorders do not discriminate based on gender, race, sexual orientation, or in my case, age. Many middle-aged women and men will relapse or develop eating disorders for the first time in their lives. An estimated 25% of those suffering from anorexia or bulimia are males.

Some of the signs you may witness in a loved one with an eating disorder:

1. Avoiding eating meals or snacks around others.
2. Categorizing food into "good foods" and "bad foods."
3. Calculating the number of fat grams and calories in everything they eat.
4. Talk or worry about their weight, size and shape.
5. Frequently use the restroom after meals.
6. Frequently weigh his or herself.
7. Exercise out of guilt or to lose weight instead of health and enjoyment

8. Have periods of uncontrolled, impulsive or continuous eating beyond the point of being comfortably full.

9. Withdraw from usual friends or activities.

May is Mental Health Awareness Month...IT'S TIME TO TALK ABOUT IT!!

Observe your loved ones and check in with yourself. Ask questions and connect with them instead of your smart phones. Remember they are worth the

conversation, as are you.

I chose to share my struggle with anorexia as an adolescent, a young woman and my recent relapse as a middle-aged woman. I share on my blog eatingbyfaith.com and I will share my journey in my upcoming book by that title. It is an honest, raw account of my experience with anorexia. I share in hopes that people will have a greater understanding of the illness and those who struggle will not feel so alone in their illness.

The organization Tri-State Eating Disorder Resource Team (TSEDRT) offers a wide array of programs along with educational and resource materials, contact information for area treatment facilities and specialists, seminars and presentations, support groups, community events, and also the Body Project. This is an *evidence based body acceptance program designed to help high school and college-age women to resist the cultural thin ideal standard of female beauty.*

They hope to eliminate common misconceptions about eating disorders and serve as a source of support and guidance for eating disorder treatment options.

Team volunteers are available to deliver NEDA presentations that are interactive and comprehensive.

TSEDRT TEL: 812-584-1086 WEB: www.edrteam.org
NEDA TEL: 1-800-931-2237 WEB: www.nationaleatingdisorders.org

There will also be a walk held by NEDA on September 10, 2016. Visit www.nedawalk.com for more information.

I am available to speak on behalf of the TSEDRT or as an independent speaker about my own personal journey. I have been the Key Note recovery speaker for the TSEDRT NEDA walk, Project Heals' gala to raise funds for those seeking treatment, as well, small local gatherings. I have educational materials on hand if you would like to have some, feel free to contact me:

E-Mail Lisabeth@eatingbyfaith.com WEB: www.eatingbyfaith.com

What's happening at the Mariemont Branch Library May

Children
Muffins with Mom — 10:30 a.m. Saturday, May 7
 Enjoy muffins and a special Mother's Day storytime with your mom or grandma.

Ages: 2-8.
Movers & Shakers — 10:30 a.m. Wednesdays
 Bring the little ones in for stories, songs and dance as they learn about the Library.



Ages: 1-4
Library Babies — 11:30 a.m. Wednesdays

Have fun, meet other parents and babies, and promote early literacy!
 Ages: 6-18 months

Preschool Story Time — 1:30 p.m. Wednesdays
 Join us for stories and crafts.

Ages: 3-5
Crafty Kids — 4 p.m. Thursday, May 26

Get crafty at the library; make it and take it!
 Ages: 5-10

Teens
Thank-A-Soldier Write-In — 4:30 p.m. Monday, May 2

Show your appreciation to our service members by writing letters to soldiers overseas. Snacks provided. *Registration required.*

Adults
Spring Craft Night — 6:30 p.m. Thursday, May 5

Celebrate spring by decorating a vase and filling it with beautiful handmade paper flowers.
Registration required.

Which Craft Needlecraft Club — 10:30 a.m. Saturdays, May 7 & May 21

Stop by with your current work in progress for pointers or just to have fun with co-enthusiasts. Knitting, crochet, needlework — whatever you like to do.

Branch Book Club — 6:45 p.m. Thursday, May 26

This month's featured book is *Brooklyn* by Colm Tóibín. Copies will be available at the desk. New members are always welcome!

Library hours: noon to 8 p.m. Monday, Tuesday and Thursday; 10 a.m.-6 p.m. Wednesday, Friday and Saturday; closed Monday, May 30, for Memorial Day.

Mariemont Branch Library, 3810 Pocahontas Ave., 513-369-4467



Got Drugs?

DROP OFF TO TPPD FOR SAFE DISPOSAL!

No liquids, needles, inhalers, thermometers or aerosols will be accepted.

Remove from packaging and place all medications in a bag.

Drop off Monday-Thursday 9:00 am - 2:00 pm. or by special appointment.

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Opportunity to meet Ruthven, support TPHS

--Susan Rodgers

The Terrace Park Historical Society is honored to host a presentation by John Ruthven, America's Wildlife Artist, and George W. Bush 2004 National Medal of Arts Recipient.

Please join us Saturday, May 21, from 5 to 7:30 p.m. at the Terrace Park Country Club, 5341 S. Milford Rd., Milford. Tickets are \$30 per person to benefit the Terrace Park Historical Society. Appetizers and two drinks included with admission. Cash bar available.

RSVP by May 14. Checks

may be mailed to Terrace Park Historical Society, P.O. Box 3, Terrace Park, Ohio, 45174. For online reservations and payment, visit tphistoricalsociety.org.

TPHS extends appreciation to the evening's co-sponsors: Ogle Annett from Coldwell Banker West Shell, Josh Deeter from Deeter Advisory Group, Drackett Construction, Rick Koehler Art, Vivian and Jeff Krueger from Nationwide Insurance and TurnLeaf Property Management.



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MHS Strings Orchestras receive gold in NYC Heritage Festival

The Mariemont High School Chamber Ensemble and Concert Orchestra brought back the 'Gold' after three days in New York City, where they participated in the New York Heritage Festival, toured iconic Manhattan sites and experienced the food, entertainment and energy of the city.

"I really enjoyed learning about the culture of music," said Tyler Scott, junior. "I learned a lot about the power of music and how it can really unite people."

The New York Heritage Festival is one of a number of musical festivals held throughout the United States and is part of the WorldStrides OnStage Programs. This year's New York event welcomed over 2,000 middle- and high school-aged orchestra, choir and band participants. Each group's performance is ranked on an international standard, and the top performing groups in the Heritage Festival are invited to perform in the Festival of Gold or the Festival at Carnegie Hall.

"This year's performance at and participation in the Heritage Festival was one of the best we have experienced. I find it extremely important that the students were able to see so many other young people thriving in their musical pursuits," said MaryBeth Khamis, district orchestra director. "I am so appreciative to work in a school district that supports students who are developing as musicians and artists. From the parents and teachers to the administration and our incredible athletic director, all are completely supportive of our students getting to experience these once-in-a-lifetime opportunities."



The Mariemont High School Concert Orchestra performed "Themes from the New World Symphony," "Wayfaring Stranger" and "On a Hymnsong." The Chamber Ensemble performed "Capriccio Espagnol" and "Brook Green Suite."

The orchestra and chamber ensemble received the following awards and recognitions:

- "Gold" recognition for both the Chamber Ensemble and the Concert Orchestra. Scoring was based on various attributes of the music, including tonality, dynamics, style, articulation and other key areas.
- Special Adjudicator Award for Chamber Ensemble. An adjudicator recognition of standout performance and recognition of exceptional directors.
- Outstanding Solo Performance was awarded to MHS senior Sierra Sims-Smith. Only 10 of these awards were given out to the entirety of festival participants, and Sierra was the only instrumentalist to receive this award.
- The Chamber Ensemble was awarded highest scoring or-

chestral group at the Festival.

"A huge congratulations to all of our strings students. Your hard work and talent has been recognized and rewarded," said Suzy Weinland, district parent. "And a tremendous thank you to MaryBeth Khamis, who has nurtured our students from fifth grade on to make the Mariemont City School District's strings program the robust group it is today."

Following the festival, the students had the opportunity to tour the city, including professional performances such as the percussion show STOMP, the New York Philharmonic play Strauss and Beethoven and the Broadway musical Les Misérables. Other highlights included the Metropolitan Museum of Art and the American Museum of Natural History.

"Almost everywhere we went there was music, from upscale concerts to street performers," said Mollie Coates, Mariemont High School senior. "It's such an amazing way to see how everyone on the planet is connected through music."

Police Report

Police Report March 2016

Ten residents reported vehicle break-ins on one night. The perpetrators seem interested only in cash. The Police Department wants to remind residents that these are "crimes of opportunity." Locking cars and homes removes the thieves' opportunity.

The department continues to receive reports of phone scams

where the callers claim to be police officers or other law enforcement representatives.

Police made two OVI arrests on Wooster Pike and investigated four reports of suspicious circumstances in the area.

Officers assisted with multiple EMS runs and conducted several welfare checks.

What better way to kick off the summer than by getting out on your bike for a family bike ride around the park on June 5th at 11:00am. This casual ride is for all ages and will start and end at the Village Green after one or two loops around the park. Skyline Chili will be available for purchase & DJ Anthony Sullivan will spin some great tunes for us! This ride is a free family event! There will be t-shirts and food tickets for sale prior to the ride benefiting the TP EMS and Fire Departments.



Please join us for Pedalpalooza!!!! Sign up information will be available on TPList soon!

Long Term Care seminar

It can happen at any age. What if you, or a loved one, need long-term care? Can you afford to self-insure? Each generation has a stake in confronting the issue of longevity for themselves, children, parents and grandparents. The emotional, physical and monetary costs can ruin an otherwise well-managed budget, and plans for a comfortable retirement or family inheritance. Find out why and how to protect your future well-being against the costly life event of LONG-TERM CARE.

6:30PM TO 8:00 PM THURSDAY, APRIL 21

THURSDAY, MAY 5
TUESDAY MAY 24 AT
ANDERSON BRANCH
LIBRARY meeting room
7450 State Road, Anderson Township

There is no charge for these educational seminars which are open to the public. Make your reservation by calling (513)651-3665, with your name and number of attendees. The presenter is Margery Mattox, MBA, Certified Financial Planner® and owner of Financial Affairs Management, a personal financial planning firm. Website: www.FinancialAffairs-Management.com

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3. Comey and Shepherd Agent	8	\$3,141,550	\$392,694
4. Sibcy Cline Agent	4	\$1,944,900	\$486,225
5. Comey and Shepherd Agent	5	\$1,794,500	\$358,900

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