

White Fence



Living

A Social Magazine For The Residents Of The New Albany Country Club Communities

February 2020

Katherine Meslow,

*A Young Achiever,
Is An Advocate For
The Leukemia &
Lymphoma Society*

FEATURED HERE

Katherine's Knock Out
Cancer Crew! Read Her Full
Story On Page 16

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Attention: Our advanced sincere apologies. Although we do our best to proof each article in *White Fence Living*, credit and fact omissions, spelling and grammar errors sometimes do happen. If brought to our attention, we will correct any missing credits or misspellings of names in the next possible issue.



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Columbus Academy



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publisher's *note*



Who wore it better? My kids already know that mom and dad are a little trigger happy when it comes to taking pictures. We love to capture all the little moments, and even the ones that don't seem big, we know they will be down the road. So when it comes to Woody costumes/pajamas being given to our boys for Christmas, of course it was necessary to snap a twin photo and ask the question, who wore it better?

I hope that the 2019 shine (or not so great feelings) has been wiped clean and a reboot for 2020. Now with February upon us,

many are already looking forward to spring when we might not have even been hit with our first real snow fall yet (remember I write these notes 1 month ahead of time). As this year unfolds, I want you as readers and our business partners to know that I truly do thank you for your support of what we do. Without your participation, and financial support from our sponsors, we are not able to do our jobs.

Be kind to one another – we never know how long we will have to be here and what the next road will lead to, but while we are here it is my hope that the people within this community will continue to show kindness to one another and those who they come in contact with. From meeting many people in your neighborhood over the past four years, I have found there are wonderful, welcoming people here and we are honored to be able to connect you every month.

The turning of a new chapter and another year getting into full swing, we already have some exciting stories and articles planned for you, but we are always looking for what you as a community would like to hear about. If you have a story idea, please just let us know and we can find the best way to make it fun and easy to take care of.

Many blessings in 2020.
Cheers,

Aaron

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Please tell us what you want to see in your publication!



healthy living

By Nicole Carter, resident on Lansdowne



OVERCOMING PTSD

with Eye Movement Desensitization and Reprocessing Therapy

aims to change the patient's reactivity to the traumatic event. While the patient moves their eyes from left to right, they reprocess the memory. The ultimate goal is that the negative belief is reduced and replaced with a positive belief.

The capacity of the human brain is astonishing.

There are multiple theories behind how this works. One concept is that moving your eyes this way puts your brain into a similar state as REM (rapid eye movement) sleep, which is largely when memories are consolidated. Another theory suggests that multi-tasking while remembering the trauma strains the working memory, so perhaps EMDR may create less room to store the traumatic recollections.² Whatever the reason behind it, EMDR is referred to as an evidence-based treatment.

On the EMDR website, the home page provides a summary:³

"EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy, people can experience the benefits of psychotherapy that once took years to make a difference...the mind can in fact heal from psychological trauma much as the body recovers from physical trauma...If the brain's information processing system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed,

healing resumes. Some of the studies (on EMDR therapy) show that 84% to 90% of single-trauma victims no longer have PTSD after only three 90-minute sessions. In another study, 77% of combat veterans were free of PTSD in 12 sessions."

EMDR is an eight-phase treatment. One example is that a physical assault victim can shift from feeling horror and self-disgust, to holding a firm belief that, "I survived it, and I am strong." The patient gains insight from their own accelerated intellectual and emotional processes, and she/he ends up feeling empowered by the very experiences that once horrified them. The wounds transform; all without speaking in detail or doing the homework used in other therapies.



Sarah Klein Sarah Klein, MA, LPCC, MA, LPCC

This is astounding. Therapists can help patients heal their own psychological wounds, turning their terror into their triumph. Thank you, Sarah, for enlightening me, and for allowing me to share this incredible information with the residents of New Albany Country Club!

References:

Sarah Klein, MA, LPCC
www.counselingforrestoration.com

- 1 PTSD.va.gov
- 2 self.com
- 3 EMDR.com



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Nicole Carter is a nationally-certified group fitness instructor, wife and mother of two boys. In September 2014, an aneurysm ruptured in Nicole's brain, which required emergency brain surgery. After doctors installed a permanent clip to the blood vessel, Nicole recovered and returned to the gym classroom. Today, Nicole conducts personal training and teaches fitness classes around New Albany. You can follow her on Facebook at "Body and Soul with Nicole."

It is estimated that 50% of women and 60% of men will experience at least one trauma in their lifetime. We often think of combat veterans when we think of PTSD (Post Traumatic Stress Syndrome), but this intense psychological condition can be caused by assaults, accidents, disasters, or even witnessing injury or death. About 7-8% of the population will have PTSD at some point in their life. In any given year, about 8 million adults suffer from PTSD.¹ The symptoms can be debilitating and dramatically limit one's day to day life.

Eye Movement Desensitization and Reprocessing Therapy (EMDR) treatment was founded on the belief that PTSD symptoms happen when a person has not fully processed their traumatic memories, according to the American Psychological Association. EMDR has been shown to completely resolve the symptoms of PTSD.

Wait, what? Completely resolve the symptoms? This sounds too good to be true.

I recently interviewed Sarah Klein, a Licensed Professional Clinical Counselor who specializes in EMDR. She explained that EMDR

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Sarah Underhill

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Sarah Underhill, Founder and Executive Director

Sarah Underhill is excited to launch The Well-Being Connection in 2020, which expands on the work already being done by the Well-Being Initiative. Sarah and Diane Herman, co-founders of this nonprofit, were both volunteers and leaders of the Well-Being Initiative. This initiative began with a group of community leaders and NA school officials that worked together to create a best-in-class well-being model for NA students and learning opportunities for parents. Programs included Well-Being Forums, the Health & Wellness Fair, and a Youth Mental Health First Aid class.

Sarah and her husband, Aaron, have been NA residents for the last 16 years. Aaron, a lawyer, has his own firm in New Albany, Underhill & Hodge. Sarah, a former high school English teacher and mother of three boys ages from 10–16, has dealt with mental

health issues herself as well as with two of her boys. “I’m kind of an expert through life experience,” Sarah openly shares. However, it was through these experiences that Sarah has been able to form relationships with amazing doctors, social workers and therapists from Nationwide Children’s Behavioral Health, OSU STAR program, InStill Wellness and Concord Counseling. As a mother, Sarah has talked with other parents who are struggling to help themselves or their children with mental health issues. Parents have shared that they find it hard to connect to resources and support programs. Many don’t even know where to start. Through these conversations, Sarah

decided New Albany really needed support programs for mental illness and quickly volunteered to be a part of the Well-Being Initiative.

However, with studies showing that almost half of all adults will have a mental illness in their lifetime and only 41 percent of these people will access support due to lack of availability, high cost, and the stigma associated with having a mental illness, Sarah and Diane felt more needed to be done to expand on the Well-Being Initiatives. Dr. Keith, President of the New Albany Community Foundation, and Cindy Berend, a community volunteer, agreed with the need for more programs and

outreach. In 2019 Dr. Keith and Cindy created The Well-Being Connection fund at the New Albany Community Foundation. This amazing donation allowed Sarah and Diane to develop their non-profit. Sarah explained that “New Albany and the surrounding areas are no exception and we hope to connect our community to the help they need and to each other.” The mission of The Well-Being



Connection is to create a movement that will inspire compassion for mental health by connecting our community to holistic resources, education, and support.

Sarah, the Executive Director of The Well-Being Connection, was excited to share that they have already helped five programs get implemented in NA so far. The NAMI (National Alliance on Mental Illness) Franklin County Family Support Group, which provides support to caregivers of loved ones with mental illness, now holds monthly meetings in the Mount Carmel New Albany Auditorium. For anyone suffering from addictive behaviors, including family members and others requiring tools to cope with loved ones experiencing addiction, CARE (Compassionate Addiction Recovery Experience) meets twice a month at InStill Wellness. CARE offers participants a supportive path to addiction recovery through the holistic benefits of gentle movement, breathing, stillness, aromatherapy and healing energy modalities. The third program is designed for mothers raising teenagers. MOTs (Mothers of Teenagers) is a NAPLS group that meets each month to network, support one another, learn from experts on teen trends and share resources. During the November meeting, NA Police Officer Ryan Southers presented information about sexting, weapons, drugs and alcohol. MOTs also has a book club that meets monthly. Diane Herman, who was hired this past fall by New Albany Plain-Local Schools to be their Well-Being Community Liaison for the student wellness program, supports this group. Finally, two support opportunities, Ember and iRest,

...



InStill Wellness - where we have CARE



Sarah with her husband, Aaron, and their three sons on vacation.

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have been created and will be held at InStill Wellness. Ember is a program that teaches mindfulness, increases emotional intelligence, builds resilience and offers participants healthy strategies for self-regulation and coping with stress. iRest, developed by Dr. Richard Miller, who combined traditional yogic practice with Western psychology and neuroscience, is a simple and accessible form of meditation designed for modern-day living. Sarah is actually trained in iRest and will be teaching the class!

For more information about The Well-Being Connection programs and how you can get involved, follow them on Facebook or Instagram @newalbanywellbeing. Soon you will be able to find them at www.thewellbeingconnection.org as their new site is launched later this year. Donations to support these programs can be made to The Well-Being Connection fund at the New Albany Community Foundation.



MOTS Holiday Party

For more information on the programs offered please contact the individuals listed below.
NAMI - Rachelle Martin, Executive Director of NAMI Franklin County, at (614)501-6264.

CARE - Sarah Underhill at sarah@thewellbeingconnection.org
MOTs - Diane Herman at herman.l4@napls.us



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KATHERINE MESLOW -

An Advocate for the Leukemia & Lymphoma Society

yoga class. Katherine's parents helped as well. Her dad held a card playing night and her mom had a party where you could learn about tea and succulents. Katherine also asked businesses in the local community for donations. She "was overwhelmed with the amount of support [she] received from [her] team, family and friends."

Through her experience, Katherine learned about being a team leader and what goes into organizing fundraisers. Her team "made a difference in the world and that was truly exciting for [her] as a high school student." Katherine's work with the LLS has made her realize that she "would love to continue to make a difference in college by studying Law and Public Policy." Additionally, Katherine plans to continue to support LLS in any way she can. She would love to be on someone else's team at New Albany "to see someone else continue the legacy." To others in high school who are looking to make a difference, Katherine says that "if you find a cause that your passionate about and are willing to put yourself out there people will support you." We commend Katherine on her hard work and wish her the best of luck with her high school career and her future endeavors.



Do you know of a child or teenager you would like to see featured in an upcoming edition? Please send us a quick note whitefenceliving@n2pub.com.



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RAISED AWARENESS AND \$43,000

Katherine Meslow, a sophomore at New Albany High School, has served as a great advocate for the Leukemia and Lymphoma Society (LLS). Through generous support and donations, she was able to raise \$43,000 for blood cancer research, patients and their families. Katherine's family friend, Robin Williams, nominated her in early August 2018 for the LLS Student of the Year campaign.

After learning about the program and all they do, Katherine was excited to participate and honored that Robin thought of her because of her personal connection to the disease. Katherine's mom's battle against cancer, has pushed her to make the most out of every day. She says "the year that [her] mom battled cancer was definitely a bumpy road. [Her] family faced one of the scariest situations of not knowing what the future would hold." Fortunately, her mom is doing great now and has been cancer-free for around three years. Katherine "could not be more happy and proud!"

In order to fundraise for the LLS last year, Katherine used various methods and strategies. She asked some of her friends to help out and they formed a team called "Katherine's Knock Out Cancer Crew" to spread awareness. All of them individually wrote emails and sent out letters to over 200 family and friends. They also hosted bake sales, a girls' night at Katherine's house, food trucks and a



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resident recipe

By Nicole Carter, resident on Lansdowne

COOKED SALMON SUSHI roll

Sushi is defined a Japanese dish consisting of small balls or rolls of vinegar-flavored cold, cooked rice, served with a garnish of raw fish, vegetables or egg. With pure ingredients, sushi can be a healthy snack or meal. There are also more decadent versions, such as tempura (that crunchy, deep-fried goodness) and anything slathered with that spicy, light orange cream sauce.

You can learn a lot by sitting at a sushi bar and interacting with the chef. For example, my husband and I learned that it's terrible manners to rub the wooden chopsticks together. One sushi chef, who had been trained in Japan, shared that his first year of apprentice-



ship was devoted to just making the rice. He explained how key the rice is: if the rice falls apart, then your sushi falls apart.

Although I do not have the gift of artistic creativity, I married a man who does. We have always enjoyed creating meals together in the kitchen. For one of our single-digit anniversaries, before little ones entered onto the scene, I gave Erick a sushi-making-kit: an illustrated instructional book (before the age of YouTube), rolling mats, bowls and chopsticks. I recommend this gift for the adventurous chef in your life!

I cannot recall if I volunteered to make the rice, or if I drew the shortest straw. Either way, my job was to make the rice. This was before we owned a rice cooker. What a genius invention! The rice cooker dramatically simplifies the daunting rice work.

Even though we have access to sushi-grade fish at Whole Foods, we opted to bake the salmon. I wondered, with all we know about the risks of foodborne illness associated with undercooked animal foods, why do we still eat raw fish? It is said that sushi and sashimi would not exist if Japan were not an island country. Sushi and sashimi cannot be eaten if they are not fresh. Also, the soy sauce and wasabi (Japanese horseradish) work for bactericidal action, to protect from food poisoning.

When selecting fish for any meal, remember to go with wild-caught versus farm-raised. Fish farms add a myriad of chemicals to

over-crowded ponds, to plump-up the fish and modify their color. There is a sustainable-farming process that we learned about at Whole Foods (of course). Farmers set up giant net-pens in the ocean, the animal's natural environment. The fish are fed only foods they are meant to consume, and chemical treatments are minimized. We chose this route, and the fish was fantastic.



How do you know when your fish is done? Poke the tines of a fork into the thickest portion at a 45-degree angle, then twist and pull up. If there's resistance and no flaking, then it's not done. However, remember the ten-minute rule: most fish will cook in 10 minutes, so check again after another minute or two. If you try this one, please be patient with yourself and others!

Salmon Sushi Rolls

Ingredients

Patience, for yourself and others. As much as you can muster.
2 cups short-grain Japanese or medium-grain California rice
Water (either fill to 2-cup fill line in rice cooker, or follow package directions for 2 cups rice)
2 TBSP rice vinegar
1/4 tsp rock or sea salt
1 tsp superfine sugar (I used baker's sugar. The white stuff.)
carrots
cucumber
avocado
seaweed wraps (see picture)
Coconut aminos (healthy version of soy sauce) or Tamari (wheat-free soy sauce)
Wasabi



Directions

- 1) Season fish with salt, pepper and a squeeze of lemon. Bake at 400 degrees for 10 minutes until it reaches desired doneness
- 2) Meanwhile, rinse 2 cups rice under running water to reduce starch. Measure and cook rice according to directions.
- 3) Place vinegar & salt in saucepan and whisk constantly over low heat until salt dissolves. Add sugar and continue whisking until it also dissolves. Do not boil.
- 4) Slice your veggies into slender strips. Peel the cucumber and slice it into fourths, length-wise. Place knife under cucumber seeds and slide it horizontally down the length of each strip, to remove the seeds.
- 5) Wrap your sushi rolling mat with two layers of plastic wrap.
- 6) When rice is done cooking, transfer to a large, non-metallic, flat-bottomed bowl. Find YouTube video and add patience, to support this process: Spread rice out evenly with wooden spoon. Separate rice grains by slicing paddle across bowl, rather than stirring. Make space in center of rice and slowly add vinegar dressing. Continue lifting and mixing rice with paddle, using slicing motion. Use a hand-held fan to cool rice, then mix, then fan again. Goal: slightly sticky rice with grains separated and evenly flavored. Have a sip of wine to celebrate your rice accomplishment!
- 7) Place seaweed onto rolling mat, then spread a thin layer of rice, then add your fish and veggies in a column, as shown. Use YouTube, Patience, and your plastic-wrapped rolling mat, to create your roll. Snack on nuts throughout the process to avoid getting Hangry.
- 8) Serve with Coconut aminos or soy sauce and wasabi. Cheers and enjoy!



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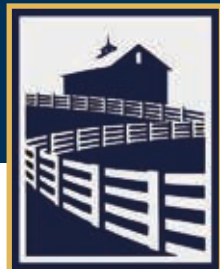
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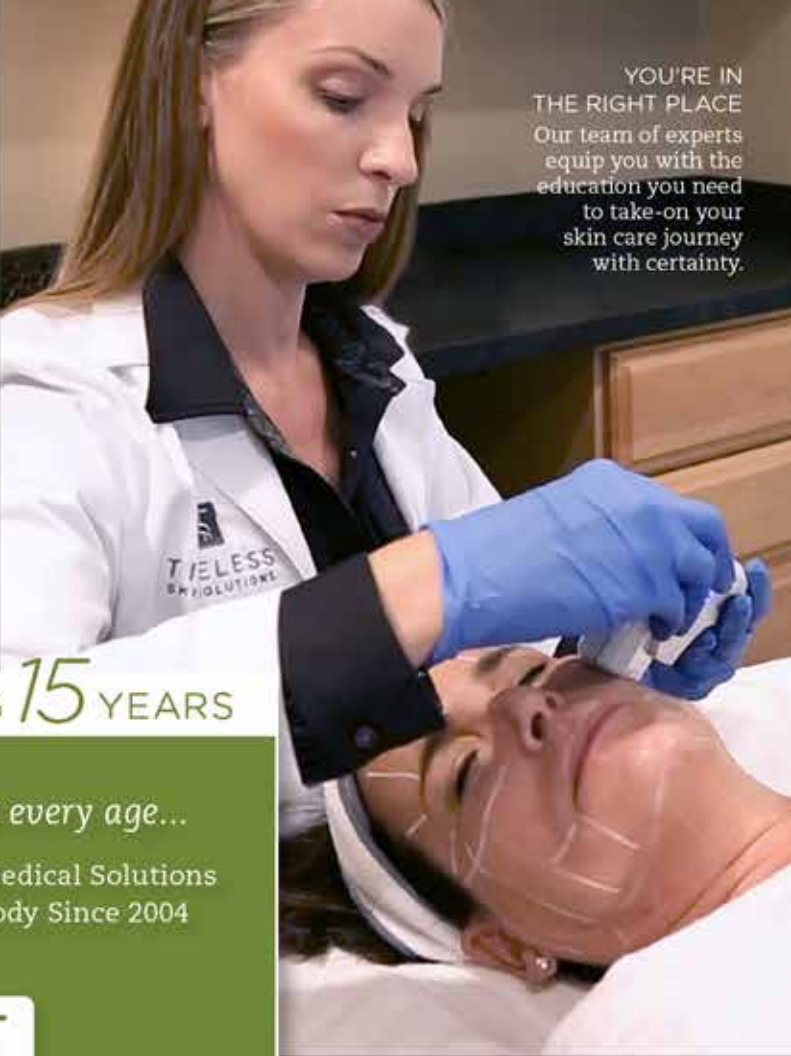
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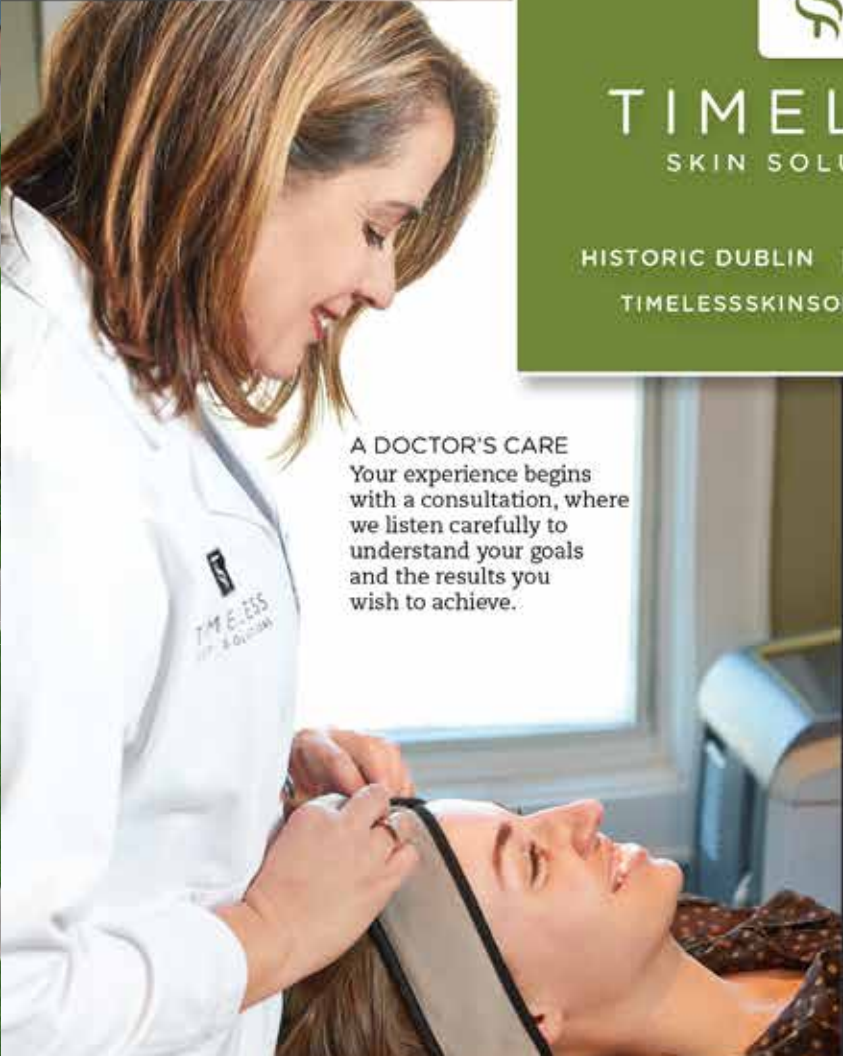
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artist of the month

Story by **Madeline Page**, NACC Resident
and *White Fence Living* Junior Writer



doing musicals, she has already met a famous performer; her cousin's aunt is a Broadway actress, and Gwen enjoys going to New York City to watch her perform.

Besides theater, Gwen is a member of the New Albany Special Olympics gymnastics team. She has been a part of it for three years, and has earned multiple medals. Gwen also likes to bake, and aspires to open a cupcake shop with her cousin someday.

Gwen's tip for somebody looking to get into theater is to go to the audition! "I didn't think I had a chance at getting into this show," Gwen explained. "It turned out [the directors] were looking for somebody with my particular personality and skills. You will never know what could have been if you don't try."



Do you have an athlete or artist you would like to nominate to be featured in an upcoming edition?
Please send us a quick note to whitefenceliving@n2pub.com.



Gwen Mouat - A T H E A T E R S T A R

Gwen Mouat, a middle schooler, gymnast, and thespian, made her debut performance this summer as "Middle Elsa" in *Frozen Jr.* During this show, she also played members of both the mountain and troll family. "I think I had 5 costumes," Gwen laughed.

It made sense for Gwen to get involved with musical theater, because, as she says, "Singing is my favorite thing to do. I sing all the time, like in my room, the car, the shower, or even when I'm not supposed to, like during school." Since *Frozen* is one of Gwen's favorite movies, she was thrilled at the idea of participating in the musical.

"It [was] so fun to work with a group of kids who are all interested in the same thing [as me]," Gwen exclaimed. "It's also fun to make new friends in such a cool way."

Gwen's directors for the show are her favorite mentors, and also happen to be her aunt and uncle, Julie and Brian. "They were great!" Gwen said. Gwen's role models in theater are her former costars, Claire and Lily. Although Gwen has only recently started



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precious pets

By Madeline Page, NACC Resident and Junior Writer



MOLLY

McCarter -

A CHIC BUT STILL SUPER CHILL DOG

Namaste, New Albany! I'm Molly McCarter, a very chill 10-year-old Havanese and Bichon Frisé mixed breed. I live in the NACCC community with my parents, Jess and Julie, and my little brother, Max! I've been with my family for a long time... when they first got me, I could fit in the palm of my dad's hand, like a hamster! My mother adopted me when she lived in New York City. I was the little puppy in the pet shop window in the charming West Village, and she fell in love with me! The feeling was mutual; I remembered her when she came to get me the next day, and barked like crazy! I also lived a very typical New York girl's life - I was even a model for dog sweaters!

Nowadays, I love to take walks, cuddle on my family's laps, and take naps with my family. I will nap anywhere and everywhere! Occasionally, I get tired of napping, and dash around for a few minutes. Then I get back to napping; I am super relaxed.

I am a pretty small dog, but I personally think that I am a little bigger than everybody thinks I am. My bark really is a lot bigger than my bite; when I bark at the doorbell, you'd think I was a 100 pound Rottweiler! I use my voice as a weapon to protect my family against intruders-they'll never get past me!

Sometimes I can be a little naughty. I really love human food, so once, when Dad was making hamburgers, I pushed a stool to the counter, and stood on it to get closer to the food... it smelled so good! Unfortunately, Dad caught me before I could taste it. Now, the stool lives in Max's room.

Speaking of Max, I love to play with him! We have this great game where he drags a stuffed animal around the house, and I chase him! It's like fetch, but less complicated. It's one of my favorite things to do! That, and long walks, and naps.

That's me, Molly McCarter! If you'd like to learn more about me, you can follow me on Instagram; @molly-4pawsident. I may be starting a dog meditation clinic to help others relax like me, so stay tuned!



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THE NEW ALBANY Community Foundation

*DeAscentis Family Honored & Foundation Receives Leadership Gift for the
Rose Run Park from the Raines Cadieux Family*



Sandy Raines & Ron Cadieux
Photo by James DeCamp

The New Albany Community Foundation's 17th annual Remarkable Evening benefit hosted by Abigail and Les Wexner at their New Albany home on December 3rd, reached capacity with nearly 500 in attendance. The event featured former U.S. Ambassador to the United Nations (2017-2019), Nikki Haley, interviewed by Professor of Public Service, Founding Director of the Center for Public Leadership at the Harvard Kennedy School, David Gergen.

Funds raised from the event support the Foundation's annual grantmaking to area not-for-profit organizations and support community projects and initiatives. Funds raised also support The Jefferson Series, a leading lecture series presented by the Foundation that features distinguished diplomats,

experts on foreign policy, national security, health, Pulitzer Prize-winning authors, journalists and historians. In addition to community lectures, Jefferson Series speakers have interacted with more than 14,000 students representing school districts across central Ohio.

Since its inception, the Foundation has awarded over \$13 million in grants to advance lifelong learning, the arts, health and wellness and environmental sustainability. These grants are made possible through the support of generous donors and sponsors

who contribute annually through Remarkable Evening or who have established endowment funds at the Foundation. Contributions have also helped make possible transformational projects like the New Albany Branch Library, the Jeanne B. McCoy Community Center for the Arts, the Philip Heit Center for Healthy New Albany and the highly anticipated Charleen & Charles Hinson Amphitheater.

Lead sponsors for this year's Remarkable Evening included American Electric Power, The Berend Family and JIS Orthopedics, Facebook,

Huntington, The New Albany Company, Nickolas Savko & Sons, Inc. and Dan Snyder & lower.com.

Melanie and Michael DeAscentis, Jr. received the 2019 Jeanne and John G. McCoy Community Service Award

The Jeanne and John G. McCoy Community Service Award was established by the Foundation in 2004 to recognize citizens who have made a significant impact in the community through their leadership, philanthropy and volunteerism. Through their philanthropy and community service in New Albany and central Ohio, Jeanne and John G. McCoy embodied the spirit of this award and were the first to be honored with the distinction in 2004 when it was established in their name.

This year's McCoy Award honorees, Melanie and Michael DeAscentis, Jr., exemplify the values modeled by the McCoy's by leading and contributing in ways both public and private. Melanie and Michael DeAscentis, Jr. began their lives in New Albany when their three children were young. From the beginning, their family has supported the success of many New Albany institutions, including the New Albany Branch Library, the Church of the Resurrection, The Jeanne B. McCoy Community Center for the Arts and The New Albany Community Foundation.

Melanie and Michael are also actively engaged throughout central Ohio in a variety of organizations that improve lives by providing supportive services to those in need, including Flying Horse Farms, Pelotonia, Ronald McDonald House, The Center for Family Safety and Healing, The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute and many more.

Reflecting on Michael's leadership, fellow trustee Jack Kessler said, "Michael was a transformative leader for the Foundation as its board chair. He's a strategic thinker and they're an extraordinarily generous family. Most people will never know how profoundly they have impacted our community because they don't seek attention, but they have been wonderful to our community."

In accepting the award, Michael DeAscentis, Jr., said, "I've learned a lot over the years about how to build a community from the team that is here tonight that really built the foundation. Melanie and I are just so fortunate to raise our kids here in New Albany."

Major Gift announcement made to support the Rose Run Corridor

The evening included the announcement of a \$500,000 contribution from the family of Sandy Raines and Ron Cadieux to support the Rose Run Park/Corridor. Over twenty years ago, the Raines and Cadieux families merged and made New Albany their home. Their family prioritized being actively engaged in the community and takes pride in being a part of the continued development of New Albany.

This gift continues a tradition of giving back to the community by the Raines/Cadieux family. Sandy and Ron pointed to a very personal family emergency during which the New Albany community responded with extraordinary warmth, care and support. Their daughter Laura was in an accident in an elevator. "This caring community wrapped our family up with love and kindness," said Sandy Raines. "It was more than we could ever have imagined. We



David Gergen interviews former
U.S. Ambassador to the United Nations (2017-2019), Nikki Haley
Photo by James DeCamp



Michael & Melanie DeAscentis accept the 2019 McCoy Award
Photo by James DeCamp



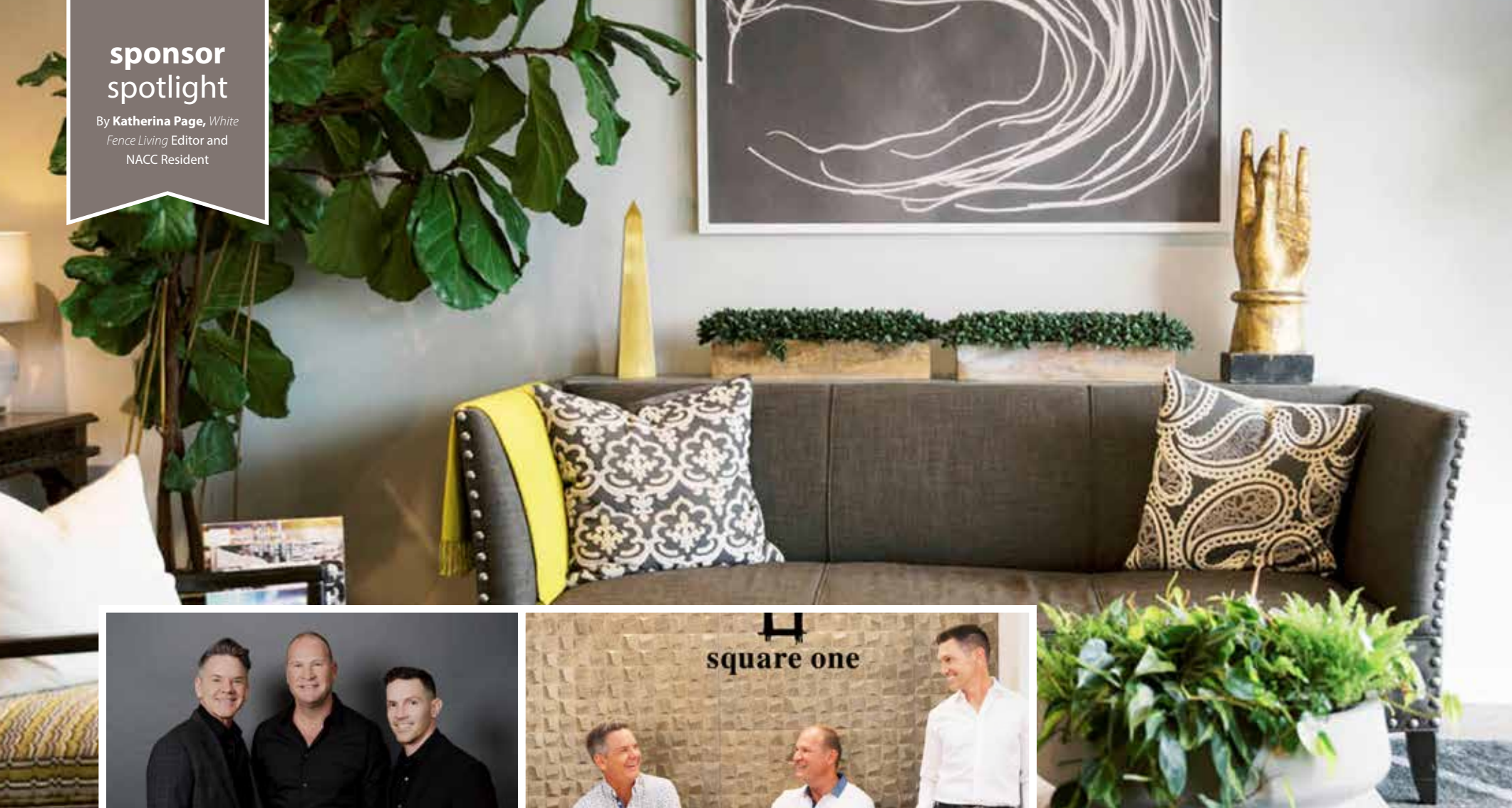
Rendering of Raines Crossing at the Rose Run Corridor
Artwork by Frank Costantino

believe life doesn't happen to you; it happens for you - experiencing this hardship while receiving the outpouring of support truly emphasized this sentiment." Raines Crossing is envisioned to be a place where families can connect, play and enjoy, and is a gesture of gratitude for a community that showed up when the Raines and Cadieux family needed it most.

The addition of Raines Crossing will be a wonderful civic asset that brings people together and improves safety for school children who are crossing between the school campus and the town center.

sponsor spotlight

By **Katherina Page**, *White Fence Living* Editor and NACC Resident



community and their employees. Their Four Corner Focus model was the principle on which they formed Square One Salon and Spa back in 1999 and is still the model they follow today.

In 2009 Doug moved to the Columbus area in order to grow their salon business in the Columbus market. Square One Salon and Spa located in New Albany was opened in 2010. Square One Salon and Spa has a total of six locations, with one additional location in the Columbus area.

In keeping with their Four Corner Focus that “Square One Salon and Spa is much more than a place to work, it’s an environment for enjoying and sharing”, the salons are now co-owned with employees. Four years ago, the founders of Square One Salon and Spa decided to create a business model that allows for their employees to be co-owners of the salons. Doug shared that this was a “way for us to give back to our team that has helped us be successful.”

Another one of the Four Corner Focus points states, “Our strength lies in our community, and we strive toward fostering its wellness and growth.” Based on this principle, it was no surprise that Doug’s advice to others would be to “support your local businesses and give back to the community. Because when your community is growing and strong your business will grow and be strong!”

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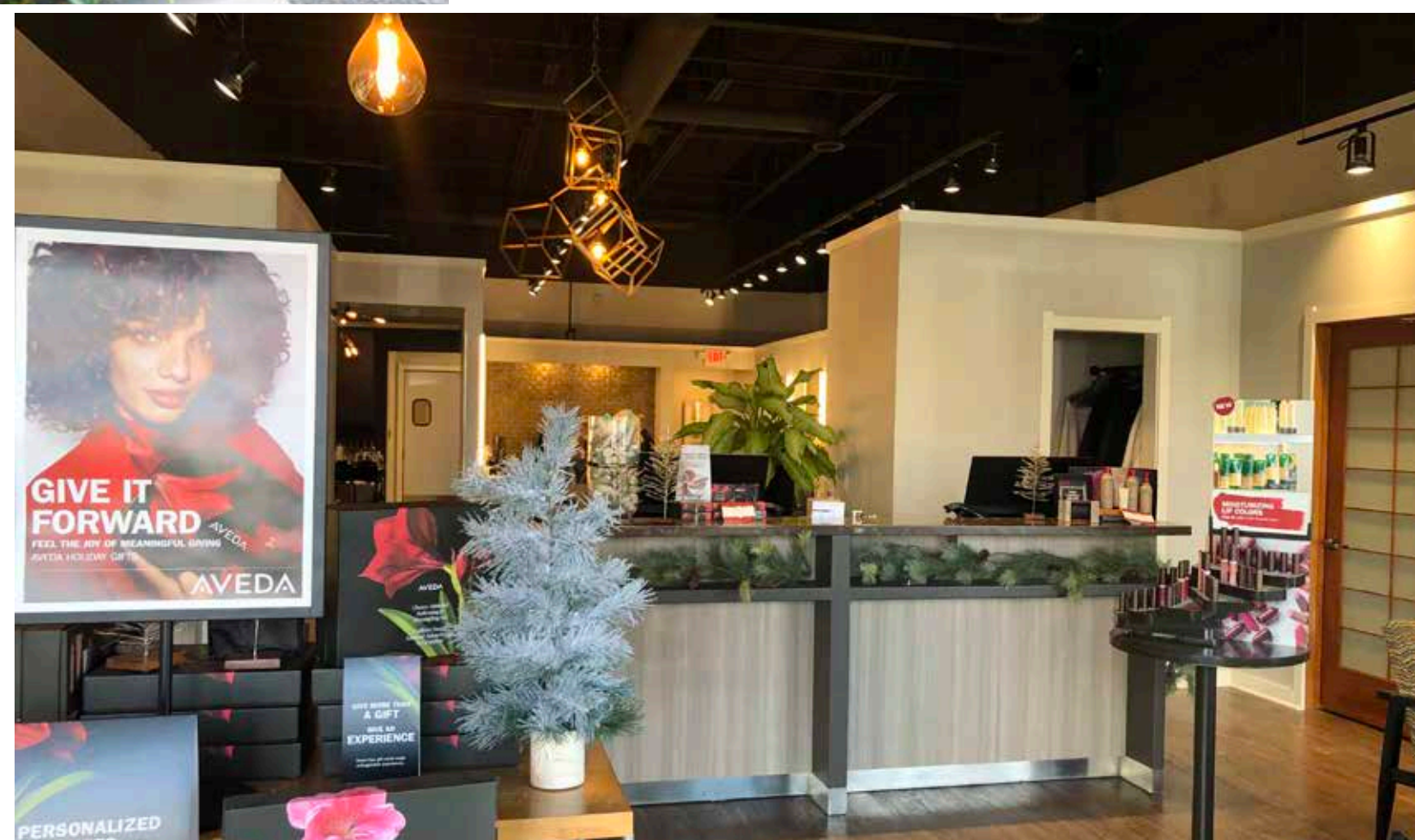
SQUARE *One* SALON AND SPA

Doug Henderson, co-owner of Square One Salon, always knew he wanted a career in cosmetology. However, early in his career he quickly realized that there was a need for personal growth, employee benefits and career pathing in the Salon Industry. This realization would lead him and two friends to open the first Square One Salon in Dayton, Ohio in 1999.

Doug, a foster child, grew up in Lima, Ohio. Growing up in a foster home helped him to have a different perspective on family. “Family to me is not what some would call traditional,” Doug explains.

Growing up in a foster home, family took on a different meaning for him. “When strangers take you into their home and love you as their own family, you understand about love from the heart.” With the support of his foster family, Doug pursued his passion after high school attending cosmetology school in Lima.

Doug began his career by managing a salon in Dayton, Ohio while also working full time as a cosmetologist taking care of salon guests. It was during this time that he began to see the need for employees in this industry to have better opportunities for a career. Doug and his two business partners developed the Four Corner Focus model which focuses on customer satisfaction, giving back, the



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Adult Band (18+) before gig at Park Street Tavern in Downtown Columbus on 12/06/2019



Rock 101 Group (8-12yo) playing 90's Rock at Al Rosa Villa on 12/01/2019

MICHAEL KING

Is Changing Music Lessons in Central Ohio With His SCHOOL OF ROCK

By Katherina Page, White Fence Living Editor and NACC Resident

Michael King, owner of School of Rock in Gahanna, explains that this is career 2.0 for him. "It's something I'm very passionate about. I want to be THE premier place to go for music education in central Ohio." As Michael explains, School of Rock is essentially Club Sports for Music. Their instructors approach music as a language. Toddlers learning to talk don't start with phonics and grammar, and Michael believes music theory should come later in the process too. Instead his school uses a "song-first" approach that gets students playing fun songs quickly. This approach allows students to begin enjoying playing music quickly and then progressing to supporting theory and techniques to improve their music theory knowledge.

Michael has lived in central Ohio for the last 23 years, but he grew up in the Dallas/Fort Worth area. After high school, Michael joined the US Navy. He was stationed at Miramar Naval Air Station in San Diego. There his role included administrative, legal and IT support. To combat his homesickness, Michael learned to play guitar. After completing his military career, he went on to work at IBM for 18 years in consulting and sales roles and then in an IT Management role at Cardinal Health for 7 years.

While Michael was never in a band, he was encouraged to perform with the band he hired for his daughter's high school graduation party. Although he felt pressure to practice and perform well in front of friends and family, Michael shared, "It

was a blast. I kicked myself for not performing in bands earlier in my life." A few years later, after his daughter graduated from Capital University, Michael decided it was time to try a new career. He began researching franchises. The mission for School of Rock really resonated with him as he "wants to be in a position to help others experience the excitement of performing in addition to building life skills such as self-discipline to practice, coming prepared to rehearsals, being goal-oriented to perform at a show, and building confidence and courage to perform on stage."

In August of 2019, School of Rock was launched on North Hamilton Road in Gahanna. School of Rock is not just lessons, as there is an emphasis on performing with other musicians on stage. School of Rock uses the stage to teach music and focuses on fun high energy songs that everyone knows. As there are numerous places you can take music lessons, Michael indicates they are not competing in that space. School of Rock provides coaching on how to be a band, stage craft and stage presence in a cool, edgy environment and ultimately playing on a real stage or venue. After only being open a few months, they held their first seasonal show on December 1st at Alrosa Villa. Their next show will be on March 8th at Fenders in Westerville.

If you are interested in new musical experiences for yourself or your children, check out School of Rock in Gahanna. The first lesson is free. They have programs for all ages and skills. Their youngest student is 3.5 and their oldest student is an 82-year-old drummer! They also offer summer camps, but spots are limited and registration is open now. If your child is interested in The Beatles, Modern Rock, Songwriting, or Twenty-One Pilots, then register them for a summer camp. Or if you need a band for an upcoming event, their House Band can be booked for live performances.

School of Rock Gahanna

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Social Media: FB/IG @schoolofrockgahanna

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Performance Group (ages 12-17) performing at Al Rosa Villa on 12/01/2019



Rock 101 rehearsal at School of Rock facility on North Hamilton Road

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A Checklist of OVERLOOKED HOUSE CHORES for February

home matters

By Shauna Osborne



INSPECT THE ROOF AND FOUNDATION: Though crawling around the outside of your home is maybe the last thing you want to do right now, what you want to know before those spring rains hit is whether you have any cracks or leaks that could cause potential problems with mold or insulation damage. Inspect your roof for missing shingles and for how well it handles your area's snow-load, if applicable. Also, examine your home's foundation for cracks, especially those that seem to be growing, and for bulging or leaning walls.



SPIFF UP THE FRIDGE: Refrigerator condenser coils are located on the back or bottom of your appliance. When coils are clogged with dust, hair, and/or cobwebs, they can't efficiently release heat, which results in undue pressure on your fridge's compressor. Save energy and extend the life of your fridge by using a vacuum to clean the coils as well as underneath and behind the fridge itself. Then, use a brush or duster to snag those last bits of grime from between the coils, keeping your fridge in top shape for years to come!



TOUCH UP PAINT: Time to take care of the marks and smudges on your walls, cabinets, doors, and trim! Attack them with a Magic Eraser first to assess what truly needs a touch-up, then address remaining problem areas with leftover paint and a small brush for greater precision. Since humidity is generally lower in colder months, paint will dry faster, reducing concerns about indoor paint fumes.



CLEAN OUT DRYER VENT: A clogged dryer vent can, at best, cause your dryer to run inefficiently and increase your energy bill, and, at worst, cause a fire. To clear any lingering lint and/or nesting pests from your warm and cozy vent, remove the vent and clean the duct that connects the back of your dryer to the outside using a wet/dry vac or a brush tool made especially for the job, which you can find at hardware/home stores. Consider covering the outside vents with a fine mesh screen to prevent birds from nesting in the ducts.



FRESHEN UP MATTRESSES: We tend to stay on top of changing our sheets and even switching to cozier ones for cold weather, but don't neglect your trusty mattress, which can make all the difference in your quality of sleep. Start by vacuuming your box springs and the top and bottom of your mattress. Then, rotate or flip, depending on whether you have a one- or two-sided mattress (rotate if you have one padded side; flip a two-sided to prevent sagging).

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Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.



Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking
4100 Croan	Waterston / NACC	\$899,900	\$879,900	12/10/19	3	5	7	5,800	3
4371 Olmsted Road	Fenway	\$730,000	\$725,000	12/09/19	20	4	5	4,584	3
3981 Prince George Lane	NACC / Planters Grove	\$574,900	\$557,500	12/06/19	106	3	3	3,301	2
7730 Arboretum Court	NACC	\$750,000	\$745,000	12/06/19	39	5	6	7,352	3
4895 Yantis Drive	New Albany Country Club	\$1,049,900	\$1,039,000	12/06/19	85	5	6	6,607	3
7667 Lambton Park Road	Lambton Park /NACC	\$959,000	\$895,000	12/06/19	434	5	5	6,119	5
7770 Pembroke Pass	NACC/Pembroke	\$970,000	\$935,000	12/02/19	64	5	7	6,160	3
3515 Eyre Hall	New Albany Country Club	\$675,000	\$660,000	11/26/19	52	4	5	4,128	3
EB 65 Armscote	Ebrington	\$1,350,000	\$1,391,885	11/12/19	35	6	6	6,431	3
4109 Harlem Road		\$1,295,000	\$1,150,000	11/08/19	6	4	6	5,475	3
7547 Ehret Round	Fenway	\$1,000,000	\$1,000,000	11/08/19	1	4	6	4,672	3
4881 Byington Lane	NACC/The Crescent	\$699,000	\$670,000	11/01/19	96	5	6	4,445	3
7839 Straits Lane	Straits Farms	\$689,900	\$670,000	11/01/19	70	4	4	3,515	2
4141 James River Road	NACC/Planters Grove	\$619,900	\$594,000	10/31/19	24	5	6	4,500	3
7271 Lambton N Green	Lambton Park	\$1,395,000	\$1,236,750	10/30/19	27	5	7	6,180	5
7240 Ashcombe Court	Lambton Park New Albany CC	\$824,900	\$815,000	10/24/19	33	5	6	7,339	3
4426 Ackerly Farm Road	Fenway	\$495,000	\$445,000	10/16/19	102	3	3	2,616	2
9 Pickett Place	Pickett Place	\$799,900	\$760,000	10/15/19	155	5	6	4,737	3
4 Pickett Place	Pickett Place	\$594,900	\$585,000	10/11/19	139	4	6	4,348	2
7255 Southfield Road	Lansdowne - NACC	\$679,500	\$655,750	10/11/19	77	4	5	4,992	3

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Featured Patients Lilyana Cathryn & Jonah Sebastian

Lilyana Cathryn 11th Grader at New Albany High School
Lilyana enjoys reading, playing her ukulele and singing. She competed in figure skating competitions for 5 years before deciding to take a break to participate in other activities. She has a passion for photography and someday hopes to have her own portrait studio.

Jonah Sebastian 8th Grader at New Albany Middle School
Jonah is in his fifth year of hockey, and is a goaltender for the Columbus Capitals AA team. When he is not on the ice, he is working hard in the gym with his trainer. Hockey is his passion, and hopes to someday play in the NHL.



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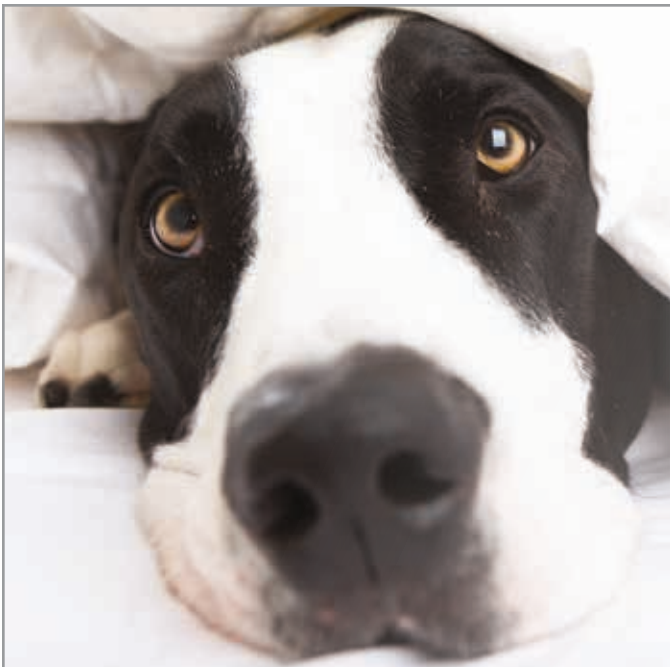
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