

# Sycamore Living

DECEMBER 2015

VOL. 21 NO. 12



Community Publications, Inc.  
179 Fairfield Avenue  
Bellevue, KY 41073

Presorted Standard  
U.S. Postage  
**PAID**  
Newport, KY  
Permit No. 5432  
ECRLOT

# UC BLUE ASH DASH 5K FOR SCHOLARSHIPS SETS NEW RECORDS



Runners prepare for the start of the 3rd Annual UC Blue Ash Dash 5K for Scholarships.

It was a day filled with firsts as the 3rd Annual UC Blue Ash Dash 5K for Scholarships set new records for the most participants and the most money raised. The event, which was hosted by UC Blue Ash College on Saturday, October 10, also featured a pace car for the first time.

The 5K had 737 participants and raised \$53,000, up from 635 participants and \$44,400 raised last year. All proceeds will again go toward scholarships for deserving students at UC Blue Ash. The event

has now raised a total of more than \$120,000 for student scholarships over the past three years.

The college awards more than 70 scholarships to students each year.

For the third straight year participants enjoyed a cool, sunny fall morning as they traveled the course through the UC Blue Ash campus and onto Plainfield Road in Blue Ash, going just past the Blue Ash Golf Course before turning back and finishing on the college campus. The City of Blue Ash and the Blue Ash Police Department were a tremendous help once again in arranging for Plainfield Road to be closed for a period of time to allow for the 5K.

A new feature to help start the race this year was the official UC Blue Ash Dash 5K pace car, a 2016 Camaro SS. It was provided by McCluskey Chevrolet, an event sponsor, and driven by company CEO, Keith McCluskey.

The overall winner in the chip-timed race was Tony O'Connor, a UC Blue Ash

student, with a time of 17-minutes-28-seconds. In the women's division, 15-year-old Abby Landers from Anderson High School came in first with a time of 20-minutes-47 seconds. There were also prizes in several age groups and categories, including the best costume.

The results for all of the competitive categories are provided by Running Time, the official race coordinator, at [www.runningtime.net/Races/UCBlueAsh/Results](http://www.runningtime.net/Races/UCBlueAsh/Results).

Ohio National Financial Services was again the Premier Sponsor of the UC Blue Ash Dash 5K for Scholarships. Other sponsors include: (Gold Sponsor) McCluskey Chevrolet, (Silver Sponsors) Camargo Pharmaceuticals, Merrill Lynch: Neat Redpath & Spaeth Wealth Management Group, The Wornick Company, (Bronze Sponsors) AP Tech, Flynn & Company, Gold Medal Products, Horan, Infintech, Modern Office Methods, Priority Dispatch, Sunny Delight, Sam's Club, Wright Brothers Inc., UPS, (Friends Level Sponsors) Fleet Feet and Graphic Village.

## Give your car a new home & save a family from becoming homeless.

Donate your car, truck, motorcycle or RV.



Proceeds from your car can:

- **Save families** from becoming homeless.
- **Provide beds** for children sleeping on the hard floor.
- **Feed hungry** families.
- **Provide medication** for patients at our Charitable Pharmacy.
- **Your donation may be tax deductible.**

Call (513)421-CARE to schedule a free pickup or go to [www.svdpcincinnati.org/Give\\_Help](http://www.svdpcincinnati.org/Give_Help) for more information.



# Sycamore Living

Bringing you the good news  
of Sycamore for 20 years

## EDITOR

Vicki Black

## CONTRIBUTING WRITERS

Julie Isphording

## STAFF WRITERS

Grace DeGregorio  
Cathy Hollander  
Brandon Huff

## ADVERTISING REPRESENTATIVES

Mark Collier  
Celeste Warrington  
Kristine Willike

## WEBMASTERS

Kaitlyn Miller  
Cassie Spicer

## PRINTER

Rick Foster

## CHIEF OPERATION OFFICER

Erin Sendelbach

## CONTACT INFORMATION

Community Publications  
179 Fairfield Avenue  
Bellevue, Kentucky 41073  
859.291.1412  
sycamore@livingmagazines.com  
www.livingmagazines.com

## SUBSCRIPTIONS

If you know of someone that lives in Sycamore and is not receiving the magazine, please email your name and address to [subscriptions@livingmagazines.com](mailto:subscriptions@livingmagazines.com).



[www.facebook.com/SycamoreLiving](http://www.facebook.com/SycamoreLiving)

Sycamore Living is published monthly by Community Publications, Inc. It is mailed free in Sycamore. Subscriptions are available outside the area for \$17.00 per year. Additional copies are \$2.00. No part of this publication may be used without permission of the publisher. Every effort is made to avoid errors, misspellings, and omissions. If, however, an error comes to your attention, please let us know and accept our sincere apologies in advance. Community Publications, Inc. are publishers of *Fort Mitchell Living*, *Fort Thomas Living*, *Hyde Park Living*, *Indian Hill Living*, *Sycamore Living*, and *Wyoming Living*.

© 2015 Community Publications, Inc.  
All rights reserved.



# FROM THE EDITOR

Although we all have 364 days between a special gift-giving day and its return the next calendar year, most of us wait until the last minute to make or buy that gift. Sometimes we think about it a whole bunch, but wait until it is too late to accomplish.

I used to shop all year long so that my budget wouldn't take one huge gift-giving hit. The problem was I'd forget what I'd purchased and for whom. I'd double gifts for those easy to "gift" and still lack for those on the difficult list.

Gift lists change lengths from year to year. There are break-ups in relationships. People are no longer around.

What is a gift anyway? Is it something we expect or for which we feel entitled? Do you feel pressured to give?

What if you put all that money you spend on things for people who already have too much into your own account and buy what you're hoping someone else will buy for you? Send a thank you note to each of those on your list who "contributed." Maybe you'd hear a giant, collective sigh of relief.

I think we could all give one another the gift of patience, especially when driving. What if we just slowed down and thought about what we were doing instead of planning dinner, taking a phone call, yelling at the slow poke in front of us?

Respect could be another gift to give and receive. Listen when someone is talking to you. Say "please" and "thank you". Open the door for someone. Smile. Say "Passing on your left." Eat what your mother has prepared (without complaint). The rewards will be many.

It feels good to give. I think this is where all of this gift giving started. We see that look on someone's face—the brightness of surprise and pleasure—and we want to repeat it again and again. I mean, God must feel this way when we recognize the gifts He has given to each of us. So, embrace it. Enjoy the thinking behind the gift—as in do it in joy. And hold on to that.

Blessings to you and yours,

*Vicki*



# advertise with us!

IN ANY OF OUR 6 PUBLICATIONS:



CALL FOR MORE INFORMATION

**859.291.1412**

[WWW.LIVINGMAGAZINES.COM](http://WWW.LIVINGMAGAZINES.COM)

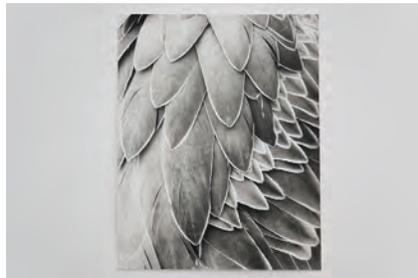
## CONTENTS | DECEMBER 2015

- 02 UC Blue Ash Dash 5K for Scholarships Sets New Records
- 05 Singing Builds Boys' Team Spirit, Too
- 07 What Happened in Sycamore on August 17?
- 08 Blue Ash Recreation Center Hosts Playhouse in the Park, Off the Hill Productions
- 10 COVER STORY Dreams Soar for One Local Ballerina
- 12 You Don't Get It By Wishing
- 13 Briefs & Bravos
- 14 School News



**ON THE COVER:** Sycamore High School sophomore, Lily Freilberg is living the ballerina's dream this December. See page 10 for story.

# FIELD GUIDE: PHOTOGRAPHS BY JOCHEN LEMPERT SHOWCASES BEAUTY, MYSTERY OF NATURE



**Jochen Lempert, Untitled (Feathers), 2014.**  
Gelatin silver print, 20 x 15 3/4 inches.  
Courtesy of the artist and ProjecteSD, Barcelona.

The first major U.S. museum exhibition featuring German artist Jochen Lempert's photographs will be on view at the Cincinnati Art Museum from October 17, 2015–March 6, 2016. The show will include more than 100 hand-printed black-and-white photographs spanning 15 years.

Originally trained as a biologist, Lempert began making artistic photographs of animals, plants, and natural phenomena during the early 1990s in Hamburg, Germany. "Lempert's unique background allows him to depict the world with both scientific rigor and a poetic sensibility," said Brian Sholis, Cincinnati Art Museum Curator of Photography.

The artist uses both conventional and experimental processes, and the results are anything but traditional nature photos. Out in the field, Lempert uses his 35-mm camera to chart human-animal interactions, the patterns made by birds and insects, or the play of sunlight and shadow. But he also brings the outside world into the studio, making camera-less photographs of leaves and algae or letting bioluminescent species like fireflies expose photographic paper. The exhibition will also include his ongoing 25-year project to document all 80 known taxidermy specimens of the Great Auk, a flightless North Atlantic bird that went extinct in 1844.

Lempert often arranges his images in sequences or grids to highlight similarities, underscore how classification defines what we see, and encourage close

looking. The photographs, in a wide variety of sizes, will be placed on the walls unmounted and unframed in an installation devised on-site by the artist and curator.

This survey of Lempert's photographs includes new work made on the East Coast and in Cincinnati during May 2015. His behind-the-scenes visits to the Cincinnati Zoo and Botanical Garden, the Museum of Natural History & Science at Cincinnati Museum Center, and the Lloyd Library and Museum allowed him to cast new light on these familiar local landmarks. Several artworks made in Cincinnati will be included in the show.

Field Guide: Photographs by Jochen Lempert is sponsored by PNC Bank and Darlene and Jeffrey R. Anderson. It will be on view in Galleries 103, 104 and 105. The exhibition will travel to the Contemporary Art Gallery Vancouver, where it will be on view April 15–June 12, 2016.

General admission to the Cincinnati Art Museum is always free. The museum is open Tuesday – Sunday, 11 a.m.–5 p.m. and is closed Monday.

## FIELD GUIDE PROGRAMMING AND SPECIAL EVENTS

### InDepth Gallery Experience

**December 12, 2015, 2–4 p.m.**

Field Guide: Photographs by Jochen Lempert with Cincinnati Art Museum Curator of Photography Brian Sholis and visiting artist Mårten Lange. Lange, a Swedish artist living in Copenhagen, will also give a lecture about his work.

FREE. Reservations required.

### MUSE: The Sounds of Nature

**December 13, 2015, 2–3:30 p.m.**

Part-gallery talk and part-classical music concert, this program explores the intersection of the visual arts and music throughout history. Each month, students from the University of Cincinnati examine a different era through the lens of the Art Museum. FREE. Reservations not required. Seating limited.

# SINGING BUILDS BOYS' TEAM SPIRIT, TOO

By Cathy Hollander



Maple Dale Elementary School music specialist Benjamin Schneider was honored to speak at the 50th anniversary of the Cincinnati Boychoir gala.

In seventh grade, Ben Schneider joined the Cincinnati Boychoir. His junior high school choir director told him that his voice was perfect and he would love being part of the choir. Today, Schneider is the music specialist at Maple Dale Elementary School and is passing along his love of choir to other students.

"Now, as a teacher, I refer students, as much as I can, to Cincinnati Boychoir and to Cincinnati Children's Choir," said Schneider. "It helped me not only develop my voice, but I didn't feel so alone. If you're a male and still singing up high, a lot of confidence issues happen, but then I got to boyschoir and heard 80 kids singing just like me."

Cincinnati Boychoir is open to boys from grades two to 12. It meets downtown at the Aronoff Center. Schneider considers it his job to give his students this opportunity. Students will find that there are other boys singing soprano and alto. He feels it is key to introduce parents to the Cincinnati Boychoir.

The organization has also added a men's choir so that parents can enjoy singing when they bring their children for rehearsals. They also have an a cappella group for high school boys. Each year, around 250 boys and men experience the joys of singing together with the Cincinnati Boychoir.

"Boychoir is another outlet for kids who don't want to do sports," said Schneider. "They're working like a team, just like baseball, just like football."

When students are singing together, the singers have to perform as a team, setting a goal and working toward the performance. It helps children that are athletic, too. They can do both.

"My 3rd graders are going to be performing the winter show on December 9,

7 p.m. at Maple Dale Elementary School," said Schneider. "I try to incorporate singing in everything just so they are ready for theatre and choir as they get older."

This summer was the 50th anniversary of Cincinnati Boychoir. In August, Schneider was honored to speak at their gala as a teacher and as an alumnus of the Cincinnati Boychoir. He shared how singing with them changed his life. As an alumnus, Schneider

Continues on page 6

**HAPPY HOLIDAYS**

FROM YOUR  
**MONTGOMERY SQUARE MERCHANTS**

**DISTINCTIVE GIFTS AND PERSONAL SERVICE**

**MONTGOMERY SQUARE**

9865-9999 MONTGOMERY ROAD  
MONTGOMERY, OH 45242  
1.5 MILES NORTH OF CROSS COUNTY HIGHWAY



The Cincinnati Boychoir (Photos from Cincinnati Boychoir website)

receives information about the boychoir, but the organization is also doing outreach to let the community know about them. They send out information to music teachers and choir directors in the area. They also perform around the city, and tour in other cities and countries.

For students interested in singing with the Cincinnati Boychoir, there will be auditions on January 11 at the Aronoff Center. There will also be auditions in April. Parents should call to register their sons for an audition. If there are nine or 10 children at a school who are interested in auditioning, KellyAnn Nelson, Cincinnati Boychoir's associate artistic director, will come to the school to hear the children.

"At auditions, they sing songs like

'Row, Row, Row Your Boat' and 'Happy Birthday,'" said Nelson. "Our philosophy at the boychoir is we want to meet boys wherever they are. They don't have to play the piano for years or come out of the womb singing. Whether they have a music program in their school or they've been taking private lessons, there's a place for every boy. They move through our program at a rate that makes sense for them."

Without auditioning, boys can also sign up for the Boychoir Experience for first through fifth graders. The Boychoir Experience is a six-week period of rehearsals culminating in a performance. There's also a summer music camp for boys at Xavier University.

On December 12 and 13, "Sing Me A



Boychoir summer camp

Story" at the Aronoff Center will present the Cincinnati Boychoir featuring performances by their seven different ensembles with boys age 6 through men in their 60s.

"The theme this year is based around The Polar Express, different songs that are evocative of bells and lights and snow, songs from the movie," said Nelson.

For more information about auditions or performances, call (513) 396-7664 or visit CincinnatiBoychoir.org.

# Holiday Traditions Live Here!

Don't miss

## Holiday Junction

featuring the Duke Energy Holiday Trains

Duke customers – download your free train exhibit voucher at [holidaytraindisplay.com](http://holidaytraindisplay.com).

Now Open!



Tickets on sale now for

## Pancakes with Santa

A Grandparents Club Signature Event

Sponsored by  
Harold C. Schott Foundation, Francie and Tom Hiltz

Sunday, December 5 - 10 a.m.



[cincymuseum.org](http://cincymuseum.org)

#cincytraditions

# WHAT HAPPENED IN SYCAMORE ON AUGUST 17?

Go back to your August calendar, what did you do on August 17? For most of us, it was a regular workday, but for the volunteers of the Northeast Emergency Distribution Service (NEEDS) it was the annual School Supply Drive. It is the desire of the NEEDS board to make certain underprivileged students in the north-east quadrant of Hamilton County receive essential school supplies prior to the start of the school year. Annually, in August, the board and multitudes of volunteers gather at the Kenwood Baptist Church early in the morning to begin the momentous task of organizing school supplies and distributing them to local schools.

The districts that receive the items are Princeton, Sycamore, Madeira and Deer Park Schools along with any private school within those borders. School nurses in these districts notify NEEDS with a count of indigent children as well as the list of school supplies. From these lists community groups and churches are assigned specific items to collect so that no child is left without basic school supplies. Most donated items are new.

It's very meaningful to help children who might not have new or even proper school supplies at the start of a new academic year. Who doesn't remember the importance and the pressure of having "the right" school supplies during those first few days?

During the winter the NEEDS Board has a hat, mitten and sock drive, and throughout the year the NEEDS food pantry helps neighbors who face family food shortages.

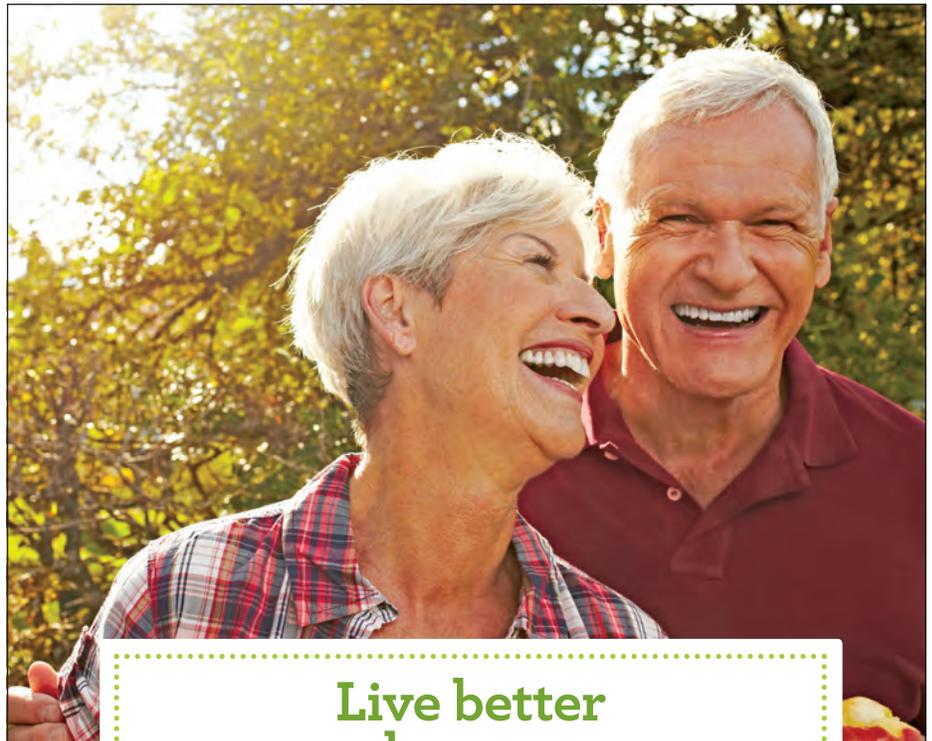
Have you considered organizing a food drive in your neighborhood? Hosting a party for the guy or gal who has everything? Consider contributions to NEEDS as a suggested gift for the honoree. For Girl or Boy Scout troops and other clubs, collecting for NEEDS is a great way to earn a service badges. Community members can also support NEEDS monetarily by sending checks to: NEEDS, 8341 Kenwood Road, Cincinnati, Ohio 45236.

The party is open Tuesday and Thursdays from 9 a.m. to 1 p.m. For pick-up of donated items or to ask questions please call (513) 891-0850 (NEEDS) or checkout NEEDS website: <http://www.cincyneeds.org/>



Front Row: Carol Temple, unidentified volunteer, Linda Koehler, Bev Busemeyer, Jackie Cutshall, unidentified volunteer, Marlene Morris, Frank Morris, Barb Davis and Judy Stagney; Back Row: Unidentified volunteer, Barb Baggano, Diane Beeker, Ken Gast, Cindy Cordell, unidentified volunteer and Mary Lou Davis

Continues on page 8



Live better longer.

..... An Exceptional Everyday Experience .....

The way you live can affect how long you live. That's why at Twin Lakes, one of the area's most sought-after senior living communities, every day is filled with things that make life exceptional. Delicious meals, interesting neighbors, intriguing programs — all just steps from vibrant downtown Montgomery.

Find magic in the everyday. Call us at 513-247-1300 to schedule a tour or visit us online at [lec.org](http://lec.org).



9840 Montgomery Road • Cincinnati, OH 45242 • [www.lec.org](http://www.lec.org)

Twin Lakes, a Life Enriching Communities campus, is affiliated with the West Ohio Conference of the United Methodist Church and welcomes people of all faiths.

cincideutsch  
**Christ  
 Kind  
 Markt**  
 fountain square

www.cincideutsch.com

Weekends (Fri-Sun) from Nov. 27 to Dec. 20  
 Traditional German Christmas Market



f /cincideutschmarkt @cincideutsch

Continued from page 7



Barb Davis and Cindy Cordell stacking notebooks



Volunteers Lois Borisch, Bev Busemyer, Marlene Morris and Mary Lou Davis preparing supplies with Connie Steckinger in the background.



Marlene Morris, Jackie Cutshall, Diane Beeker and Judy Stagney organizing supplies



Mary Lou Davis and Cindy Cordell organizing supplies



JOIN RUSK IN CELEBRATING 150 YEARS  
 OF SERVING THE TRI-STATE AREA

**\$20 OFF**

SERVICE CALL OR  
 MAINTENANCE CONTRACT

FREE WIFI STAT WITH  
 NEW EQUIPMENT INSTALL  
 VOID AFTER 30 DAYS

*"There's no risk with Rusk"*

KY 859.431.4040 Fax 859.431.6079  
 OH 513.771.4040 Info@DocRusk.com  
 IN 812.926.3939 www.Rusk4040.com

666 West 3rd Street | Covington, KY 41011  
 On the Ohio River at I-75

# BLUE ASH RECREATION CENTER HOSTS PLAYHOUSE IN THE PARK, OFF THE HILL PRODUCTIONS



A scene from *High School Alien*

The Cincinnati Playhouse in the Park's Off the Hill family series world premiere production of Allyson Currin's *High School Alien* was performed at The Blue Ash Recreation Center on October 3.

*High School Alien* spins the typical high school pecking order categories into a new orbit when an alien from out-

er space enrolls at Maddie's high school. An eager freshman, Maddie hopes to reinvent her image to fit in with the popular crowd, but that goal is compromised as she gets to know Renata, the outlier alien student who creates quite a stir.

"I am thrilled to be directing

*High School Alien* because it is so relatable for everyone," said Bridget Leak, a former Playhouse directing intern who also directed last season's touring production of *Theory of Mind*. "Maddie looks forward to starting over as she transitions into her first year of high school — shedding her younger self and trying on a new personality to fit in with the cool group. We all have that

one person we want to impress, have moments where we have tried too hard and have to adapt to change."

The *High School Alien* cast included Serena Ryen as Maddie, Kyle Powell as Charlie, Erin Ward as Robyn, Lillian Wouters as Renata and Law Dunford as Rex, all members of the Playhouse's 2015-16 Bruce E. Coyle Acting Intern Company. Other production team members include set designer Veronica R. Pullins-Bishop, costume designer Melanie Mortimore, sound designer Trey Tatum and stage manager Tracy Hoida.

For more information about the Playhouse's education and outreach programs, contact the Playhouse's Education Department at (513) 345-2242 or visit [www.cincyplay.com](http://www.cincyplay.com). For more information about The Blue Ash Rec, visit [blueash.com](http://blueash.com) or call (513) 316-9218.

Off the Hill is made possible by the Robert and Adele Schiff Family Foundation, PNC Bank, the John C. Griswold Foundation, ArtsWave and the Ohio Arts Council.

## TECH MAHINDRA OPENS U.S. OFFICE IN BLUE ASH

An India-based software/engineering company has chosen to open its next U.S. office in Blue Ash.

Tech Mahindra is a specialist in digital transformation, consulting, and business re-engineering solutions, providing services to 674 global customers. It is a \$3.5 billion company with more than 98,000 professionals in 51 countries. Their goal is to provide innovative methods for connecting technologies and cultivating real business value to all its investors.

Tech Mahindra will open an office on Lake Forest Drive with approximately 50 engineers, who will mostly be doing work for local engineering companies. The 35 jobs that already exist in the region will be moved to Blue Ash with the expansion. This brings a total of 85 new jobs and \$5.8 million in payroll to the City of Blue Ash. This move is significant for the company because it is their first physical office space in our region. The space will serve as an engineering services hub, and will provide necessary IT services.

Blue Ash's Economic Development Di-

rector, Neil Hensley, recently traveled to Bangalore, India with REDI Cincinnati for the InTech 50 Conference. During the REDI Cincinnati trip, they met with Tech Mahindra executives about the benefits of office space in Blue Ash, Ohio. The connection being made between Tech Mahindra and Blue Ash validates the City's efforts to increase our global recognition.

"India has been part of our aggressive economic development attraction strategy in Greater Cincinnati for the last few years due to their emerging technology and innovation expertise, and how that fits in well with our information technology cluster that exists in our region," says Adam Singer, managing director of business development and expansion. "It takes time because you start from scratch with education, pointing out Greater Cincinnati on a map of the U.S., and making introductions. Blue Ash continues to be a great partner in this strategy and the connections that result from those trips are moving the needle—this announcement of Tech Mahindra proves that our diligence and collaboration are paying off."

### Adler's Blinds

For All Your Window Treatment Needs

New Blinds, Blind Cleaning and Repair—all types!

Same-day ultrasonic blind cleaning service available!

For more information and special offers visit

[adlersblinds.com](http://adlersblinds.com)



7813 Laurel Avenue  
Madeira OH 45243

**513-272-6111**

Family Owned and Operated since 1969

# DREAMS SOAR FOR ONE LOCAL BALLERINA

By Cathy Hollander



Lily Freiberg takes a pose among the color playground equipment at Summit Park

At four years old as she was leaving her ballet class, Lily Freiberg said to her mother, “Mommy, one day I want to be Clara in *The Nutcracker*.” Her mother Lynn Lipschutz just smiled, but the pictures she’d seen of Clara were of blond, willowy and tall girls. She was skeptical of the chances of a Chinese Jewish girl getting to dance that role.

But Lily Freiberg is a determined young woman. One of her personal philosophies is emblazoned upon a favorite t-shirt: “Dream until your dreams come true.”

Now a sophomore at Sycamore High School juggling AP classes, lots of homework, and 15 hours a week of dance class-

es, Freiberg has earned the role of Clara in the Cincinnati Ballet’s production of *Frisch’s Presents The Nutcracker*.

Two other Sycamore area ballet dancers, Anya Huth and Alexandra Bruner, will also perform in the holiday classic.

### A Dream Emerges

Freiberg’s journey has been a story of triumph. When Lynn Lipschutz and Mark Freiberg traveled to China to meet the little girl that they were to adopt, they were introduced to Lily, a one-year-old weighing 12 pounds. She could not sit, stand, or walk. She had no teeth. They returned with her to Cincinnati and took her to Children’s Hospital where she began physical and occupational therapy for children with developmental delays.

At age four, Lily began ballet lessons at the Cincinnati Ballet’s summer camp in Blue Ash. At the age of 10 years old, Lily auditioned and was awarded the part of a ginger kid in the Cincinnati Ballet’s production of *The Nutcracker*. In other years, she played the roles of the baby mouse and then a chick. Finally she attained the role of a party boy.

“That’s a big deal in *The Nutcracker* to get into the party scene on stage with the professional dancers,” said Lily’s mother, Lynn Lipschutz. “The kids who study at the Cincinnati Ballet look up to the professional dancers like they’re rock stars.”

“I’m excited to dance with Zack Grubbs being Drosselmeyer (Clara’s Godfather), since he is a professional, and also my dance teacher,” added Lily.

Last year, she was a party girl and was excited to be a double for Clara, but this year she got the role she’d always wanted. She auditioned and was cast in the lead. This year, she will play Clara in *The Nutcracker*.

### A Family Passion

Lipschutz wonders what role her mom’s love of dance played in Lily’s passion.

“I grew up in a family of six kids and my mom wanted us to be dancers,” said Lipschutz. “Did my mom’s love of dance plant a seed?”

Lipschutz is grateful to Louise Nippert for the money she donated so that Lily can dance with the Cincinnati Symphony Or-

chestra playing the Tchaikovsky score for *The Nutcracker*. She commented that there are very few cities left that have live music especially a symphony orchestra for their ballet.

“We’re so lucky to have a professional ballet in town,” said Lipschutz. “What a lucky little girl she is that she gets to dance with a live symphony. *The Nutcracker* is like Disneyland. The costumes are fantastic. This *Nutcracker*, they do magic. There are even kids doing gymnastics and tumbling. During the “Waltz of the Flowers”, two little bumblebees, kids in harnesses, come down and fly on top of the flowers.”

The story that Lily feels is most important to tell about her ballet career is about the friends she’s made.

“My friend and I met in Bolero,” said Lily. [Bolero is a genre of slow-tempo Latin music often associated with a particular dance style.] “We had to be totally in sync with each other and create a mirror image. After the production, in class together, we were doing Grand Allegro, big jumps, and we were still in sync with each other.”

Lily’s friend Caroline wanted to dance the part of Clara with her. There are two Clara’s in the production to cover all the performances. In the upcoming production, Caroline got the part of a soldier and was upset. Lily forced her to come to class anyway and Caroline was crying on Lily’s shoulder.

“I felt the same way, too,” said Lily. “She was happy for me, but sad about her not being Clara, too.”

Lily has also performed in other Cincinnati Ballet productions, twice in Alice in Wonderland and last year in Peter Pan.

“All of her teachers at Sycamore have been so supportive,” said Lipschutz. “When Lily performed as the six of hearts in Alice in Wonderland, her teacher at Sycamore came to the performance with a six of hearts cookie for Lily. For a different performance, Mrs. Mott brought her a big bouquet of flowers.”

*The Nutcracker* will run at The Aronoff Center on December 18-27. For tickets: Call (513) 621.5282, visit [cballet.org](http://cballet.org) or visit the Cincinnati Ballet Box Office at 1555 Central Parkway, Cincinnati, OH 45214. Tickets start at \$32

**Certified Rolex Watchmaker**

All watch repairs done on-site



**The Richter & Phillips Co.**  
Jewelers & Gemologists  
202 East Sixth Street • (513) 241-3510  
[www.richterphillips.com](http://www.richterphillips.com)



One little girl's impossible dream is coming true for Lily Freiberg. She will be dancing the lead role of Clara in the holiday classic *The Nutcracker*. Who says you can't be Chinese and Jewish and perform the lead in a Christmas event? It just takes a lot of talent and perseverance.



A diminutive Lily takes big air on a leap that's certainly not tiny.



Local residents who will be performing in Frisch's Present *The Nutcracker* this month include, from the left, Lily Freiberg, Anya Huth and Alexandra Bruner.



Lily after a hard day of school and ballet practice relaxes in her favorite t-shirt.



THE  
**PACIFIC**  
KITCHEN  
EST. 2015

PACIFIC ASIAN CUISINE  
YOU HAVE NEVER  
EXPERIENCED BEFORE

CARRY OUT  
DELIVERY  
DIMSUM ON WEEKENDS

**(513) 898-1833**

8300 MARKET PL LANE  
MONTGOMERY, OH 45242

[WWW.THEPACIFIC.KITCHEN](http://WWW.THEPACIFIC.KITCHEN)

# YOU DON'T GET IT BY WISHING

I have always believed that there are two kinds of people in the world. The ones who live hard and the ones who live easy.

The ones who live hard are tough on themselves. They take chances. They never stay comfortable for too long. They fail, but keep on keeping on. They see the world in Technicolor not black and white.

The one who live easy play it safe—REAL safe. They never take chances. They never push themselves. They don't fail but they never soar either. One year runs into the next, because the years are all basically the same.

I say live hard. This is your one and only life, the only show in town. You can't get any of your days back. Find something that makes you utterly ecstatic and do it for at least 10 minutes a day! No it won't solve all of your problems, bring you eternal happiness, or lead to world peace; but, it will lead to happiness.

## Can you really keep your brain healthier and smarter?

Yes, there's some serious "work" you can do, oh brilliant one!

- **Eat well.** Did you know that the brain only weighs 2 percent of body mass but consumes over 20 percent of the oxygen and nutrients we intake? You don't need expensive ultra-sophisticated nutritional supplements; just make sure you eat well most of the time.
- **Exercise.** Remember that the brain is part of the body. Activities that exercise your body will also sharpen your brain.
- **Practice positive, future-oriented thoughts** so you look forward to every new day in an energetic way. Stress and anxiety actually kills neurons and many more things.
- **Thrive on learning.** The point of having a brain is to learn and to adapt to challenging new things. This isn't about doing crossword puzzles. Instead, challenge your brain with some new adventures like a new yoga class, travel, an online course or a volunteer activity.
- **Aim high.** No matter your age, the brain keeps developing so challenge it.
- **Friendships.** Social interaction keeps our brain and heart happy and strong.

## If you just started running should you focus on getting faster or going longer?

Being able to run farther offers more long-term health benefits than being able to run fast. As you increase your mileage, you build stamina and endurance and teach your body to burn fat effectively. In addition, the extra miles do more than trim your waistline. Those who regularly burn more calories are at a lower risk for heart disease, diabetes, high blood pressure and more. So one more mile

before you say one more mile!

## What are some bad running habits?

- **Running too much too soon.** Follow the standard rule of upping your mileage by only 10 percent each week.
- **Ignoring post-run nutrition.** After runs, refuel with the good stuff—carbs and protein.
- **Sunscreen.** According to Melanoma Know More® 20 minutes of sun exposure a day can be good for you, but that's it. You need sunscreen when you're running (sun or no sun).
- **Being your own doctor.** Minor injuries could turn into serious ones. See your doctor if the pain has lingered for longer than a week.
- **Skipping stretching.** Stretch AFTER you run. It can help prevent injury and make you feel balanced.
- **Sleep deprivation.** Logging too few hours of sleep can hurt your running by compromising recovery, immunity and mental sharpness.
- **Overtraining.** Every training program should include a rest day and some easy-effort days each week.

## Do you have the right car for your back?

Do you spend more than an hour a day commuting? Bad positioning can quickly add up to back pain.

- **Get the right vehicle.** "Bigger cars allow you to make more adjustments in your seating," said Dr. Brian Grawe from UC Health. "They also help you sit more vertically, which keeps your knees level with your hips."
- **Set your seat properly.** Don't push it so far back that you have to lean and hunch forward to reach the steering wheel.
- **More support.** "If you still have back pain, get a few small pillows for additional support," said Grawe. "Some people need support between their shoulder blades, while others need something lower at their lumbar spine."
- **Take breaks.** If you have a long trip ahead of you, stop about every hour to stand, stretch, and redistribute your weight.

## Hate to exercise?

Try this:

- **Forget failure.** Tomorrow is a new day. And so is the next day.
- **Set minimal goals.** Good intentions often lead to unrealistic plans. Instead, for each week or month, choose a doable number of days to work out and stick to it.
- **Keep a record.** Try keeping a log of your workouts online or in a journal. If you struggle with accountability, engage your friends or

workout buddies to help you.

- **Beware of willpower vampires.** Sedentary tasks—like sitting through a boring presentation—can drain your willpower even if you aren't physically tired. Many people exercise in the morning before their willpower gets tested with a tough day
- **Ten-minute test.** Just promise yourself you will try 10 minutes of exercise. If you don't feel well after that time, than go home. I bet you will keep going.

## What are some exercise benefits that you may not know?

In addition to helping you shape up, lose weight, and look better, there are many more benefits of exercise:

- **Improve your mind**—Exercise boosts mood, memory and ability to learn by increasing oxygen and blood flow to the brain.
- **Boost your mood**—"Runner's high" really does exist, thanks to endorphins that contribute to a happier mindset.
- **Reduce stress**—Workouts increase serotonin in the brain and combat the buildup of adrenaline from stress.
- **Heighten immunity**—Exercise can fend off viruses and bacteria so that your body is less susceptible to colds and the flu.
- **Enrich sleep**—Regular exercisers fall asleep faster and have better sleep quality.
- **Fuel energy**—Although it seems counterintuitive, workouts provide more energy throughout each day, thanks to stronger cardiovascular and muscular systems.

## How can you create the ideal running stride?

Here are some things to watch for when searching for that ideal stride:

- **Balanced forward motion:** Are you leaning forward from your belt line and allowing gravity to assist you?
- **Relaxation:** Are you holding any tension outside the use of your abs to hold you in a forward balance?
- **Not landing in front of your knees:** Are your feet striking ahead of your knees (creating braking) or are they bent and landing more beneath or behind your knees?
- **Proportional effort distributed over the whole body:** Is there any part of your body doing more than its fair share of the total workload? Are the larger muscles doing the heavy work and the smaller muscles doing the lighter work?

Perfection does happen sometimes. They're those moments of truly effortless running that just blow you away.

## {Briefs & Bravos}

### Young Readers Rewarded



Blue Ash resident Varshith Sai Ulisi was the grand prize winner in the kids category for the 2015 Summer Reading Program at the Blue Ash Branch. He's given his prize, a Kindle Fire HD, by Library Services Assistant Carolyn Simon.



Blue Ash resident Luke Schultz received a Nabi 2 as the preschool grand prize winner for the 2015 Summer Reading Program at the Blue Ash Branch. Pictured with him are his siblings Jack and Wren Schultz.

### UC Blue Ash Professor Is Leading an International Organization



Dr. Jennifer Wells

A UC Blue Ash College professor is the new president of an international organization with more than 1,000 members. Jennifer Wells, a licensed veterinarian and chair of the Veterinary Technology Department at UC Blue Ash, was recently installed as the president of the Association of Veterinary Technician Educators (AVTE).

The organization is dedicated to pro-

moting quality professional education for veterinary technician students. Most of the members are veterinarians or veterinary technicians on staff at colleges and universities around the world.

Wells has been a member of the AVTE since 2002, began serving on the board four years ago, and was selected by her fellow members to become the president-elect in 2013. She served a two-year term in that role before officially becoming president of the organization this summer. Her term will run through July 2017.

Chair of the Veterinary Technology Department at UC Blue Ash since 2008, Wells has been instrumental in leading curriculum development that has helped graduates score much higher than the national average on the Veterinary Technician National Examination. VetTechColleges.com also named Wells one of the Top 15 Veterinary Technology Professors in the U.S. in 2013.

To learn more about the AVTE, go to [www.avte.net](http://www.avte.net). For information about the veterinary technology program at UC Blue Ash College, you can visit [www.ucblueash.edu/vettech](http://www.ucblueash.edu/vettech).

### Cincinnati Is Among Top 10 "Foodie" Cities

October 16 being World Food Day and nearly a third of the U.S. food dollar being spent on restaurant services, the personal finance website WalletHub conducted an in-depth analysis of 2015's Best and Worst Foodie Cities for Your Wallet.

To find the most affordable culinary scenes in the U.S., WalletHub analyzed the 150 most populated cities across 18 key metrics, ranging from the cost of groceries to the number of restaurants per capita.

Cincinnati, Ohio was number 6 in "Best Foodie Cities for Your Wallet"

#### Key Stats taken into consideration were:

- cost of groceries
- number of restaurants per capita
- ratio of full-service restaurants to fast-food establishments
- number of coffee and tea shops per capita
- number of gourmet specialty-food stores per capita
- number of grocery stores per capita

For the full report and to see where your city ranks, please visit: <https://wallethub.com/edu/best-and-worst-foodie-cities-for-your-wallet/7522/>

### Dr. Manish Srivastava Named Medical Director at Hospice of Cincinnati

Blue Ash resident, Manish Srivastava, M.D., has been named medical director at Hospice of Cincinnati. He replaces Rebecca Bechhold, M.D., who relocated to South Carolina.

Dr. Srivastava has been associate medical director at Hospice of Cincinnati since 2006. He is also medical director for the palliative care programs at Good Samaritan and Bethesda North hospitals. He is board certified in hospice and palliative medicine, and completed his fellowships in hospice and palliative medicine, and geriatric medicine, at Cleveland Clinic.

He is a member of the GEROS Medical Group, and is attending physician at Geriatric Providers and Hospitalists, Inc.

### Board Members Sought

PAWS Adoption Center, local no-kill animal shelter, is seeking additional board members for their board of directors. Applicants will be accepted through the end of December and will be evaluated based on their skills and professional experience.

PAWS is specifically seeking individuals with non-profit experience, PR skills and experience, legal expertise, a background in financial management, motivated animal lovers, and individuals dedicated to the livelihood of the organization as a whole. Applicants must commit to a two-year term, monthly board meetings, special committee membership, and board giving campaign.

Please submit letter of interest along with references to: PAWS Adoption Center, Attn: Megan Butcher, 6302 Crossings Blvd., Monroe, OH 45050

**Echo's Past**  
**Antique Boutique LLC**



Fine Estate Jewelry,  
Antiques & Collectibles  
Est. 1978

**513.257.0776**

793 Compton Road  
M, T, Th, F 10-5 Sat 10-4

**Nancy Ventker**

Find Echo's Past Antique's on 

# CITY OF MONTGOMERY OPENS UP SPENDING ON OHIOCHECKBOOK.COM

The City of Montgomery joins with the 114 local governmental entities signing up to share their spending activities on OhioCheckbook.com, a recently-created website that documents the expenditures of the State of Ohio with a new page dedicated to the expenditures of local governments and schools.

Locally, the City of Montgomery joins with the Hamilton County Auditor, Anderson Park District, Reading Community Schools, Colerain Township and the Village of Greenhills in opening up their spending records for taxpayers and residents.

"This tool will help us to realize increased efficiencies by documenting our expenditures for public inspection. The added benefit to local residents is that this service is at no cost to the City of Montgomery. Anyone can go to OhioCheckbook.com to see how their tax dollars are being utilized and we can also see the traffic to the site. This will tell us if our residents want to know more about where their tax dollars are going," noted City Manager Wayne Davis on the benefits of participating in this government transparency project. "This approach is con-

sistent with how we have always managed and presented the financials of the City of Montgomery. We appreciate the partnership of Ohio State Treasurer Mandel and his staff in this service opportunity."

"Government should operate with full transparency of its finances," explained Mayor Todd Steinbrink. "This is a value that members of City Council and I strive to uphold, and this is an effort we welcome as we are accountable to our citizens to be efficient and effective with their tax dollars."

The City of Montgomery data includes records from 2010 through 2014 and subsequent year's spending will become available when accounts are closed at the end of the year.

The search engine tool on OhioCheckbook.com visually represents the City of Montgomery's expenditures by each department code, including general government, recreation, administration, police, finance and parks. Users are able to easily sort by keyword, department, category or vendor. Each entry is also sharable on Facebook, Twitter, Google+ and Email.

## {School News}

### IHHS Junior Single-handedly Designs Sound for This Year's Fall Play



Alex Pregel at control board, where he likes to create realistic sounds

IHHS junior Alex Pregel (Symmes Township) has been involved with theatre sound design since the age of 8, when he started out with East Side Players in Blue Ash. "In sixth grade, I got involved with Indian Hill's plays and musicals," he explains. And just a few short years later, Alex is single-handedly designed and implemented the sound plan for the IHHS fall play, "The Musical Comedy Murders of 1940."

Last year, says theatre manager Kyle Himsworth, "Alex and I designed the sound for all three shows together. This year, he is more than capable of doing it all on his own. In fact, he is doing work you wouldn't expect from a high school student – he's at the level of a junior or senior in college."

Alex's responsibility is, in his words, "to create all the sound effects to help the plot seem realistic, to give the audience the most from the play." He says there is a musical backdrop as well, and as an accomplished musician (he plays the trombone), he has written the music for it.

"One of Alex's unique characteristics is he is not only an amazing sound designer," Kyle continues, "he's also a fantastic composer. Usually people can do one or the other well, but Alex has strong skills in both."

The music is created mostly digitally, as are the other cues. They are then programmed into the theatre system to make it easy for the person running the light & sound board during the performance to know exactly what goes where, and how it needs to be set up. It takes a lot to learn the system, and even more to know it well enough to design the sound on your own.

"It's great having someone as knowl-

## LIVING CLASSIFIEDS WORK FOR YOU!

**Classifieds: \$5.00 for each line.**  
**Additional magazines—20% discount!**

Email your ad today. Include your name, address and phone number.

**classifieds@livingmagazines.com**  
**859-291-1412**

Please specify which magazine(s):  
**Fort Mitchell, Fort Thomas, Hyde Park,**  
**Indian Hill, Sycamore and Wyoming.**



### ATTENTION: HOME OWNERS

If you have a plumbing problem. Don't Panic!  
"How to get a 'Top Talent' Plumber to  
**Show Up On-Time, So You Don't Waste Time.**"  
**CALL NOW: 271-6720**  
**Forsee Plumbing OH PL#16160(105)**

### COMPUTER COACHING IN YOUR HOME

Your equipment or mine. Smart phones, tablets, laptops. Stop asking the grandkids!  
**Call Mary Jo 513-702-2979**

### GUITAR LESSONS IN YOUR HOME

Tired of driving? 35 yrs. teaching excellence. Ages 8 & up. Any style! Rentals/Ref. Available.  
**Scott Covrett at 513-236-5248 or scott@scottcovrett.com • www.scottcovrett.com**

### TOM'S CUSTOM PAINTING & REMODELING

Certified paint specialist, cleaning decks & repair, custom interior/exterior painting, custom preparation & painting, remodeling. Residential/commercial. Accurate-free estimates. Fully insured. **Call Tom @ 513-373-7287**

### ABLE TO CANE

Quality chair caning, rushing, and seat weaving for 26+ years. Free estimates, pick-up/delivery, reasonable prices. **Call Bev: 513-375-6673.**

### SAT & ACT SCORES TO THE 99TH PERCENTILE

Now Available in Greater Cincy. The ACT MD's Students Have Seen Up to Perfect Scores on the SAT & ACT. For More Info: 513-939-9033 or Visit <http://APlusTutoring-TestPrep.com>

### SENIORS HELPING SENIORS

**COMPASSIONATE PRIVATE DUTY HOME CARE.**  
Bonded and insured.  
Companionship, housekeeping, meal preparation, transportation, personal care and more!  
All service tailored to your needs.  
**Call today! (513) 376-6497**  
Email: [info@SHScincy.com](mailto:info@SHScincy.com)  
Website: [www.SeniorCareCincinnatiOH.com](http://www.SeniorCareCincinnatiOH.com)

### DRYWALL SPECIALIST LLC

hang&finish..plaster repair..painting..  
deckcleaning&sealing..free estimates..no job to small  
**Cory Mardis • 859 512-7009 • [rmardis@live.com](mailto:rmardis@live.com)**

## {School News}

edgeable as Kyle," asserts Alex. "I'm learning a lot from him. I meet with Mrs. Arber, too – she has a great knowledge of the theatre, and she's really open to new ideas."

### 24 Sycamore Seniors Named National Merit Commended Scholars



Students are, from bottom row 1 to top row 7: (Row 1)—Keerthi Nalluri, David H. Wang; (Row 2)—Yerim Lee, Madeleine L. Driscoll, Katherine A. Dunn, Marisa J. Koster; (Row 3)—Yangxing Ding, Cerys Hughes, Jessica P. Wei, Mary M. Fry; (Row 4)—Kevin S. Fitzgerald, Animesh N. Bapat, Jack W. Good, Daniel C. Mills; (Row 5)—Maxwell J. Gottliebson, Josephine L. Masset, Christopher J. Seger, Nathaniel W. Halstead; (Row 6)—Max R. Weiss, Kevin J. Gunter; (Row 7)—Bradley R. Haupt, Alex C. Taylor, Ajay Qi. Missing from photo: Max S. Poff

Twenty-four Sycamore High School students have been named National Merit commended scholars, placing them in the top five percent of U.S. high school seniors. The National Merit Scholarship Program recognizes students who demonstrate exceptional academic ability based on their performance on the PSAT taken during the junior year. Although they will not continue in the competition for National Merit Scholarship awards, these talented students are part of about 34,000 commended scholars throughout the nation.

Sycamore's commended scholars are: Keerthi Nalluri, David H. Wang, Yerim Lee, Madeleine L. Driscoll, Katherine A. Dunn, Marisa J. Koster, Yangxing Ding, Cerys Hughes, Jessica P. Wei, Mary M. Fry, Kevin S. Fitzgerald, Animesh N. Bapat, Jack W. Good, Daniel C. Mills, Maxwell J. Gottliebson, Josephine L. Masset, Christopher J. Seger, Nathaniel W. Halstead, Max R. Weiss, Kevin J. Gunter, Bradley R. Haupt, Alex C. Taylor, Ajay Qi and Max. S Poff.

This group of commended scholars joins 17 other Sycamore High School seniors were recently named as National Merit Scholar semifinalists. The semifinalist group has the opportunity to continue in the competition for some 7,400 scholarships worth about \$32 million.

### MND Students Named National Merit Semifinalists



MND Students Named National Merit Semifinalists (left to right): Jessie Gries, Lydia Brinkmann (Blue Ash) and Rachele Cafazo

Mount Notre Dame (MND) is proud to announce that seniors Lydia Brinkmann (Blue Ash), Rachele Cafazo (Mason) and Jessica Gries (Loveland) are Semifinalists in the 61st annual National Merit Scholarship Program. About 1.5 million juniors in more than 22,000 high schools entered the 2016 National Merit Scholarship Program by taking the 2014 PSAT.

This year, 16,000 of the 1.5 million students across the United States are being honored as Semifinalists. These students are the top students in each state and represent less than 1 percent of U.S. high school seniors. They will now complete the application process that will allow them to continue competing for some 7,400 National Merit Scholarships worth more than \$32 million. National Merit Scholarship winners of 2016 will be announced in four nationwide news releases beginning in April and concluding in July. Recipients will join more than 315,000 other distinguished young people who have earned the Merit Scholar title.

### Ursuline Academy Announces 11 Commended Students

Ursuline Academy is proud to announce the 11 students who have been named Commended Students in the 2016 National Merit Scholarship Program. The eleven seniors are Kirsten Bailey of Mont-

gomery, Sydney Blum of Reading, Kateri Budo of Sycamore Township, Allison Bui of Liberty Township, Sanchi Gupta of Deerfield Township, Kavya Hiryrur of Beckett Ridge, Abigail Klein of Loveland, Elizabeth Lotterer of Beckett Ridge, Anna Tyger of Mason, Julia Uhler of Fairfield, and Maria Ventura of Deerfield Township.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Commended students do not continue in the 2016 competition for National Merit Scholarship awards, but placed among the top five percent of more than 1.5 million students who entered the 2016 competition by taking the 2014 Preliminary SAT/National Merit Scholarship Qualifying Test.

Ursuline announced in September the six students recognized as National Merit Semifinalists. The six students will continue on in the competition for further scholarships and awards. These students are Jennifer Duma, Jane Honerlaw, Caroline Janssen, Lily Kovach, Anjali Nelson, and Isabella Proietti.



Ursuline Academy students in the Commended Students in the 2016 National Merit Scholarship Program. Front row, left: Kateri Budo, Allison Bui, Kavya Hiryrur, and Kirsten Bailey. Second row, left: Abigail Klein, Sanchi Gupta, Julia Uhler, Sydney Blum, Elizabeth Lotterer, Maria Ventura, and Anna Tyger



**BELL-DAY**  
**CLEANING SERVICE**  
Over 30 Years Experience  
Call **859-485-7331**  
**Free Estimates • Insured**

- Windows
- Woodwork
- Carpets
- Ceilings
- Walls
- Floors
- Gutters
- Wallpaper
- Venetian Blinds



Arnie & Mary Austin,  
residents since 2014

# Best gift of all.

Moving here was a wonderful gift, both for us and our kids.  
If our healthcare needs change or we outlive our retirement savings,  
we will still have a home here. Peace of mind is a great gift.

Contact Gini Tarr at 513.561.4200 or visit [deupreehouse.com/austins](http://deupreehouse.com/austins).



We provide the options, you make the choices.



Deupree House in Hyde Park is a community of Episcopal Retirement Homes, where all faiths are welcome.

