

LOVELAND HERALD

Your Community Press newspaper serving Loveland, Miami Township and other Northeast Cincinnati neighborhoods

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Rabbi Miriam Terlincham of Temple Shalom in Blue Ash: People need to acknowledge their election grief.



Ioanna Paraskevopoulos of Clifton is cofounder and executive director of Action Tank: The time to build the bridge over the electoral divide is now.



Republican strategist Charles "Chip" Gerhardt, a member of the Hamilton County Board of Elections: The silent majority spoke. PHOTOS PROVIDED

UNITED WE STRESS



Dr. Kate Chard is the director of the UC Health Stress Center. Her immediate recommendation to ease electoral stress: Put down your phone.



Renee Mahaffey Harris, president and CEO of The Center for Closing the Health Gap: Result doesn't speak of a country where we are created equal.



Cincinnati historian Dan Hurley says he sees parallels in today's national mood to the period of the Civil War.

How to cope in a divided country anxious about politics

Anne Saker Cincinnati Enquirer USA TODAY NETWORK

The day after the election, with the presidential race not yet called, Rabbi Miriam Terlincham decided to ease tensions. She asked her husband to pull their Biden-Harris sign from their Montgomery yard before his mother, a Republican, stopped by.

"I said, 'Let's not rub it in her face that we're about to win,'" Terlincham said.

Every quadrennial, the race for the White House tests not just the nation's political endurance but its psychological state. The 2020 drive closed a year of unprecedented sickness and distress in the United States with a raging viral pandemic and protests for racial justice in dozens of cities and towns including Cincinnati.

Layer on a presidential contest that turned into a squeaker that took days to count ballots from record turnout. Tensions rose Nov. 5 when President Trump made multiple claims that people were attempting to "steal" the election from him but offered no proof.

Awaiting results, many Americans looked around them and spent a tense

week wondering: How could half the country vote ... *that way*?

The election result "leaves me more concerned about how we move there together ... The result doesn't speak to me of a country where we are seen as created equal," said Renee Mahaffey Harris, president and chief executive officer of the nonprofit Center for Closing the Health Gap, which focuses on the substantial health care divide for Black people in Cincinnati.

But Dr. Kate Chard, head of the UC Health Stress Center, found a countering narrative from Nov. 3, that the election "actually an indication of how similar we are."

"We all want for the most part the same things. We just believe different paths will get us there," she said. Political extremes are noisy on social media, "but the fringe tends to help create more of a sense of, you've got to go with our guy in order to get your needs met. But when you ask each side what their needs are, they're the same."

Chard said today's speed-of-light information delivery only stresses people. "The things I've seen on social media, first it was COVID all the time, now it's the election all the time, and you've got

to find the chonky-cat website to get relief."

She has been urging friends and relatives to put down their phones. "There is no way Facebook or the Washington Post or CNN is going to let news go by without a massive red bulletin. Do you really need to be on it right now?"

Americans acknowledged worrying about the election. A whopping 68% of U.S. adults called the election a significant source of stress in a Harris Poll unveiled by the American Psychological Association in early October.

The poll found that in 2012, 52% of Americans went into election day with stress. Four years later, 76% of Democrats, 67% of Republicans and 64% of independents said the election had them stressed.

Richard Simon, a sociologist at Mount St. Joseph University, pins much of the cause for the divide on social media. The sheer numbers of people using Twitter, Facebook or Reddit means that thousands of people can share an idea, which by itself reinforces the idea's veracity, no matter the

See DIVIDED, Page 7A

2020 WOMEN OF THE YEAR

Teresa Tanner sought moving 'from success to significance'

Alexander Coolidge Cincinnati Enquirer USA TODAY NETWORK

Teresa Tanner left a lasting mark in the heart of Cincinnati during her final year at Fifth Third.

As the former chief administrative officer for the regional bank, Tanner was a force behind the decision to give the city a permanent stage at Fountain Square as part of the bank's overhaul of its headquarters.

She also played a key role as the city sought to heal following the 2018 mass shooting in the Fifth Third Center lobby.

Besides coordinating financial help for the victims and their families, she oversaw the bank's reopening of its main lobby that showcased the hand prints of hundreds of employees in a visual display representing workers reclaiming the space following the gunman's rampage.

Tanner left Fifth Third in 2019 on a quest for new challenges.

"I was looking at what I wanted to accomplish in my life - I didn't want to settle into being a banker for another 20 years," Tanner said. "I wanted to move from success to significance."

And she had had her share of success. In her 15 years with the bank, Tanner moved up through a series of management roles before heading human resources, then administration for the company.

Through the years, her responsibilities increased but she was adamant about looking out for the next generation of female talent.

"The path wasn't always easy," Tanner said, recalling her father commenting on her husband, Tim, handling more family duties. She said it was an eye-opener for her father, when she pointed out she was vying for jobs against male executives that could focus entirely on their work.

"I told him, 'Dad, everybody I'm competing with has a full-time (stay-at-home) spouse,'" she said.

At Fifth Third, she created a Women in Leadership class at the bank to boost emerging female managers' skills. She oversaw intentional job rotation assignments aimed at grooming female leaders. She created internal business resource groups to further aid women at the bank. She even created the bank's maternity concierge program to help expectant mothers through the first-year of motherhood with minor tasks that could interfere with their career at the bank.


Championing female workers

Tanner has advocated for others outside the bank, as well.

Tanner's young daughter was diag-

See TANNER, Page 4A

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COMMUNITY NEWS

Beech Acres celebrates Loveland family for fostering more than 25 children

Beech Acres Parenting Center is celebrating the family of Linda and Derrell Dick, from Loveland, who recently completed a journey of more than 21 years of foster care, during which they adopted three girls and provided a loving foster home to more than 25 children.

"Linda and Derrell have earned respect and love from all the children and families they helped over the years. They leave a lasting impression on the entire Beech Acres Foster Care Program," said Jessica Thompson, director of foster care and adoption, Beech Acres Parenting Center.

Linda and Derrell began serving as foster parents in 1998 and started out by helping teenage boys, moving on later to provide foster care for infants and sibling groups.

"This couple has impacted us all through their amazing drive and determination to help children. They gave nurturing, consistency and life skills to teenagers, and were equally as skilled with infants and siblings, providing security and promoting their development" added Tricia Raby, foster care supervisor at Beech Acres.

In addition to the direct support provided to children, the Dicks also served as mentors for other foster parents and families.

For more information about how to become foster parents, connect with Beech Acres Parenting Center by visiting beechacres.org or by calling (513) 231-6630.

Peter Osborne

Beacon Orthopaedics welcomes Dr. Joel Sorger

Beacon Orthopaedics & Sports Medicine is proud to welcome Dr. Joel Sorger. Dr. Sorger comes to Beacon from TriHealth.

Dr. Sorger is an expert orthopaedic oncologist and joint replacement surgeon who is routinely recognized as a top doctor in his field. He is also the Sarcoma Program Co-Director at Cincinnati Children's Hospital.

As a highly accomplished orthopaedic



Linda and Derrell Dick, with their family. PROVIDED

dic oncologist, Dr. Sorger has experience treating numerous types of orthopaedic cancers, including Ewing's sarcoma, osteosarcoma, and other malignancies of the musculoskeletal system.

Dr. Sorger has conducted in-depth research about orthopaedic cancers and published leading research papers on these topics, as well. On top of orthopaedic oncology, Dr. Sorger uses advanced surgical procedures for hip and knee replacements and general orthopaedic surgery.

Dr. Sorger is fellowship trained in orthopaedics and bone and soft tissues arcoma. He completed his residencies in orthopaedics and general surgery from the University of Cincinnati College of Medicine and medical degree from Virginia Commonwealth University School of Medicine. He is certified in orthopaedic surgery by the American Board of Orthopaedic Surgery.

Dr. Sorger is also committed to training the next generation of orthopaedic surgeons as a clinical assistant professor for Wright State University School of Medicine and as an associate professor of orthopaedic surgery at the University of Cincinnati training UC residents and medical students.

"Dr. Sorger is one of only a few orthopaedic oncologists in the entire state of Ohio. He treats some of the most complex cases in our region and will further Beacon's reputation as a center of excellence for comprehensive orthopaedic care. He also is an expert in total joint



First responders can learn how through a new first-in-the-world certification program for adults at Great Oaks Career Campuses: Emergency Services Drone Operator. PROVIDED

replacements and revisions," said Dr. Peter Cha, MD, president of Beacon.

Mary Peale, Beacon Orthopaedics & Sports Medicine

Great Oaks launches drone piloting certification for first responders

Drones can save lives. First responders can learn how through a new first-in-the-world certification program for adults at Great Oaks Career Campuses: Emergency Services Drone Operator.

This program teaches the use of drones for fire fighting, law enforcement, and emergency medical rescue.

Drone technology can be used during a fire to keep fire fighters safe while viewing the scene, after a fire by investigators, as a set of eyes during vehicle or foot chases, as a tool for search-and-rescue, or in many other ways by first responders.

The first class of students began on October 5, and included eleven firefighters and emergency services professionals from Sharonville, Norwood, the Village of Woodlawn, and the City of Cincinnati.

"Great Oaks is pioneering the use of this technology to save lives," said Great Oaks Fire Academy Commander Johnny Mason. "An emergency services drone operator needs to know not just how to fly the drone, but how to view and interpret an emergency scene from above."

The class offered at Great Oaks is the first course approved by ProBoard to certify students in NFPA 2400, the standard for Small Unmanned Aircraft Systems (SUAS) for Public Safety Operations.

Mason said that during the five-day class, students will plan missions, fly missions, and learn to maintain drones. They will also hold such training exercises as approaching a suspicious vehicle, conducting search-and-rescue activities, and dealing with hazmat situations.

Brian Brauer of the ProBoard came from Illinois to observe the first day of class.

During a training demonstration for local officials, Johnny Mason said the timing of launching this class was fortunate. "Great Oaks is celebrating 50 years this year, and I can't think of a better way to celebrate than to introduce training in life-saving technology."

For more information, contact Great Oaks Public Safety Services at 513-771-1142.

Jon Weidlich, Great Oaks Career Campuses

Teen suicide prevention support soars as virtual Butterfly Bash celebrates record-breaking success

The Cincinnati-based non-profit leading the charge on preventing youth suicide is celebrating the record-breaking success of its annual fundraising event, the Butterfly Bash, which was held virtually for the first time this year due to COVID-19.

Grant Us Hope works to prevent youth suicide by educating, engaging and empowering young people, creating communities of leadership, advocacy and awareness around mental health and suicide prevention, ultimately changing the culture of schools.

Founded in 2016, Grant Us Hope has implemented a peer-to-peer suicide prevention program called Hope Squad in more than 150 schools across Ohio, Kentucky and Indiana, and is committed to expanding mental health services for teens in distress and their families across the region.

The Butterfly Bash was held on October 24 to raise awareness and funds

See COMMUNITY NEWS, Page 10B

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