STROLL

Tartan Fields



This ad comes with a joke.

(Seriously.)

Most companies would write a bunch of fancy words here, trying to sell you on their windows. But you (Columbus homeowners) already rated Pella the leading and most trusted brand in town.* So, we figured we'd skip the sell and just share a joke instead.

Here goes...

Two windows we're hanging out on the south side of a home. One turns to the other and says, "It sure is a beautiful day." The other window turns to the first and says, "AAAHHHH! A TALKING WINDOW!!"

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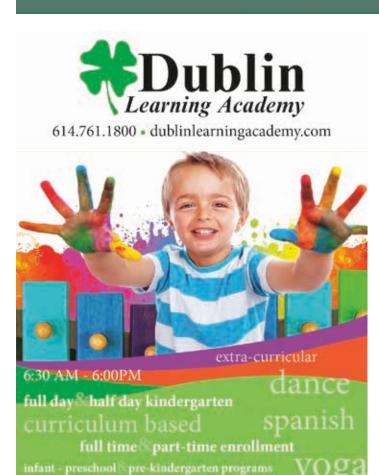


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low ratio classes latchkey for Dublin City Schools

DENTAL WELLNESS



SCAN ME

IMPORTANT PHONE NUMBERS



strollmag.com

Delivering Neighborhood Connections
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Specific contact information for all the current Board Members can be found at HTTPS://TARTANFIELDSHOA.COM/BOARD-OF-TRUSTEES/.

Our Property Manager is Chris Gegas, Property Manager, at NAI Ohio Equities For most questions about our neighborhood, you can reach him at CGEGAS@OHIOEQUITIES.COM OR (614) 939-8600.

 614-764-5913
 Dublin City Schools

 614-873-7377
 Jerome High School

 614.718.8448
 Eversole Run Middle School

 614-798-3570
 Eli Pinney Elementary

 614-733-0012
 Glacier Ridge Elementary

 614-718-5825
 St. Brigid of Kildare School

SCHOOLS

LOCAL NUMBERS

614-889-SWIM (7946) **Dublin Community South Pool** 614-792-SWIM (7946) Dublin Community North Pool NAI Ohio Equities LLC 614-939-8600 740-833-2810 **Delaware County Sheriff** 937-645-4100 Union County Sheriff 614-722-2000 Children's Hospital Main 614-554-8000 **Dublin Methodist Hospital** 614-760-1600 Nationwide Children's Hospital Dublin

UTILITIES

740-833-2240 Del Co Water 800-633-4766 Ohio Edison Electric 800-344-4077 Columbus Gas 877-722-3755 SBC



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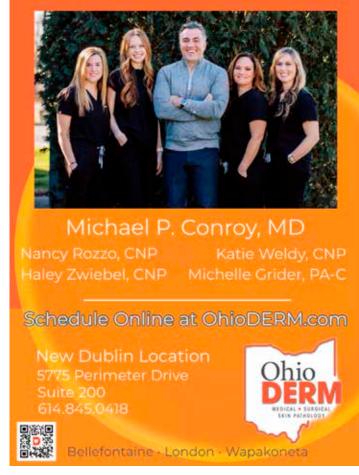
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COORDINATOR



SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

BABY & CHILDREN'S BOUTIQUE

Dolce Vita Baby Boutique

(614) 376-0336

DolceVitaBabyBoutique.com

DAYCARE & LEARNING CENTER

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Avery Dental Wellness

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Haid Dental

(614) 889-7661

DERMATOLOGY

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OhioDERM.com

FINANCIAL

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tartanwm.com

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David Woodring

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woodringgcllc.com

GOLF CLUB & EVENT CENTER The Club at Tartan Fields

(614) 792-0900

GOLF TOURNAMENT

The Memorial Tournament

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The Memorial Tournament.com

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www.indoortemp.com

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powellmattresswarehouse.com

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Boss Gal Beauty Bar

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abbymason.jhilburn.com

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Eco Systems Pest Elimination

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Dorner Plastic Surgery (614) 336-9000

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Remax Premier - Jon and Pam Kirk

(614) 791-2011

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REMODELING/CONSTRUCTION Headings Bros Inc.

(614) 733-4401

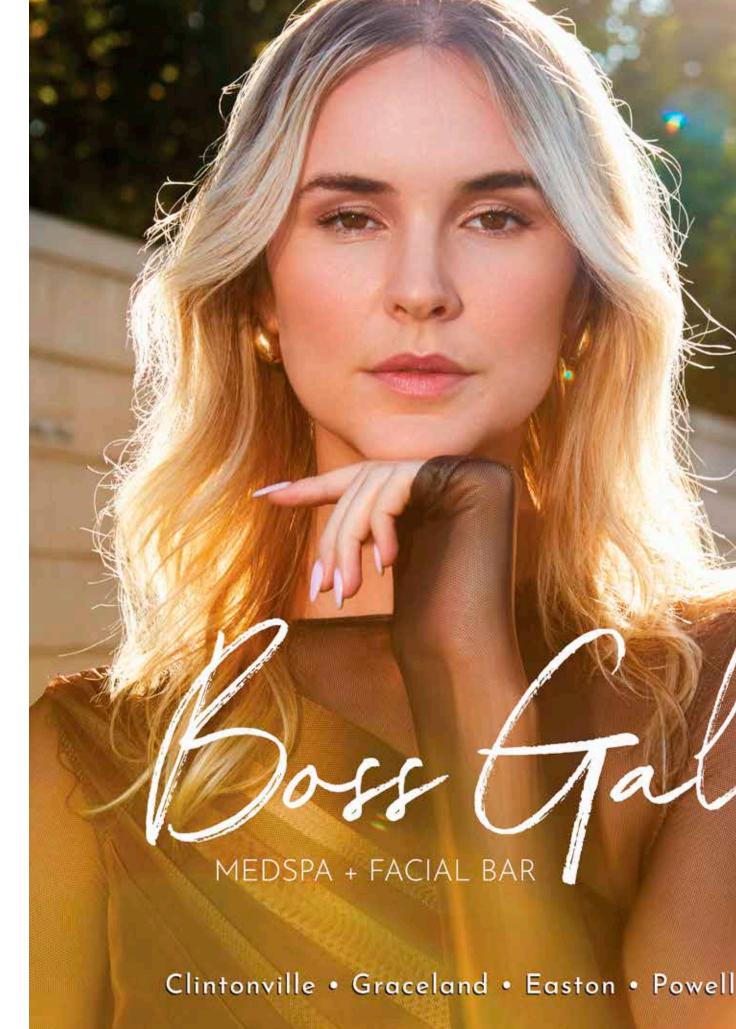
SCHOOL Dublin City Schools

(614) 760-4379

WINDOWS & DOORS

Pella of Columbus

(614) 890-2000 pellacolumbus.com



EDITOR'S NOTE



Share your Mother's Day, Memorial Day, and last day of school photos!

Dear Readers,

As we celebrate the beauty of motherhood this month, we invite you to participate in our special Mother's Day edition by sharing the moments that make motherhood genuinely extraordinary. Whether it's a heartwarming photo with your mom, a candid shot capturing the essence of motherhood, or a memorable family portrait, we want to feature the love and joy that mothers bring into our lives.

Send your cherished photos and a brief caption, sharing what makes these moments special. We believe each photo tells a unique story, and collectively, they paint a beautiful tapestry of motherhood's diverse and incredible experience.

In addition to celebrating Mother's Day, we want to honor those who have served our country. As Memorial Day approaches, we invite you to share photos of your loved ones who have bravely served in the military. Whether it's a snapshot from their service or a cherished family photo, let's come together to commemorate and express gratitude for their sacrifices.

Furthermore, as the school year draws close, we want to capture the excitement and nostalgia of the last day of school. Parents, students, and teachers share your joyous moments, whether a snapshot of your child proudly holding their end-of-year certificate or a group photo with classmates and teachers. Let's celebrate the accomplishments and growth achieved during the school year.

Submissions can be sent to StrollTartanFields@n2co.com. Selected photos will be featured in our upcoming editions, creating a community-driven celebration of these significant occasions.

ra & Amher

Thank you for being a part of our vibrant community. We look forward to sharing these heartfelt moments with all our readers.

Warmest regards, Your *Stroll Tartan Fields* Team!





ATHLETE OF THE MONTH 45 Kara (middle), Annie (third top **LEGACY** left), Sophia (top), Addie (top middle) and Avery (bottom 2nd left). All Tartan Fields' Residents

ILRAIDINRSHIIP

THE SENIOR STARS OF JEROME CHEERLEADING

CELTICS

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ecently, having competed at the state level, the esteemed Dublin Jerome cheerleading team has returned with another set of accolades in their collection. This year, the team claimed the OASSA Division I first-place titles in multiple subcategories: Building, Game-Day Building, and Non-Tumbling/Non-Building Large. These victories follow those of previous successful seasons, in which the class of '24 cheerleaders played no small part. Jerome's current seniors have been conscientious and ambitious leaders for their team, including Sophia Kish, Addison Pochiro, Avery Casey, Kara Palmer, and Annie Herceg. Feelings of pride and confidence accompany their nostalgia for the last four years—deserved feelings, considering their recent accomplishments.

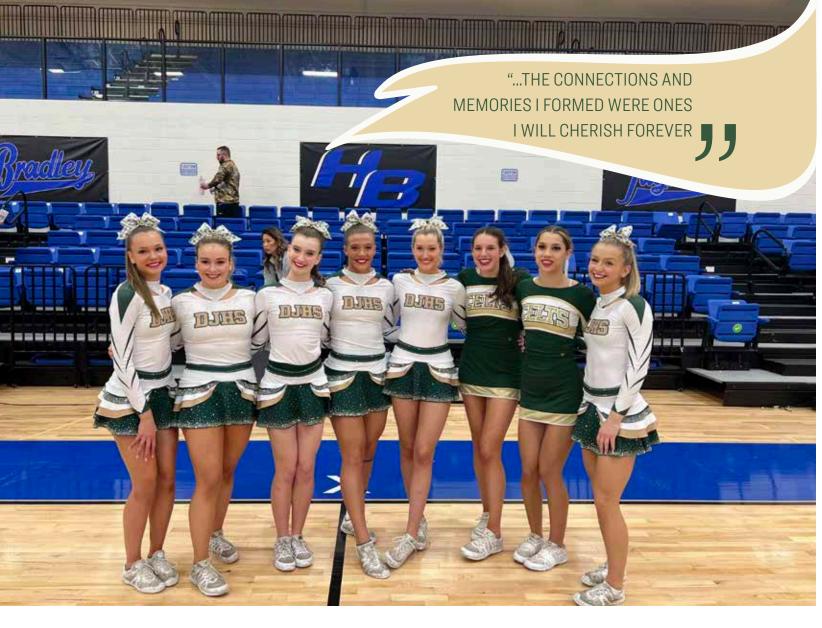
A Jerome cheerleader is multifaceted; she must possess many necessary qualities. Patience, confidence, drive, and time management are some that the current seniors find essential. The latter has been a struggle at times; Casey shares the difficulty of balancing cheer and schoolwork, especially during her academically rigorous junior year. Others found their first couple of years more challenging in this regard—simultaneously adjusting to high school academics and the demands of the meticulous Jerome cheer program is no easy task. In particular, the COVID pandemic made first years tough for these girls. Like many high school athletes, they were forced to navigate online school and modified in-person athletic commitments. Despite the immense undertaking, much is learned through affiliation with Jerome cheerleading. Kish points out work ethic and cooperation as skills she's gained. Herceg highlights the form, describing its "limitless power" and how far it has taken her. In her case, work ethic hinders doubt. Like many of her teammates, her willingness to put in the effort has taught her that she is "capable of so much more than what (she) imagined"— a pertinent lesson. Meanwhile, Palmer finds value in the friendships she's attained and expresses

how much she'll miss "it all"—the girls, the environment, the events...This sentiment is shared by many of the seniors with the conclusion of their final season.

Perseverance, dedication, and determination coalesce to form this idea of "drive." It would be inadequate to call drive "important" to the Jerome cheerleaders—they recognize it as essential. To a cheerleader, drive means attending impromptu practices and working overtime to perfect routines; it means maintaining a commitment to cheer exclusively—no other sports. As rewarding as cheer can be, it is equally demanding. As Palmer describes, the girls "go full gos" at practice. They mark routines and practice stunts, adjust seemingly trivial timing and positioning mistakes..., and "practice makes perfect" is a cheer motto.

In the general scheme of things, cheer practices adhere to a similar pattern each year. The girls condition over the summer before entering football-cheer mode. Once fall runs its course, the basketball-cheer season commences, as does competition season—this is when state titles are earned. Football cheer is prioritized over basketball cheer for two reasons. Firstly, it's simply more popular; football games have a higher turnout, requiring more cheerleading to boost morale. Secondly, basketball cheer is somewhat overshadowed by competitive cheer. Thus, football cheer is more technically advanced, and more fun team-bonding activities accompany it. Still, competitive cheer trumps all else. There are 5 teams, each unique skill-wise: Building, Non-Building, Game Day Building, Game Day Non-Building, and Non-Tumbling/Non-Building. It's incredibly impressive that Jerome secured not just one but several of the five first-place titles.

Cheer can be dangerous. The team takes a "trial and error" approach to ensure safety when performing complex stunts. While one group is experimenting with a new move, another group takes charge of "spotting." Nonetheless, Pochiro is not alone in her belief that "it gets worse before it gets better." As such, readily taking criticism is imperative.





Casey advises to "notice patterns" within critiques and to do whatever is in your power to improve those faults. Ultimately, encouraging each other is what leads the team to success. Especially with cheer, a sport where a mental block can significantly inhibit performance, talking each other through doubts or worries can provide an uplifting and effective support system. Because the seniors have been in the underclassmen's shoes before, they often offer advice when appropriate. On top of that, practices are coupled with "stress exercises" to relieve some of that pressure. This and group pep talks prevent the practice from being a space of painstaking repetition. The girls are always making jokes and laughing with each other, keeping the "cheer" in cheerleading.

Conversely, the "leading" is especially demonstrated through these seniors, who have proven role models within and outside the cheerleading program. They have led various game-day cheers and executed intricate routines with poise and technique.

When given "rest days," the cheerleaders will take advantage of them and allow their bodies to recover and prepare for the next day. Like any sport, cheerleading can greatly strain the body and pose significant injury risk if excessive physical exertion becomes routine. Luckily, Jerome's cheerleaders understand the difference between working hard and overworking. That has contributed to Jerome's immense success, motivating the cheerleaders. When asked their "why," referring to their reason for cheering, many attributed it to Jerome Cheer's reputation—to put it bluntly, Jerome Cheer is not just "good" in terms of technical skills—it's excellent, as evidenced by their numerous state titles. This adjective does little justice to the magnitude of their achievement; Jerome cheerleaders have even been invited to collegiate-instructed cheer camps at the University of South Florida. It's not the medals or trophies that have made the experience worthwhile for these seniors—it's the memories.

Team dinners, from OCCs to senior celebrations, are always memorable, as are senior nights. Many seniors recall the exhilaration of last year's football victory against Coffman as a highlight of their high school cheer career. Additionally, running "cheer camp" for aspiring Jerome cheerleaders has been a rewarding volunteer experience. Though most Jerome seniors plan not to bring their cheerleading career into college with them, they certainly can bring these memories. "The team and coaches' overall bond is unlike any other program I have participated in. The connections and memories I formed were ones I will cherish forever," Herceg recounts. The '24 Jerome cheer team class has left a legacy with their departure from the program. It lies in the trophies they've collected, the up-and-coming cheerleaders they've coached, and the entire Jerome community. Their spirit will remain in every tuck, toss, and toe-touch in the future.





Big and Lil ... Tournament Ready



614-376-0336 6058 Glick Road, Shawnee Hills, Ohio

DOICE VITA

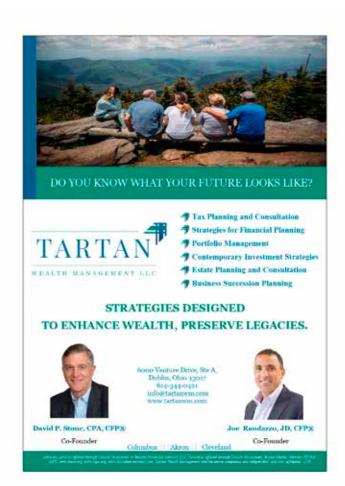
Ask the Financial Expert

FINANCIAL FITNESS

BY DAVE STONE, TARTAN FIELDS RESIDENT AND CPA

Q – What are alternative investments? Are they risky?

Dave – Alternative investments constitute a vast array of investment vehicles. Some would say that any investment other than stocks, bonds, and cash would be considered an "alternative." The most commonly referred to alternative is real estate investments. There is a long list of alternative investments available to investors today. The key to investing in alternatives is to use them to complement your traditional stock and bond investments. If you diversify your portfolio with alternatives, they can effectively reduce the expected risk in your portfolio and increase the expectation of return. Before investing in alternatives, it is best to consult a financial advisor who is well-versed in these investments.



Q. - What is a Structured Product?

-nc

Dave – A structured product is an investment strategy that provides investors a defined outcome based on the parameters in the "structure". For example, a structured product may provide an investor with a percentage of the upside of a market index while buffering or protecting some percentage of the downside. An example would be that an investor can get 100% of the return of the S&P 500 over a five year period with 50% of any downside protected or "buffered". These products are trendy today for investors who want downside protection.

Q. – I have a term life insurance policy maturing soon. I am 55 years old. Should I get another policy or become "self-insured"?

−M.W.

Dave – This all depends on your situation. If you had a 20 year term policy expired, your insurance cost over that period was meager. If you want the same level of protection at 55, it will cost you substantially more. This is one consideration to consider when deciding on more coverage. The other consideration is your financial situation. Chances are your net worth is significantly higher than when you got your initial policy. If this is the case, can your spouse, upon your death, pay off a mortgage, send the kids to college, and still have enough to maintain the current standard of living for the remainder of her lifetime? If the answer is yes, then you may not need more insurance. If not, then you should consider another term policy.

TARTAN TAX TIP

If you have sold any investments that may result in capital gains, this may be an excellent time to determine the taxes you may need to pay. You may want to make an estimated tax payment to avoid the sticker shock that sometimes comes with filing your taxes next year. You should consult a tax professional to calculate this capital gain.

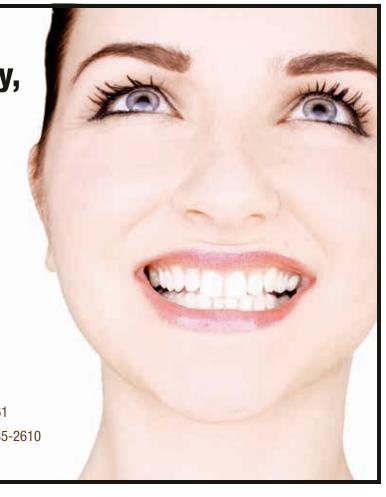
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4353 Tuller Road, Suite K. Dublin, OH 43017



goodbodiesfitness.com info@goodbodiesfitness.com







EXPRESSING GRATITUDE AMIDST FAILED SCHOOL LEVIES IN CENTRAL OHIO

BY CASSIE DIETRICH, PUBLIC INFORMATION OFFICER

n the wake of numerous failed school levies across Ohio in March, including the setback faced by our neighbors in Olentangy Local School District, our district is extremely grateful to the taxpayers who continue supporting our community's educational endeavors. These outcomes highlight the critical role of local funding in sustaining the quality of education within growing suburban communities.

Dublin and Powell are vibrant cities in Central Ohio, cherished for their exceptional living standards, quality employment opportunities, and educational excellence. Residents' continued and unwavering support has been central to this excellence, particularly in providing financial backing to ensure the growing school districts have robust programming and modern infrastructure.

Ohio's public school district funding landscape comprises state funds, local taxes, and federal contributions. According to the Department of Education and Workforce, the state funding formula acknowledges that school funding has always been a partnership between the state of Ohio and the local school district. The state formula works to equalize funding and provide additional money to schools and districts that do not have the capacity and wealth to raise revenues locally. The state and local cost methodology uses assessed property values and income to determine the state share. These figures are higher than average in the Dublin City School District, resulting in Dublin City Schools receiving a lower share of state resources. Funds from the state of Ohio make up only 15% of the district's revenue, with 82% derived from local taxes.

Dublin City Schools and similar districts rely on local funding and community support to sustain the educational excellence that so many residents move in to receive. The recent failures of school levies in neighboring districts highlight the challenges in maintaining educational standards amidst growing populations and evolving needs. As places like Dublin and Powell continue to thrive as desirable places to live, work, and raise families, the support of local taxpayers to suburban public school districts is pivotal.

Here at Dublin City Schools, we are counting our blessings for the positive outcome in November that we continue to celebrate. We know our community's tax burden is high, and we work daily to stretch taxpayer dollars as far as possible. You can learn more about how we are taking action and making changes to achieve financial efficiency by subscribing to our What's New at DCS blog at www.dublinschools.net/whatsnew



A student enjoy painting while at school.

SCHOOL NEWS

school is always the best!

THANK YOU AGAIN FOR ACCEPTING ISSUE 12!

We are often asked who to contact about how public schools are funded in Ohio. School funding is part of Ohio's biennial budget. To ask questions or share thoughts on the biennial budget, we recommend contacting your state legislators in the House and Senate.



at Dublin City Schools

DISTRICT BLOG

Your go-to source for the latest updates, insights, and behind-the-scenes glimpses into the dynamic world that is Dublin City Schools.

Subscribe



Scan the QR code or visit www.dublinschools.net/whatsnew

Everyone Has a Story to Tell!

Stroll Tartan Fields is all about, for, and by you --- our Tartan Fields area residents. Everyone loves to tell stories, and we'd love to share yours in print. Maybe you or your neighbor has an adorable pet or amazing kid, or a new family is moving in next door that we should get to know.

We've made it easier to tell us your story! Simply point your cell phone's camera at one or more of the QR codes below for the feature articles, and it will take you to a link to fill out a form with some easy questions to get us started.

We look forward to sharing your story!









Precious Pets





New to the Neighborhood?

We'd love to get to know you!

Are you and your family new to Tartan Fields? If so, welcome! Since this magazine is about you and your neighbors, we warmly welcome your involvement and would love to hear from you.

Did you know our Meet Your Neighbor section is a great way to connect with neighbors and share a bit of you and your family? Just email us at StrollTartanTimes@n2co.com with your name and contact information, and we will get you scheduled for an upcoming issue! We will also add you to our mailing list so you can stay up to date on everything we're up to here at Stroll Tartan Fields.

In addition to our Meet Your Neighbor features, we also love to include Resident Business, Young Achiever, Precious Pets, Athletes, Kids2Kids, and the Making a Difference story in the pages of our magazine. If you have a business, precious pet, precious child, teen or charity you would like to have profiled, just say the word! Again, you can reach the Stroll team at StrollTartanFields@n2co.com.

We look forward to hearing from you!





(614) 618-9413 · indoortemp.com/stroll





Stroll Tartan Fields 19 18 May 2024

Giant Super Fluffy

Pancakes

If you're in need of impressive pancakes for mom, you can't go wrong with this tower of extra-fluffy, delicate pancakes. Pop them in the oven to cook and you won't spend your morning flipping flapjacks on the griddle.

BY FOOD NETWORK MAGAZINE PHOTO BY MATT ARMENDARIZ



INGREDIENTS

- Nonstick cooking spray for the skillets
- 3 cups cake flour
- 6 tablespoons confectioners' sugar
- 4 teaspoons baking powder
- 1 teaspoon kosher salt
- 2 1/4 cups milk
- 1 stick (8 tablespoons) unsalted butter, melted and cooled, plus more for serving
- 1 teaspoon pure vanilla extract
- 2 large eggs, separated, plus 4 whites
- ½ teaspoon cream of tartar
- · Maple syrup for serving
- Whipped cream for serving
- · Assorted fresh berries for serving

DIRECTIONS

1. Position oven racks in the top and bottom thirds of the oven and preheat to 450 degrees F. Lightly spray one small (8-inch) and one medium (10inch) ovenproof nonstick skillet with nonstick cooking spray (or brush lightly with melted butter).

2. Whisk together the flour, sugar, baking powder, and salt in a large bowl. In a medium bowl, whisk together the milk, melted butter, vanilla, and egg yolks until combined.

3. Beat the egg whites and cream of tartar in a second large bowl with an electric mixer on medium-high speed until stiff peaks form, about 2 minutes.

4. Stir the milk mixture into the flour mixture until just combined (it's okay if there are a few lumps). Stir one-third of the egg white mixture into the flour-milk mixture. Then gently fold in the remaining egg whites until combined (take care not to overmix).

5. Pour 3 cups of the batter into the small skillet and pour the remaining batter into the medium skillet. Cover

each skillet with a lid (or cover and seal with aluminum foil). Bake, rotating the skillets top to bottom halfway through, until the pancakes are cooked through and the bottoms are golden, 15 to 17 minutes.

6. Flip the larger pancake onto a serving platter and top with the smaller pancake. Pour a generous amount of syrup over the stack and top with whipped cream and berries. Serve with butter on the side.

Cook's Note When measuring flour, we spoon it into a dry measuring cup and level off the excess. (Scooping directly from the bag compacts the flour, resulting in dry baked goods.)

Special equipment: a small (8-inch) ovenproof nonstick skillet; a medium (10-inch) ovenproof nonstick skillet





COMMUNITY EVENTS

MAY MADNESS Vibrant Events in Dublin Await!

Dublin is abuzz with exciting events this May! From the return of the Dublin Market to a community-wide volunteering initiative, there's something for everyone to enjoy.

BY JENNIE WILLIAMS, N2 STAFF WRITER

Mark your calendars and immerse yourself in the lively atmosphere of Dublin all month long.

"MEAN GIRLS" PRODUCTION

Dates: May 3, 4, and 5
Location: Dublin Scioto High School
Details: Dublin Scioto High School
Theatre will present the high school
version of the hilarious "Mean Girls"
musical this month. Adapted from the
hit film, this show follows 16-year-old
Cady Heron as she struggles to fit in at
her new school and becomes involved
with the intimidating group of girls
known as "The Plastics." Shows will
be held on May 3 and 4 at 7:30 p.m.,
with matinees on May 4 and 5 at 2
p.m. Learn more and purchase tickets:
dublinsciototheatre.org

DUBLIN MARKET

Date: Saturdays in May (4, 11, 18, 25)
Time: 9 a.m. to 12 p.m.
Location: Bridge Park
Details: The Dublin Market at Bridge
Park, brought to you by The OSU
Wexner Medical Center, returns this
month for the 2024 season! Enjoy live
entertainment and browse various
goods from local vendors as you stroll
down Longshore Street. Learn more
about this free family-friendly event:
thedublinmarket.com

COMMUNITY SERVICE DAY

Date: Saturday, May 4
Time: 8:30 a.m. to 1 p.m. (check-in from 8:30 to 9 a.m.)
Location: Dublin Community
Recreation Center
Details: On this community-wide day of volunteering in Dublin, all are invited to help area senior citizens, Dublin schools, non-profit organizations,

and neighbors facing personal hardships with their spring clean-up and outdoor projects. Youth under the age of 18 must be accompanied by an adult for the entirety of the event. Volunteers are invited to return to the Dublin Community Recreation Center between 11:30 a.m. and 1 p.m. to enjoy a pizza party courtesy of LaRosa's Pizza. Learn more: dublinchamber.org/events/details/community-service-day-2024-10977

TACO TUESDAY CAKE DECORATING CLASS

Date: Tuesday, May 7
Time: 6 to 7:30 p.m.
Location: Our CupCakery
(54 South High Street)
Details: Create a fun, easy "taco cake" at
Our CupCakery! At this event for adults
and teens (ages 13+), all ingredients,
baked goods, tools, and supplies are
included in the registration cost. Glutenfree and vegan options are available. Learn
more and register: ourcupcakery.com/
seasonal-classes-adults-and-families

MEMORIAL DAY CEREMONY

Date: Monday, May 27 Time: 11 a.m.

Details: The City of Dublin and the Wesley G. Davids Dublin Post 800 of the American Legion invite you to honor the honorable men and women who have lost their lives in service to our country. The commemoration will commence with a procession through Historic Dublin with a wreath-throwing ceremony at the Bridge Street bridge. Then, gather at 11:30 a.m. for the Memorial Day Ceremony at the Dublin Cemetery (83 West Bridge Street) followed by a complimentary community picnic lunch at Monterey Park at noon. Learn more: dublinveterans.com/memorial-day-ceremony

20 May 2024

EMBRACING THE ZZZ'S: MASTER YOUR SLEEP AS THE SEASONS CHANGE

BY ABBY MASON, FMCHC, AADP, INHC

Wake Up to Wellness: The Journey to Joyful Rest

Hey there, beautiful soul! As we glide through the blossoms of spring and into the vibrant arms of May, our world gets a splash of color and a little shake-up in the daylight department. You know what I'm talking about - those longer days that sometimes throw our precious sleep routines out of whack. But worry not! Because, just like you, I've been there, tossing and turning, counting more sheep than there are in New Zealand. So, let's journey together towards mastering our sleep, ensuring we wake up feeling refreshed, rejuvenated, and ready to rock the day ahead.

Understanding the Sacred Sleep Cycle

First, let's understand why sleep is your ultimate wellness BFF. Sleep isn't just a time-out from our bustling lives; it's when our body repairs, our brain consolidates memories, and our energy reserves get a top-up. Messing with our sleep cycle is like telling your body, "Hey, I don't value you." And that's not the vibe we're going for, right?

As the daylight stretches, our internal clocks, or circadian rhythms, can get confused. The goal here is to harmonize with the natural rhythms of the universe, letting our bodies know when it's time to power down and recharge.

Crafting Your Sleep Sanctuary

Imagine entering a haven, a sanctuary where the day's hustle melts away, and all that's left is tranquility. That's your bedroom. It should be a sleep-inducing cocoon, starting with

- Keep it Cool: A slightly cooler room supports deeper sleep. Think about setting your thermostat around 65 degrees Fahrenheit. It's like cozying up in a crisp autumn hug.
- \bullet Embrace the Dark Side: make your room as dark as possible. Blackout curtains are your friends; they work tirelessly to shield your sanctuary, ensuring no ray of artificial light dares disrupt your sleep. By enveloping your room in darkness, they whisper to your body, "It's time for sleep," encouraging the natural production of melatonin and setting the stage for a restful night.
- · Tech-free Zone: This one's tricky but crucial. Screens are the archnemesis of sleep. Try a tech curfew an hour before bed—yes, that means saying "see you later" to your phone, too.



A Ritual to Dream By

Creating a bedtime ritual is like sending a gentle signal to your body, "It's time to wind down." This can be anything that soothes your soul and signals to your mind that it's time to hit the pause button. Here are some ideas:

- A Cup of Calm: A warm, caffeine-free tea can be a perfect nightcap. Chamomile or lavender teas are like a gentle lullaby for your senses.
- · Journaling: Unloading your thoughts onto paper can be incredibly therapeutic. It's like telling your worries, "Not tonight, darlings."
- Gentle Movement: A short yoga flow or some light stretching can help release the physical tension of the day, preparing your body for a restful sleep.

Navigating the Night-Time Nuisances

Even with the best routines, sometimes sleep can be elusive. Maybe it's stress, maybe it's the moon, or perhaps it's just one of those nights. Here's how to manage those disturbances:

- Mindful Breathing: When sleep feels out of reach, turn to your breath. Deep, slow breathing can bridge back to sleep, calming the mind and body.
- Keep it Cool: If you wake up in the middle of the night, avoid the temptation to check the time or your phone. Keep the environment conducive to sleep, and permit yourself to rest, even if sleep seems shy.
- · Seek Harmony: If sleep disturbances become a regular guest in your life, it might be time to consult with a healthcare provider. Remember, seeking help is a sign of strength, not weakness.

Sweet Dreams Are Made of These

As we dance into the vibrant days of May, let's embrace the beauty of change, including in our sleep routines. Remember, your journey to joyful rest is unique, and with a little bit of intention, a sprinkle of discipline, and a whole lot of selflove, you'll find your rhythm. Here's to waking up feeling like a million bucks, ready to seize the day with vitality and vigor. Sweet dreams, my friend, because you deserve them.

Abby Mason, FMCHC, AADP, INHC Functional Medicine Certified Health Coach + Author healthcoachabbymason@gmail.com

Prepping for Spring!

MEET YOUR NEIGHBORS

Let's prepare your containers for the new season

BY SANDI TRIFFON, OWNER OF HOUSE OF BLOSSOMS AND TARTAN FIELDS' RESIDENT

he weather is getting warmer, and we are excited to be outdoors. We are cleaning up our patios and porches, and we can't forget our containers as we extend our living space outdoors.

Creating a beautiful container garden requires prep work! Let's start with your containers and ensure they have proper drainage holes. The water should not pool at the bottom, causing the root to rot. Using good potting soil and adding a slow-release fertilizer is critical. Fresh soil is essential for many reasons. Old soil becomes compacted and unable to breathe, making it difficult for plant growth. Adding a slow-release fertilizer to your soil conditions the soil to promote growth.

Let's get to the good part. The flowers! The first thing you should consider is exposure. Where will your plants be living? Will they be in full sun, part sun, or shade? Those are key factors when considering your purchase. If your front porch gets morning sun and shade in the afternoon, you should use part sun plants. When the backyard gets the scorching afternoon sun, use complete sun plants. Then, our shade-loving plants love bright light, not direct sunlight. Make sure you check the light requirements before purchasing.

Another thing to consider is watering requirements. Some plants are thirsty, while others may not require as much hydration. I always suggest combining plants/flowers with similar requirements. Have fun using a thriller for height and creating drama, a filler around the perimeter, and a spiller to cascade over the edge.



Sandi Triffon is a Tartan Field resident

and owner of House of Blossoms. Her company specializes in container gardens and window boxes. Sandi enjoys creating outdoor living spaces that are an extension of your home.

Sandi Triffon, owner of House of Blossoms and Tartan Fields' Resident

To reach Sandi, please call 614-519-8523 or email Sandi@ houseofblossoms614.com. Her website is HOUSEOFBLOSSOMS614.COM.







BRIDGEPARK

Abby Mason 614-620-7420 abby.mason@jhilburnpartner.com

s the first buds of spring emerge and the warmth of summer beckons, fashion enthusiasts proudly unveil their latest creations, a testament to their commitment to staying ahead of the fashion curve. This season, customers are invited to explore a blend of tradition and innovation in every stitch and silhouette.

Understanding that style is personal and timeless, these new offerings are more than just clothing—they're personalized experiences tailored to fit the unique contours of life. Each piece is custom-made, ensuring that wardrobes are as unique as fingerprints. From the soft caress of premium fabrics against the skin to the impeccable fit that comes from masterful tailoring, every detail is crafted with the individual in mind.

We've pushed the boundaries of creativity to craft looks that seamlessly blend the contemporary with the classic. Inspired by the vibrant energy of spring and the relaxed vibe of summer, the spring/summer collection features an array of colors, patterns, and textures designed to elevate wardrobes. Whether stepping into the office, attending a special event, or enjoying a weekend getaway, these offerings provide the perfect blend of comfort, style, and sophistication.

Why wait for warmer weather to refresh wardrobes? With these new creations, customers can confidently start the season knowing they're dressed in the latest styles tailored just for them. Discover the future of fashion and make this season the most stylish one yet.

CANINE COLLECTIVE OHIO DOG RESCUE

Making a Difference, One Paw at a Time

anine Collective Ohio Dog Rescue stands as a beacon of hope for countless dogs in need, offering them a second chance at finding their forever homes. With a mission rooted in compassion and dedication, this nonprofit organization strives to rescue dogs from high-kill shelters, hoarding situations, and families facing a crisis. Their commitment to these animals is unwavering, and they rely on the support of generous individuals like you to continue their lifesaving work.

There are numerous ways to lend a helping hand to Canine Collective and support their mission of rescue and rehabilitation:

• Make a Donation: Whether you make a one-time contribution or become a Guardian Angel with recurring monthly donations, every dollar counts towards providing safe shelter, food, medical care, and ongoing support for the dogs in your care. Donations can be made securely through PayPal, Venmo, or by sending a check directly to the rescue at:

Canine Collective,11144 State Rt. 42, Plain City, OH 43064

- Register for Kroger Community Rewards: By selecting Canine Collective Group #84157 as your charity of choice on the Kroger Community Rewards program, a portion of your purchases will be allocated to the rescue. It's a simple way to support their cause while shopping for everyday essentials. www.krogercommunityrewards.com
- Get the free "Walk For A Dog" app on your cell phone.:

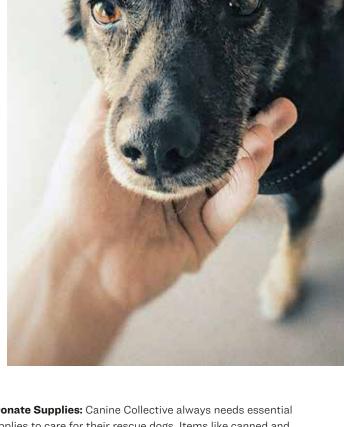
 Download the free "Walk For A Dog" app and list Canine

 Collective as your chosen rescue. Simply by taking walks

 with your furry friend (or even an imaginary one!), WoofTrax

 will make donations to the organization, helping to fund their

 efforts to save more dogs.
- Adopt from Petfinder.com: Consider adopting a homeless dog or cat from Petfinder.com, where you can find a wide selection of loving animals needing forever homes. By adopting, you not only give a deserving pet a chance at a better life but also open up space for Canine Collective to rescue more needy animals.
- **Volunteer:** Get involved directly by volunteering your time and skills. Help showcase adoptable dogs at Petsmart adoption events, assist with walking dogs, provide support at the kennel, or lend a hand with event planning, fundraising, and grant applications. There are numerous ways to contribute your time and make a meaningful impact.



• **Donate Supplies:** Canine Collective always needs essential supplies to care for their rescue dogs. Items like canned and dry dog food, treats, cleaning supplies, blankets, towels, toys, and more are greatly appreciated. If you're unsure what to donate, contact the rescue or check their wishlists on Amazon and Chewy.

Every act of kindness, whether big or small, helps Canine Collective continue its vital work in saving and improving the lives of dogs in need. Together, we can make a difference and ensure that every dog has the opportunity to find love, safety, and a place to call home.

Canine Collective

Website: caninecollective.org Email: info@caninecollective.org Address: 11144 US-42 Plain City, OH 43064



enmo@caninecollective

Stroll Tartan Fields 25

24 May 2024



Vounglife is a Christian ministry that introduces high school students to Jesus Christ.

We believe everyone deserves the opportunity to hear the good news of who Jesus is and that he loves them unconditionally.

WHO WE ARE: Jerome Younglife is led by eight volunteers, college and post-grad leaders, who have a personal relationship with Jesus and want to bring that same gift to high schoolers. We were all in high school once and understand how hard it is to know your worth and purpose, and we want to point everyone at Jerome to the truth of what defines them.

WHAT WE DO: We hold weekly events every Monday and Wednesday during the school year:

- Monday: We either have a fun activity or "Club" where we have games, competitions, music, and a short message at the end. This is an event that students can bring their friends to and be themselves.
- Wednesday: Campaigners is a weekly bible study led by a leader where a message is prepared to help students understand the Bible and help them grow into their faith, no matter what stage they are in.





ONE-ON-ONE: Outside of clubs and campaigners, leaders are involved in kids' lives by creating meaningful friendships, small-group Bible study, and coaching their high school sports teams.

CAMP: Younglife camp is more than your typical summer camp; it is guaranteed to be the best week of your students' lives. It is a week in a resort-style camp with every fun activity you can imagine: water slides, kayaking, zip-lining, etc. Every morning and evening, students and their Younglife leaders Have the opportunity to engage in talks with a camp speaker about Jesus. Camp is our favorite thing all year; every kid is welcome!

This month & summer at Jerome Younglife:

- Campaigners every Wednesday at 8 pm
- · May 6th: Club 9536 Brock Rd
- May 13th: Kiddie Pool Kickball at Holbrook
- June 3rd: Paint War at Holbrook. Incoming freshmen to Jerome are invited!
- · June 16th-June 22nd: Windy Gap,
- a Younglife Camp in Weaverville, NC

Feel free to contact Team Leader Rachel Bond (614) 849-8962 or our full-time staff Area Director Ben Allen (330) 641-2412 if you have any questions or want more details.

Follow us on Instagram @JeromeYounglife for weekly updates and pictures of your students. Sign up for our Remind 101 - text @djhsyl to 81010 to stay in the know.



BY PETER ZELLMER, HEAD GOLF PROFESSIONAL AT THE CLUB AT TARTAN FIELDS

SOLID SET UP POSTURE

Stand tall, rest your club on top of your thighs, and bend from the waist while slightly flexing your knees. Do this without hunching your back. The arms now hang under you, and the club can be held at a 45-degree angle with your gloved hand. Then, add the second hand.

MAKE SURE YOU SQUARE WITH THE CLUB FACE

Set an alignment stick outside the golf ball, creating a 90-degree angle to the intended target line. Match the clubface to the alignment stick, then pull it back to the ball. You will see that it is square to your target line!

CHIP OVER YOUR GOLF BAG

Set a golf bag down on its side, 2 feet in front of the ball. Now hit down on the ball to pop it over the bag and onto the green. This will teach a downward striking motion and allow the ball to stop quickly on the green.



Updates and Initiatives from Tartan Fields HOA

Please visit www.tartanfieldshoa.com to sign up for our community information updates

Firstly, we want to express our gratitude for the recent unseasonably warm temperatures that allowed us to complete the painting of streetlights and street posts far ahead of schedule. This accomplishment not only enhances the aesthetic appeal of our neighborhood but also contributes to our overall safety and well-being.

Looking ahead, our focus will now shift towards straightening all poles. We acknowledge that this task poses challenges as the poles are set in concrete. However, we are committed to addressing this issue efficiently and effectively to ensure the continued improvement of our community infrastructure.

Additionally, we are pleased to announce that the reduction of HOA maintenance expenses has commenced with successfully completing the Tartan Fields Dr & Morris Dr common feature landscaping overhaul. This initiative reflects our ongoing efforts to optimize resources while maintaining our neighborhood's high standards.







As a friendly reminder, we would like to emphasize that all exterior and above-ground modifications to your property must receive prior approval from the Architectural Review Board (ARB). You can find detailed submission guidelines and the necessary forms on our HOA website at https://www.tartanfieldshoa.com/submissions. Your cooperation in adhering to these guidelines ensures the preservation of our community's character and integrity.

We appreciate your continued support and cooperation in making Tartan Fields a wonderful place to live. If you have any questions or concerns, please do not hesitate to contact us.

Tartan Fields Homeowners Association





Welcome New Advertisers!

In the spirit of community partnership, we welcome our new advertisers, whose collaboration strengthens our magazine's presence. Our publication thrives due to your support, enabling us to deliver engaging content to our readers—a heartfelt thank you to our renewing advertisers for their continued commitment. Your contributions ensure that our magazine remains accessible to all, fostering connections and enriching the lives of our readers. We encourage our neighbors to support these valued advertisers as we move forward.

New Advertisers

- The Memorial Tournament
- Ohio DERM Dr. Michael P. Conroy (Tartan Fields' Resident)
- J. Hilburn Clothing-Abby Mason (Tartan Fields' Resident)

Renewals

Dorner Plastic Surgery



REAL ESTATE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional,

Submitted by Tartan Fields resident realtors Pam & Jon Kirk Featured properties may not be listed by the office/agent presenting this brochure. Source Multiple Listing Service. All information herein has not been verified and is not guaranteed.

Address	List Price	Sale Price	Sold Date	DOM	Beds	Baths	Parking	Sq Ft
8152 Flynn Lane	\$725,000	\$725,000	03/22/24	11	4	3	2 CAR GAR	3284
8100 Tillinghast Dr	\$2,150,000	\$1,950,000	02/23/24	45	4	4	4 CAR GAR	8650
6930 Rob Roy Drive	\$779,000	\$770,000		38	4	3	3 CAR GAR	4245
9110 Tartan Fields Dr	\$2,750,000	\$2,700,000	01/12/24	3	6	6	3 CAR GAR	9139
8128 Grant Drive	\$1,125,635	\$1,121,911	12/28/23	64	4	3	3 CAR GAR	4493
7758 Tillinghast Dr	\$1,150,000	\$1,200,000	12/22/23	2	4	4	3 CAR GAR	5284
9149 Tartan Fields Dr	\$999,999	\$1,050,000	10/31/23	1	4	4	3 CAR GAR	5195
6619 Brodie Blvd	\$1,200,000	\$1,200,000	10/10/23	1	6	5	4 CAR GAR	4795
9903 Macdonald Drive	\$887,000	\$875,000	08/30/23	9	4	3	3 CAR GAR	4171
10056 Morris Drive	\$1,600,000	\$1,600,000	08/09/23	1	4	3	3 CAR GAR	5137
8983 Tartan Fields Drive	\$950,000	\$1,060,000	07/05/23	6	4	4	3 CAR GAR	5069
10400 Mackenzie Way	\$1,150,000	\$1,300,000	06/23/23	3	5	4	3 CAR GAR	5693
6476 Brodie Blvd	\$785,000	\$825,000	06/23/23	6	4	3	3 CAR GAR	2382
9799 Glasgow Ct	\$679,777	\$715,777	06/15/23	4	4	3	3 CAR GAR	2966
7579 Tartan Fields Dr	\$1,000,000	\$1,100,000	05/10/23	2	4	4	3 CAR GAR	5043





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A MESSAGE FROM YOUR TARTAN FIELDS REAL ESTATE **SPECIALISTS & NEIGHBORS**

A community like Tartan Fields deserves to have its real estate represented by knowledgeable experts who live here and know what's happening in the local real estate market. As your Tartan Fields real estate specialists and neighbors, we believe that keeping you informed of market activity in our neighborhood is one of the best services we can provide.

When the time comes to make a housing investment change, you have an exceptional team of business minded professionals with a combined 49 years of experience at your service. We are prepared to help you in all aspects of your investment with services to stage and sell your home, marketing strategies to gain exposure, and expert negotiating skills to close the deal.

When it comes time to buy or sell a home, we look forward to hearing from you with any questions big or small and to being your go-to resource for all things real estate. - Jon & Pam Kirk

May Schedule Of Events

The Dublin Market Bridge Park Saturdays 9AM- 12PM TheDublinMarket.com

Coffman Homestead Open House May 5th 1PM-3PM Dublinohiohistory.org

> Memorial Day Ceremony Old Dublin May 27th 11AM Dublinveterans.com

Market Forecast

With many homeowners "locked in" at low interest rates, demand continues to outpace housing supply.

"We don't expect to see a meaningful increase in the supply of existing homes for sale until mortgage rates are back down in the low 5% range, Housing stock remains near historic lows especially entry-level supply which has propped up demand and sustained home prices. So if you want to sell - now is the

> Call Jon & Pam when you are ready to sell!

resident business guide

We would love to have you if you are a resident business owner and want to get noticed by your neighbors. Get in touch with us today. We want to introduce more residents to neighborhood-recommended and preferred companies if you know a business that would benefit your Tartan Fields neighbors. Don't hesitate to get in touch with Amber Mustafaga @ amber.mustafaga@n2co.com.

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A Publication for the Residents of Tartan Fields



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