Hello from the LHP office at The University of Cincinnati!

This newsletter is covering the fall ‘13 semester and we want to congratulate Sean Cox for being named the 2013 Homecoming King at the Homecoming festivities! The sophmores went to Camp Joy and had a great time teambuilding! We also have two alumni spotlights in this issue - one who is in the Army and one who has started his own health wellness company.

As you know - we love hearing from current students, alumni & all of our LHP friends & partners! Email Ashley.McFarland@uc.edu with any exciting news you’d like to share!

In the next issue look for information on our freshman interviews/information exchange for the Class of 2019 and the pre-junior’s trip to Asia!
CAMP JOY—THE OUTDOOR CLASSROOM

BY TY WAHLBRINK ('17)

Crackling nightly campfires; fresh, salubrious country air; immaculate yellow and cardinal red leaves blowing across fields; succulent golden-brown, perfectly gooey marshmallows and handcrafted S’mores; and rope-burn, soreness, and bruises: these 5 elements encapsulated the Second Year Honors-PLUS Leadership Retreat at Camp Joy. On the weekend of November 8-10, 2013, the Class of 2017 retired its business casual wardrobes, set up its email auto-replies, and bade farewell to its friends and organizations and packed up its suitcases and caravanned towards the idyllic Camp Joy.

One might ask: why would we retreat into the wilderness away from the professional and collegiate environment to learn how to become better leaders in the professional and collegiate worlds? It became evident at the end of the weekend that it was necessary to remove us from our hectic lives on campus in order to facilitate an intense inward dive into our personal abilities, strengths, and values. Consequently, by withdrawing from our routine lives in Cincinnati, our class reinvigorated our relationships with each other and emerged as a stronger team.

As our clocks struck 4:30pm, all of us loaded into our carpools, and headed to 71-N, eager to start our weekend getaway. Our excitement quickly turned to frustration as we stalled in over 20 miles of crawling traffic as we attempted to escape the city. Once we all safely arrived and unloaded what seemed like the entire inventory of a Goodwill, Matt, our weekend facilitator, guided us along wooded, unlit, leaf-covered trails to our cabins and we instantly battled for the bunks closest to the power outlets.

After our first group dinner over discussions about our high expectations for the weekend, Matt led us into the Leadership Classroom where we discussed our individual and collective goals for the weekend and the semi-official retreat hashtag—#LHPLeadRetreat13—was coined by this author. Many of us discussed how this weekend was the perfect opportunity to apply what we had learned in Bill Bagley’s honor seminar Character Based Leadership such as bearing under pressure, unconditional positive regard for others, and goal-orientation, among other lessons. We divided into 5 groups and, leveraging our creative classmates, incorporated many of these leadership themes into metaphors in artworks, such as Abby Dorsten’s rendition of James Cameron’s Avatar’s Tree of Life and Meghan Pope’s and Aaron Vennemeyer’s depiction of a funnel that distributed work among a team.

With our goals and community rules established, we shed our extra layers and headed to the Camp Joy Recreation Center for some (mostly) friendly competition. The main event was GaGa, during which the likes of Nick Partie and Matt Murphy emerged as the Roger Federer and Rafael Nadal of GaGa, while this author suffered a number of tumbles and early eliminations. To conclude the night, our class was treated to a roaring campfire with toasty S’mores prepared by Samson Lewis and Ciara Wagers, all while reminiscing some of some stories from Turner Hall.

On Saturday, to build trust in our classmates, Matt decreed what seemed like a both cruel and unusual punishment—to set and to disarm a mouse trap—blindfolded. To challenge our class to manage conflict effectively, we had to guide a marble—which was actually a new hire we had to mentor whom Jenna Ahlers affectionately named Jill—into a can about 150 feet away. To force us to challenge each other, our class confronted the Wild...
was swinging on the practice element while swinging Miley Cyrus’s “Wrecking Ball.” Once secured, our class whizzed through the trees on ziplines and traversed precarious elements such as a swinging platform, a razor thin wire, and the deceptive “Mario Kart.” After we descended from the tree tops and stuffed ourselves with another exquisite dinner, those with energy left played more GaGa and some basketball, while those who were exhausted retired to some quiet euchre.

Exhausted by the physical wear of Saturday but energized by the bonds our class has forged over the challenges, at breakfast we discussed plans for the class to travel to UC’s bowl game and dreamed about spending New Year’s Eve in Times Square watching the ball drop should UC play in the New Era Pinstripe Bowl in Yankee Stadium. Lost in this daydream, Matt guided us to our final activity—the Pamper Pole. Each of us climbed this pole and jumped off with the customized support of our class, which ranged from Sam Lewis complimenting Meghan Pope on her ascent to Jenna Ahlers serenading Adam Millson on his climb. At the top, each of us had to commit to leap towards something to improve ourselves—and a lot of us leaped towards forging better relationships with our class.

Yes, the weekend was cold, and yes, many of us were sore for days, but the class unanimously agrees that this weekend was the highlight of our semester. With improved leadership skills and stronger relationships with each other, our class cannot wait to board the busses (or hopefully flight!) to Washington D.C. and New York City for our Domestic Trip in August 2014.

Woozy—a low ropes element that forced us to lean on a classmate to reach the other side—or else we would fall (which most of us did).

Some of us fallaciously assumed that these challenges would be the most difficult of the day: we were wrong. After lunch, Matt led us to a 14 foot wall, gave us a few safety rules, and instructed us to get everyone over it. Through collaboration and strategic planning, we were able to hoist and lift everyone over the wall, except Dan Billmann whose height and “mad jumping skills” were enough to propel him to the top. However, the main event was yet to come.

The final activity of the weekend was the daunting Gemini High Ropes Course. As we were being secured into our harnesses while safely on the ground, our class awed at the towering elements above us. Some of us, mostly the ever-adventurous Paige Bausch and Abby Dorsten—scrupulously planned their route to master each element, while Jenna Ahlers

CAMP JOY CONT

BY TY WAHLBRINK ('17)
So have you stopped to think about what makes the United States so great? The list would be endless, I would think and include things like the right to vote, freedom to say what you want, go where you want and pretty much do what you want within the confines of societal laws. Well ever since I can remember, I have always felt a strong urge to protect and defend those freedoms most of us have but never think about how we got them. And by that I mean, I wanted to enlist in the United States Army. While my desires were put on hold for good reasons, like receiving the Honors-PLUS scholarship to UC and then working at American Financial Group and Toyota as tax accountants. I was never exactly, happy with my work. Was I a good tax accountant?? Sure was, but within a few years of being out of college I knew if I stayed in this field, it would age me faster than I could imagine. So at the request of my wife, I looked elsewhere to see if it was just a change of scenery I needed. And within a few months at Toyota, I knew this was definitely not a career for me. Of course that led my family and friends questioning me about if I knew I didn’t want to be an accountant, why did I spend 5 years in college getting a degree in the field? Good question. I told them, because I was given a scholarship and I would be a fool to not take it. Plus I didn’t know then that I was not going to like it at all. So, after several long talks with the wife, she knew what I wanted to do all along and how it could make our lives that much better.

And that was to enlist in the Army. This would allow me to fulfill that natural patriotic urge and gain military/government experience for what I want to do after my time in the Army.

Once early May came around, I started the process to enlist. Now when I went in to enlist, I was unaware of all the “jobs”, the Army offered. I looked over the descriptions of jobs ranging from combat medic, missile defense technician, and telecommunications operator. So, there was definitely a wide arrange of jobs to choose one. Now I can’t really describe what career field I took but it is important enough to where I can’t even tell people outside of my immediate family what it is I do. And the field that I am in would be considered the top 10% of everyone in the military; so there is definitely prestige with what I do and it isn’t easy. There is an unusually high failure rate, which makes this field extraordinarily difficult as well. But the doors this will open in a few years will be numerous and allows me to keep doing what has excited me all my life. But since my training is just beginning I don’t have much to talk about but I can give everyone a glimpse into what basic training is about.

Now Basic Combat Training is
tough on anyone, let alone a 30 year old. So, when I went to Basic, it was a huge life changing shock. Having training days start at 04:00 and last to 22:30 definitely required more mental and physical strength than people would imagine. Every day was about learning to work as team, if one person fails, everyone fails. And everyone is corrected for the mistake. That’s probably the toughest part to get use to in Basic Training. Getting use to corrective training as a whole when one or two people are constantly making mistakes and bringing your platoon down. You have to work with them to make sure they are getting it together and following the Army standards. Everything we do in the Army has a specified order to be done in. Nothing ever just happens without a rhyme, reason, or regulation describing how to do it a certain way. But following these helps train you for your military career. Because there are always rules to do something in the Army and Basic lays that foundation down to train you to follow orders, no matter how unimportant they seem. We are told constantly that not following seemingly least important order can lead to a fellow soldier being killed. Another thing that was difficult to get use to is eating. We were taught, “If you can taste it, you took too many bites.” Therefore we were trained to eat any of our meals within 5-7 minutes, a huge change from the civilian world. Another one of the culture shocks in the Army, is doing your ruck marches. Ruck marches are basically putting a giant backpack on, with about 75-90 pounds of gear in it, and hiking anywhere from 8 to 13 miles. Not exactly the easiest thing for any person to do. But not everything in Basic Training was all bad, even though most of it did get to you. We were trained how to shoot various types of weapons. I mean I got paid to go to gun ranges and perfect my shooting abilities; there aren’t many professions that can say that. We were also trained to be combat lifesavers and provide immediate medical attention. And best of all is the overwhelming sense of pride and patriotism I feel everyday doing my job. Only 10% of the United States population enlists in the Army. So that makes me one of the very few people in the U.S. with the determination to do this job. I am not going to lie, it feels amazing. And when I get the chance to walk off post, amongst civilians in uniform, the number of ‘thank you’s’ and people coming up to me saying how pride they are to have people like myself out there doing what we do, that makes me proud of my career choice and how I never had that feeling before. Obviously there are a bunch more of awesome things I get to do/have done but am not allowed to say. But so far in my brief military career, I have had some interesting experiences. And those experiences would have never happened if I didn’t decide to take that risk and enlist in the U.S. Army. But I have to say, that these several months have been an eye opening experience and have taught me so much. You learn about all the deeply rooted Army custom and courtesies that everyone thinks they know but really they have no idea. And you learn that it’s never about the individual, but being part of team. And doing things for the greater of the team. I am pleased with my decision, my wife couldn’t be more prouder for what I have done so far, and even my friends are realizing how much I have changed for the good since enlisting. I am kind of thinking that my choice is paying off, at least so far.
2010 Carl H. Lindner Honors Plus graduate, Zach Franke, made some big changes in the past year. From enrolling into a new school, to leaving his promising marketing career of three years, to starting his own business to pursue his passion in health and wellness; change defined his 2013.

Now a certified Holistic Health Counselor, or more simply put, a “Health Coach,” he heads full steam ahead into 2014, looking for change again, but this year, primarily for his clients!

Zach, owner of Health Coach Zach, is now in the business of change. Everyday, he works with men and women to help them lose weight, embrace a healthier lifestyle, and transform their lives through the power of practical, easily-implementable diet and lifestyle changes.

“I truly believe in the power of food. Food changes everything. It affects how you work, how you sleep, how you feel, how you interact with others, how you feel about yourself...your future medical bills...I mean EVERYTHING!” says Franke.

“But it’s not just the food we eat on a daily basis for breakfast, lunch and dinner that shapes our lives.”

Enter Primary Food. A concept unique to health coaching.

“Primary foods are anything other than food that nourishes you. Mainly, your career, your relationships, your physical activity, and even your spirituality.”

Franke explains, “I can get a client eating the best, cleanest, organic, and healthy food on the planet, but if they are in a job that they hate, or surround themselves with only negative people, or never move their body, and have no connection to some sort of higher purpose, I can almost guarantee that they are going to be miserable.”

Thus, Franke not only works with his clients on getting them to incorporate healthier foods into their diet, but also to instill healthier thoughts, habits, and actions in order to bring his clients true results that create lasting positive change.

“I passionately enjoy helping people lose weight and get healthier. Seeing the sense of accomplishment on someone’s face when they lose 10 lbs is priceless. However, witnessing someone that has lost weight and now feels in control of their lives, decide to talk to their brother for the first time in 4 years, those are the moments that really confirm for me that I made the right decision.”

“Certainly throwing caution to the wind, going against the grain, not following the risk-free path of career stability and a steady paycheck are all challenging. But I knew this pursuit is what I wanted to do, so I spent two years of intense study preparing before I left my other career.”

The school Zach attended, the Institute for Integrative Nutrition, is now the largest nutrition school in the world with over 40,000 graduates in over 110 different countries. Their mission is “to play a crucial role in improving health and happiness, and through that process, create a ripple effect that transforms the world.”

“I try to live that mission everyday, and trust me when I say that the world is waking up in a big way to the power of healthy living. Yoga is no longer just for hippies. Chia seed isn’t just for making furry green pets anymore. Quinoa even made it into a Bud Light commercial,” jokes Franke.

“But really, it’s an exciting time to be entering this field and I am most grateful that I have been fortunate enough to find what I want to do with my life.”

The first step for anyone interested in possibly hiring Zach as a health coach is to schedule a free 50-min consultation. “The consultation is held in a completely safe and confidential environment where a person can have someone listen intently and focus solely on them and their health for an hour, something that’s pretty rare in today’s current health care environment.”

For more information on Health Coach Zach visit his website, www.healthcoachzach.com, find him on Facebook for daily tips and inspiration, or you can also follow him on Instagram: @healthcoachzach
After confirming my admission to UC, more than once was I asked ‘why’? Aunts, uncles, and mostly peers wondered why I was ‘just going to UC’ and it was heartbreaking. Today, I have to hesitate before getting on my ROAR Tour Guide soapbox, but as a senior, I calmly tried to advocate for and promote things like co-op, international opportunities and an unbeatable honors program.

When I was in high school, I was fortunate to have a friend and co-worker who a Lindner student. I learned from him first-hand what co-op was like as he recalled a role at GE, what study abroad was like as he reminisced on a trip to Paris and how plentiful leadership opportunities were as he described his to me. This student opened my eyes to UC because I understood through his stories that success after college in large part comes from well-roundedness and that UC is unbeatable in providing and nurturing the crucial skills. I was sold.

It was apparent after only a few days at UC that there are so many passionate students here who possess a plethora of similar stories to my friend’s. I am a Bearcat because of him. Why not leverage the stories and passions of many students like him to work on changing the minds of high schoolers, people like my peers, who just weren’t as fortunate as me and ended up at other schools?

Lindner Ambassadors was created anew (previously ‘Business Ambassadors’) with the goal of recruiting passionate students to the organization and creating outlets for them to share that passion to assist in the college’s recruiting efforts.

Most significantly, ambassadors give the Lindner college close-up presentations to any student who signs up on the admissions website. Additionally, members are working to pilot a shadowing program, tailored high school visit sessions that will take us on the road, and a variety of educational group sessions in the college. We represent Lindner in the community, at special events, during open houses and more.

We made up of campus leaders, professionals, travelers, and salespeople who love UC and want to create relationships with prospective students and help them feel welcome here. While cooperative education sounds interesting enough when described technically, it sounds fascinating to a high schooler who is listening to a college student describe his co-op rotation at Delta, during which he got to travel to 15 countries, just one of the many experiences afforded through Lindner.

As a college, we have so many unique and valuable assets that prospective college students won’t be able to hear about in any other information session they may go to, so those are what we mainly promote: Cincinnati, Co-Op, the freshman Fast Track experience and our PACE curriculum. After a full semester of operation, the organization is functioning as fully intended and working out beautifully.
Great news! The winning UC Challenge team, Greasy E’s, has been selected as one of three semi-finalists for the PwC Case Competition! Our UC winning PwC team (Jack Wells, Nate Bennett, Neil Mullen, Clark Henson, Tommy Kreyenhagen) tied with two other teams for 5th place in the national PwC Assurance Challenge, placing in the top 7 teams in the country out of hundreds competing. They competed to break the tie for 5th place against teams from University of Illinois and University of California – Berkeley. Great work!

For her freshman internship, Lauren Mayernik, Class of 2017, served this past summer as a finance intern for Highmark Inc., a national diversified health and wellness company based in Pittsburgh that is among the largest health insurers in the United States and the fourth-largest Blue Cross and Blue Shield-affiliated company. Assigned to the Highmark’s new start-up integrated health care delivery system, the Allegheny Health Network, Lauren served as the intern to the CFO and directly supported the Vice-President of Strategic Network Development. Working with the senior leadership team of the Allegheny Health Network, Lauren was exposed to the strategic decision-making process required to launch a major new healthcare system in Western Pennsylvania that few summer interns, if any, ever are afforded the opportunity to experience. Lauren’s assignments included working on major initiatives of the start-up including revenue cycle operations, service line analysis, patient access observations, outmigration and leakage reports, physician group acquisition plans, physician productivity analysis, joint venture contracts, physician compensation reports and models, radiology scheduling, group processing unit forecasting, and policy and procedure development. Through her internship, Lauren acquired an in-depth understanding of the dynamic healthcare industry in Western Pennsylvania, regional network development, strategic decision making, hospital management, physician recruitment, and financial integration.

Nick Hertlein, Stephanie Kenning, Bethany Maynard and Kevin Gade ('13) competed in the Deloitte Battle of Ohio!

Congratulations to Sean Cox ('15) for winning the 2013 Homecoming King for the University of Cincinnati!
Alumni Corner

Brad Stephens ('10) had his wedding on December 7, 2013 in Cincinnati, Ohio. He met his wife Shelli while they both attended the University of Cincinnati. Shelli graduated in 2011 from CCM’s Electronic Media Program.

Josh Kaufman ('05) welcomed their son, Nathan David into the world. Their daughter Lelea is now almost 3!

Tim Metzner ('05) is always involved with our students in some way. Three LHP students (Bhavik Modi, Aaron Vennemeyer & Nick Partie) all participated in Cincinnati's Start-Up weekend. Tim is one of the organizers for it. Basically they have 3 days to create from scratch a business and pitch it to investors on Sunday. Pretty neat event that was put on and something that is very popular nationwide. Here is some more info: http://cincinnati.startupweekend.org/

Tim Metzner ('05) is always involved with our students in some way. Three LHP students (Bhavik Modi, Aaron Vennemeyer & Nick Partie) all participated in Cincinnati's Start-Up weekend. Tim is one of the organizers for it. Basically they have 3 days to create from scratch a business and pitch it to investors on Sunday. Pretty neat event that was put on and something that is very popular nationwide. Here is some more info: http://cincinnati.startupweekend.org/

Josh Kaufman ('05) welcomed their son, Nathan David into the world. Their daughter Lelea is now almost 3!

Christina Wagner ('06) is busy planning her wedding that will happen in Charlotte in August. Anna and Jess (both '06) are bridesmaids. Christina was promoted to manager in August, and has somehow found herself as the “employee satisfaction” chair for her division. Congrats on all fronts Christina!

Ben Hines (Grad 2006) shared news of change and joy in life. He and his wife Elizabeth welcomed a son, Caleb (April 2013), and they have been living in Istanbul Turkey since 2011. As an American diplomat serving abroad, Ben and his family continue their service, and are moving to Vienna Austria.

Zach Osborne has been named as the Director of the Academic Internship Program in the Division of Professional Practice & Experiential Learning at UC. This year UC is being honored with the Public University of the Year award from The Washington Center and Zach Osborne will accept the award on behalf of the university.

Josh Kramer ('12) sent an update about his job at ESPN and what he’s currently working on (the Australian Open was one of his most recently assignments!) - we would love more alumni to email us and let us know how things are going with your job & life! Email Ashley.McFarland@uc.edu anytime - alumni emails are among my absolute favorite!

Josh Kramer ('12) sent an update about his job at ESPN and what he’s currently working on (the Australian Open was one of his most recently assignments!) - we would love more alumni to email us and let us know how things are going with your job & life! Email Ashley.McFarland@uc.edu anytime - alumni emails are among my absolute favorite!

Upcoming Events & Key Dates:

January
Class of 2019 Interviews
February
Class of 2019 Interviews Cont.
March
6: Pre-Juniors leave for Hong Kong/Asia trip
April
25: Grad Cruise
26: Commencement