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# EUCIII) & COBSERVER

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Volume 10 • Issue 1 January 2019

#### **Euclid Culinary Bistro Holiday Buffet**



Chef Daniel Esquivel and his staff once again laid out a wonderful spread for the annual Holiday Buffet.

The prime rib carving station, and crepe station were a huge hit.



The Bistro is located in Shore Cultural Center and is open for lunch, Wednesday, Thursday, and Friday, 11:00 am to 12:30 PM during school. It as always best to call first at 216.261.2073.



# A Sparkling Holiday Celebration at Mama Catena's Restaurant



(story and more photos on page 7)

# The Observer Wants Your Story

The Observer is an ongoing experiment in citizen journalism. We do not have reporters. You get to tell your story in your own words. It's easy to submit a story. And there are a lot of great stories. Submit a picture with a caption. Submit a story about a good neighbor. Submit your Church's schedule of worship. Go to www. EuclidObserver.com, become a member and click submit story. If you are having a problem, give me a call. John Copic, owner and publisher, 216.505.0185.

### **Euclid Waterfront Update: Rocks are in the Water!**



The view from the first breakwater of the Euclid Waterfront Improvements Plan - Phase II, installed in December 2018.

by Allison Lukacsy-Love

After weeks of mobilization, clearing the bluff and removing impervious debris from the shoreline, construction of the first breakwater was completed in December for Phase II of the Euclid Waterfront Improvements Plan. The breakwater is composed of 1 and 2-ton limestone slabs specially selected from a quarry in Ohio and carefully placed in the water with GPS coordinates. It provides necessary shoreline stabilization

and forms the edge of new cobble beach to serve as nearshore wildlife habitat – as well as a place for the public to enjoy.

This critical milestone in construction represents nearly a decade in planning for lakefront development. Furthermore, the construction of this stone tombolo, other permanent breakwaters as well as temporary shoreline protection and turbidity barriers allow the contractor, Haynes Construction, to continue work in Lake Erie throughout



A temporary road at the tow of the bluff allows construction vehicles to access the water from city-owned property up above.

the winter

Phase II–West, beginning from the Joseph Farrell Memorial Fishing Pier and stretching east to City-owned property is anticipated to be complete in October 2019 with trail construction beginning in early spring 2019. The City of Euclid continues to engineer and fundraise for future phases. In December 2018, Council authorized the City to hire a fundraising consultant entirely with grant funds from the Cleveland Foundation to en-



Construction crews in Lake Erie, viewed from the east.

sure the successful completion of Phase II.

As the weather permits this winter, take a walk or bike down to the Fishing Pier for a front-row seat to watch the exciting construction activity. The City of Euclid's Facebook page regularly features photographs and other updates and all current construction projects in the City have information pages hosted on the main page of the City of Euclid's website (click on "Construction Project Updates").

### Dialogue



YOUR INDEPENDENT SOURCE FOR **EUCLID NEWS & OPINION** 

Published monthly with a current circulation of 10,000+ copies. The paper is made available free of charge and can be found at business locations within the City of Euclid and on our web site. The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the publisher and staff

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The mission of The Euclid Observer is to attract, articulate and amplify civic intelligence and community good will in the City of Euclid and beyond.

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help you through the process.

As a product of citizen journalism, The Euclid Observer is looking for people, ages 3 to 100, to get involved in the paper and the city. We are looking for volunteer writers, photographers, designers and illustrators to help with the production of the paper. It does not matter if you are a professional or an amateur, our editorial staff will be glad to

Register at our website Member Center where you can submit stories, press releases, letters to the editor and photos. Go to www.euclidobserver. com, click on Member Center, sign in, click on Submit Story, and start writing. No need to register to post online calendar or classified ads.

You can mail your stories to the Euclid Observer office at 1591 E. 230 Street Euclid, OH 44117

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**PUBLISHER** John Copic **ADVERTISING** 

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O, wind, if winter comes, can spring be far behind? Percy Bysshe Shelley

#### From the desk of the Mayor



Happy New Year to you! I hope you enjoyed the holidays and are ready for 2019 with re-newed energy, hope and optimism! The start of the year always flect on the past year and set goals for the

Highlights of 2018 include the adop-

tion of our Master Plan, progress on our Waterfront Improvements -"Rocks in the Water", the opening of Lincoln Electric's Welding Technology Training Center, the removal of the Euclid Square Mall to make way for the construction of new Amazon Fulfillment Center, and several other business expansions. We saw an increase of property values for both residential and commercial properties across the city. We hosted successful community events including the Wind Festival, concerts in the Park, Art Walk, Holiday Lighting Celebration, Frank Macuga Safety Day, Faith in the City events, and many neighborhood gatherings. There is so much more – I will share in a Year in Review in an upcoming

Of course there have been some chal-

lenges - but as with all things, we learn from the challenges, make changes and move forward! One thing is certain, there will always be different perspectives and our challenge remains to bring the community together to respect one another so we all can thrive! While much of the media and social media focuses on the problems at hand, I chose to focus on the assets and strengths of our community and build from that. I appreciate the many comments I receive from residents who feel positive about the direction of our community and are committed to its continued growth and

As I think about 2019, I remain committed to working together with the community and our partners to ensure Euclid is a community we all can be proud to live, work and visit. I look forward to continued business and commercial growth with the opening of Amazon, expansion of Lincoln Electric's new additive welding division, construction of the 4th building at Bluestone Business Park, expansion at Hose Master and other existing businesses. I look forward to welcoming new businesses like O'Reilly Auto, DaVita Dialysis and continuing to strengthen and beautify our business districts across the city. We will continue to focus on safety and improving our safety forces ability to respond in the

most effective manner. We will encourage new housing opportunities and continue the focus on increasing housing values and condition throughout the city. Progress will continue on the Water Reclamation project as the equalization tank is complete, work continues on the Headworks building and transition to Membrane Bio-Reactor treatment process. Construction will continue on the lakefront development plan and fundraising will continue to maintain the progress. We will continue providing opportunities for residents to come together through the City Hall Academy, Citizens Police Academy, Keep Euclid Beautiful as well as many community events and neighborhood gatherings.

January 2019

I remain confident that Euclid is a great community. I look forward to working with City Council, community organizations and partners, and our residents to continue the progress. If you have ideas to share or suggestions for how we can improve, I would love to hear from you and work with you to continue to strengthen our community!

Happy New Year, I look forward to a year of happiness, good health and much prosperity for the City of Euclid!

Mayor Kirsten Holzheimer Gail

#### 'Keep Euclid Beautiful' and the Big Clean look for volunteers in 2019



Help plan the Big Clean on Wednesday, January 23rd, 2019 at 6pm at Euclid City Hall.

by Allison Lukacsy-Love

In December 2017, Euclid City Council unanimously passed a ceremonial resolution recognizing 'Keep Euclid Beautiful' (KEB) as an affiliate of Keep America Beau-

ral year hosting multiple clean-ups around the City, painting a community mural in Downtown Euclid, and hosting events like the Rain Barrel Workshop and Eco-Friendly Fair at City Hall. The group took in grant awards and donations from local ming and projects in 2019.

This year, we look forward to creating an anti-cigarette litter campaign on bus shelters, refreshing the Adopt-A-Spot program and once again sweeping the "competition" in the annual "Big Clean" with the City of Euclid and Collinwood.

KEB is looking for volunteers just like you to join us and make a positive difference in the community!

The first meeting of KEB in the new year will be held on Wednesday, January 23rd, 2019 at 6pm at Euclid City Hall. The agenda will outline goals for 2019 and begin planning for the third annual Euclid v. Collinwood "Big Clean" Great American Cleanup. All (including Collinwood residents) are welcome to join this planning meeting.

If you are not interested in planning events, but still want to help create a beautiful Euclid, email Linda at LBeck@cityofeuclid.com to join the mailing list.

Save-the-date for the "Big Clean" city wide cleanup on Saturday, April 6th, 2019. Stay tuned for details.

### Rent going up? Throwing Money out the window?

Could this be the season you buy a new home? Attend our complimentary workshop. You can be closer to buying a new home than you think.

#### YOU'LL LEARN:

- How to get your credit mortgage ready

 Low and No down payment loan option When: January 23, 2019 at 6:30pm Where: Shore Cultural Center 291 E. 222nd St, Euclid OH 44123 Registration: via Email to: cosmob@amerifirst.com

or call 216~302~3032 ext. 2. Name, phone and email (if applicable) required. Limited seating applies.

Anita Hollins C21 Homestar (216) 324~5790

Cosmo Berardinelli Branch Manager Amerifirst (216) 302~3032

Debra L Hamelin Sales Manager Harvard Title Agency (216) 485~3550

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• Local programs and grants Available



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### Euclid Library

#### **January Programs at Euclid Public** Library



by Ashley Gowens **Author Visit: Mindy McGinnis** 

Wednesday, January 16

6:30 PM / Lake Room

Edgar Award-winning author Mindy Mc-Ginnis shares the research that went into writing her novel, acclaimed novel The Female of The Species, as well as the publishing process for the book, which spans nearly 15 years. This program is for teens and adults. No registration required but space is limited. Arrive on time to claim

Remembering Dr. King and the Nation's **Incomplete Civil Rights Legacy** 

Sunday, January 20 2:00 PM / Shore Room

After the recent commemoration of the 50th anniversary of the assassination of the Reverend Dr. Martin Luther King, Jr., it is time to reflect upon the promises made and not yet kept in the name of civil rights and social justice. Presented by Professor Ric Sheffield of Kenyon College. Light refreshments will be served.

Starting a Business or Nonprofit Tuesday, January 29

6:00 PM / Lake Room

Have an idea for a business or non-profit but not sure where to start? Join us for an informative training session to start you on the path to success. We will discuss the structure of the different types of entities, the proper filings, tax implications, budgeting, and much more. Presented by B.B.L.O.T.T. and Euclid Chamber of Com-

Evening Book Discussion: Becoming by Michelle Obama

As First Lady of the United States of Amer-

memoir by former First Lady Michelle

Wednesday, January 30 6:30 PM / Fireplace Area

ica--the first African American to serve in that role--Michelle Obama helped create the most welcoming and inclusive White House in history, while also establishing

herself as a powerful advocate for women and girls in the U.S. and around the world. She dramatically changed the ways that families pursue healthier and more active lives, and stood with her husband as he led America through some of its most harrowing moments. Join us this evening as we discuss this powerful and inspirational

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mobile device.

To complete your meeting room reser-

### **Outreach Services at EPL**

able to residents of any age or income level who are homebound. Whether a person is homebound temporarily, such as someone recovering from surgery, or a permanent **OUTREACH** SERVICES shut-in, we can bring library service to his or her door.

If you or someone you know, could use this service, please contact the Euclid Public Library Outreach Department at 216-261-5300 x750, or email us at outreach@ euclidlibrary.org.

#### **Book Your Next Meeting Room with** LibCal



by Ashley Gowens

by Ashley Gowens

The Euclid Public Library offers monthly

delivery and pickup of library materials

for Euclid residents who are unable to leave

their homes. This service is free and avail-

Euclid Public Library now offers LibCal, a new online meeting room reservation platform patrons can use to schedule meeting rooms remotely. Euclid Public Library and CLEVNET cardholders can book and check the availability of meeting rooms at EPL any time of day from any computer or

Users can access the LibCal platform by visiting www.euclidlibrary.org/meetingrooms and agreeing to the meeting room policy. Once selected, patrons will be prompted to choose "Public Meeting Rooms," and filter their selection to accommodate their capacity needed and desired reservation date.

vations, users must acknowledge they that they have read and understood the Euclid Public Library Meeting Room Policy regarding meeting room and equipment use, and as the representative of the notfor-profit organization, they guarantee to comply with the policy.

Room availability will be up-to-date, and the library will notify applicants about their request within a 72-hour window. All requests made must fall within the designated four-month interval outlined below:

Beginning Meeting rooms can be requested for dates

In progress: January 1 – April 30, 2019 Monday, March 4, 2019: May 1 -August 30, 2019

Monday, July 8, 2019: September 1 -December 31, 2019 Monday, November 4, 2019: January 1 -

To book your next meeting room today, visit www.euclidlibrary.org/meetingrooms.



month to discuss sponsored activities and events, and fundraising initiatives at the

Euclid Public Library Friends of the Library Board Members with Director Kacie Armstrong and Women in

Each year, the Euclid Public Library Foundation hosts annual giving campaigns, in addition to holding after-hours

The Boards of the Euclid Public Library

Foundation and Friends of the Euclid Pub-

lic Library are actively seeking new mem-

bers. Board members share a common goal

to stimulate interest in the library, its many

The respective Boards meet once a

services, activities, and needs.

by Ashley Gowens

fundraising events. The Friends of the Euclid Public Library

Board sponsors book scholarships to grad uating Euclid High School students, funds tuition scholarships for library employees going to college, purchases prizes for library contests and materials for library spaces, like Sparkle Spot.

Terms are limited, and no experience is necessary; all are welcome. For more information about the Boards, please contact the Foundation at via email at foundation@ euclidlibrary.org or the Friends at foepl@ euclidlibrary.org.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." – Dr. Seuss

### Opinion

#### Life as a Vegan



Recently my good friend Dashaun Jones has being living the Vegan culture life . I was so amazed by his Drive to live and try something so different from how he came up eating the traditional food culture, so I had to give him this interview on how and why he did it

Q: So with the popular tradition dishes such as, pizzas, cheese steaks, mexican grill foods, and etc. So what made you decide to go the Vegan life?

A: I was trying something new. I wanted to experiment with this way of dieting to see how it would effect me. I was drinking 2 energy drinks a day and wanted to find a much healthier way to build energy. I did research and learned that various fruits could improve my energy and thought i might as well go full vegan.

Q: Years of eating food you grew up on how hard was the transitions to switch to vegan eating?

A: Tough. Real tough. The whole first week all i would think about is hot wings with ranch. It's always the wings. It was a mental thing. I saw results the second day so i didn't want to stop the diet. I had to stay diligent and remember why i started this iourney to begin with.

Q: So how did you start off? What did cutting out your diet? And what did you start putting in your diet? Since been a vegan, what changes have you noticed so far with your change of eating?

A: To answer the first two questions, as a vegan i had to cut out anything i ate that came from an animal, or had something from an animal in it. Next, i did excessive

research on what vegans would normally eat. I also understood that i had to change my whole way of eating.

Q: With being a Vegan do you believe in growing your food or buying vegan food from the stores? Do you see the world shifting over to the vegan life?

A: Growing your own foods are more beneficial than buying foods from a store. You never know exactly what they are doing to the foods in the stores. And yes, more and more people are waking up and joining the vegan way of living.

Q: Do you think your the closing the gap for the future of traditional food culture for your family, by showing your kids a life that they could learn and pass down

culture to their kids?

A: This is most definitely changing the way we eat and look at foods. My daughter rarely eats meats and is one of the most healthiest kids ever. With that being said, her diet made it even easier to change our diet and i know she will have influence on other kids with this diet and i do expect this generation to pass down these habits.

Q: Do you think you can continue life as a vegan or is it faze that you are this curious

A: As of right now I faze in and out of the vegan diet because i haven't quite master my protein intake, but I could definitely do this as a permanent diet.

You can follow Dashaun Jones on instagram and twitter @dae\_12\_dae. I can be followed on Instagram @imthegreatdame Twitter damehayes1

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#### The Peoples Perspective

As a current resident and as an American citizen, I wish to aid in making Euclid

My first idea here, and it's a very simple one, an I hope all Euclidians will support.

First and foremost I would like our City Government as well as the School Board to be a open and transparent operation. I would recommend an open checkbook, where citizens could actual see and participate in all of the City and School Boards revenue and expenditures. As concerned citizens we have a duty to participate and understand. Can we not designate a place on the School Boards and the City of Euclid web sites where citizens can see for themselves where and what our tax dollars are being spent for and on. It is my understanding (for example) that the city of Euclid is in financial hardship. Are we?

My example of this is that in the past

November ballot, our city ask for a special road tax to repair some roads. Why because we have not budgeted for roads in a long time. You the people voted NO to this extra road tax, and rightfully so.

January 2019

Over 15,000 people voted in our November elections, that is over a 150% increase over 2016 and that being a Presidential election, soI thank all who voted against

I would like to wish all health, happiness and prosperity for 2019 and beyond.

It is my hope to bring about a Fair, Just and Transparency to the Euclid School Board and the City of Euclid. I ask all the citizens of Euclid to participate and voice your opinions in the open forum discussions held by our City in the City Hall building every first and third Mondays beginning at 7 pm.

With that I conclude and wish all a HAPPY NEW YEAR .....



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#### Finance

#### Merchant Data Breaches, the Gift that Won't Stop Giving

by Dave Godek

The pressure is on. You've grabbed the last of this holiday season's popular toy off the shelf. You race to the checkout counter, swipe your debit card, and... "declined!" Why, you wonder? Chances are, it's because your debit or credit card information has been compromised due to a merchant whose data protection infrastructure was penetrated by fraudsters forcing your financial institution to suspend your ac-

It's a common occurrence these days, and it's creating frustration for not only consumers but for the financial institution that provided you that card. Each day, credit unions like Eaton Family Credit Union receive a list of potentially-compromised cards due to frequent merchant-borne data breaches. It's in our best interest to protect our members and, therefore, must cancel those debit and credit cards in the hopes of lessening the amount of fraud exposure. Often it is too late, and if our members are defrauded, we will make them whole, and promptly order and send a new card.

Credit unions not only cover the cost of fraud, but also the costs of blocking transactions, reissuing cards, increasing staff at call centers, and monitoring consumer accounts. After the Target breach in 2013, for example, credit unions were left on the hook for \$30.6 million, according to estimates by the Credit Union National Association. Additionally, credit unions reissued roughly 4.6 million credit and

debit cards in the aftermath. The 2014 data breach at Home Depot was larger than Target, costing credit unions an estimated \$57.4 million

Ever wondered how much cost incurred by credit unions, and, as such, their members to merchant data breaches, is repaid by merchants? Zero. As member-owned, not-for-profit insti-

tutions, these dollars are better used for lending to consumers and small businesses in Northeast Ohio. It also causes great reputational harm

to credit unions such as ours. Each time a member is inconve nienced by card cancellation, the finger is usually pointed

back us. That's pounded the fact that merchants aren't required

to notify institutions like ours after a possible breach has occurred. The sooner we can identify the source of the breach, the more quickly we can inform our members and reduce the amount of fraud.

Congress needs to pass legislation that would subject merchants to the same data

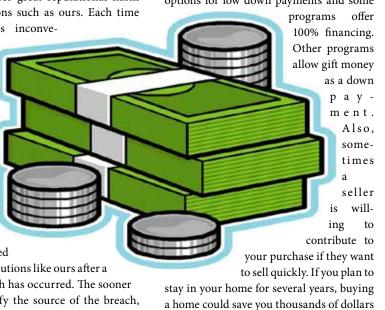
### Why Buy Instead of Rent?

by Cosmo Berardinelli

and buy a home of your own? While buying isn't right for every person or for every life stage or circumstance, there are several perks of homeownership that tend to stay stable over time. These include building long-term equity, the comfort and pride that can be associated with owning your own home and, of course, lower overall

Is it time for you to get out of the rent race

If you don't think you can afford to buy a house right now, then you may not know all of your options. Many loan programs offer options for low down payments and some



renting. And you can get rid of the nosy neighbors upstairs!

DOOR PRIZE TO THE FIRST 5 WHO REGISTER ONLINE

BENEFITS OF HOMEOWNERSHIP:

Tax deductions

• Unlike rent, property taxes and the interest on your mortgage payment are all tax

Home equity is the difference between the value of your home and the amount you owe on your mortgage. As you pay your mortgage down each month and your home value appreciates, you build more equity to your overall net worth.

• Affordable payments:

Your mortgage payments could be the same or less than what you're paying in rent. With a long-term, fixed-rate mortgage, your payments will also remain stable and predict-

• Express yourself:

When you own your own property, you get to control it. That means planting your favorite flowers in the garden, allowing Fido in the kitchen, and having friends over after



## **JOIN US FOR LUNCH & LEARNING**

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#### **FOOD OVER MEDICINE**

Tami Pace, HHA Serenity Wellness Center

Learn how simple changes in your diet can make a profound impact on your overall health.

#### **REFUSE TO BE A VICTIM**

Doug Murillo & Ted Reed **Action Defense** 

Learn how to easily and inexpensively create layers of safety in your life.

#### **VETERANS BENEFITS** John Reiss & Adam Sandor

Cuyahoga County Veterans Service Commission

Benefits discussed will include Federal Disability, *Pension, and Emergency Financial Assistance.* 

#### **HOME & PALLIATIVE CARE**

Sean Droney Residence Home Care

about the benefits of receiving care in your home.



**TUESDAY, JANUARY 29, 2019 12 PM** 







Dispell the myths of palliative care while learning

#### Lake Erie Folk Fest returns to Shore Cultural Centre!



Richie & Rosie will be performing in the evening concert at the Lake Erie Folk Fest at Shore on Feb. 23rd.

by Mark Laskey The fourth Annual Lake Erie Folk Fest (LEFF) will be held Saturday, February 23, 2019 at the Shore Cultural Centre located at 291 East 222nd Street in Euclid. This annual event celebrates a diverse array of traditional music and dance styles from a wide variety of cultures, and provides free afternoon workshops, with accomplished instructors, to encourage the preservation of and participation in the traditional arts.

Musicians, dancers and fans of bluegrass, old time, Irish, blues, polka, ballads and everything in between are welcome to participate in LEFF's free workshops, dances and mini-concerts from 1:00 to 6:00 PM at the Shore Cultural Centre. There is something during the afternoon for all ages and any skill level. There is also plenty of room for musicians to get together and jam throughout the course of the day. The event will cap-off with a 7:30 pm concert featuring the acclaimed Americana due, Richie & Rosie, who present traditional and original music in unique and wonderful settings. Other featured performers include:

Jim Volk - Guitarist Journeywork - Traditional Irish music featuring flute, whistle, uillean pipes and



Enjoy a performance by Shir Kalaa Mandir at the Lake Erie Folk Fest on Feb. 23rd at Shore Cultural Centre.

Shri Kalaa Mandir - Classical Indian Mu-

The Chardon Polka Band- Polka, what

All Saturday afternoon workshops, mini-concerts and dances are free and open to the public and tickets for the evening concert are \$10 (advance) and \$15 (day of show) with 12 and under free! Additional information regarding the festival may be found on its website http://www. lakeeriefolkfest.com, including how to support the program as a sponsor, or call 216-289-8578. The event is presented by Shore Cultural Centre and the North East Ohio Musical Heritage Association. Mark your calendars now and plan to spend the day with great people and great music!

January 2019

Also, warm up for the fest by joining us for the Festival Kickoff, Friday, Feb. 22, 7:30 PM Community Dance with the Saints and Opossums at Shore, \$10 adults, \$5 students, children 12 & under free!



ulturalcentre.com

**VISIT OUR WEBSITE:** 

#### **Lake Erie Folk Fest Community Dance**

Friday, February 22, 7:30-10 PM Band: The Saints and Opossums

#### **Lake Erie Folk Fest**

Saturday, February 23

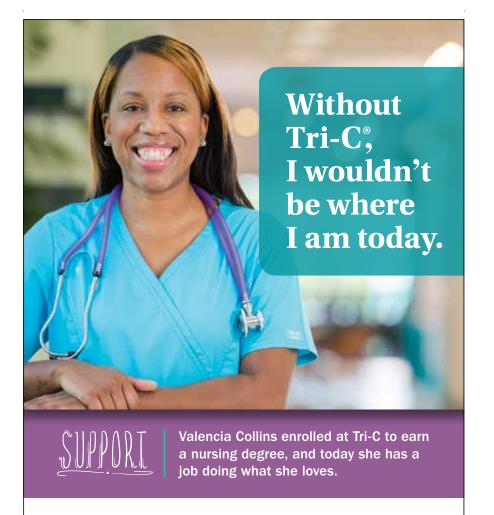
Free Workshops, Performances —1-6 PM Evening Concert 7:30, \$10 advance, \$15 day of, children 12 & under free *Performers:* Richie & Rosie—Americana Jim Volk—Guitarist Journeywork—Traditional Irish

Check our website for tickets and to view class, event and service info.

Shir Kalaa Mandir—Classical Indian Music

Long term creative use space and special event & function room rentals available. Call 216-289-8578 for a tour.

As you begin a new year, fulfill your resolution to give back to your community. Shore accepts gifts year round on our website.



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#### **Kiddie City Hosts Annual Winter Fest 2018**



VASJ Volunteer Ariel Robinson plays "Santa's Elf". Dayna White, Asst. Director, (Background) organizes books to give to all KC children.









Director, Jennifer Boger, and Board Member, Meg McGarry, review WinterFest Schedule of Activities.







Pre-K children are mesmerized by the "larger than

by Jennifer Morrison Garza Kiddie City Childcare Community hosted its annual WinterFest 2018, on December 14, for all its students and their families. The event was also attended by Kiddie City Staff, Board Members and volunteers from VASJ. The event is family oriented, with an opportunity for families to participate in old-fashioned games and face-painting stations. Cookie decorating and craft stations were among the other fun hands-on activities. Children were able to visit with "Mrs. Claus", played by Maryellen Fedel, and her elves to have a personalized picture taken. Each child received a Scholastic book from Kiddie City, to promote literacy and family reading in the home. In addition, all Pre-K

children received a warm scarf, donated by "National School Choice".

The highlight of the festivities included the Kiddie City player piano, donated in 2017 by Sherrie Zagorc, co-founder of Kiddie City. Each Pre-K classroom was featured in a short performance, singing holiday songs for their guests. Children were given the opportunity to play kazoos to accompany the player piano with its deep, rich sound.

Kiddie City is a Five-Star rated "Step Up to Quality" center located at 280 East 206th St. It participates in both CEOGC Head Start and Universal Pre-K (UPK). For more information on how to become enrolled in Kiddie City, please call 216-481-9044.

### A Sparkling Holiday Celebration (continued from front page)









On Sunday, December 16, a packed house was treated to a Sicilian Christmas eve celebration at Mama Catena Vino e' Cucina located at 711 Babbitt Rd.

A smorgasbord of delicacies such as misto fritto, roasted artichokes, pastas, savory meats and more desserts than we could eat were served. Sparkling and Red wines were served to put us in the Holiday Spirit.

Jeff May was spinning our favorite Christmas tunes. Even Santa himself made a visit.

This special event was a wonderful treat during the busy holiday season. The food and the hospitality was 5 star.



### City of Euclid

#### Thank You Euclid!





Simone Dean organized a hat, gloves, scarf, blanket drive for our Euclid Seniors.

#### **Landlord Tenant Training Provides Best Practices**



Photo Courtesy of the Fair Housing Center for Rights and Research

by Mary Mastalski

Residents, tenants and landlords alike gathered in mid-December for the Fair Housing Law Seminar. The Fair Housing Center for Rights and Research provided an informative and detailed presentation on how to manage and maintain housing successfully. Michael Russell, from the Legal Aid Society of Cleveland, spoke to attendees about the basics of landlord-tenant law. Topics included landlord and tenant obligations, lease basics, remedies and the eviction process. There are relevant statues both parties must adhere to and also prohibited terms. Landlords in attendance were able to share scenarios from past or potential situations and walk through options of how to address issues. Mr. Russell made aware multiple resources including Cleveland Housing Court and their specialists, community clinics and workshops which are available to the public and at clevelandhousingcourt.org

The second speaker was Darlene English of the Fair Housing Center. Ms. English spoke on the history of fair housing law and how it came to be. Residents were informed of restrictive covenants, the perpetuation of segregation, and discrimination many still face today. Federal, State and Logovernment levels, including the City of Euclid have worked to protect classes equally and prohibit discrimination when it comes to fair housing. State of Ohio protected classes include race/color, national origin, religion, gender, familial status, disability and military status. In September of 2018, Cuyahoga County became the first in the state to adopt legislation to add protections to the LGBTQ+ community. More information on the Fair Housing Center for Rights and research can be found at www.

The City of Euclid works with the Fair Housing Center for Rights and Research to ensure fair housing protections. Random audits of landlords are conducted to monitor the service provided to protected classes in our community. The City of Euclid is committed to providing fair housing to all residents and works with partners such as the Fair Housing Center to bring awareness to and eliminate these issues.



Many generous businesses donated toys for distribution by Euclid Police Department.

A huge THANK YOU for the generosity of our residents - we have so many people who give back to our community through donations of gifts, food, money and time not only during the holidays but throughout the year. A special thank you to the many businesses and residents who donated toys that the Euclid Police were able to give away during the holidays. Thank you to the many who gave to our seniors- espe-

cially Simone and "DeSigned for This" who organized a hat, scarf, glove drive! Thanks to resident Brian Scheider for organizing a Holiday Lighting Contest to help spread the holiday cheer! Thank you to our Euclid Hunger Center and many churches/ Faith Communities for providing meals, food and other assistance to our residents in need. We are truly a community that cares and looks out for each other!

January 2019

#### **Home Repair Resource Center: Euclid Series**

by Mary Mastalski

Join us at the Lakefront Community Center on Thursday, January 31st and make dripping or malfunctioning faucets a thing of the past! You'll learn how to take apart and fix a faucet, why it's better than buying a brand new one, as well as identify & repair the different types of faucets (compression, ball, cartridge, ceramic disc) that exist. You'll even get to work with a bunch of plumbing tools that are essential to do the job right, and see how to install a faucet. After this workshop, you'll feel a lot more comfortable making those plumbing re-

The following Thursday, February 7th is all about installing ceramic tile. In this

demonstration and hands-on workshop, you'll learn how to lay tile by actually laying tile. You'll learn about subflooring options and how to lay your own subfloor. Then you'll measure, cut, lay, and grout tile on a real ceramic tile floor. If you learn best by seeing and doing, then this is the class

The class on January 31st is free and the class on February 7th is \$25 with a discount possible for Euclid or partner city residents. Both classes run from 7-8:30pm and are held at the Lakefront Community Center at 1 Bliss Lane in Euclid. For more information and to register, visit https://hrrc-ch. org/repair-classes/current-classes/



### City of Euclid



#### EUCLID CITY SERVICES **Animal Control** 289-2057 289-8574 **Briardale Golf Course** C. E. Orr Ice Arena **Euclid City Hall Euclid City Euclid Creek Resv Euclid Family Y Euclid Police** Non-Emergency Block Watch 289-8449 **Euclid Library** 261-5300 **Euclid Neighborhood** 289-826 Engagement 731-5060 **Henn Mansion** 289-8127 Housing Dep't. Housing and **Property Conditions** 289-2985 Lakefront Sr. Community Ctr. 289-8114 Recreation Dep't. Youth, Adult and Family Pgms Service Dep't. Sim's Park Shore Cultural Ctr. **Domestic Violence** Ward 1 Council Stephana Caviness Ward 2 Council Rev. Brian T. Moore 609-4609 Ward 3 Council Taneika Hill Ward 4 Council 401-9413

### Prayers for the New Year

Happy New Year to everyone!

289-8649 289-2700 797-2901

289-2888 440-473-3370

731-7454 731-1234

289-2701

289-2700 289-8578

391-HELP

240-0901 860-1734

Ward 5 Council 333-8601 **Christine McIntosh** 288-4698 Ward 6 Council John M. Wojtila

731-2345 Ward 7 Council Daryl Langman

**Ward 8 Council** 

Laura Gorshe

Council President Charlene Mancuso

#### For that reason, I decided I would com-On Saturday, December 8, I had my

quarterly Ward Meeting. One of things we discussed was the various forms of communication that I employ to stay connected to my constituents and the citizens of Euclid. As I explained at the meeting, although I realize life in Euclid is not perfect and I welcome anyone that wants to discuss a problem, generally, I choose to stay positive in my communications. There is far too much negativity around and I refuse to contribute to it. As I begin my second year in office, I will remain positive in my com-

It was just about a year ago that I was sworn in. The last four words in the oath of office for a Euclid Councilperson are "so help me God". Being a minister, I am used to asking for God's help and considering what service God has in mind for me to do.

bine New Year's Resolutions and prayer. Here are some of the things that I am praying for this year, adapted from an anonymous prayer that I came across:

for a faith that will challenge me to act with humility and concern for all I come in contact with and a vision that helps me create a safe, friendly community. I pray for a faith that sustains me when I

I am praying for faith and vision. I pray

have difficult, complex choices to make for the common good and a vision that helps me to be creative with plans and projects. I pray for a faith that continues to grow

and that keeps me grounded in truth and wisdom and a vision that encourages me to stretch beyond the boundaries that can sometimes enclose us in solutions that are not wide enough.

I pray for a faith that is strong enough to respect the beliefs of others and that does not crumble in the face of disagreement conflict or opposition. I pray for a vision that helps me to see beyond and beneath externals acting with kindness and compassion even in the face of contradiction.

I pray for a faith that burns with intensity for justice and sustains me when justice calls for sacrifice and a vision that reveals to me where my gifts and talents can be shared in the pursuit of justice for all.

I would like to share one more prayer with you, the Prayer of Cardinal Newman. What I love about this prayer is that it really speaks to everyone. We all have something to contribute no matter what we are experi-

May you and your family have a happy and healthy New Year. May we all work together respectfully to make Euclid a great place to live, work and play!

#### Happy New Year from the Euclid CommUNITY **Relations Task Force**



by Marilou 'Louie' Myrick, on behalf of the Euclid CommUNITY Relations Task Force It's a New Year; a fresh start. Time to recalibrate, to decide how each of us can make a positive difference in our neighborhood

Here are a few ideas for resolutions (for the resolution-averse, think reminders.) All of these are free of charge and simple to do. The real challenge is learning to be aware and in-the-moment enough to recognize opportunities to practice simple random acts of kindness:

· Reach out to an elderly or disabled neighbor. A few ideas: clear the walk, salt icy steps, return rubbish bins, drop off a treat • Try not to lean on the horn when the car ahead doesn't move 2 seconds after the light changes.

• Hold doors open when you can; say thank you and smile when someone holds the

• Clean out your pantry or pickup extra cans of food when they're on sale and donate to the food bank or local kitchen.

• Above all – can we all agree to practice tolerance? How we judge others says more about us than it does about them. We have no idea what others are suffering through. There is far too much random meanness

in the world and we all have the power to change that every day...one person at a time. A smile or a kind word can change a persons day, quell fear, improve their self esteem. The gift that costs nothing and can

Wishing you a Happy and Peaceful 2019!

ABOUT US:

The Euclid CommUNITY Relations Task Force is a diverse group of volunteer residents who are passionate about Euclid, and committed to supporting and advocating for all residents and neighborhoods in the city of Euclid.

We are your neighbors. We understand that all residents of Euclid want to be heard, to be proud of our city, to experience fairness and mutual respect, and to peacefully enjoy all that Euclid has to offer. We are committed to listening to you, and to supporting open communication.

Residents are encouraged to reach out to the CommUNITY Relations Task Force - by email temporarily to Kristal Grida at kgrida@cityofeuclid.com or by phone at 216-289-8268

We look forward to talking with you, and we thank you for your positive involvement and support.

The purpose of the Euclid CommUNI-TY Relations Task Force is to promote respect, cooperation and positive interaction among Residents, and between Residents and the city's administration. We will be a resident-driven entity that supports and implements community groups, projects, and policies that embrace inclusion, meaningful dialogue, and fairness.

#### President of the United States

744-8988

731-5952

Comment Line 202.456.111 Switchboard 202-456-1414

The White House

1600 Pennsylvania Avenue NW Washington, DC 20500

#### **United States Senator**

Sherrod Brown (D-OH) (202) 224-2315 713 Hart Senate Office Building Washington DC 20510 Contact www.brown.senate.gov/contact

#### **United States Senator**

Rob Portman (R-OH) (202) 224-3353 448 Russell Senate Office Building Washington DC 20510 www.portman.senate.gov/public/index.cfm/contact?p=contact-form

#### **United States Congresswoman for the 11th District** Marcia L. Fudge (D-OH) (202) 225-7032

2344 Rayburn House Office Building Washington DC 20515 Contact https://fudge.house.gov/email-me/

#### Governor of Ohio

John R. Kasich (614) 466-3555 Riffe Center, 30th Floor 77 South High Street Columbus, Oh 43215-6117

http://www.governor.ohio.gov/Contact/ContacttheGovernor.aspx

#### **State Representative Ohio House District 8** Kent Smith (D) (614) 466-5441

77 South High Street 10th Floor Columbus, Ohio 43215

Contact http://www.ohiohouse.gov/kent-smith/contact

#### **State Senator Ohio Senate District 25**

Kenny Yuko (D) (614) 466-4583

1 Capitol Square Ground Floor Columbus, Ohio 43215 Contact http://ohiosenate.gov/yuko/contact

### **Cuyahoga County Council**

Sunny Simon (216) 698-2035

2079 East 9th Street – 8th Floor Cleveland, Ohio 44115

Email: ssimon@cuyahogacounty.us

# **EUCLID CHAMBER OF COMMERCE**

Euclid Chamber of Commerce 20150 Lakeshore Blvd, Euclid 44123 Ph 216.731.9322 info@euclidchamber.com





### CHAMBER EVENTS Coffee Connections: Monthly networking event Awards Dinner/Taste of Euclid: annual event in March Euclid Works Expo: a day in March dedicated to facturing with a student expo and job fair open to the Golf Outing: held annually in July at Briardale Greens Golf foliday Mix-n-Mingle: annual event in December ity Leaders Breakfast: annual event in the fall

BiteSize Business Workshops: scheduled throughout year

Candidates Forum: In partnership with the Euclid Public Library, we moderate a forum with Euclid City candidates

letworking. Education. Advocacy.



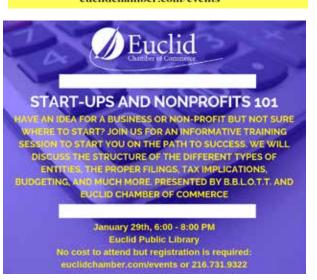
Join our e-news mailing list! Go to the link on our Facebook page



FEBRUARY 27TH, 2018 DOORS OPEN AT 11:30 AM LUNCH SERVED AT 12:00PM TIZZANO'S PARTY CENTER 1361 E. 260TH ST.

Join us for lunch with guest speaker Euclid City Mayor Kirsten Holzheimer Gail Members \$25/ Non-members \$30

Registration, group rates and sponsorship opportunities available at: euclidchamber.com/events



#### Registration and additional information at euclidehamber.com/events



"Faith in the City" Series continues with **Unity in the Community** Tribute in celebration of Rev. Dr. Martin Luther King, Jr. Prayers and Litanies in tribute to Dr. King Theme: "How Can We Serve Others and Reach the Next Generation to Keep Dr. King's Dream Alive?" When: Sunday, January 20, 2019 **Host Church** Where: Lake Shore Christian Church (Disciples of Christ) 28010 Lake Shore Blvd. Euclid, OH 44132

(216)289-2226

Rev. Denise Cunningham-Doggett, Senior Pastor

Time: 3:00 p.m.

All are welcome to attend!

A Time of Prayer and Peace in the City of Euclid



January 2019

### Faith

### **Academics Community**

#### A Lifelong Commitment to Catholic Education



All of these teachers were once students in the very same building, and their own experience here inspired them to dedicate their careers to Catholic education. From left to right: Katy Butauski, Jenny Millett, Meghan McGarry, Pete Dautovic, Korie Rossman, Lauren Zbiegien and Rita Testa.

All of the teachers at Our Lady of the Lake are dedicated, caring professionals. Some of them are so dedicated that they returned to the school they attended as children, so they could pass along the gift of Catholic education to the next generation. In fact, nearly a third of today's teaching team at OLL School were once students in the very same building, a rare level of commitment and continuity that helps reinforce the school's strong culture. What about this place is so special, it made all these teachers into "lif-

Jenny Millett has taught a number of different grades at OLL, and gotten to know all aspects of the school. Now the Principal, she can tell you exactly what drives her love for this place: "This is home for me," she says. "I am also a member of the community, and it's important to me that this area continue to thrive. I am so excited to have had the chance to experience the past here, and I am looking forward to all of the great things that Our Lady of the Lake will con-

Other teachers, like Lauren Zbiegien, Assistant Principal and Second Grade Teacher, also speak to past experiences and a sense of community. "I knew since I was in grade school that I wanted to teach second grade (here)", Zbiegien says. "My closest friendships were formed here. So many visitors leave our school stating they can't believe how welcoming and comfortable our school is. I want all of our students to feel that sense of community that I remember feeling when I was a student." Katy Butauski, OLL's art teacher, seconds that thought, saying "I have been a member of Holy Cross/ Our Lady of the Lake since I was Baptized so it is like a home for me.'

Other teachers give credit to the culture of inclusion and care that Catholic Schools, and particularly Our Lady of the Lake, support. Pete Dautovic talks about the ways in which that culture is not only good for students, but good for teachers, as well. "I love the catholic school environment. I think teaching in a Catholic School gives teachers and students a unique opportunity to infuse faith into all academic subjects and all areas of the school. The interaction with the kids is by-far the highlight of the job. The students have so much energy and positivity. They help keep you young." And indeed, all of these teachers have stayed "young" in their energy for their teaching. They continue to come into the classroom with enthusiasm and joy every day. What makes this possible?

It seems there is something special about a faith-filled environment, grounded in the Catholic mission of education, that lets both teachers and students experience something more, and supports and renews them. Korie Rossman, a 25-year veteran at OLL School, talks about this when she says "My favorite subject to teach this year has been religion. It's a great opportunity to see the true child. They love to share their stories with each other." Rossman goes on to share how a strong teacher was an influence for her as a child, and motivated her decision to return to Catholic education. "My sixth grade teacher, Sr Jeanette, was a true example of a Christian role model," she says. "She was very sincere, fair, and caring toward her students. I strive to be as good a role model as she was."

Meghan McGarry, OLL's Pre-K Teacher, gives another example of what makes this faith-based environment special for her and her students when she says "I think it's special that I can see some of my students at Mass on Sunday's. It's so exciting to watch their faces light up when they see you. I am proud that I can be a model of the Catholic faith for our children who continue to grow in their faith." It's this extra level of caring that makes the school experience so valuable for students.

Lauren Zbiegien reinforces the importance of caring when she shares a lesson taught to her in her early years as a teacher, by a wise and experienced colleague at Our Lady of the Lake. "She said, "Lauren, teachers can have all the best technology and teaching tools, but what students want is to feel loved. If they know you love them, then they will be on the path to success." It's true that Our Lady of the Lake School prides itself on having advanced technology in every classroom, as well as nationally recognized curriculum. But maybe its greatest gift is the depth of commitment and caring seen in its teaching team. And that teaching extends beyond the classroom.

As youth minister, Rita Testa gets to both teach electives in the classroom and spend time with the students in ministry group. That means fun outings, service projects, parties and activities. You'll often hear her saying, "I love these kids!" and it's clear that she means it. She can tell you all about the students who have come through her ministry group, about their interests and their passions, where they're working or going to college today - and many of them keep in touch, years later, stopping by to visit or to volunteer. That seems to be the connection - the connection that keeps teachers and students coming back to Our Lady of the Lake, that has made so many teachers dedicate their lives to Catholic education, and that continues to make Our Lady of the Lake School a very special place.

#### Races and Raffles and Fun!



Every year, Our Lady of the Lake School hosts a fundraising bash that has become a high point of the season for the hundreds who attend. Known as Life on the Lake, this annual event has raised more than \$450,000 to support quality Catholic education at OLL School, supporting technology in every classroom and a whole range of enrichment programs such as languages and arts.

This year the theme for Life on the Lake is Races and Raffles -- and it promises to be



a lot of fun! Entertainment includes races, betting booths, dozens of high end raffle baskets, and sideboards, as well as dinner, full bar, music, and dancing. It's sure to be a great night, and to support a great cause.

If you're interested in buying tickets to Life on the Lake, or making a donation to support Our Lady of the Lake School, please email kilroy2012@roadrunner.com for more information.

#### **OLL Open House**



Our Lady of the Lake School invites everyone to stop in for Open House on Sunday, January 27 from 11:00am-1:00pm. Open House is a great time to learn more about Our Lady of the Lake School, the advantages of a quality Catholic education, and opportunities that could be available for your child.

Along with classroom exhibits and demonstrations, guided tours and information packets, the school will also be offering some fun entertainment. The PTO will have refreshments available for all, and will be

displaying some really exciting raffle baskets. Open House is a perfect opportunity for interested families to learn more, but it's also a great chance for neighbors to come and get acquainted. Our Lady of the Lake School is invested in the community, and always welcomes visitors who want to find out more about the good things happening at the school.

For more information on Open House, please call Jennifer Millett, Principal, at (216) 481-6824, or email Jenny@OLLEuclid.



#### **Season of Service**





Sweet! Hot Cocoa with Santa!

Before winter break, classroomsshared out about Service Learning projects as part of our "Season of Service". Check out below for some images of how the students helped to spread holiday cheer or support a need in

# **Giving Tree**

The Euclid Observer Volume 10 · Issue 1

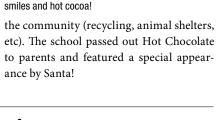


Imagine Bella featured our annual giving tree. What's a giving tree? The giving tree gives families and staff the opportunity to give back to families that could use a little extra support during the holiday season. The tree was located on the first floor in the hallway directly across from the office. There were paper snowman ornaments on the tree that list items that students need. The process is completely anonymous and we had many helpful "elves" this season! We sincerely appreciate your support. The PTO helped out with wrapping too during their December meeting. Thank you for all you do to help the Imagine Bella community!

#### **Guest Reader**



Thank you for reading and bringing the books from Santa!



Imagine Bella Team was ready to greet families with

### **Project Based Learning**



of volcanoes!

### **Merry Mischief**



Elves were busy in several classrooms during the month of December. Check out some silly photos of some of their hiding spots this month!



Rainforest ecosystems by 5th graders in Mrs. Akers



Guest readers were featured throughout the month of December in classrooms at Imagine Bella. In Kindergarten, Board

Member Claire Powell visited to read to students and Mrs. Jenkins mom came by to read to her class too!

#### **Guest Reader**



Thank you Mr. Streeter for visiting as a guest reader! Third grade students at Imagine Bella had the pleasure of having Mr. Jake Streeter Sr. come to our classes and read his book.

What an inspiration! Thank you Mr. Streeter! Shout out to Ms. and Mr. Smith for serving hot chocolate and goodies. Thank you!

### **Euclid YMCA**

#### **Euclid YMCA at the Community Center**

January 2019

Wishing all our Friends at the Euclid Community Center a Happy and Healthy and New Year - Mike, June, Diane, Gigi and Patrice, Euclid YMCA Staff

January 2019 Senior Spotlight is on You! Since May 2018 we have increased our SilverSneaker member participation 110%. What's more we have seen a steady increase in our classes that are considered more advanced, meaning many of our members have experienced physical improvements that would allow them to participate in more difficult classes. We look forward to continuing this progress into the coming year by offering a variety of health-based activities, fitness classes and other healthy engagements. Let's make 2019 the best year ever . . . Join your friends for SilverSneakers at The Euclid Community Center and begin your journey to wellness with us.

#### SILVERSNEAKERS: THIS MONTH'S **HEALTHY QUOTE::**

Healing is movement. Disease is inertia. If you put the body in motion, you will change. — Gabrielle Roth

#### 12 Simple Ways to Improve Your Health in the New Year - By June Taylor, Active Older Adult Coordinator, Euclid YMCA at Euclid Community Center

• Take a deep breath. Exhale. Relieves • Eat A plant-based/meat free or healthy

12 ways to make 2019 healthier happier:

- alternative meal. • Take a group fitness class at Euclid Com-
- munity Center. • Visit a family member. Call an old friend.
- Complete a small task • Meditate – Spend some quiet time with yourself.
- Take A Nap
- Laugh at Yourself
- Smile More It uses less energy than
- Help someone; donate, share, lend a hand

• Treat yourself. Give yourself to something simple you have been denying yourself of. . . like a latte or spa treatment.

• Be Adventurous – Try something new. Share this list with people you care about this year . . .

A Sunnier Outlook on Your Health in 2019 with Vitamins D & D3 - Mike Yunis, Active Older Adult Coordinator, Euclid YMCA at **Euclid Community Center** 

The Great Lakes Region is a beautiful live, play and work for most of the year, but the long winter season gloom is not only less visually appealing . . . it also contributes to our overall mental and physical wellbeing or should I say not-so-wellbeing. A proven cure for many of our winter ailments can come from a little bit more Vitamin D. As you see, the lack of sunlight can result in a lack of Vitamin D, leading to a deficiency that can cause mood, energy and serious health issues. Here are 8 important reasons to have your Vitamin D levels checked now, before it takes its' toll on your mind &

**#1 Bone Health** - The vitamin's most basic role is calcium absorption. Without adequate calcium, the body can suffer from a weakening of the bones, nails, hair, and teeth. In fact, the long-term deficiency of Vitamin D can lead to a condition known as osteomalacia, in which can lead to osteoporosis, a condition that causes bone and muscle weakness as well as chronic

#2 Brain Health - Research has also shown that vitamin D affects weight and mood. One recent study even suggests that having adequate levels can protect against early fatalities from conditions like cancer and

#3 Healthy Heart - Research shows that vitamin D may to heart health. A number of recent studies discovered that low vitamin D was to blame when high blood pressure worsened during the winter (or in low sunlight environments). Scientists from Harvard University remind us that the blood vessels and the heart contain countless vitamin D receptors, so it makes perfect sense that the it helps in both of these

#4 Healthy Weight - If you struggle with insulin imbalance, and weight gain, again, vitamin D deficiency is can be the reason. The National Institutes of Health found that low vitamin D levels may have an adverse effect on the insulin secretion and glucose tolerance of type 2 diabetes patients. In addition, the British Heart Foundation and the UK Medical Research Council found an influx of societal obesity and vitamin D deficiency from their stud-

#5 - Depression – Mood and low spirits are often associated with low levels of Vitamin D, especially from the post-Holiday Season until mid-spring. Resulting in periods of irritability to Seasonal Affective Disorder (or SAD), and other mood disorders that can lead to depression.

#6 - Natural Sources of Vitamin D - In colder, darker weeks when you're either not able to get outside much or when sunlight isn't as plentiful food can provide some vitamin D stores. However, natural vitamin D food sources can be hard to come by and difficult to satisfy daily sources (the Institute of Medicine recommends 600 IU for average adults, per day). Fatty, cold water fish (i.e., salmon, herring, sardines, tuna, and mackerel) Fortified milk (including non-dairy products), juices, cheese, or cereals (with individual serving sizes containing at least 100 IU of vitamin D) and

#7 - Need for Vitamin Supplementation - Vitamin D deficiency is common among two-thirds of Americans, particularly if you lead a life primarily indoors, suffer

with kidney issues, have dark skin pigmen-

Like New Generator

6500 Watts. Only used for 20 min. More pics available.

tation, are obese, have a dairy allergy (not getting adequate calcium), or follow a strict vegetarian or vegan diet (not eating fish, milk, or eggs). In all cases, supplementing with vitamin D may be an option. Research from the University of Auckland, New Zealand, linked vitamin D supplementation to an overall decrease in osteoporosis, but still

advises individuals speak to their doctor

before starting any new vitamin regimen.

#8 - Sunlight - Researchers from Harvard Medical School attest that sunlight is the best and purest source. The body produces its own stores of vitamin D when exposed to ultraviolet (UVB and UVA) light. For the average individual, just 5 to 10-minutes of sunlight (without sunscreen) a few times each week will give you an adequate level of

Hopefully this sheds a little more light on the value and benefits of Vitamin D and how it can make your dark winter days a little brighter

Euclid SilverSneakers Welcomes New Members

Mili Slavec Alma Wojno

#### Coming in 2019

The Euclid YMCA at the Euclid Community Center is committed to bringing concepts and activities that will contribute to improving overall health and wellness to it's members. In 2019, we will invite industry experts to share products and services to enhance the quality of your life.

Tips to Financial Wellness - Simple tips to safeguarding your retirement money. Feb-

Eat your way to a healthier you - March 2019 Stop by the Euclid Community to

### **CLASSIFIED ADS**

A GREAT WAY TO ADVERTISE ON A BUDGET. EMAIL COLLINWOODPUBLISHING@GMAIL.COM FOR MORE INFORMATION ABOUT PUTTING

YOUR AD HERE NEXT MONTH.



**Antique Maytag Stove** 

Amazing condition. Perfect for a themed remodel project.

Now Hiring - Casino Dealers for fun and

directions. Email JobatJackpot@gmail.com with a short

description of why you want to work with us.

fundraiser parties. Flexible scheduling. Most events are on the

car to get to gigs, and have a smart phone for texts and driving

216.505.0185



\$ 350.00

216.505.0185

#### Rolling TV Cart with built in power strip.

Just like they used to roll out in elementary school. (TV not included)

\$ 100.00

216.505.0185

**Antique Fisher Body Tool Drawer** Vintage tool rack in great condition. weekends. Will train the right applicants. Fun environment. Hiring 5 100.00 all ages, ethnicities, and sexual preferences. Must own your own

216.505.0185





#### **Plastic Playing Cards** Professional quality. Sealed new,

and comes in a hard plastic case. Bulk available

\$ 5 for set of 2 decks 216.505.0185



Antique Casino Wheel Unique find for decorating, or for fun.

\$ 450.00

216.505.0185

Wheel stand not included.

#### STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.



#### Arbor and Shoreview Awarded Momentum Awards Again

Both Arbor Elementary School and Shoreview Elementary School received the "Momentum Award" from the State of Ohio for straight A's in the progress measure on the State Report Card. This marks the second consecutive year for Shoreview and the second time in three years for Arbor.

# REPORT CARDS PORTAL FOR YOUR CHILD'S GRADES



The winter weather is here! Be sure to download the FREE FirstView Parent App on your smartphone, tablet or computer to track your child's bus. The FirstView Parent App is available at both the Apple App Store and Google

Each child has a unique student ID number so be sure to call 216-797-2984 to gain access to yours.

#### Chardon Hills helps to feed Our Euclid

In the month of December, the Chardon Hills Student Council sponsored a school-wide food drive for the Euclid Hunger Center that raised more than 1,900 food donations.



#### Inaugural Fab Lab Family Night

The Early Learning Center staff was thrilled to host the first annual Family Night in our state-of-the-art STEM Fab Lab!



#### First Student teams up with EPD to spread joy

Our partners at First Student made a special delivery today to Our Euclid "boys in blue" at the Euclid Police Department last month. Each year, the Euclid Police Department seeks to spread holiday cheer throughout the city with their annual toy distribution drive. So this year, our drivers, monitors and staff at First Student pitched in to help by collecting and donating hundreds of toys for EPD.

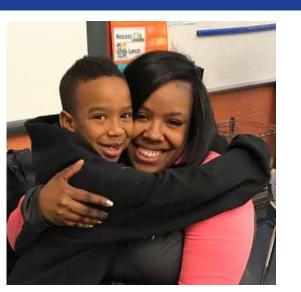




#### www.euclidschools.org

### STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.











Our Euclid Schools know how to get into the holiday spirit! From Holiday Heartwarming events to Cocoa & Cookies with Santa, our little elves were busy spreading joy this holiday season.

Bluestone Elementary School held its seventh annual Holiday Heartwarming event where families sang Christmas carols, made crafts, had a visit with Santa, and enjoyed hot cocoa & sweet treats. We ended the night by reading "T'was The Night Before Christmas." Each family left with a Santa Sack, holiday cheer, and smiles from ear to ear!

Before students left for winter break, we invited parents to join us as we made gingerbread houses in

#### Our Euclid Advantage: College Tech Prep Programs at work







Euclid High School Criminal Justice Instructor, Nick Selvaggio had the honor of joining EHS alumni, Gabriella Crombie class of 2015 and Ryan Pate class of 2013 as they were sworn into

Gabriella is now working for the Cuyahoga Metropolitan Housing Authority and Ryan for the Richmond Heights Police Department.

Ryan and Gabriella are both excellent examples of the stellar products our Euclid High School College Tech Prep programs



Congratulations to our Visual Communications College Tech Prep students, Tianna Harper, and Serria Crites-Chases for being selected to represent Euclid High School in this year's eXpressions® program sponsored by The Cleveland Clinic. Over 1,400 art, language, and math projects from 52 schools were submitted last month as a part of eXpressions®



If you visited Lake Metroparks Farmpark last month, you may have seen this fabulous tree created by Euclid High School welding students. Designed, welded and installed, these welders have a keen eye for this craft!

#### www.euclidschools.org

**Gold Medal** 

January 2019

#### **Events**

#### **Annual Shareholders Meeting for** The Slovenian Society Home

by Debbie Galasky Annual Shareholders Meeting for The Slovenian Society Home 201713 Recher Ave. Euclid, Ohio

Will be held on Sunday February 10, 2019 at 2:00 p.m. in the upper hall. There will be refreshments in the clubroom immediately after the meeting. The Board would like to see a good turnout at the meeting.

#### Bari's Health & Wellness Talk

Sunday

Join us for another FREE health talk on Tuesday, February 5, 2019 from 6-7 p.m. We will focus this month's discussion on

detoxing and cleansing the body. All are welcome to this free event. We are located at 637 East 185th Street Euclid, Ohio 44119. We will see you there!

#### **Bethlehem News & Notes**

JANUARY 2019 Bethlehem Community Church (LCMS) 24490 Euclid Avenue Euclid OH 44117 216-692-1085

Joyfully Celebrating and Passionately Sharing Life in Jesus Christ EVERY WEEK AT BETHLEHEM

9:15 a.m. Adult Bible Class 10:30 a.m. Worship Service and Children's Church

6:45 p.m. Prayer Team (484 East 222nd Street)

7:00 p.m. Alcoholics Anonymous Friday

7:00 p.m. Celebrate Recovery

And every 3rd Sunday at 12:00 Noon -- Free Friends and Family Community Lunch



Fresh Food Fast No MSG

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Chili peppers gives you a choice of over 30 fresh items to choose from to customize your dining experience

869 East 185th · 216.531.2300 Hours Monday - Saturday 11am - 10pm, Sunday 12pm - 8pm



#### A Jolly Visitor at HELP!



by Stefanie Merkosky

Our friends at Eaton Family Credit Union used their connections to arrange a special meet and greet for the men at HELP's Nottingham Home. Jolly Old St. Nick listened to each Christmas wish and brought his signature Holiday Cheer along with a bag full of goodies for the house to enjoy!

Each Holiday Season, Eaton Family Credit Union takes time out of their busy schedules to spend time with HELP clients and make sure they receive plenty of joy, laughter and, of course, Christmas presents! We are beyond grateful for their con-

tinued support and always enjoy spending time with them for the Holidays.

HELP serves people with intellectual and developmental disabilities by providing residential, employment, transportation and day support services for adults and summer enrichment opportunities for children. HELP supports pathways that give every person the chance to thrive and reach their full ability, contributing to a vibrant, inclusive community. For more information visit www.helpfoundationinc.

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### Community

#### Be an Optimist

January 2019



Deb is a Communication Coach. Her services focus on building, strengthening or repairing relationships for individuals, teams or groups. She uses a unique blend of empathy and insight to unravel conflict, isolate issues and enhance growth. Contact her using the form on her website at: DobbsCommuni

by Deb Dobbs

With the start of a new year, we often hear friends making New Year's resolutions. They make promises to do something, or to refrain from doing something. Some people spend a lot of their time thinking up resolutions and promises. Yet so often those promises are not kept. What about when you make promises to yourself? How do you feel when you do not live up to your own expectations? What happens when

The average car has around 30,000 parts,

and I only know what like 10 of them actu-

ally do. I have many skills but mechanics

was never one of them, that's why I take my

car to Rich, my car doctor, saying "she's not

sounding too good, so let's see Rich for a

Rich Ziegler has been the owner of Mas-

ter Mechanical on East 200th St. for as long

as I can remember, and has taken care of

every car I've had from 16yrs old to my

now 37yrs old, including getting my old car

ready to drive across the country to Seattle.

of the year for my family business) my car

wouldn't start. Since I was on the westside I

found a shop nearby with towing, and had

it taken there. They charged the battery,

and replaced the old cables connecting to

it, thus getting it running again. The price

wasn't too bad, but then they tried to talk

me into spending \$400+ more for a new al-

ternator. I passed on the alternator, saying

A few weeks ago (during the busiest time

checkup", and he never let's me down.

**Master Mechanical Saves Christmas** 

you feel you have fallen short of your goals? Everyone experiences a time when they fall short of their own expectations. Perhaps they miss out due to inadequate preparation. Or perhaps the goal they want turns out to not be what they really want. Either way, languishing in despair is not productive. When you find yourself feeling

defeated, it is time to regroup and try again.

Here is a remedy to get you up and back in the game. Start fresh. Take stock of what happened. Be honest with yourself. Figure out what part of your plan did not roll out the way you anticipated it would. Admit that you may not know everything about what you want to do. Let those with good experience guide you. Find a mentor. A good mentor is successful at what you are striving to do. LISTEN to their advice. Be open to hear criticism. Accept constructive criticism as golden nuggets of feedback that can make you better. Next, create your plan of action. Get organized. Think your plan through. Then take the next step, start.

Make 2019 your year to achieve your goals. Let your efforts build your confi dence. Let your confidence focus your ac

I would rather have my usual guy do it. A

week later, I took it to Rich at Master and

after looking, he tells me "it doesn't need an

alternator, it's fine, and do you really need

back wiper blades? Cause the new motor

for those is almost \$300". Luckily it just

needed some fluids, and tightening up of

I'm thankful to have a trusted friend that

asks good questions like "Do you need to

drive it on the freeway?", "Would you like

the inexpensive get it running fix, and do

the expensive stuff next month?", "When

was the last time you \_\_\_\_\_?", and "Do you

really need back wiper blades". The answer

is no, no I did not want to spend an extra

\$300 on a motor for back wipers, or \$400+

on an alternator I didn't need, especially

Thanks and Happy New Year to every

one at Master Mechanical! Master Me-

chanical is located at 718 East 200th street,

216.481.9090. Tell Rich the Observer sent

right before Christmas.

the muffler that was rumbling.



**Euclid Culinary School Chef Wins** 

In the Family Career and Community Leaders of America Culinary Competition, junior Vanessa Billingsley was a Gold Medal award winner at State for her Red Velvet Cake with French Chocolate icing. Congratulations to Vanessa for winning a \$3000 scholarship!

### **Seeking Volunteer Court Appointed** Special Advocates (CASAs) for Youth



by Michele Blazina

CASA of Cuyahoga County, a program of Child and Family Advocates of Cuyahoga County, recruits, screens, trains, and supports volunteers who act as independent fact-finders for the court in cases involving child abuse and neglect.

CASAs collect information that helps the judge make the best decision for a safe, caring, and permanent home for children involved in the juvenile justice and child welfare systems. CASAs are everyday citizens who are trained and appointed by the court to advocate for the safety and wellbeing of children who are victims of abuse or neglect. CASAs are assigned at the earliest stages of a case and continue to be an

advocate for the child through their time in the court system. CASAs work collaboratively with all parties on the case, for the best interests of children. CASAs are only assigned to 1-2 cases at a time and spend approximately 10 hours a month on a case.

The CASA is responsible for the investigation, facilitation, advocacy, and monitoring of the assigned child's case of abuse, neglect, and/or dependency to represent the child's best interests.

Volunteer Requirements: At least 21 years of age; have access to transportation; pass screening; complete training respect and relate to people of various backgrounds; gather and record factual information accurately; communicate effectively; maintain objectivity/perspective; work within established program policies and procedures and accept supervision from program staff.

Take a stand ~ Make a difference ~ Change a life ~ Get involved today!

Those interested in becoming a CASA visit www.cfadvocates.org to apply or call 216.443.3377 for more information.

### 2018 - 2019 Local High School Basketball

#### by William McCulloch COLLINWOOD RAILROADERS:

12/01 @ GlenOak (L) 76 - 42 12/04 @ John Hay (L) 70 - 53

12/07 @ Lincoln West (W) 57 - 52 12/14 @ Glenville (L) 91 - 45

12/18 John Adams (W) 75 - 73 12/28 @ Madison 6:30p 01/11 Martin Luther King Jr. 6:00p

01/15 John Marshall 6:00p 01/18 John F. Kennedy 6:00p 01/22 @ John Ford Rhodes 6:00p

01/24 @ Western Reserve Academy 7:00p 01/25 East Tech 6:00p

01/29 @ Max Hayes 6:00p

02/12 New Day Academy 6:30p 02/19 @ Notre Dame-Cathedral Latin 7:00p VILLA ANGELA - ST. JOSEPH VIKINGS: 12/06 Cleveland Heights (W) 53 - 52

12/14 Archbishop Hoban (W) 80 -78 12/21 @ Cleveland Central Catholic (W) 75 - 71

01/04 @ Walsh Jesuit 7:00p 01/05 Warren John F. Kennedy 7:30p

01/08 @ Cornerstone Christian 7:30p 01/11 Benedictine 7:00p 01/18 Gilmour 7:00p

01/21 St. Ignatius 7:00p 01/25 @ Archbishop Hoban 7:00p 02/01 Cleveland Central Catholic 7:00p

02/08 Padua Franciscan 7:00p 02/09 @ Euclid 7:00p

02/15 @ Benedictine 7:00p 02/18 Mentor 7:00p 02/19 St. Vincent-St. Mary 7:00p

02/21 @ St. Edward 7:00p

02/22 @ St. Thomas Aquinas 7:00p

#### **EUCLID PANTHERS:**

12/07 Medina (L) 74 - 61

12/11 Garfield Heights (L) 57 - 49 12/14 @ Solon (W) 62 - 57

12/21 Shaker Heights (L) 57 - 52

12/27 Shaw 12:45p 12/29 Beachwood 7:30p

01/04 Strongsville 7:30p 01/08 @ Mentor 7:30p

01/11 Elyria 7:30 pm 01/15 Eastlake North 7:30p

01/18 @ Brunswick 7:30p 01/22 @ Willoughby South 7:30p

01/25 @ Medina 7:30p

01/29 Solon 7:30p

02/01 @ Shaker Heights 7:30p 02/05 Kirtland 7:30p

02/08 @ Strongsville 7:30p 02/09 Villa Angela - St. Joseph 7:00p

02/12 Mentor 7:30p 02/15 @ Elyria 7:30p

02/22 Brunswick 7:30p

#### Health

#### **HELP! I Picked the Wrong** Advantage Plan

by Laura



Laura Mutsko Owner and Agent Mutsko Insurance Services.

Mutsko You were so sure that you made the right choice when you signed up for your Medicare Advantage Plan. But, you

realize now after Open Enrollment closed that you made a poor choice. You picked the wrong plan and now fear you have to live with your de-

I have good news. Beginning in 2019, you have a chance for a 'do-over" and will be permitted to switch to a different Advantage plan or go back to Original Medicare.

According to the Centers for Medicare & Medicaid Services (CMS), changes have been made to their disenrollment period. The 21st Century Cures Act established a new Medicare Advantage open enrollment period (OEP) as a timeframe for you to make a change. It begins on January 1 and runs through March 31.

Here's what this means for you: In the past, if you decided to disenroll from your Advantage Plan, you were not permitted to switch to a different Medicare Advantage Plan. Beginning In 2019, if you are enrolled in a Medicare Advantage plan and have a change of heart, you will have a one-time opportunity to:

• Switch to a different Medicare Advantage

• Drop your Medicare Advantage plan and return to Original Medicare

• Sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare).

Why would someone want to change plans? While all Medicare Advantage plans cover you for your Medicare Part A and Part B benefits, the doctors, hospitals and other providers included in a plan can vary. Some plans may offer routine vision, dental and hearing benefits. Other plans offer health club memberships at no charge. While prescription coverage is usually included with most Advantage plans, the plan's covered medications and cost to you can change. In fact, any of the extra benefits beyond the Medicare Part A and B coverage that a plan provides can change so it is up to you to select a plan with the providers and benefits that work for your situation.

If you have concerns about your coverage, you have until March 31 to re-evaluate your Advantage Plan and make a change.

You can contact me at 440-255-5700 or email me at Lmutsko@mutskoInsurance. com to set up an appointment to discuss your insurance needs.

#### "Clean 19", Live your dream



by Natalie-Jo Flynn Clean 19 is here!

One Big Healthy New Year Hug

"Clean 19" will offer tips each month on living Clean, this month I am asking you to focus on your goals

If this is your first time reading my Move that Mountain Health Hugs column then

If you have been reading and you like what you read, don't like it, or have a comment Welcome, and please reach out to me with those comments...We as a community need to work together and I love hearing about successes and areas you are looking

As much as I love helping people I know I can only do so much

My goal for "Clean 19" is to Empower people to take their own control and use resources to be successful. Successful in healthy habits, lifestyle, relationships, work... all are intertwined and must be nourished by you in order to succeed in long-term health and happiness.

Many people have decided on changes to make in the new year, many cannot decide

January 1 does not have to be the day that will make or break your successful days to come. Everyday counts.

• Decide if you want a change in some area

· Picture yourself as having that already, how will it look, feel and sound

· Raise your personal standards to reflect that vision of yourself.

January 2019

• Surround yourself with people who have what you want.

• Focus on activities that will make that happen for you. • Do something more and a bit better each

day toward you goal. • We get what we focus on, that's how it

works.

I work with people all over the globe in different lifestyles with variety of wants and needs in life. The one thing we all have in common is the desire to continually improve our life, health and relationships. Relationships with food, family, jobs, whatever it is, we want more and we want better. I am a student of life and a leader of change, and I believe in you.

Visit my brand new, baby fresh website and blog, www.MTMhealthcoach.com

Reach out to me for a relaxed, helpful coach session that will leave you feeling better and maybe help you look at your goals in a different and more achievable light.

Make this your fresh n "Clean 19" Feel free to contact me with any questions about this or any of the comments I have

Feedback is welcome.

Also, just text, call or email to have a complimentary easy, fun discussion session about your health goals.

For more Inspiration to making heathy habits now to last through the year and your lifetime, get ahold me and turn those "Maybe I will do it someday" goals into

I provide one on one, group sessions, as well as educational wellness tips and talks for any size groups!

Let's Move That Mountain! One little push is all it takes. Natalie-Jo Flynn, MSN, CHC, Personal life-

style Coach

21933 Euclid Ave.

**Euclid OH 44117** 

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### Senior Page

# Euclid Lakefront SENIOR PROGRAMS NEWSI ETTER

### **January 2019 Euclid Senior Programs**

	<u>1</u>	2 9:00 Fitness Over 50 9:20 Podiatrist	3 8:45 Floor Yoga 10:00 Slv Snkrs Clsc	9:00 Silv Snkrs Classic 10:00 Fitness Over 50
	CLOSED FOR	10:00 Silv Snkrs Classic 10:00 Crafts	10:00 Sewing 10:00 Billie Exercise	12:45 Bingo – 1:00 Pinochle –
	CLOSED FOR	10:00 Crarts 10:00 Comp Lab Help	1:00 Line Dancing	1:00 Chess Club
	NEW YEARS	11:00 Chair Exercise		1:00 Rock Painting
		12:45 Bingo 1:00 Open Card Play	BLOOD DRIVE NOSCD	
		1:00 Open Computer	NOSCD	
		1:00 Ballroom Dance DRUG MART TRIP		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.	8	9	10	11
8:30 Line Dancing, Beg. 9:00 Line Dancing, Adv	9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit	9:00 Fitness Over 50 10:00 Silv Snkrs Classic	8:45 Floor Yoga 10:00 Slv Snkrs Clsc	9:00 Silv Snkrs Classic 10:00 Fitness Over 50
10:00 Fitness Over 50	10:00 Crochet	10:00 Crafts	10:00 Sewing	10:00 Lisa Lee Reflex
10:00 Chair Yoga 12:45 Bingo	10:00 Free Consults 10:00 Bible Study	10:00 Comp Lab Help 10:00 Br w/Gr Pt	10:00 Billie Exercise 12:15 Police Talk	12:45 Bingo – 1:00 Pinochle –
1:00 Ballroom Dance	10:00 Billie Exercise	11:00 Med Mutual Talk	12:30 Quilting Class	1:00 Chess Club
2:30 Zumba Gold	11:00 Music Bingo 12:45 Art with Jack	11:00 Chair Exercise 12:45 Bingo	11:00 SS Str & Bal 12:45 Grief Support	1:00 Rock Painting
	1:00 Speed Bingo	1:00 Open Card Play	1:00 Fun Bingo	
	ManorCare 1:00 Adult Coloring	1:00 Open Computer 1:00 Ballroom Dance	1:00 Line Dancing	
	3:30 Tai-Chi	1.00 Balli Colli Ballice	BRKFST/BOB	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15	16 Birthday Day	17	18
8:30 Line Dancing, Beg. 9:00 Line Dancing, Adv	9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit	9:00 Fitness Over 50 9:20 Podiatrist	8:45 Floor Yoga 10:00 Slv Snkrs Clsc	9:00 Silv Snkrs Classic 9:20 Pool Tournament
10:00 Chair Yoga	10:00 Crochet	10:00 Silv Snkrs Classic	10:00 Sewing	10:00 Fitness Over 50
10;00 Fitness Over 50 12:45 Bingo	10:00 Bible Study 10:00 Billie Exercise	10:00 Crafts 10:00 Comp Lab Help	10:00 Billie Exercise 10:30 FFF	12:45 Bingo 1:00 Pinochle
1:00 Ballroom Dance	12:45 Art with Jack	11:00 Chair Exercise	12:30 Quilting Class	1:00 Chess Club
1:15 Book Club 2:30 Zumba Gold	1:00 Adult Coloring 3:30 Tai-Chi	12:45 Bingo 1:00 Open Card Play	11:00 SS Str & Bal 1:00 Meditation with	1:00 Rock Painting
		1:00 Open Computer 1:00 Ballroom Dance	Chera	
	GRANDE POINTE	1:00 Ballroom Dance	1:00 Line Dancing	
			WATERFORD	
			BINGO TRIP	
			NOSCD	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
	9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit	9:00 Fitness Over 50 10:00 Silv Snkrs Classic	8:45 Floor Yoga 10:00 Slv Snkrs Clsc	9:00 Silv Snkrs Classic 10:00 Fitness Over 50
CLOSED	10:00 Crochet	10:00 Holly's Hearing	10:00 Sewing	10:00 Lisa Lee Reflex
FOR MARTIN	10:00 Bible Study 10:00 Billie Exercise	10:00 Crafts 10:00 Comp Lab Help	10:00 Billie Exercise 11:00 SS Str & Bal	12:45 Bingo 1:00 Pinochle
LUTHER KING	11:00 Ask Meih	11:00 Chair Exercise	1:00 Line Dancing	1:00 Chess Club
	12:45 Art with Jack 1:00 Hilltop Fun Bingo	12:45 Bingo 1:00 Open Card Play	HORSESHOE	1:00 Rock Painting
L DAI	1:00 Adult Coloring 3:30 Tai-Chi	1:00 Open Computer 1:00 Ballroom Dance	TRIP	
			CARR	
			CARP	
28	29	30	31	
8:30 Line Dance Beg	9:00 Silv Snkrs Classic	9:00 Fitness Over 50	8:45 Floor Yoga	
9:00 Line Dance Adv 9:00 Benefits Check Up	10:00 Silv Snkrs Circuit 10:00 Crochet	9:20 Podiatrist 10:00 Silv Snkrs Classic	10:00 Slv Snkrs Clsc 10:00 Sewing	
10:00 Chair Yoga	10:00 Bible Study	10:00 Crafts	10:00 Billie Exercise	
12:30 Fresh Produce 12:45 Bingo	10:00 Billie Exercise 11:00 Bob's Talk	10:00 Comp Lab Help 11:00 McGregor/Pace Talk	10:30 FFF 12:30 SS Str & Bal	
1:00 Ballroom Dance	12:45 Art with Jack	11:00 Chair Exercise	1:00 Game Show	
1:00 Computer Class 2:30 Zumba Gold	1:00 Adult Coloring 3:30 Tai-Chi	12:45 Bingo 1:00 Open Card Play	Day/Gateway 1:00 Line Dancing	
2.30 Zuniba Gold	EUCLID	1:00 Open Computer		
	LUCLID			
	HISTORICAL	1:00 Ballroom Dance		

#### **Bob's Corner**



#### by Bob Payne

It's a raw, gloomy, rainy sort of day. The ground is sopping and dotted with puddles, the sky is heavy laden with dark, ominous clouds, and the moisture filled air feels weighty in my lungs. An icy wind this morning has blown most of the crispy brown leaves off of the trees, a reminder that the darkness and bitter cold of winter is not far off. It seems a good backdrop for a spooky movie. Going with the rather eerie theme of the day, I've got a question.

#### What haunts you?

At first blush you may think this an odd question, but you know exactly what I mean. What is so impressed upon your mind that you find it necessary to relive the situation over, and over, and over again? What haunts you?

We often have difficulty letting go of certain types of thoughts, and they tend to fall into one of two categories; either it was something that happened to you, or it was something that you did. Either way, you are struggling to understand and make some sense of it. So you spend way too much time on the disturbing thoughts hamster wheel, chasing after old issues and searching for a balm to ease your troubled mind. Sadly, I've seen people wrestle, suffer and struggle with the same thoughts for many, many years before they come to the realization that you cannot change the

That moment of time is done. You can only live from here forward. Isn't it time to get healthier, and be selective about what you give your attention to? You do understand that contrary to how it feels, those thoughts aren't tattooed on your mind,

Perhaps it's time for a personal inventory, a kind of a check-up from the neck-up, with the purpose of identifying and getting rid of anything toxic; old grudges, long lingering self-doubt, and damage from negative relationships. How do you do this?

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Thur., March 28 • 6:30-8:30 pm Concord Comm. Center 440-639-4650 to register

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