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hosts hoop it up

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Volume 10 • Issue 2

February 2019

## The New Opportunity Zones in Euclid



*by Sheila Gibbons*

A large crowd filled a meeting room at the Euclid Public Library on January 16th for the Opportunity Zone Breakfast. The informational event was presented by the Euclid Chamber of Commerce and the City of Euclid, in partnership with sponsor and guest speaker Elliot Kijewski/Cushman & Wakefield / CRESCO Real Estate. The additional expert speakers included Stephanie Mercado of Kohrman Jackson & Krantz LLP, Vince Adamus of Greater Cleveland Partnership (GCP) and Paul Herdeg from

Cuyahoga County.

Opportunity Zones are a new community development program established in the Tax Cuts and Jobs Act of 2017 to encourage long-term investments in eligible census tract communities nationwide. The goal of the Opportunity Zone program is to allow investors to defer capital gains from the sale or exchange of property by investing the proceeds in an Opportunity Fund. The fund would then invest these assets in businesses within an Opportunity Zone.

Euclid has five Opportunity Zones, as identified in the image. Anyone interested in learning more about this program or properties in the Opportunity Zones is urged to contact Jonathan Holody, the Director of Planning and Development for the City of Euclid at 216.289.8154. Requests for the presentation materials may also be submitted to [sheila@euclidchamber.com](mailto:sheila@euclidchamber.com). The Euclid Chamber of Commerce is also an excellent resource for businesses looking to make connections with other business or property owners, to learn more about the City of Euclid, or seeking assistance with business planning and growth. Contact Sheila Gibbons, Executive Director, at 216.731.9322 or [sheila@euclidchamber.com](mailto:sheila@euclidchamber.com) for additional information or to schedule a meeting.

## Euclid Police Highlights for 2018



*(full story and more photos on page 10)*

**Observer Writers Appreciation Party !**

Would you like to learn how you can become a writer for the Collinwood or Euclid Observer?

Are you a current writer for the Collinwood or Euclid Observer?

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Pacers famous ribs, wings, and pizza

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Learn how easy it is to submit your stories or pictures to the Observer paper.

## Community Welcomes New Owners To The Standard

*by John Copic*

Thank you to Matt Quinn and Chris Hammer for taking a neighborhood beer joint and turning it into a beautiful restaurant called The Standard. You will be missed from E. 185th St. but we will keep in touch with you at Paragon.

The torch has been passed to Said Ouadadaa. He brings a vast knowledge of food from his worldwide cooking experience.

The Standard’s new menu goes into effect February 1st. Said has promised to keep the favorites that we know and love. I am looking forward to sampling the new

menu items inspired by Said’s Moroccan and French influence.

The Standard is located at 779 E. 185th St. The hours are 11 AM to 10 PM seven days a week, open later on Friday and Saturday. Be sure to call 216-531-9463 and make your reservations for the very popular Valentine’s Day weekend.

You can look forward to a complete review of the food in the March observer. Welcome to the neighborhood!



REAL ESTATE

Check out the Observers new real estate section. **PAGE 21**

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## 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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Next deadline: February 25, 2019

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## From the desk of the Mayor



Winter is here! I hope you are staying warm and taking time to enjoy the season. Please remember to check on your elderly neighbors and those who cannot get out. If the temperature is not too low-- bundle

up, take a walk outside, and enjoy the scenery of the snow. Euclid Creek Metro Park is beautiful in the snow, take a walk down to Sims Park to see the lake, or just around your neighborhood park.

There was a lot of buzz this month around town. We hosted community leaders at the Lakefront to see the progress. After a reception at Henn Mansion, we walked along the top of the bluff to see the progress. They are moving along nicely, rocks are in the water and you can visualize the size and impact of the project! Take

a walk down to see!

The Chamber of Commerce and City hosted area businesses, commercial brokers, and developers to learn more about the Opportunity Zones. There was a lot of energy and excitement about future development in Euclid and the benefits of having 5 census tracks dedicated as Opportunity Zones. I look forward to being able to work with them to being future projects to Euclid.

I also had the opportunity to participate in several Martin Luther King Jr. Celebrations and continually work to help create a community that celebrates its diversity and comes together as one community. This is a constant work in progress and I have been thinking about how important it is to work to truly understand one another and each other's experiences. This is true in police-community relations, neighbor to neighbor relationships, teen- adult interactions, and so many more everyday interactions within our community. Rather than reacting im-

mediately to something we see or hear, take the time to truly try to understand another's viewpoint or experiences. Understanding does not always mean we will agree, but hopefully with understanding comes more respect and tolerance of a different viewpoint.

Civic discourse is an important part of a strong community -- we want people to be involved and engaged. We also want this to happen in a productive and respectful manner where all views are represented. Dialogue is important and different opinions and input often make for better decisions -- especially if we take the time to understand one another's perspectives. I thank all of our residents who are involved and look forward to working with you to improve our community.

I look forward to seeing you around town! Enjoy the snow and stay warm!

Mayor Kirsten Holzheimer Gail

## Register Today for the 3rd Annual "Big Clean"



Registration for individuals and organizations - in both Euclid and Collinwood - will be hosted on the City of Euclid's website, [cityofeuclid.com](http://cityofeuclid.com). Simply click the "Big Clean" icon to be routed to the registration page.

by Allison Lukacsy-Love

In December 2017, Euclid City Council The snow has fallen, trapping wrappers, bottles and other litter until the spring melt when the trash reappears along city streets. It is not a pretty visual, but YOU can help make a difference in the appearance of a cleaner,

more beautiful Euclid.

Register today for the third annual Euclid v. Collinwood "Big Clean" Great American Cleanup on Saturday, April 6th, 2019 from 9am to 1:30pm at Villa Angela -- St. Joseph High School.

Euclid volunteers are the undefeated

champions so gather your family, friends, coworkers, neighbors -- EVERYONE -- and let's sweep the Collinwood "competition" again this year!

Registration for individuals and organizations - in both Euclid and Collinwood - will be hosted on the City of Euclid's website, [cityofeuclid.com](http://cityofeuclid.com). Simply click the "Big Clean" icon to be routed to the registration page.

Want to help plan the "Big Clean"? Join us for an upcoming 'Keep Euclid Beautiful' meeting on Wednesday, February 13th, 2019 at 6pm at Euclid City Hall (585 East 222nd Street).

The "Big Clean" is a free event made possible through monetary and material (trash bags, gloves, t-shirts as well as food and drink) donations. If you would like to sponsor the "Big Clean", please visit the City of Euclid's website or contact Linda Beck at the City of Euclid. For more information on how to get involved in creating a beautiful Euclid, email Linda at [LBeck@cityofeuclid.com](mailto:LBeck@cityofeuclid.com) to join the KEB mailing list.

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## EUCALID LIBRARY

## February Programs at Euclid Public Library



by Ashley Gowens

**Arm Chair Travel: Historically Black Colleges and Universities**

Tuesday, February 5

2:00 PM / Lake Room

HBCUs have been a path of promise toward the American dream for more than 150 years. Resistance and refusing to be denied a higher education created a set of institutions that would influence and shape this country for centuries to come. Join us for a documentary, which examines the evolution of these unique organizations, beginning in 1837 with the "Institute for Colored Youth," up through today's campuses.

**Planning a Family Vacation**

Monday, February 11

6:00 PM / Lake Room

It's never too early to start planning your summer vacation! Mouse Made Simple will teach tips and tricks to plan a vacation and doing so with a budget in mind. This pro-

gram is geared toward families with children, but all are welcome! No registration required but space is limited.

**Love Your Heart**

Wednesday, February 20

7:00 PM / Lake Room

Heart disease is the leading cause of death in America. About 92 million people in the U.S. have some form of heart/cardiovascular disease. Many of these deaths and risk factors are preventable, especially hypertension (high blood pressure). Join us as Donna Walker, RN, CNP, from Euclid Hospital explains why managing your high blood pressure is one way to control your heart disease.

**Fireside Chat: Councilwoman Laura Gorshe**

Thursday, February 28

6:00 PM / Fireplace

Join us for a chat with Euclid City Councilwoman Laura Gorshe to hear what is going on in the City this winter.

## Euclid Public Library Seeks to Renew Operating Levy in May



Euclid Public Library looks to renew its 5.6 mill levy this spring.

by Ashley Gowens

This May, the Euclid Public Library will ask residents to renew its current 5.6 mill five-year operating levy that supports services and programming for more than 47,000 residents in the City of Euclid.

The library's 4-mill renewal levy and 1.6-mill additional levy initial ask was approved in November 2014 by more than 63% of the voters.

"We are grateful for the support of our residents, and we have been diligent and responsible with the funding we have received despite cuts to library funding and reduced revenue from property tax," said Euclid Public Library director Kacie Armstrong. "We discovered ways to save money and expand our offerings without impacting the level of service to our community."

Since 2014, Euclid Public Library has identified new ways to provide patrons with cutting-edge services. EPL expanded its program offerings for adults and families, increased skills and job readiness train-

ing through Ohio Means Jobs, and began passport acceptance services in fall 2016. Additionally, in early 2018, EPL launched personal Wi-Fi mobile hotspots check out to library cardholders.

David Piskac, fiscal officer for the library, stated, "The operating renewal, which generates \$3.1 million each year, will not increase taxes, and will cost the taxpayer \$115.85 annually, based on a \$75,000 property valuation."

In addition to traditional offerings such as books, internet, and computer access, Euclid Public Library provides early literacy and STEAM programs in community schools and supports Euclid preschools and daycares, and homebound patrons by way of Outreach Services -- one of the few remaining libraries in the area to offer the needed service.

For more information about the Euclid Public Library and a listing of services and programs, please visit [www.euclidlibrary.org](http://www.euclidlibrary.org).

## Women in History Present: A Visit with Harriet Tubman



by Ashley Gowens

Thursday, February 21 6:30 PM / Lake Room

Join us as we welcome Women in History's Vernice Jackson as she performs as Harriet Tubman! Tubman successfully completed

thirteen missions on the Underground Railroad, rescuing approximately seventy enslaved people, including family and friends. Witness this thrilling performance for all ages, especially families with children!

No registration required but space is limited. Arrive on time to claim a spot.

## Book Your Next Meeting Room with LibCal



Book your next meeting room online today!

by Ashley Gowens

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 mobile device.

Users can access the LibCal platform by visiting [www.euclidlibrary.org/meetingrooms](http://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.

To complete your meeting room reservations, users must acknowledge they that they have read and understood the Euclid Public Library Meeting Room Policy re-

garding meeting room and equipment use, and as the representative of the not-for-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 -- April 30, 2020

To book your next meeting room today, visit [www.euclidlibrary.org/meetingrooms](http://www.euclidlibrary.org/meetingrooms).

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Many FREE activities in the day for all ages,

Evening Concert at 7:30pm, \$10 in advance, \$15 day of show, 12 & under FREE. featuring : Americana duo Richie and Rosie, Jim Volk: Progressive Roots Guitarist, Journeywork: Traditional Irish music, Shri Kalaa Mandir- Classical Indian Music & Dance, The Chardon Polka Band- Polka, what else!

Schedule, artist info, and evening concert tickets, can be found at [www.lakeeriefolkfest.com](http://www.lakeeriefolkfest.com)



LAKE ERIE FOLK FEST  
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Jen Hearn Photography

Special event or meeting? Consider Shore Cultural Centre!

- Event rooms start as low as \$45/hour
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Long term rental spaces available too! Email [llk@thecoralcompany.com](mailto:llk@thecoralcompany.com)



SPOKEN WORD/POETRY for 9<sup>th</sup>-12<sup>th</sup> grades, Feb 23-Mar 30, Saturdays 1-3pm \$50/six-week session with a teaching artist from Twelve Literary Arts

Designed to help youth write and perform poems for a live audience, students will be provided unique, existential writing prompts to inspire their process. Strong writing forms the backbone of this course, but youth are also introduced to performance techniques and exercises and that will take their literary expression to another level.

Coming Soon: PLAYWRITING & MEMOIR WRITING

Visit our website to learn more about music, dance, art, fitness and well-being classes at Shore!

"Telling Our Stories" is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture along with the Char and Chuck Fowler Family Foundation

Shore Cultural Centre offers an array of arts and educational programming in the heart of downtown Euclid

Join the Fun at the Lake Erie Folk Fest this month!

The Chardon Polka Band will perform in the evening concert at the Lake Erie Folk Fest, and play for a Community Dance during the day.

by Chris Cipriani

Once again, the halls, classrooms and auditorium of the Shore Cultural Centre will resonate with folk and traditional music on Saturday, February 23 from 1:00pm-10:00pm. The fourth annual Lake Erie Folk Fest will take place throughout the building with 40+ FREE Community Concerts, music and dance workshops, community jams, kids' activities, dances and more, 1pm – 6pm, including:

- Community concerts with Gretchen Pleuss, Olivia Martinez, Lea Marra, Eden & Lukas Pool, Bob Frank, Paulo Costa Trio, Thor Platler Trio
- Special Performance by the Euclid High School Drumline
- Dance workshops: Dance Calling with Emily Rainbowface Able, Classical Indian Dance with Shri Kalaa Mandir, African Dance with TamTam Magic
- Shapenote singing
- Old-Time Banjo Summit with Richie Stearns, Lukas Pool, Mark Olitsky and Doug Ungar
- Irish Whiskey and Flute jam with Brian Bigley
- Fiddle from Scratch with Bruce Tackett
- Spoken Word workshop and open mic with Twelve Literary Arts
- Music workshops in ukulele, guitar, song-writing, mandolin, more!
- Polka with the Chardon Polka Band
- Old-time, bluegrass and Irish community jams
- Kids workshops & activities

That evening at 7:30pm, the Shore Auditorium comes alive with an eclectic array of music in a day-ending concert. Featured that night will be New York-based Americana duo Richie & Rosie. Before joining forces, both members were well established within the Ithaca, N.Y. old-time music community. Rosie has toured with multiple bands, including an appearance while she was in high school with

Robin Echols Cooper will present "More than a Story!" for kids during the day at the Lake Erie Folk Fest.

folk-rock band The Mammals, and Richie has performed internationally with bands such as Bela Fleck, Pete Seeger and David Byrne.

Sharing the bill that night will be Journeywork, a traditional Irish band, and also guitarist Jim Volk who incorporates traditional fingerstyle and electric guitar techniques for a truly "modern acoustic" presentation. Shri Kalaa Mandir, with classical Indian music and dance, will perform in the evening concert. Their dancers have been featured at the Cleveland Museum of Art, Playhouse Square, Cleveland Public Theatre, and more. The Chardon Polka Band brings modern polka music to a new generation and will join the lineup. They have become a well-known act in the fall Oktoberfest circuit, headlining at some of the nation's largest seasonal events. General admission tickets for the evening concert are \$10 in advance and available online at [www.shoreculturalcentre.com](http://www.shoreculturalcentre.com). Tickets are \$15 the day of the show.

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Control your weight to protect your heart from atrial fibrillation.

If you're over 40 and your heart flutters, there's a good chance you're one of the millions who suffer from atrial fibrillation (Afib). This condition, which can cause the upper chambers of the heart to race for minutes, hours or days, is the product of a malfunction in the heart's electrical system.

Common symptoms may include a feeling that your heart is pounding or about to leap out of your chest. You might also feel weak, and have shortness of breath and chest pain.

"Atrial fibrillation raises your likelihood for stroke and doubles the chance of dementia. It also increases the risk of suffering a heart attack or developing heart

Dina Sparano, MD

failure," explains Cleveland Clinic electrophysiologist and cardiovascular specialist Dina Sparano, MD, at Cleveland Clinic Hillcrest Hospital. "Though we do not often think of atrial fibrillation as something we can cure, there are many treatment options available that range from medications to cardiac procedures that can significantly reduce arrhythmia burden, improve quality of life, and prevent these complications from occurring."

Obesity increases your risk for Afib, and can lead to high blood pressure, diabetes, heart failure and sleep apnea.

Now, there's good news that taking control of certain risk factors for heart disease may prevent Afib or lessen its impact. Recent studies have shown that aggressive, medically-monitored lifestyle changes – specifically weight management – can reduce the risk

of developing atrial fibrillation.

"Weight loss can be a powerful tool with many benefits," says Dr. Sparano. "It helps to reduce high blood pressure (BP). In turn, lower BP is good for coronary blood flow and decreases arrhythmia (abnormal heart rhythm). Weight loss can also help control diabetes and prevent sleep apnea, both of which increase your risk for atrial fibrillation."

Although you can't control your family history or your age, you can lower your risk by losing weight, exercising moderately and eating a healthy diet.

To make an appointment with Dr. Sparano or another Cleveland Clinic cardiovascular medicine specialist, please call 440.449.8890. To learn more, visit [clevelandclinic.org/loveyourheart](http://clevelandclinic.org/loveyourheart).

Kids heart health: teach smart habits for a healthy heart later.

Obesity in children and adolescents is becoming a major health issue. More than 12 million U.S. children and teenagers are considered to be obese, according to the Centers for Disease Control and Prevention (CDC).

"Childhood obesity can lead to type 2 diabetes, atherosclerosis, high blood pressure and high cholesterol – all risk factors for coronary artery disease in adulthood," says Geetha Challapudi, MD, a Cleveland Clinic Children's pediatric cardiologist at Hillcrest Hospital.

To help reduce these risks, Dr. Challapudi offers some heart-smart habits for families:

Geetha Challapudi, MD

- Commit to eating at home more often, where you have more control over ingredients used.
- Eat meals together to reduce the chance of children eating the wrong foods or snacking too much.
- Reduce or eliminate soda, sports and energy drinks, fruit juices, enhanced waters and other sugary beverages. Drink water, unsweetened tea or sugar-free beverages instead.
- Involve children in meal planning and preparation.
- Use herbs and spices, instead of salt, to add flavor when cooking.
- Incorporate fruits and vegetables into meals and keep them on hand for snacks.
- Learn to read food labels and remember that serving size does not always equal portion size.
- Ensure that healthy food options are available during sporting events and other activities.

The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous aerobic activity every day.

In this age of technology, what can parents do?

"Try setting limits for screen time on TVs, computers and phones, and encourage your children to exercise," says Dr. Challapudi. "Find an activity that the family can enjoy together – take a brisk walk, bundle up to go ice skating or skiing, or try swimming at your community recreation center."

To make an appointment with Dr. Challapudi or any of our pediatric cardiologists, please call 216.445.5015 or visit [clevelandclinicchildrens.org/heart](http://clevelandclinicchildrens.org/heart).

Is "stem cell" therapy right for your joint pain?

"Stem cell" therapy has become popular for people with arthritis and other degenerative joint conditions. Clinics offering the treatment seem to have popped up overnight. And you probably know someone who has had the treatment, with or without success.

Stem cells in your body can multiply and become different types of cells, like cartilage. There are multiple sources of stem cells, including your own bone marrow and fat.

The thinking is that if stem cells were to be injected into an arthritic knee joint, for example, they will start making more cartilage, reversing the joint damage. But is it true?

Probably not, says Nicolas S. Piuze, MD, an orthopaedic surgeon and researcher at Cleveland Clinic. "Stem cell" therapies in orthopaedics are mostly unproven by medical research," he says. "Most of the claims are based on anecdotal reports of patient satisfaction, not clinical outcomes or published data."

While "stem cell" is the buzz phrase, the accurate

Nicolas S. Piuze, MD

and more inclusive term is cellular therapies or orthobiologics. Cleveland Clinic physicians offer cellular therapies as part of a treatment plan, integrating proper nutrition, health and weight management, inflammation and pain control, and physical therapy and rehabilitation.

Orthobiologics may include platelet rich plasma (PRP), bone marrow concentrate (BMC) and placental tissue matrix (PTM) injections. PRP and PTM do not contain stem cells but still could help reduce pain and improve function.

"The term 'stem cell' is often widely and inappropriately overused in orthopaedics to include all kinds of treatment with uncharacterized, minimally manipulated cells, and even therapies that do not contain stem cells at all," says Dr. Piuze.

In short, be suspicious of advertised "stem cell" injections or "miracle cures," he says. Rather, seek a doctor who can address your pain, function, strength and stability while helping you return to the activities you love.

To make an appointment with a Cleveland Clinic orthopaedic specialist, call 216.444.2606.

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# COMMUNITY

## Future of YMCA building and property uncertain



The former Euclid YMCA sits empty as its future still under consideration.

by Kurt Steigerwald

Unable to afford losing almost \$200,000 a year, the YMCA of Greater Cleveland announced it was closing its Euclid branch May 11, 2018. Since that date, the building has sat empty with little hint at what will happen to the property.

Comprised of two separate parcels of land, the YMCA sits on just over 5 acres of property nestled between neighborhoods, Briardale Greens Golf Course and across the street from Memorial Park. Cuyahoga County property records value the property at \$2,077,000.

As part of an ongoing evaluation of the multiple pieces of property that sit vacant in Euclid, this article explores the YMCA property and its future.

Beginning in late May, I began contacting officials at the YMCA to discuss plans for the property. After multiple calls and emails requesting interviews or comment; it wasn't until late December 2018 when a response from the YMCA arrived. The official response: No comment.

According to Johnathan Holody, Director of Planning and Development with the City of Euclid, the YMCA of Greater Cleveland has been "patiently holding the property as the City Administration examines potential uses and funding options for this property."

Holody said he couldn't speculate on the YMCA's plans, but commented that the YMCA allowed Euclid to conduct an asbestos abatement study of the building that estimated abatement costs at approximately \$150,000. Asbestos abatement would need to be part of any plans to tear down or significantly renovate or reuse the building by any future owner. The City of Euclid conducted the abatement study to understand its options should the Administration consider buying the property.

However, Holody stated that any thoughts of having the City buy the YMCA property are preliminary at best - this type of decision would need to involve City Council, any neighbors abutting the property and the public. If the City were to buy the property, it would have several options to consider in terms of future use. Additional greenspace, adding to the neighboring golf course or a housing development are among the options.

Before any decisions are made about the property, should the Administration want to buy it, Euclid will need to identify funds to pay for abatement. "We'd hope to identify grant money to help (pay for asbestos removal)," said Holody. He added that Euclid applied for a Federal EPA Brownfield grant seeking \$400,000 to help the City address issues it faces as it tries to market or revive properties - like the YMCA property that requires investment to make them more marketable or usable.

For now, the former Euclid Family YMCA building will sit idle until the YMCA of Cleveland decides to sell it to someone interested in the property. This includes the City of Euclid which is still evaluating its position regarding the property.

## Starting the year out right!



The clients of Mary Mavec with their handmade, Valentine Centerpieces.

by Vicky Geer

Mary Mavec Opportunity School has been very busy in the New Year. The clients went to the store to purchase toiletry items for local women's shelters, and they helped to

package them up for delivery.

For Valentine's Day they made special centerpieces in art class for the Euclid Lakefront Community Center. They will personally deliver them to the center in early February.

Do you have a small volunteer project that Mary Mavec Opportunity School can help you with? We are located on Lakeshore Blvd. in Euclid, Ohio. Our hours of operation are weekdays from 9:00a.m. until 2:00p.m. We would be glad to help you out. You can contact us at 216-731-4666.

Founded in Euclid in 1947 on compassion, Mary Mavec Opportunity School has been welcoming adults with developmental disabilities and provides a rewarding program that encourages life-long learning and personal growth.

## I Need to Come Home

by Sherrie Zagorc

This is not so much an article for the Euclid Observer as it is an unusual request for help from somebody in the Euclid area. It's a new year and I am stepping out of my comfort zone asking for help, but I feel such a strong need to come back to Euclid in 2019. There are circumstances that are telling me this is the time to purchase the commercial building at 20110 Wilmore Ave. but I need lots of help to make it happen.

My good friend and co-founder of Kiddie City, Carole Mozeleski, owns the Wilmore/E. 200th Street building that our first childcare center inhabited. After Kiddie City moved to the former Lincoln Elementary School building in 2016, Carole renovated the building as her residence in the back and a meeting space in the large front room. Carole has been presented a wonderful opportunity to move to the big island of Hawaii to a property that her son has purchased for his retirement. She needs to sell her building in Euclid by this summer to finance her move and the renovation of her future home in Hawaii. Her listed price is \$200,000.00, but she is willing to sell it to me at a reduced price.

I am an official resident of Euclid but for the last 7 years I have been living in Massil-

lon, Ohio in my childhood home as a full-time caregiver for my 91 year old mother who has Alzheimer's. I believe my Mom is at a point in her disease to be able to make a transition with me to Euclid. I have remained active in my Euclid activities as co-founder and board member at Kiddie City Child Care Community and as the founder and chairperson of the E. 200th Street Stroll event that has been held since 2006 on the Saturday after Memorial Day. Even though I have not lived in Euclid since 2011, I have remained a staunch supporter of all things Euclid. My husband and son continue to live in our three-story home in Euclid but our mortgage free home on E. 210th Street is tied up as collateral for a Kiddie City expansion loan.

There are a few more additional circumstances that push me to seek assistance. I cannot share these with this article's readers, but I would love to talk in detail with someone who would be interested in creatively investing in me - a person with integrity and love for Euclid - and help me come home. Thank you for your consideration, Sherrie Zagorc

Please contact me at ComeHometoEuclid@gmail.com or 330-832-7863.

## Group Wants To Recreate Successful Efforts From The Past

by Madeline Scarniench

About 30 years ago a group of PTA folks got together because they were tired of the school board members and what they were doing. This group called themselves EXCEL which stood for Euclid Citizens for Educational Leadership. Their efforts produced a slate of candidates that went on to serve Euclid very well. Carol Bechtel, Carol DeWine and Barb Kramer all did a great service to our community for many years.

This brings us to today. As everyone knows The Just Say No group defeated all three issues that were on the November ballot. With this in mind we have decided to keep the momentum going and turn in another direction. We would like to help local candidates/ incumbents for all positions that are up for election this fall. We are asking for any and all persons that are

interested in running for office to contact us by February 15th. The positions that are up for reelection include the Mayor; Council seats 1, 3, 5 and 7. There are also 2 school board positions that will be open.

Once we have the names of all interested parties we will set up an interview process for early March. Our group is currently called Responsible Euclid Citizens for Equitable Taxation or RECET. Since we will be promoting and helping candidates by law we will be filing for a new PAC. The name will change but the mission will be to find and support good candidates for local offices.

We currently have over 100 members but we are looking to add to our membership. If you would like to be a part of this new endeavor please contact Jeff Beck at 216- 759-2840 or message either of us on facebook.

## How A Flower Theory Grows

by Hollie Priah

First, the idea; second, is the evidence; finally, the theory...

Based on an Idea, I opened Flower Theory, a full service flower shop in Atlanta, GA., in 2013. I had this idea because I grew up in a flower shop in Columbus, Ohio. I enjoyed working with flowers and I am an admirer of great design. Plus, I have the skills. Seemed logical.

Well, this became a labor of love. If Columbus was my home, then the shop was my house (not really, but follow me). A graduate of Wilberforce University, and The Ohio State University, my studies were not relative to flowers, but turns out that's okay (I still use what I learned in school). Being from a family of florists would prove to be very meaningful. My grandmother owned a flower shop, my mother managed the business, and my cousin was a designer. All great designers, I learned by watching them work; can't say I loved it back then, nor did I envision my future as a designer or shop owner. However, it has become what I sleep, eat, and breathe. And I'm right

back where I started.

I've come full circle literally, and figuratively. After being an educator for several years it was time for a change. Flowers. I still love teaching, but now the subject is floral design. This was just the change I needed. Flower Theory became something tangible, and I love it. I closed my shop in Atlanta, got married, and moved back home. My husband is from Cleveland...all roads lead to home or very close to it. Euclid is home now. We've planted ourselves here, and this is where we'll continue to grow.

...and that's how a flower theory grows. So, we're here, and I'm thrilled! I am looking forward to growing with the community and adding floral designs to the place. We do everyday flower arrangements, sympathy arrangements, weddings, and events. I offer private design classes as well as well as open classes. Kids are also welcome; they'll enjoy our floral art session. See you soon! Hollie Priah 678-296-0655 myflowertheory@gmail.com myflowertheory.com

## Tax Season Trends and Tips

by Dave Godek

Tax season is upon us. So, how much do tax payers actually know about this dreaded annual activity?

It turns out most people know more about the tax process than they think they know, Eaton Family Credit Union senior accountant Diane Toth said.

"According to a 2018 Ohio Credit Union League study, 62 percent of respondents said they know how much they pay in income tax each year while only 38 percent admitted they haven't been paying attention."

Toth said a recent NerdWallet study found consumers had a similar level of knowledge about tax brackets.

"That survey found 52 percent of Americans know which tax bracket they belong in and only 1 in 14 don't understand how tax brackets work," Toth said.

Separate NerdWallet and Ohio Credit Union League surveys both found most consumers said they know how their finances should look when their withholdings are adjusted correctly.

In NerdWallet's survey, 56 percent of Americans say they know they should adjust their withholdings to get their tax refunds as close as possible to \$0. The League's survey found about 45 percent of respondents said the same.

The League's survey also found 70 percent of tax payers know to check their withholdings once a year.

"For the 30 percent of respondents who only check their withholdings every five years or when they start a new job, these are the consumers who could suffer in a year with new tax laws," Toth said.

According to a report by the Government Accountability Office, about 73 percent of taxpayers' employers are over-withholding from their paychecks as a result of the law changes.

"These taxpayers may receive larger refunds from the IRS come April," said Toth, "but their paychecks throughout the year will be missing money that could have gone toward bills and everyday expenses."

The Government Accountability Office also reported 21 percent of taxpayers, about 30 million Americans, are being underwithheld by their employers as a result of the new tax law and could be stuck with an unexpected bill from the IRS in April.

Toth said the IRS has recommended Americans remain diligent about checking their withholdings, especially as the new tax laws take effect.

Failure to understand certain tax nuances can become costly, Toth said and offered these tips to help consumer be successful in the new tax season:

Start getting organized now. It might be tempting to wait until the tax deadline looms to start thinking about filing, but you stand a better chance of getting the most out of the system if you file carefully and rationally.

As soon as you receive your W-2 from your employer, begin by making sure the information matches your pay stubs. Then, begin gathering relevant documents, including last year's return, any relevant property data or real estate documentation, proof of charitable donations, and receipts for medical, business, or education expenses.

Adjust your exemptions and withholdings. Check your current W-4 form to make sure you're claiming all the allowances that make sense for you. Also, make sure your employer isn't over-withholding or under-withholding money from your paycheck.

At the end of the year, your goal should be to owe no money and receive no money from the IRS.

Understand what money is taxed and what isn't. Specific accounts in the U.S. are exempt from taxation. For instance, growth and earnings in a Roth IRA aren't taxed. Neither is money in a flexible spending account, which can be used to pay for medical or childcare expenses, or income from a 529 education plan, which can be

used to save for higher education.

Understand what you can deduct from taxes. Most taxpayers understand that charitable donations can be deducted from taxes. But, the average consumer typically overlooks a host of other possible deductions throughout the year. For instance, parents may deduct the cost of babysitting if they volunteer at a charitable organization. Comb through your year and don't be afraid to ask questions that could lead to the right deductions.

Always file taxes - no matter what. In the eyes of the IRS, late is better than never. Even if you're having a difficult time getting the documents together and know you'll miss the deadline, be sure to file, eventually. There's no penalty for missing the April 15 deadline if you are owed a refund, you'll just get your cash back later.

If you're more than three years late, any unclaimed tax refunds are automatically turned over to the U.S. Treasury.

Get help. If you're confused about any portion of your taxes or feel you're not receiving all the deductions you should, seek help. Free tax return preparation programs are available to people with limited incomes (generally making less than \$54,000 a year), people with disabilities, the elderly, and taxpayers who speak limited English.

## Home Improvement Activity Surges in Euclid



Mike French and Hallie Delong stand in their newly renovated kitchen. The couple are among the many homeowners that contributed to increased investment in the Euclid housing market last year.

by Jonathan Holody

Euclid homeowners invested at record levels in 2018 as the local housing market continued to show signs of improvement. According to permits filed with the city, over \$9.7 million was spent on single-family home improvement projects in Euclid in 2018. The amount is more than double the \$4.7 million recorded in 2017.

In addition to an increase in routine

maintenance projects like roof or furnace replacements, Euclid saw a large jump in the construction of home additions and new garages last year.

All of the investment activity kept a steady stream of cases coming before the city's Architectural Review Board. The three member board reviewed 25 unique projects in 2018, seven of which represented major residential projects.

# GREAT SCOTT TAVERN

**Celebrate Valentines Day  
Dinner Specials and  
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# COMMUNITY

## Kiddie City Kicks off “Health Champions” Program with Physical Activity Fair and Performance by DanceEvert



Tom Evert of “DanceEvert” will perform at Kiddie City’s “Health Champions” kick off. He will provide fun and interactive opportunities for children in the audience.

by Jennifer Morrison Garza

Kiddie City Childcare Community on 280 East 206th Street has been named a “Health Champion” by the Cuyahoga County Board of Health through the Early Ages Healthy Stages program. The five-star Step Up to Quality childcare facility will host a Fitness and Physical Activity Fair on Friday, February 15th from 5:30 to 7:00PM in the school’s gymnasium.

Local businesses representing fitness, dance, yoga, pilates, baton, golf, tai chi, martial arts have been invited to set up small booths to distribute brochures on class information and pricing for their services at this fair. “It is our hope that individuals and families from the Euclid community will be inspired to join in the physical fitness movement by joining classes geared toward their interests and needs. This will be the “one stop shop” to gather information on programs and training available in Cuyahoga and Lake Counties, especially with a focus on children and the family,” states Jennifer Morrison-Garza, author of the “Health Champions” Grant. “We are kicking off our “Health Cham-



pions” project with a performance by Tom Evert and Meghan Haas of “DanceEvert” at 6:00 PM”, states Morrison-Garza, organizer. This is a free community event and open to the general public”. Tom Evert, a Euclid resident and current Board Member at Kiddie City, is a former lead dancer of the renowned Paul Taylor Dance Company of New York City. He and his wife Susana Weingarten Evert are the co-founders of the internationally acclaimed company DANCEVERT. Mr. Evert has turned his company to an educational focus in our schools and takes great pride in his role as a “teaching artist”. He has created a unique instructional approach, which integrates the art of dance with the Core Curriculum. This exciting teaching style can accelerate the learning process, while captivating his students. Learning becomes hands-on, experiential, and fun! “We hope that families and residents of all ages will join us for an evening of education and great entertainment!” states Dayna Lube White, Interim Director of Kiddie City.

For more information, please contact Jennifer Morrison-Garza or Dayna Lube-White at Kiddie City, 216-481-9044. Any businesses who would like to participate in our Health, Fitness and Physical Activity Fair may direct questions to Sherrie Zagorc at kiddiecityeuclid@att.net. Kiddie City is a CEOGC Head Start and Universal Pre-K participant.

## February - American Heart Month



by Marilou ‘Louie’ Myrick and LeSa Lowe, representing the Euclid COMMUNITY Relations Task Force

In February, our thoughts turn to valentine hearts, and all the ways we can express love to those we care about.

As we embark on American Heart Month, here are some suggestions to express our love and appreciation that will have lasting benefits – to our families and loved ones – and to our community.

Heart health is the focus of the American Heart Association, including a website called “You’re the Cure”: <https://www.yourethecure.org/>. The mission is to be “a relentless force for longer healthier lives.” What better gift is there?

Here’s a link to the American Heart Association web page for American Heart Month 2019: <https://www.heart.org/en/>, where you can find a wealth of information, ideas and events to support protecting yourself and your loved ones from cardiovascular disease – the number one cause of death in the US.

Learn CPR, and you can be ready to love your neighbor in a big way, should you be called to do so. Someone in the U.S dies from heart disease every 90 seconds. Cardiac arrest can happen at work and in public locations, as well as at home. Imme-

diate CPR saves lives. The American Heart Association encourages everyone to be trained in full CPR and how to use an automated external defibrillator (AED). Finding and signing up for a local CPR class that fits your schedule is easy. Here’s the link: <https://www.heart.org/en/cpr>

We wish you a warm, healthy, and caring February, and we leave you this time with the wisdom of Maya Angelou: “If you find it in your heart to care for somebody else, you will have succeeded.”

### 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](mailto: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.

## Kiddie City Hosts Fathers’ “Hoop It Up” Night



by Jennifer Morrison Garza

Kiddie City Childcare Community hosted its first annual “Hoop It Up”. This Father Friendly program is part of the Universal Pre-K (UPK) initiative to involve male role models in partnership activities. The event took place on Friday, January 18 from 5:00 to 6:00 PM in the Kiddie City Gymnasium. Volunteers from VASJ helped to lead the basketball event. Fathers participated with their children in a traditional “hoop shoot” and then later participated in a fathers’



team game. Children were able to participate in the face-painting booth and enjoyed freshly popped popcorn. All student participants received a participation medal, and fathers were entered into a raffle to win a cooler on wheels (Won by Garland Clay, Jr.) or smoothie machine (Won by Jordan Novak, Sr.). A fun evening was had by all who were in attendance! We are planning to continue this popular event in the near future. Stay posted!

## College Club West Scholarship Grants Available for Women, 25 and Over.

by Paula Deal

Scholarships grants of up to \$3,000 are awarded annually by College Club West to greater Cleveland women ages 25 or older in a four-year-degree-granting program or graduate program. The Scholarship Committee selects recipients on the basis of maturity, academic record, promise, goals,

and financial need. Applications are due March 18, 2019. College Club West offers women living on the west side of Cleveland with four-year degrees and registered nurses opportunities to learn, socialize & participate in fun, meaningful activities. More information and application at [www.collegeclubwest.org/scholarships](http://www.collegeclubwest.org/scholarships).

## Girl Scouts Sixth Annual Socks of Love Project



by Jamie Zagar

For the sixth year in a row, The Girl Scout Troops from Ss. Robert and William School collected enough donations from family, community, parish members and local businesses to fill 274 “Socks of Love.” These sock bundles included a new pair of socks, one stuffed into the other, and filled with toiletries such as shampoo, conditioner, soap, a toothbrush and toothpaste. These 274 Socks of Love were donated to the Shower Program at St. Malachi Center in Cleveland. Excess toiletries were donated to Forbes House in Lake County. This annual Service Project has grown progressively over the last 6 years.

A big thank you to our donors including Euclid Community Members, Members of Ss. Robert & William Parish and School, Eastlake WalMart and Mayfield Women’s Club. For more information about Girl Scouts, visit [www.gsneo.org](http://www.gsneo.org).



# EUCLID CHAMBER OF COMMERCE

Euclid Chamber of Commerce | 20150 Lakeshore Blvd, Euclid 44123 | Ph 216.731.9322 | [info@euclidchamber.com](mailto:info@euclidchamber.com)

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NEO Sports Plant  
A Able Rents  
Euclid Heat Treating



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

**Critical Thinking at Work Workshop**  
February 14th, 7:00 pm  
Euclid Public Library

Critical thinking skills are necessary for work and life. The ability to evaluate facts, analyze situations, and consider consequences can make you a better candidate for a new job or promotion. Join Deb Dobbs, local communication consultant, and Euclid Chamber member, to review methods to help you approach situations for better results.

No cost to attend, registration required  
Register at [euclidchamber.com/events](http://euclidchamber.com/events)

### COFFEE CONNECTIONS

Free monthly networking hosted by members



### STATE OF THE CITY LUNCHEON

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:  
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Come celebrate the world, with Girl Scouts at the

## World Friendship Fair

Current, former & future Girl Scouts, their families & the community are invited!

**Saturday, February 23<sup>rd</sup>**

1-3 p.m.

Euclid High School Girls Gym

Opening ceremony, 1 pm

Admission 50¢

Booths feature food, crafts & games inspired by the countries adopted by Girl Scout troops in our area at prices ranging from 25¢ to \$1.

Proceeds benefit local girl programs, leadership opportunities and community service projects.



**Girl Scout troops are still forming—We need girls, parents, and caring adults to get the adventure started.**

Every girl has a sparkle that's her own. But to truly shine she needs a circle of friends that accepts her for who she is and always has her back.

Together, they can share more, be heard, and enjoy friendships that last a lifetime. With Girl Scouts, she'll laugh, explore, and make strides—all with friends by her side. It's only \$25 to belong to the biggest girl-led organization in the world!

A membership with Girl Scouts of the USA is a valuable investment in your girl's future. Financial assistance is available to those who qualify. Visit [gsneo.org/join](http://gsneo.org/join) to learn more.

Every girl has the potential to achieve her dreams. All girls need is a place where compassionate adults guide them toward reaching their full potential. With Girl Scouts, you'll have the amazing opportunity to empower girls in your community.

Serving as a role model for Girl Scouts is a rewarding experience. You'll have the chance to share your knowledge with girls, teach them new skills, and watch them learn and grow (and, you might learn something new that you love, too!). Start making a difference by visiting [gsneo.org/volunteer](http://gsneo.org/volunteer).



# CITY OF EUCLID

## Euclid Police Highlights for 2018 (continued from front page )



by Kate McLaughlin

The Euclid Police Department engaged in many activities in 2018 including community events in crime prevention and safety, training for officers, and recognition by awards! The department received the AAA Platinum Award for the third straight year for showing sustainability and growth in traffic education and enforcement, Community Education Specialist Ed Bonchak received an award for 25 years of D.A.R.E., Community Policing Specialist Kate McLaughlin received the Crime Prevention Practitioner of the Year from the Ohio Crime Prevention Association, and Detective Orlando Almonte received recognition from National HIDTA as he is a member of DEA Cleveland which successfully dismantled a distribution network and drug trafficking organization from Mexico through Operation Scorpion Strike. Within the department, Detective David Olszewski was named Officer of the Year, Thomas Yanacek

was named Employee of the Year, Officer John Foran received the OVI Ribbon, and Exceptional Service was awarded to Detective Susan Schmid and Officer Chris Frato. Euclid Officers received thousands of hours of training in 2018. Some highlights include department personnel receiving Procedural Justice for Law Enforcement through the U.S. Department of Justice, verbal de-escalation techniques, homeless and missing youth awareness, agonal breathing recognition as well as a variety of investigative, enforcement, first aid, and supervisor leadership training such as Sgt. Donna Holden's training where she completed the Public Safety Leadership Academy through the John Glenn College of Public Affairs. The specialized curriculum of this 11 week course includes content in the areas of leadership and ethics; interpersonal and organizational communication; public management and budgeting; organizational theory; human resources



management; and organizational behavior in law enforcement. Euclid Police are involved in many self-initiated activities along with community organized activities throughout the year. After a child was struck and killed in Euclid, the EPD decided to give our youngest pedestrians a challenge using an obstacle course at the East 200 Street Stroll. The children played a question and answer game with questions related to pedestrian safety. Whether the child answered right or wrong – they were given a challenge. Most kids went through twice to get all answers right! In June, leaders from the Euclid community learned what it is like to be a police officer for a day. A presentation and then hands-on scenarios of crime incidents and traffic stops help them understand the pressures of decision making for officers. Also during summer, EPD offered Safety Town, Junior Police Academy and PAL Soccer

Camp while PAL Basketball was held in the winter. 2018 also included many interesting moments such as officers riding bicycles for July 4th neighborhood parades and riding during the Critical Mass bicycle event, Officer Aoki building a temporary wheelchair ramp for a resident whose metal ramp was stolen, celebrating crossing guard Frank Macuga, enjoying National Night Out at Sidney and E 276th Street Park, reaching out to apartment residents with messages of crime prevention and safety, and delivering toys to children and families in need during the holidays. Euclid Police Department is up to the challenge of making 2019 as good as, if not better than 2018! Residents can follow us on Facebook and Twitter or visit our website, EuclidPD.org, to learn about upcoming EPD activities and events.

## “Just A Dispatcher”



by Lynette Jeter

At 8:33 PM on Tuesday, January 22, the In order to understand who I am, you must first understand what I do. I am the person who listens to you cry as you're begging your mother to take another breath. I am the person who tries to get you to give your father CPR knowing that he has passed but, in some way, may help you to know you did everything that you could. I am the person who walks you thru the Heimlich maneuver while your child is choking on a toy. I am the person who convinces you that life is worth living and that your family needs you here when you think that all hope is gone. I am the person who leaves my family, my home, and put my own life in danger during snow, hurricanes and bad weather so that I may be here to answer your emergency. I am simply “Just A Dispatcher” in most eyes. To my family and friends please understand that when I'm short tempered or impatient it's not you, it's the weight of my job that may have taken a toll that day. In-

stead of bringing it home I choose to keep it bottled up to protect you from the reality of the world in which we live. To my kids please understand when I'm strict and paranoid wanting to track your every movement it's because I know that a child didn't make it home to their family that day. To my mother please forgive me for not having the patience to always sit thru your entire conversation, its only because I'm trained to get all pertinent information within a certain amount of time. So, I don't have the patience that I use to. To my friends please understand when I can't show up for every birthday or event you may have invited me to. Or the times we aren't able to talk on the phone to catch up, it may be because I may be working or too mentally drained to be there. To the thousand of callers that I speak to that think that I'm “Just A Dispatcher” remember that I may not be the first to arrive at your house but I'm the first person that you may speak to on possibly one of the worse days of your life. So I will leave with a quote from Dr. Seuss “To the world you may be one person; but to one person you may be the world.

## Evening Fire Displaces Eight



At 8:33 PM on Tuesday, January 22, the resident of 21851 Priday Avenue in Euclid called 911 reporting a fire on the second floor of her home. Upon arrival, the two-story home had flames shooting from the windows of a second floor bedroom.

Fourteen Euclid firefighters responded. The first crew advanced a hoseline to control the fire while two other crews assisted searching for possible victims and fire extension. Flame damage was limited to the bedroom. The origin and cause is under investigation by the Fire Investigation Unit. All eight occupants, six of which were children, escaped unharmed. Damage is estimated at \$23,000. No firefighters were injured despite the frigid temperatures and the American Red Cross was called to assist the family. Smoke alarms were present, but the occupants noticed the fire before they activated. Make sure you and your family have, and practice, a home fire escape plan!

**Euclid pride is the community coming together and showing that love is real!**

**COMMUNITY Relations Task Force**

# CITY OF EUCLID

## Making Decisions



by Brian Moore

Making Decisions

I have discovered that when you are a city councilperson, you are always learning. Some of the things that I have learned over this past year include:  
• There are always decisions to be made.  
• No matter how well you plan, unexpected issues occur.  
• Decisions are rarely black and white.  
• My constituents and the citizens of Euclid have a wide variety of opinions.  
• It is impossible to make decisions that please everyone.  
No matter who you are you have to make decisions. I'll bet that before you go to work of school every day, you make several decisions. First you have to decide if you're going to work/school? What you should wear today? What will you eat for break-

fast? What time will you have to leave to be on time? I am sure most of these decisions are made quickly without much consternation. You have a list of questions that you ask yourself that help you make the appropriate decision. For example, when you decide what to wear, you may have to consider what you will be doing. You may have to consider the weather and what is clean and available in your closet. Some of the decisions that I make as a council person are relatively easy as well. They are things that are voted on annually to fund the government or provide a needed service for the citizens of Euclid. They are agreed upon by the vast majority of citizens and the council votes unanimously to pass them. Other decisions are more difficult:  
• The decision to create something new.  
• The decision to significantly change something that has been done a certain way over a long period of time.  
• The decision to eliminate something that has come to be expected. I find that making these more difficult, complicated decisions require that I do some real research. In order to make an informed decision that will best serve the city

and its citizens, I need to understand the issue/decision to be made, understand the available options, weigh the pros and cons and listen to the thoughts of the people of Euclid. This process may involve meeting with various city directors, visiting business owners and proposed business sites, meeting with organizations that we consider doing business with, etc. Often, I from constituents by phone or email. I certainly take their opinions into consideration as well. In the end, the final determination has to be what best serves the citizens of Euclid. These decisions aren't easy and occasionally a choice has to be made between two options that are less than perfect. A decision still has to be made. Although you may not always agree with my decisions, I promise that I will do my homework before making decisions and I will always be willing to discuss my decisions. I hope that you will feel comfortable coming to me to share your opinions and discuss your concerns. As I start the second year of my term, I look forward to continuing to serve you.

## Operation Overcoat

by Mary Mastalski

It's never too early to think about Spring and Summer Projects! Is your aluminum siding chalking and fading? Do you have bubbling or peeling paint on the exterior of your home or garage? If so, The City of Euclid may have a program for you! The Special Projects Division of the Department of

Planning and Development offers exterior painting assistance free of charge to eligible homeowners under “Operation Overcoat”. For eligibility requirements, waiting times and further information contact the Special Projects Division at 216-289-8562 or visit cityofeuclid.com

## December 2018 - Monthly Service Report

Total December Responses – 967  
YTD Responses (as of 12/31/18) – 11,058  
Fires: 12 (5 building, 3 cooking, 2 rubbish, 2 other)  
EMS/Rescue: 854  
Hazardous Condition (no fire): 17  
Service Calls: 38  
Good Intent Calls: 12

False Alarm & False Calls: 33  
Mutual Aid Given: 7  
Mutual Aid Received: 1  
Estimated Total Property Lost: \$175,500  
Estimated Total Property Saved: \$247,500  
Percentage of property saved: 58.51%  
Percentage of property lost: 41.49%



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Comment Line 202.456.1111  
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](http://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](http://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

Mike DeWine (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](mailto:ssimon@cuyahogacounty.us)





“All Are Welcome”



OLL Welcomes New Members on their RCIA Journey

RCIA (Rite of Christian Initiation of Adults) is the preparation process by which the Catholic church assists those who feel called by God to become a Christian (through baptism) or a Christian who de-

sires to become Catholic (through a profession of faith).

To mark and celebrate special stages or moments of their journey, we celebrate special “rites” in which we publicly pray together for and with those preparing for baptism (known as “catechumens”) and



those who will make a profession of faith as a Roman Catholic (known as “candidates”).

Below are photos from the first of our special “rites” we recently celebrated with our parish “catechumens” and “candidates” Our parish “catechumens” preparing for baptism include: David & Miranda Emick,

Gabriella Nichols and Miranda Speck. Our parish “candidates” are: Ryan Zimmerman and Elyse Keefe.

We welcome anyone, at any time, who feels called to learn more about our Catholic Christian faith community and tradition.

Science Fair Shows Strong STEM Skills



The 8th Grade students at Our Lady of the Lake got the chance to show their science skills in January, when they shared their projects at the school’s annual Science Fair. This year’s projects were particularly strong, and judges were impressed by the quality of the work, and the amount of time and atten-

tion that went into the presentations. STEM remains an important focus in an education that prepares students for today’s jobs and technology. OLL students are fortunate to have STEM programs at all grade levels, as well as technology in every classroom.

OLL Signs 10th Microloan



Three years ago, Our Lady of the Lake began the process of creating their innovative Microloan Program, looking for a way to offer more than just a hand out to hard working people in the community who wanted ways to better their lives. Since then, the Microloan Program has supported an array of small local businesses and start-ups, from a thrift store to a cleaning service, and much more.

In January, OLL kicked off the new year

by making their tenth Microloan, to Asu Pelima at African Variety Market on Lakeshore. Asu has plans to expand his business, bring more unique African products to the community, and possibly explore other delicious options like ready-made meals. Customers travel from throughout the area to get his products, and neighbors also love to stop in for his friendly service. If you haven’t met Asu, stop in the shop and join us in wishing him well as he grows his business!

Join Us for Ash Wednesday

Ash Wednesday will be on March 6 this year. All are welcome to join us at Our Lady of the Lake, as we begin the season of Lent.

For information about Mass times, please visit our website at [www.OLLEuclid.org](http://www.OLLEuclid.org).



State Testing Practice



We are getting ready for the state test. Go to the Ohio State Tests Portal and click on “Students and Families” for many resources. Click on the bicycle to take practice tests!

Preschool Visitors



Students, Parents, and Teachers from Carl B. Stokes Head Start visited Imagine Bella Kindergarten Classrooms

Students from Carl B. Stokes Head Start came to visit Imagine Bella and learn more about Kindergarten. Our Kindergarten students loved showing off their classroom to their visitors and telling them all about

school at Imagine Bella. We can’t wait to see them join the Imagine Bella family soon! If your preschool or daycare would like to schedule a day to visit Kindergarten, call the main office at 216-481-1500

Sign up now for Kindergarten at Imagine Bella! We also offer an early Kindergarten program for students who turn 5 by December 31st. Stop by the office or call 216-481-1500 to sign up today!



Kindergarten students enjoyed reading to our preschool visitors.

National School Choice Week



Imagine Bella students participated in National School Choice Week this year with a big parade! All students received a yellow school choice week scarf which was just in time for the snowy and cold weather! Since it was chilly outside, students paraded through the halls of the school. As students

visited each floor they said cheers, carried banners, and signs they made about how much they love their teachers and school.

Thank you to all the parents, students, and teachers who choose Imagine Bella and make it awesome!! #NSCW

House Meetings



Adkeysiga house meeting in the dance room!



Self Ulwazi sending big smiles with Mr. Mathews!



Ujima teachers and students show their house pride!



Unhu house party in the cafeteria!





STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.

15 Students Awards earned by Euclid High School Students

The spectacular work of 10 Euclid High School students brought 15 Scholastic Art & Writing Awards to #OurEuclid at the Cuyahoga County Regional Scholastic Art Awards 2019 hosted and sponsored by The Cleveland Institute of Art. The Regional Scholastic Art Competition identifies creativity among junior high and high school students in the Cuyahoga County region.

This year's winning students come from Edith Mellen's Visual Communication Career-Technical Education students and Mary Jane Miceli's art students:

Alesha Anderson (Honorable Mention), July Edwards (Gold Key), Tianna Harper (Silver Key and Honorable Mention), Terry Johnson (Gold Key, Silver Key, and two Honorable Mentions), Faith Jones (Honorable Mention), Kendall Kirby (Silver Key), Natany Smith (Honorable Mention), Stephen Grier (Silver Key and Honorable Mention), Kahlia Lane (Silver Key), and Jasmine Posey (Silver Key).

The students represented in this exhibition were selected from more than 3,000 entrants from approximately 100 area schools. A jury of 16 noted art educators and professional artists selected these works on the basis of their quality and artistic promise.

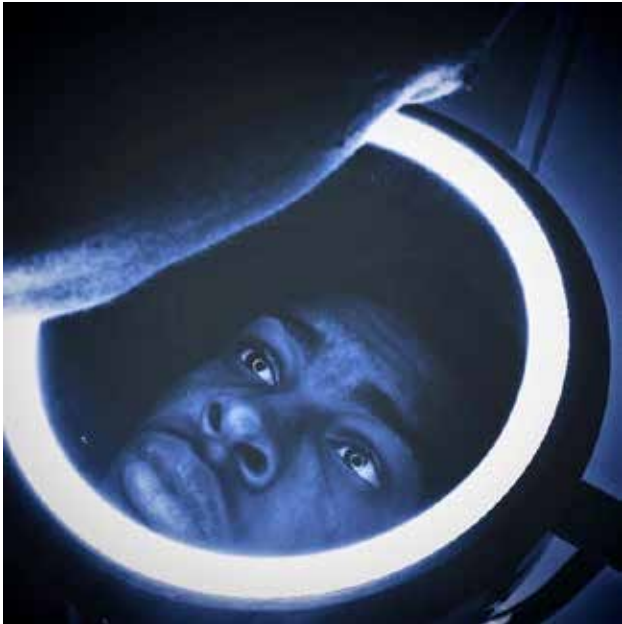
Each student whose work has been selected for display received a certificate of merit indicating his or her rank as Honorable Mention, Silver Key, or Gold Key Finalist Exhibitor.

From the key-winning work, the jury designated 75 Gold key finalists whose pieces will compete with 15,000 national entries for awards, cash prizes and scholarships. A national exhibition of the winning work will be held in Washington D.C., during the summer of 2019.

The Scholastic Art & Writing Awards has an impressive legacy dating back to 1923. Over the years, the Awards have grown to become the longest-running, most prestigious recognition program for creative teens in the U.S., and the nation's largest source of scholarships for creative young artists and writers. A noteworthy roster of past winners includes Andy Warhol, Sylvia Plath, Truman Capote, Richard Avedon, Robert Redford, Joyce Carol Oates, Stephen King, John Updike, and many more.



July Edwards (Gold Key)



Stephen Grier (Silver Key and Honorable Mention)



Terry Johnson (Gold Key, Silver Key, and two Honorable Mentions)



Jasmine Posey (Silver Key)



Kahlia Lane (Silver Key)



STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.



Prepared and ready for the workforce

Euclid High School is proud to announce that our Criminal Justice Program Private Security Academy Class #PST18-315 earned 100% class passage on the OPOTA state exam. These seniors are now certified private security officers in the State of Ohio.

Damere Herron and Audrey Alick tied with the top score of 95.2. Alicia Mitchell, Kimberly Salcedo, Brook Parkinson, and Joseph Ricco tied with the second highest score of 94.40.

This certification requires an immense amount of time and study, it even included seven mandatory Saturday classes. EHS students are college and career ready, their futures began in #OurEuclid.

6<sup>th</sup> Annual  
**Euclid High School Varsity Chorale**  
**Benefit Concert**  
Friday, February 1<sup>st</sup> at 7:00 p.m.  
Euclid High School Auditorium  
Featuring:  
**2018-19 Varsity Chorale Competition Show Preview**  
"Summer"  
with Selected Soloists from Varsity Chorale  
and additional performances by  
Euclid Elite and  
Euclid Central 6<sup>th</sup> and 7<sup>th</sup> Graders

**PARENT TEACHER CONFERENCES**

<b>EARLY LEARNING CENTER</b>	<b>EUCLID SCHOOLS</b>
FEB 7 / THURSDAY / 5:00 - 8:00PM	
<b>ELEMENTARY SCHOOLS</b>	
JAN 31 / THURSDAY / 5:30 - 8:30PM	
*BLUESTONE 5:00 - 8:00PM	
<b>CENTRAL MIDDLE SCHOOL</b>	
FEB 13 / THURSDAY / 4:30 - 7:30PM	
<b>EUCLID HIGH SCHOOL</b>	
FEB 7 / THURSDAY / 4:30 - 7:30PM	

**SATURDAY, MARCH 30, 2019**  
**5:00 PM @ THE LAKEFRONT COMMUNITY CENTER**

**THE 67TH ANNUAL PTA SCHOLARSHIP FUNDRAISER**

**\$40 PER PERSON PRESALE / \$45 AT THE DOOR**  
\*TICKET PRICE INCLUDES FOOD, DRINKS AND A CHANCE TO WIN BIG!

**\$500 GRAND PRIZE**

SEE A PTA MEMBER OR BUILDING REPRESENTATIVE FOR YOUR TICKETS TODAY!



Seventh-graders from Euclid Central Middle School joined their reading buddies at Bluestone Elementary School to make their very own snow globe stories.



# Villa Angela-St. Joseph High School

*Faith. Family. Future.*

## VASJ to hold gala at historic LaSalle Theatre

Villa Angela-St. Joseph High School has been a landmark in the North Collinwood area since it was built in 1950. Today, the school's President, Mr. Bill Cervenik '72, announced the school will be partnering with The LaSalle Theatre, a building with an even longer history in the area, for its annual Continue the Dream gala on Saturday, February 23, 2019.

The LaSalle Theatre, which was built in 1922 and closed in 2008, was recently transformed and reopened after undergoing a multimillion-dollar renovation. The brilliant LaSalle marquee and ornate interior have been restored, offering a unique space for weddings, performances, meetings and more.

"The LaSalle Theatre and Villa Angela-St. Joseph High School have long been area landmarks both of which have provided the community, our families, alumni, and friends with many wonderful memories," Cervenik says. "We are certain that the gala attendees are going to love being back in the theatre while raising money for a great cause."

The Continue the Dream event is Villa Angela-St. Joseph High School's biggest yearly fundraiser. The school has experienced tremendous growth over the past eight years, helping students to grow spiritually, academically, and personally.

The theme for this year's event, Red Carpet, promises to be a fun evening of glam and glitz, offering unique and desirable auction items along with a delicious assortment of food provided by Taste of Excellence, all focused on a great cause: The continued success of Villa Angela-St. Joseph High School and its students.

This year's Red Carpet event is sure to make guests feel like royalty, beginning with complimentary valet parking.

Thanks to the generous

PLEASE JOIN US

VILLA ANGELA-ST. JOSEPH HIGH SCHOOL

CONTINUE  
*the Dream*

FEB 23  
2019

A  
*Red Carpet*  
EVENT

LaSalle | 821 E. 185th St.  
Cleveland, OH 44119

[vasj.com/continuethedream](http://vasj.com/continuethedream)

support of sponsors, donors, bidders, and guests, last year's event was a huge success.

In order to make this year's event just as successful, the school is asking for support in the form of auction item donations, event sponsorships, and advertisements

in the event program booklet.

More information on ticket sales and support opportunities can be found at [vasj.com/continuethedream](http://vasj.com/continuethedream).

By supporting VASJ's Continue the Dream annual gala, you are helping the school continue to

educate students and transform lives through faith and academic excellence, making the Euclid and Collinwood area a better place to live and work.

For more information, contact Director of Communications Emily Robinson at [erobinson@vasj.com](mailto:erobinson@vasj.com).

VASJ is a *faith-based* educational *community* that accepts you for *who you are* and helps you become the person *you want to be*.

[VASJ.COM/ADMISSIONS](http://VASJ.COM/ADMISSIONS)

VILLA ANGELA-ST. JOSEPH HIGH SCHOOL  
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# EVENTS

## “Telling Our Stories” Teen Series to begin with Spoken Word Poetry



Poet and teaching artist Ephraim Nehemiah.

by Chris Cipriani

Shore Cultural Centre will begin a literary based series for teens called “Telling Our Stories”. Shore is proud to be collaborating with Twelve Literary Arts on the first Spoken Word Poetry workshop. Twelve Literary Arts is an inter-generational teaching, learning, and professional development incubator for poets, writers, and performance artists located in Cleveland.

Teaching artist Ephraim Nehemiah will work with the youth to help them write and perform poems for a live audience. Students will be provided unique, existential writing prompts to inspire their process. Students also will be introduced to literary techniques and literary heroes/heroines that may influence the development of their individual voices. Strong writing forms the backbone of this course, but youth will also

be introduced to performance techniques and exercises and that will take their literary expression to another level. The workshop is for youth in 9th-12th grade with beginning to advanced writing level and will run February 23th through March 30th on Saturdays 1-3pm. It is \$50.00 for the full session. Registration information is online at [www.shoreculturalcentre.com](http://www.shoreculturalcentre.com). You may register in advance to assure your place in the workshop, or you may attend the first open session on Saturday, February 23rd, during the Lake Erie Folk Festival for free prior to making a commitment.

Ephraim Nehemiah's poetry uses rhythmic call and response, evocative narratives and accessible subject matter to create a transformative experience for listeners across the nation. Ephraim is currently a program director and teaching artist at Twelve Literary Arts, and serves as the coach of top 10 nationally-ranked teams that competed at Brave New Voices and the College Unions Poetry Slam Invitational respectively. A finalist in several regional and national competitions such as 2017 Individual World Poetry Slam and 2018 Rustbelt Poetry Slam, Ephraim has also performed in collaboration with the Museum of Contemporary Art Detroit, The Cleveland Foundation, TEDx Talks, Button Poetry, the Saul William's World tour and others.

For more information on this program, visit [www.shoreculturalcentre.com](http://www.shoreculturalcentre.com) or call Chris Cipriani at 216-289-8578. Shore Cultural Centre is located at 291 E. 222nd Street in Euclid, Ohio.

## Euclid Public Schools Alumni Association Annual Meeting, Saturday, March 23rd

by Greg Fondran

Please join your fellow Alumni at our Annual Meeting on Saturday, March 23rd at 10:00 a.m. in the Euclid High School Little Theater. Not only will you be able to catch up with old friends and classmates, but you'll hear what your Alumni Association has been up to lately and what we have planned for the future. We are planning on updating our by-laws and voting in new Trustees. All alumni are invited, but only those in good standing (with a current annual or lifetime membership) may

vote. You can join the Association on line at our website [euclidalumni.org](http://euclidalumni.org), or in person at the meeting. In addition, we will be forming committees on membership, communication, memorabilia, reunions and special events.

If you're looking for other ways to connect with Euclid Alumni, we have a standing reservation at the Euclid Culinary Bistro in the Shore Cultural Centre every Wednesday from 11 a.m. to 12:30 p.m. (when school is in session). We look forward to seeing you all soon!

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20070 Lakeshore Blvd  
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Sat and Sun 7:00 am to Noon

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## Euclid Alumni Night at Euclid vs. Villa Angela-St. Joseph Basketball Game, Saturday, Feb. 9th

by Greg Fondran

Cheer on your Euclid Panthers as we challenge our crosstown rivals, the Villa Angela-St. Joseph Vikings, on Saturday, February 9th at 7:30 p.m. in the Harold Daugherty Gymnasium at Euclid High School. Stop by the Alumni table, where you can view old yearbooks, reserve commemorative brick pav-

ers, donate a few dollars for a brick from the old E-Room, and purchase Euclid Alumni t-shirts. There will also be an Alumni Association membership drive, with special gifts for those who purchase annual (\$10) or lifetime (\$100) memberships. See you there and Go Panthers!

## HELP Foundation Announces Spring Gala: Helping Lives Bloom

*Helping Lives Bloom Spring Gala*

April 13, 2019



by Stefanie Merkosky

HELP Foundation is proud to announce the First Annual Helping Lives Bloom Spring Gala taking place on Saturday, April 13, 2019 from 6pm-10pm at Stillwater Place inside Cleveland Metroparks Zoo. The event will benefit the construction of a self-sustaining greenhouse for individuals with developmental and intellectual disabilities. The greenhouse will provide access to an adaptive environment with year-round growing capabilities that will produce “farm-to-table” organic fruits and vegetables for group homes, supportive living locations and our HELP Cornucopia Vocational Training Center.

The evening will boast a cocktail hour with hors d'oeuvres, open bar, plated chef-prepared dinner, live and silent auctions (including exotic vacations!) wine pulls and much more! Music will be provided by Cleveland Institute of Music's string ensemble, Ensemble Mercury.

The greenhouse will also serve as a continuous reminder of an important family legacy, The Green Family. The Green's were living as a humble farming family in Madison, Ohio when superstore conglomerate, Walmart, offered to purchase their land in order to build a store that would stimulate Madison's rural economy. The Green's decided to sell their land and every penny of the money that they received was put into a protected trust fund to care for their developmentally disabled daughter, LuAnn. As time went on, the family realized they couldn't care for her on their own and began seeking out alternative care options. This is when the Green's reached out to HELP and

developed a Family Consortium, a unique program that combined family resources to purchase a home and hire a provider to care for their sweet daughter.

Altogether, three beautiful and inspirational women lived in this home. For over 25 years, HELP provided services to the women who became like family to us and sisters to each other. After LuAnn passed away, a portion of the funds that remained in her trust were generously granted to HELP Foundation. To honor the legacy of the Green Family, HELP has decided to build a state of the art handicap accessible “Green House”. The space will be the center of our horticultural programming and provide a sensory-friendly experience within a park-like green space. The “Green House” will have a lasting impact on the lives of the individuals with disabilities, and the communities that we serve!

For more than 50 years, HELP Foundation has served people with intellectual and developmental disabilities. We provide 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. HELP is a not-for-profit 501(c)(3) that serves the greater Cleveland area and surrounding communities throughout Cuyahoga, Lake and Summit Counties.

Please visit [www.helpfoundationinc.org](http://www.helpfoundationinc.org) to learn more about sponsorship opportunities.

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EVENTS

Euclid Gossip



TOP-pled by Artie Effect  
by Deborah Kramarz

Shhhh! Do you want to know a secret? I'm not a gossip, but...do you know how special Euclid is? I know for a fact, there are yet to be celebrated superheroes living among us. Heroes that care about its community's issues and its citizens, and act on them; if only one small step at a time.

Check out all the terrific individuals, businesses, groups, and events reported in this issue of the Observer and on cityofeuclid.com. (Thank you John & Matt for keeping us informed.) Special Note: The newly formed Euclid COMMUNITY Tack Force is hosting an all community event on Sat. May 18th at the Briardale Golf Course. Look for it. Also, Euclid is honored to welcome a new civic minded business, BWXT technologies, which is piloting a recycling project with the schools.

The Euclid Library, the Euclid Community Center, and the Shore Center are other forces for good, that help build our strong community connections through communications. Go and check out their flyers about upcoming quality classes and events. (Thank you Ashley, Laura, and Bob.) Special Note: Lake Erie Folk Fest will be held at the Shore on Sat. Feb. 23rd. It's a big deal! The library is hosting such programs as Euclid in Transition: A Documentary Photography Project, Fireside Chats with guests such as the Mayor and the new Euclid Schools Superintendent. (I'd like to welcome you and your family to Euclid, Dr.



To the Rescue

Jones.) My favorite upcoming library program is about Urban Canopies, presented on Wed. Feb. 27th, by the Western Reserve Land Conservancy. It's about the Cleveland Tree Coalition's plans. (As a Euclid Tree Commissioner, I urge all citizens of our community to be informed and gain an understanding of how and why the maintenance and restoration of our city's tree canopy is important to our urban quality of life.)

Another Big Deal! The Keep Euclid Beautiful Committee has scheduled the 3rd Annual Big Clean for Sat. Apr. 6th. Hundreds of heroes have volunteered in past years. It's a great event to meet and help your neighbors.

Last but not least, I'd like to let you in on a couple of ways the City of Euclid likes to honor its heroes. No secret.

This year, for the first time, banners to honor our military veterans will be flying along our streets.

And just as wonderful, The Euclid Shade Tree/Municipal Beautification Commission will continue to host the City's Annual Arbor Day Celebration. Outstanding heroes of our community are honored at this event. The names of past honorees are posted in a quiet corner of the Euclid City Hall lobby. So, keep your ears and eyes open for this year's citizens to be recognized. The celebration will be held on Arbor Day, April 27th. I can't wait to find out who they will be.

Swing Your Sweetie at the Polka Hall of Fame Ball, February, 15

by Joe Valencic

Waltz away your winter blues with the Eddie Rodick Orchestra at the National Cleveland-Style Polka Hall of Fame Sweetheart Ball, Friday, February 15th, 2019, at the American Croatian Lodge Party Center, in Eastlake, Ohio. You can swing your sweetie to the finest Cleveland-Style polka music.

Treat your date to dinner, 5:00 until 8:00, and stay for the dance, 6:00 to 11:00. Enjoy schnitzel dinners, sausages and many nationality treats catered by Dubrovnik Gardens. In appreciation of all the continuous support at all our events, this night we will be giving away more than sixty prizes. Your entrance ticket could be a winner.

Eddie Rodick is a Polka Hall of Fame legend, so you can expect an evening of potent polkas and elegant waltzes, sure to delight the most discriminating dancers.

The American Croatian Lodge is located at 34900 Lake Shore Boulevard, Eastlake, at Route 91 (SOM Center Road). Save \$2 on each advance ticket, \$10 through the Polka Hall of Fame, 605 East 222nd Street, Euclid, next to Euclid City Hall. (Open Tuesday, Wednesday, Friday and Saturday from 11:00 to 4:00.) \$12 dollars at the door. Din-

ners and sandwiches sold separately. 18 and under free. Call (216) 261-FAME. Online at Polkashop@aol.com.



Accordion legend Eddie Rodick leads his orchestra at the Polka Hall of Fame Sweetheart Ball at Eastlake's American Croatian Lodge, Friday, February 15.

Valentine Skate  
**FEBRUARY 12TH**  
2 for 1 admission with  
your Valentine  
7:30 pm - 9:00 pm

SUNSHINE YOGA  
ALL LEVELS FREE CLASS  
8:00 AM - 9:00 AM  
JANUARY 26  
FEBRUARY 23  
MARCH 23  
APRIL 27  
20150 Lakeshore Blvd. Euclid OH 44123  
Please arrive early as doors are locked promptly at 8 am.  
There is no fee to participate in this program!  
Thanks to our partners  
good cause CREATIVE The Green House WISH CLEVELAND

SOFTBALL  
REGISTRATION  
2019 Softball League Season  
April - Mid July  
Resident \$75 | Non-Resident \$112  
Age Groups  
8U 10U 12U 14U 16U  
Euclid will participate in the Willoughby Baseball League. Games will be played in Euclid, Wickliffe, Willoughby, Eastlake, Willoughby and Willoughby Hills depending on the division on weekday evenings. This is a competitive recreation league.  
Volunteer Coaches are welcome!  
Register Today - April 7th  
Online or @ Euclid City Hall  
Cityofeuclid.com

EVENTS

Get Out Your 2019 Calendars



Dr. Sandra Miller-Jones of Sunwalk Counseling experiencing her first 2018 Stroll.

by Sherrie Zagorc

Join us to celebrate great things in Euclid on Saturday, June 1st - the Saturday after Memorial Day - at the E. 200th Street Stroll. It's 10 am to 2 pm - so, you might want to remind yourself to go to bed early on Friday night so you can get up early on Saturday and enjoy this great day from start to end.

We're inviting potential Volunteers, Organization Representatives, and Business Owners to join us at our first Stroll Meeting of 2019 on Tuesday, February 12th at 9 am at the Our Lady of the Lake Rectory at 19951 Lake Shore Blvd. A light breakfast will provide a brain boost to help us plan great activities for our 13th E. 200th Street Stroll. Our goal is to stay true to our Mission - "In celebrating our great City of Euclid and its residents, the E. 200th Street Stroll exists to promote E. 200th Street businesses and the community resources available to all."

So, 501 c3 Organizations - put June 1st on your calendars too. It's time to invite you to join us by setting up a table and introducing your wonderful missions and providing activities for the children and adults who visit our street. Visitors will discover your many great causes and the passionate people (YOU) who fulfill

important missions right here in the Euclid area. Guess what? There's still plenty of time in 2019 for citizens to fulfill New Year's resolutions to volunteer more, clean out closets, and donate goods and cash to causes making a difference in our own "backyards". Organizations, please come for the fun and meet your neighbors and future supporters.

And E. 200th Street businesses - you're the main reason we have a Stroll. Plan to come outside your doorways on June 1st to show Strollers who you are and what you do. Give our guests a reason to stop, visit, and support you not only on Stroll Day but again and again. The Stroll Committee plans this event to help you sustain your business, your fellow business neighbors, and "our" favorite street as well. Help us help you! We don't permit outside vendors because the focus is on you. Please remember that the Stroll committee is comprised of volunteers and there is no charge for anyone to participate BUT, we rely on donations from individuals, businesses, and organizations to make each Stroll possible. So, get out your calendars, mark down February 12th at 9 am (our first Stroll Meeting for prospective Stroll Day Volunteers, interested leaders of organizations, and business representatives), April 1st (the date for organizations and businesses to return participation paperwork found in emails, on the Stroll website or in the USPS mail), and of course, Saturday, June 1st from 10 am to 2 pm - The E. 200th Street Stroll! It can be FUN WITH ALL!

Questions? Contact Sherrie: Email: E200thstreetstroll@gmail.com, Facebook: facebook.com/e200thstreetstroll, Phone: 216.798.7089, Website: e200streetstroll.com

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National Cleveland-Style Polka Hall of Fame  
Sweetheart Ball  
Friday, February 15, 2019  
Featuring the Eddie Rodick Orchestra  
American Croatian Lodge Party Center  
34900 Lake Shore Boulevard Eastlake, Ohio  
Dance Ticket Admission \$10 in advance \$12 at the door  
Advance tickets available at The Polka Hall of Fame Call (216) 261-FAME  
Dinner by Dubrovnik Gardens for Purchase from 5:00 pm to 8:00 pm  
Polka Music from 6:00 pm to 11:00 pm

Euclid YMCA/SilverSneakers - February 2018

by Michael Yunis

Dear Friends:  
With a heavy heart, I would like to wish all my friends at the Euclid Community Center YMCA a fond farewell as I will be moving to Fort Lauderdale this month. I have truly enjoyed meeting and serving everyone at Euclid YMCA and Community Center since May 2015. Your strong support for our programs and events has been overwhelming. We are proud of the strides our members and participants have made since we began at the Community Center this past May. Our staff pledges to remain committed to the improvement of our participant's health and wellbeing in the future. Thank you...be well - Mike Yunis, co-Active Older Adult Coordinator



Dr. Todd Pesek, author and holistic doctor

Euclid YMCA Plans Lunch & Learn Event

On February 26th at 10am, The Euclid YMCA will hold a Free Lunch & Learn with special guest Dr. Todd Pesak MD. A holistic physician and medical advisor, professor and author of health and

wellness bestseller "Eat Yourself Super... One Bite at a Time: A Superfoods Journey for Happy, Healthy and Hungry". What's more, he is the founder of Vital Health Partners, a preventative, integrative, holistic healthcare practice and is the Chief Medical Officer of Heinen's Grocery Stores. His special 60-minute presentation focuses on the health benefits of a plant-based superfood diet. In addition, he will offer free superfood samples from Heinen's and conduct a book signing. Attendees will be offered copies of Dr. Pesek's bestselling book at the special price of \$10 during a private book signing. Learn more about Dr. Pesek at <http://www.vitalhealthohio.com/doctor-pesek>

Community/Family Valentine Concert & Dance

by Armando Arellano

East Shore United Methodist Church invites you to a "Community/Family Valentine Concert & Dance." Featuring the "Joe Myer Orchestra" (If you don't dance, come hear the orchestra). To be held at the East Shore United Methodist Church 23002 Lakeshore Boulevard, Euclid, OH on Friday, February 8th, 2019 at 7:30 PM to 9:30 PM. Tickets are available in the church office and will be sold at the door.

Please note: This event will run in place of our monthly Life-Extension Lunch (February only).

See the Light. Feel better.

As if winter's icy cold wasn't enough to make us miserable, there is another unsavory feature of this season that can make us feel even worse...less light.

Seasonal Affective Disorder or SAD, is a type of depression that affects hundreds of thousands of people throughout the winter months. It is the effect of less exposure to sunlight.

There is still some debate among professionals on what causes SAD, but it is generally accepted that the environment is a major contributor. Seasonal Affective Disorder begins in the teenage years and is much more common in women than men. This disorder is suspected to have a genetic component since it is not uncommon for SAD to affect multiple family members.

Light therapy is an effective way to treating the symptoms of Seasonal Affective Disorder. There are special lamps that show promising results in reducing symptoms of SAD. You can find an array of lamps that replicate healthy rays of sunlight at local and on-line retailers.

Other ways you can reduce the symptoms of SAD include:

- Increase your exposure to light during the winter months
- Spend some time outdoors
- Regular (daily) exercise
- Take up a new hobby
- Shop in brightly lit stores
- Open drapes and curtains to bring more light into your home

These steps combined with light therapy can help you beat Seasonal Affective Disorder and start. So lighten up so you can start enjoying the season.

\$10/ticket; 13 years old & below FREE!

(Soft drinks, snacks, desserts, and coffee are included).

For More Information please contact the church office at 216-261-1688 [www.eastshorechurch.net](http://www.eastshorechurch.net). Come and join us for an evening of fun!



FAITH

Bishop Perez installs new pastor as St. John of the Cross kicks off 10th anniversary year



by Ray Somich  
Euclid's St. John of the Cross Catholic Parish enters 2019 under the leadership of a new pastor and with a full calendar of activities planned to commemorate its first decade together as a parish.

On Sunday, Dec. 9, parishioners and family members filled the church as Bishop Nelson J. Perez installed Fr. John D. Betters as the parish's second pastor. Betters continues to serve as pastor of nearby Ss. Robert & William Parish.

The previous weekend, a concert and opening mass kicked off what will be a full year of anniversary events at St. John of the Cross.

"As we celebrate our 10th anniversary, I believe we are called to focus on hope, joy and love," said Betters. "Amidst all the challenges we face today, we hear in our readings today to 'stand erect' and have 'no anxiety' as those who are faithful to Jesus will be saved. The hope, joy and love we can foster as a parish community is focused on the celebration of Mass and all that flows to and from Mass. The parish community stands as a light in the dark world to proclaim the saving power of Jesus' name."

St. John of the Cross, 140 Richmond Rd., was established Nov. 29, 2009, resulting from the merger of the former St. Paul and St. Felicitas parishes under the Catholic Diocese of Cleveland's comprehensive re-configuration plan.

Among the key dates during the 10th Anniversary Year will be Saturday, June 22, 2019, when current and former parishioners and their families are invited to join together for a Parish Homecoming Mass, Concert and Picnic. Bishop Perez is scheduled to return to the parish to conclude the year of celebration with a Closing Mass on Saturday, Nov. 16, 2019.

Updates and additional details will be provided throughout the year. For more information, visit [www.saintjohnofthecross.org](http://www.saintjohnofthecross.org).

We are excited to introduce our new Faith Page that will list the services of the churches in the neighborhood. To have your place of worship listed on the page at no charge, please email us at [collinwoodpublishing@gmail.com](mailto:collinwoodpublishing@gmail.com)

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

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

Monday 6:45 p.m. Prayer Team (484 East 222<sup>nd</sup> Street)

Thursday 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

Our Lady of the Lake Parish  
19951 Lake Shore Blvd Euclid, OH

Mass Schedule

Saturday, 4:00pm

Sunday, 8:00am, 10:00 am and 12:00 Noon

Monday, Wednesday, Thursday  
9:00 am in the Main Church.

East Shore Church United Methodist  
23002 Lakeshore Blvd., Euclid, OH

Sunday Morning Worship Services  
10:15 am Classic (Traditional)



Shore Haven Lutheran Church  
280 East 222nd Street Euclid, OH 44123

Worship Services

Sunday: 8:45 AM - Adult Bible Class, Youth Bible Class, and Sunday School 10:00 AM - Worship Service (Holy Communion on the 2nd, 4th and 5th Sundays of the month)

Special mid-week services during the church seasons of Advent, on Christmas Eve and Christmas Day, on New Years Eve, Lent, Holy Week, on the National Day of Prayer, on Ascension Day, and on Thanksgiving Eve.

St. John of the Cross Parish  
140 Richmond Road, Euclid, OH

Mass Schedule

SATURDAY:4:00 PM

SUNDAY:9:00 and AM11:00 AM

MONDAY:8:00 AM, TUESDAY:6:30 PM

WEDNESDAY:8:00 AM, THURSDAY:6:30 PM

FRIDAY:8:00 AM

Imani United Church of Christ  
1505 East 260th Street

Euclid, Ohio 44132-3109

WORSHIP TIMES

Sundays 8:00 AM | 10:00 AM | 12:00 PM

The Novena to Divine Mercy

Today bring to Me the souls of those who separated themselves from the Church

Most Merciful Jesus, Goodness Itself. You do not refuse light to those who seek it of You. Receive into the abode of Your Most Compassionate Heart the souls of those who have separated themselves from Your Church. Draw them by Your light into the unity of the Church, and do not let them escape from the abode of Your Most Compassionate Heart; but bring it about that they, too, come to glorify the generosity of Your Mercy.

Eternal Father, turn Your merciful gaze upon the souls of those who have separated themselves from Your Son's Church, who have squandered Your blessings and misused Your graces by obstinately persisting in their errors. Do not look upon their errors, but upon the lover of Your own Son and upon His bitter Passion, which He underwent for their sake, since they, too, are enclosed in His Most Compassionate Heart. Bring it about that they also may glorify Your great mercy for endless ages. Amen.

Ss. Robert & William Catholic Parish  
367 E. 260th St. Euclid, OH

Mass Schedule

SAT:4:00 PM (Vigil) SUN:9:00 AM, 11:00 AM, 6:00 PM

MON:12:00PM (Rosary before/Miraculous Medal Novena after)

TUE:8:00 AM (Rosary after Mass) WED:12:00 PM (Rosary before Mass)

THU:8:00 AM (Rosary after Mass) FRI:12:00 PM (Rosary before Mass)

SAT:8:30 AM (Rosary after Mass)

REAL ESTATE



Euclid- Edgecliff Dr. Steps to Lake Erie! Sunnyclyff Beach Club. Offers just over 2,000 sq ft. City Violation Free! Close to Downtown Euclid. \$169,900

Lenny Vaccaro, Realtor, Howard Hanna, 440-951-4445



Euclid- Lake Shore Blvd. Still retaining its "just built" appearance. 4 bedrooms, 2.1 baths. Over 2300 sq ft of living space! City Violation Free! \$249,900

Lenny Vaccaro, Realtor, Howard Hanna, 440-951-4445



Euclid- Near Lloyd Rd. Exceptional rehab. 3 bedroom, 2 full bath ranch with gorgeous curb appeal! Stunning new kitchen! City Violation Free! \$125,000

Lenny Vaccaro, Realtor, Howard Hanna, 440-951-4445



Cleveland- East Park Dr. East Shore Beach Club. One house from Lake Erie. 2 story addition with basement, and additional living suite. 3169 sq ft! \$249,900

Lenny Vaccaro, Realtor, Howard Hanna, 440-951-445

We are excited to introduce our new Real Estate Pages. For information on how to list your real estate, please email us at [collinwoodpublishing@gmail.com](mailto:collinwoodpublishing@gmail.com) or call John Copic at 216-505-0185

Community/Family Valentine Concert & Dance

East Shore Church United Methodist  
23002 Lake Shore Blvd., Euclid, OH 44123

Friday, February 8th, 2019  
7:30 - 9:30 PM

Swing to the Music of the "Joe Mayer Orchestra"

(If you don't dance, come hear the Orchestra)

Tickets are available in the Church Office and will be sold at the door:  
\$10/ticket  
13 & under FREE!  
Soft Drinks, Snacks, Desserts and Coffee are included!

Interested in tickets or have any questions, please contact the Church Office at (216) 261-1688

Tickets on Sale Now!

Helping Lives Bloom Spring Gala

April 13, 2019

Stillwater Place @ Cleveland Metroparks Zoo

Auctions (Live & Silent) • Cocktail Hour with Hors d'oeuvres  
Open Bar • Plated Chef-Prepared Dinner • Wine Pulls  
Music by Cleveland Institute of Music—String Ensemble

Event to benefit the building of a self-sustaining greenhouse for individuals with developmental disabilities.

To sponsor or purchase tickets, please call 216-432-4810 x331  
<https://www.helpfoundationinc.org/event>

Advanced Tickets Sales Only.





# HEALTH & WELLNESS

## Who is Happy Hippy Mama?



by Emily Holody  
Hi Readers,

Welcome to a new space dedicated to all things health. My name is Emily and I am a health conscious, yoga loving, Whole30 (The Whole30 is a 30-day food plan that emphasizes whole foods and the elimination of sugar, alcohol, grains, legumes, soy, and dairy.) supporting, walking/running, mama to 4 (smart, wild, and free) daughters.

My life changed in 2016 when I lost my best friend, Heidi to Cancer. Following this devastating loss, I lost my uncle Greg and both of my grandmothers. In one short year, my life was flip turned upside down.

I survived the 1st year, which was difficult. As time passed, I began to realize I was no longer thriving, and dreaming. I gave myself space, to pause and breathe. I then realized I wasn't living my best life.

I sought counseling, started a walking group in my community, and re-dedicated myself to a cleaner whole30(ish) lifestyle. I refocused on what brought me joy: my husband and girls, my family and friends, gardening, reading, being physically active, and our community. As I did the hard work, my life began to change. I paused more, took deep breaths, and found ways to give myself more love. Sharing my story and helping others gave space to heal. Once I made steps in the right direction, good things started happening. It was as if I

good choice brought 10 positive outcomes. If you have suffered loss or feel alone know that you are not.

All you need to do TODAY is breathe and pause. Take a moment and give yourself love. Take a warm bath, eat a yummy meal, or call an old friend. Pause and connect with YOU. See what questions come up, and what dreams might be hiding. If you would like to continue the conversation, feel free to email me at: HappyHippy-Mama@yahoo.com or visit us on Facebook at: Happy Hippy Mama.

This month's mantra: Breathe in Sunshine, Breathe out Negative Feelings.

Healthy opportunities in your neighborhood:

**See It Be It Vision Board Party at The Green House** 20150 Lakeshore Blvd, Euclid, OH 44123 on February 22, 2019 at 7 pm. Join Emily Holody and Pam Turos for a night of dreaming, community building, and vision seeking. (More Details can be found on Facebook at the See It Be It Vision Board Party Event)

**Sunshine Yoga.** Join Christine Mcintosh for an all levels FREE yoga class at The Green House 20150 Lakeshore Blvd, Euclid, OH 44123 Saturday February 23, 2019 from 8am-9am. More information can be found at the Euclid Recreation Department.

**Open Women's Circle at Circle of Renewal Yoga Studio** (located inside Shore Cultural Center) the First and Third Fridays of each month from 7-8 p.m. \$10 per circle. (More details can be found on Facebook)

Join us next month, when we dig deeper into how moving our bodies and nourishing them with healthy foods heals our minds and souls.

Until next time...Namaste

## Bombshell Beauty Tips



by Liz Healey

### 5 Top Hair Wellness Tips

1. Are you wondering why your hair is feeling so dry and damaged? TURN DOWN THE HEAT!! Yes, you will get the same results just less damage when using your hot tools (irons, blow dryers etc.) Low settings are ideal for keeping your hair soft and shiny. And please make sure you are using a heat protectant as well. You can always call and ask me about our Olaplex restructuring treatments!! They are the newest science behind prevention/repairing hair damage! Worth every penny.

2. Does your scalp ever get too dry? Some-

times the opposite even too oily?? Either way these are all tell tale signs of your PH balance being off. To balance that out try a apple cider vinegar wash! It will revitalize your scalp and bring back shine to your hair.

3. The PH Scale of your hair and scalp is between 4.5-5.5 (acidic). Check and make sure all your shampoo's and styling aids are in that range to keep everything in balance. That goes with your skin care as well!!!

4. Normal hair loss is anywhere between 50-100 strands per day! It seems like a lot but that's the norm. If experiencing extra hair loss ask yourself... Am I stressed? 5. Am I taking any new medications? Am I pregnant or a nursing mother? Hormones, medicine, and environment Copic of big changes lots half of the all play roles in your hair cycles. Taking Biotin vitamins can help strengthen your hair and nails.

These are recommended time frames for up keep on your locks

Haircuts 6-8 weeks (depending on shortness/style)

Color Retouch 5-6 weeks

Highlights 6-8 weeks

Toner Refresh 4 weeks

Schedule your next visit with

Liz Healey (216) 215-1896

Independent Hairstylist at Bombshell Beauty Salon and Spa

21900 Lakeshore Blvd, Euclid, OH 44123

# HEALTH & WELLNESS

## Medicare & Medical Marijuana



Laura Mutsko.  
Owner and Agent.  
Mutsko Insurance Services.

by Laura

Mutsko

In mid-January, four dispensaries opened in Ohio for the sale of medicinal cannabis (marijuana) to residents over the age of 21 who have qualifying medical conditions.

There appears to be a growing interest among older adults who are hoping medical marijuana may be a viable alternative for pain relief. If you are among those interested, there are a few things you need to know before you drop by to shop at one of the dispensaries.

First, a certified physician must verify in writing that you have a qualifying condition. He or she must then create a profile for you in the Patient & Caregiver Registry after which you will need to complete your registration. Once this is done, you can bring your certification (also called a recommendation) to the dispensary and make a purchase.

Unfortunately, some people think of the doctor's certification as a 'prescription' for marijuana. They are under the mistaken belief that their Medicare will cover all or part of the cost. It won't. Medicare does not

cover medical marijuana.

At this time, neither Medicare Part D, nor any other health insurer that I am aware of provides assistance for medical marijuana. One of the main reasons is the U.S. Food and Drug Administration (FDA) has not approved the use of medical marijuana. Without FDA approval, marijuana will not be added to your Prescription Part D formulary.

The entire medical community has not embraced the idea of using marijuana for medicinal purposes. Some insurers note there are other FDA-approved drugs that can be used in place of medical marijuana. And, because marijuana is still illegal at the federal level, insurance companies are reluctant to risk prosecution.

Medicare Advantage Plans and Medicare Supplements are following the official Medicare lead and are not providing coverage. The official Medicare website, www.Medicare.gov, does not even address this question. At this time, those who buy medicinal marijuana will be responsible for 100% of its cost.

I welcome your questions concerning life, health, Medicare Advantage plans, Medicare Supplements and other insurance. Please contact me at 440-255-5700 or Lmutsko@mutskoinsurance.com to discuss your needs.

## To Fall & Rise

by Katrina Starks

I gave my all, I stood high & tall: but yet I fell. I tossed and turned: my mind heart and soul churned: but yet I fell. I walked and talked with a good sound in my head, I layed back and smiled as i slept in my bed: but yet I fell. I gave a firm hand shake, I have a movement that only i could make: and yet I fell. I played and won all the games that could be played, my heart, my body to them i game: And still, yet I fell....

Baby back then nothing really mattered, my soul shook and shattered: Guess

What?

I Rose!!

I looked them straight in the face, game them a whisper that couldn't be traced; Baby look, I Rose! I shook their minds, i shook their souls, they then began to cry: "Baby, You Make Me Whole." I knew then i rose. I took that march, I took that stand; they began to beg, "Baby please take my hand." Look, I knew then i rose. They gave a high scream saying: "Baby you are the Queen." I am the one, I am the beginning. You know that first start, especially, When they asked to be first on my chart!!

I knew then i rose as high as a tree, when they began to kiss my feet!!

I rose,

I rose,

I Rose!!!!

Platinumsugar

## Is it time to Change your Game?



by Natalie-Jo

Flynn

Health Hugs

Its Game

Changer Time!

If you are not

winning your

New Year game,

lets change the

rules!

We l c o m e

to February! Are you one of millions who welcomes A New Year making a resolution, such as; weight loss, eat better, workout EVERYDAY, ditch a bad relationship, look for a job, get out of debt...Maybe you just want to sleep more, walk your dog, get a haircut, or write that book you've been meaning to get to. So ready and super excited to see the changes you will make!

If you on your goal and success is going strong, I would love to hear about it, Also If you are still in the planning phase of getting going or started and something came up and you just can't figure out how to get back on track, maybe you are stuck in a rut and need a tow truck to pull you out? If Yes, I really want to hear from you.

I was once stuck like that, I have had all the best intentions, all the tools, videos, books, treadmill, gym memberships, friends lined up for 10,000 steps a day, A notebook to write down my every move, all my meals, I knew just what to do, BUT, I didn't know how to get started and keep on going. It was like I had glue holding my butt to the couch, I had all kinds of ideas but made no moves into Action. Then I learned about this Life coach and she worked with horses and I love horses and snap, I met her, was able to change the way I was looking at certain things in life, meanwhile I was taking all the little steps and under 1 year saw my dreams can come true.

I soon became a coach myself and Now as a coach with a medical background, I am able to hold that space for you to accomplish the goals set by you, get to the why you get stuck and what is stopping you from following through with the plan to win your game.

As the founder of Move That Mountain Health and Wellness Coaching, I work on habit change, transforming lives through nutrition and self-awareness to empower you to live out your health and wellness goals.

I love teaching and giving information so you can have all you need to get your health

## The Power of Yes



Deb Dobbs is a Communication Coach. She uses a unique blend of empathy and insight to unravel conflict, isolate issues and enhance growth. Contact her at: DobbsCommunication.com.

by Deb Dobbs

There comes a time when we just get sick and tired of it. What is it? It could be the unmoved stack of clutter or unresolved "stuff" that we think about from time to time. Clutter usually accumulates because

on track, I did it for 25 years in nursing and healthcare HOWEVER,

I am writing this to let you know, Knowledge does not make change.

You can Google all the Information you want to know about health issues, you can watch Saturday morning yoga-mercials while drinking coffee, download endless eating healthy shows, you can even use your fitbit to make sure your BP is ok All day long, driving you crazy because it goes up and down every 5 minutes, and you can wait forever for your workout buddy to get back on track.

Or you can give yourself permission to be your best self NOW.

I have to say the real way to get what you want and make it last, long past the end of the challenge at the office, is going to be with a Plan, Support, Accountability and Stretch. A real person asking real questions about you, a real person to focus on what you want and do without judgement and be fun about it, that's what I do and I love it!

My mission is Desire to Inspire you.

My health Hug for this month:

1. Picture yourself living as you have achieved your goal for your future self already, what does that look like, sound like, smell like, or feel like or taste like?
2. Take advantage of a Free Gamechanger coaching session by me, so we can:
  - a. Discover what it is you want.
  - b. Uncover what is holding you back or stopping you from living the life you want.
  - c. Decide what your next best step is toward success in your goal.

It is easier to Stay well than to get well, and if we want to we can feel better than do.

I am personally Grateful to share this with you and am looking forward to helping you change your game to one you will win!

I provide 1-1, group coaching sessions, as well as educational wellness talks for any size groups!

For more Inspiration to making healthy habits now to last through the year and your lifetime, email me For your FREE Gamechanger Session and turn those "Maybe I will do it someday" goals into Done Today.

Let's Move That Mountain! One little Push is all it takes.

Natalie-Jo Flynn, MSN, CHC, Personal lifestyle Coach 216-406-0154 nataliejoflynn@mtmcoaching.net www.MTMhealthcoach.com




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**216-215-1896**



SENIORS

Bob’s Corner



by Bob Payne  
WARNING – This month’s article is about death. If that scares you, you may want to page to another section. Although, I highly encourage you to read on.

We don’t talk about death, except in hushed tones while in private conversations, and then only briefly. It’s as if we fear that talking about death will make it real, and we rather keep it out of sight and out of mind. After all, our society is geared toward vitality, youth, beauty, sex appeal and power. Those words are definitely not associated with dying. So, we hear that somebody has passed on and go to their wake, but we are uncomfortable and get out of there as soon as we can (just in case it’s catchy, like a cold. No use getting over-exposed. Where is my hand sanitizer?).

Well folks, let me break this to you as gently as I can. You are going to die. It may not be today, this year, or even for decades, but you are going to die. So is everyone else. No one gets out of this life alive. We try hard not to think about that, and we lull ourselves into a false sense of security with a constant barrage of sensory input and busyness. But it’s still there, in the background, waiting to be acknowledged. Death is patient, but it will not be denied.

The truth is, it’s best not to view death as some scary specter waiting to pounce on you. All that does is create anxiety about living. Death is simply what the body does naturally when your vital systems can no longer be supported. Every living creature that was born, will die. Birth and death are opposites. My own personal belief is that there is no opposite to life. I believe that life goes on, only in a form that we cannot comprehend here and now. Here’s some imagery that may help.

Picture your lifetime as a wave. It grows out of the sea, little by little, and it builds-up, becomes strong, and develops into a crest. It is a wave for a short time, and then it crashes-over, back into the sea from where it came. It has been the sea the entire time, but it appeared individual and singular for a short period. It returns to where it came.

You are here for only a brief moment. All of your worries, all of those many things you wrestle with in your mind, they will end-up meaning.....nothing. Take the time to feel the sunshine on your face. Love. Hold hands. Spend time with friends. Help those who are struggling through life’s inevitable tough times. Live deeply! In the end, we are all just walking each other home.

Bob Payne, Manager  
Breakfast with Bob  
Breakfast with Bob will be on Thursday, February 14, 2019 @ 8:30AM  
Petie’s Family Restaurant  
30150 Lakeshore Blvd, Willowick, OH 44095

You must have your OWN transportation.



February 2019 Euclid Senior Programs

<u>MONDAY</u>	<u>TUESDAY</u>	WEDNESDAY	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> 9:00 Silv Snkrs Classic 10:00 Fitness Over 50 10:00 Beading/CR 12:45 Bingo – 1:00 Pinochle – 1:00 Chess Club 1:00 Rock Painting
<b>4</b> 8:30 Line Dancing, Beg. 9:00 Line Dancing, Adv 10:00 Fitness Over 50 10:00 Chair Yoga 11:00 Sr. Veterans 12:45 Bingo 1:00 Ballroom Dance 2:30 Zumba Gold	<b>5</b> 9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit 10:00 Crochet 10:00 Bible Study 10:00 Billie Exercise 11:00 Music Bingo 12:45 Art with Jack 1:00 Adult Coloring 3:30 Tai-Chi  Paint & Sip @Braeview	<b>6</b> 9:00 Fitness Over 50 10:00 Silv Snkrs Classic 10:00 Crafts 10:00 Comp Lab Help 11:00 Chair Exercise 12:45 Bingo 1:00 Open Card Play 1:00 Open Computer 1:00 Ballroom Dance  DRUG MART TRIP	<b>7</b> 8:45 Floor Yoga 10:00 Silv Snkrs Clsc 10:00 Sewing 10:00 Billie Exercise 11:00 SS Str & Bal  NO PM ACTIVITIES  BLOOD DRIVE	<b>8</b> 9:00 Silv Snkrs Classic 10:00 Fitness Over 50 12:45 Bingo – 1:00 Pinochle – 1:00 Chess Club 1:00 Rock Painting
<b>11</b> 8:30 Line Dancing, Beg. 9:00 Line Dancing, Adv 10:00 Chair Yoga 10:00 Fitness Over 50 11:00 Black History Talk 12:45 Bingo 1:00 Ballroom Dance 1:15 Book Club 2:30 Zumba Gold	<b>12</b> 9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit 10:00 Free Consults 10:00 Crochet 10:00 Bible Study 10:00 Billie Exercise 12:45 Art with Jack 1:00 Adult Coloring 3:30 Tai-Chi  NEO SPORTS PLANT TRIP	<b>13</b> 9:00 Fitness Over 50 9:20 Podiatrist 10:00 Silv Snkrs Classic 10:00 Gr Pt Brkfst 10:00 Crafts 10:00 Comp Lab Help 11:00 Chair Exercise 12:15 Cop a Question 12:45 Bingo 1:00 Open Card Play 1:00 Open Computer 1:00 Ballroom Dance	<b>14</b> 8:45 Floor Yoga 10:00 Silv Snkrs Clsc 10:00 Sewing 10:00 Billie Exercise 11:00 Name That Tune 11:00 SS Str & Bal 12:30 Quilting Class 12:45 Grief Support 1:00 Valentine’s Day Fun Bingo 1:00 Line Dancing  BRKFST/BOB	<b>15</b> 9:00 Silv Snkrs Classic 9:20 Pool Tournament 10:00 Fitness Over 50 10:00 Lisa Lee Reflex 12:45 Bingo 1:00 Pinochle 1:00 Chess Club 1:00 Rock Painting
<b>18</b>  CLOSED FOR PRESIDENTS’ DAY	<b>19</b> 9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit 10:00 Crochet 10:00 Bible Study 10:00 Billie Exercise 12:45 Art with Jack 1:00 Adult Coloring 3:30 Tai-Chi  GRANDE POINTE TRIP	<b>20 Birthday Day</b> 9:00 Fitness Over 50 10:00 Silv Snkrs Classic 10:00 Crafts 10:00 Comp Lab Help 11:00 Chair Exercise 12:45 Bingo 1:00 Open Card Play 1:00 Open Computer 1:00 Ballroom Dance	<b>21</b> 8:45 Floor Yoga 10:00 Silv Snkrs Clsc 10:00 Sewing 10:00 Billie Exercise 10:30 FFF 11:00 SS Str & Bal 12:30 Quilting Class 1:00 Line Dancing  WATERFORD BINGO TRIP NOSCD	<b>22</b> 9:00 Silv Snkrs Classic 10:00 Fitness Over 50 10:00 Lisa Lee Reflex 10:00 Beading/CR 11:00 Black History Talk 12:45 Bingo 1:00 Pinochle 1:00 Chess Club 1:00 Rock Painting POST OFFICE ON WHEELS  RACINO TRIP
<b>25</b> 8:30 Line Dance Beg 9:00 Line Dance Adv 9:00 Benefits Check Up 10:00 Chair Yoga 11:00 Mufins/Mayor 12:30 Fresh Produce 12:45 Bingo 1:00 Ballroom Dance 1:00 Computer Class 2:30 Zumba Gold	<b>26</b> 9:00 Silv Snkrs Classic 10:00 Silv Snkrs Circuit 10:00 Crochet 10:00 Bible Study 10:00 Billie Exercise 12:45 Art with Jack 1:00 Intl Food Day 1:00 Adult Coloring 3:30 Tai-Chi	<b>27</b> 9:00 Fitness Over 50 9:20 Podiatrist 10:00 Silv Snkrs Classic 10:00 Crafts 10:00 Comp Lab Help 11:00 Chair Exercise 12:45 Bingo 1:00 Open Card Play 1:00 Open Computer 1:00 Ballroom Dance	<b>28</b> 8:45 Floor Yoga 10:00 Silv Snkrs Clsc 10:00 Sewing 10:00 Billie Exercise 11:00 SS Str & Bal 1:00 Line Dancing  GAME SHOW DAY AT GATEWAY CARP	

ENTERTAINMENT

Pacers On The Shoreway – A Great Neighborhood Bar And Restaurant



The Trifecta



Stuffed Cabbage Soup



Chef Salad

by John Copic  
Pacers has been through a lot of changes. If you haven’t stopped it in a while you need to give them a try. If you are a regular you know why.

We can start off with the fact that the place is really clean. My Mama always taught me to first thing you do in a restaurants is go to the bathroom. Same person that cleans the kitchen, cleans the bathroom. Well the

bathrooms are immaculate. I have stopped in a half dozen times over the past couple weeks and the service has always been excellent. The fresh brewed iced tea is fresh indeed and very strong. It’s worth going there just for the homemade soup. I had Donna’s stuffed cabbage soup last week and it was the perfect lunch on a winter day. If you are on a diet, I can testify that the

Ludwig’s Lives On



Franks jacket

by John Copic  
The bar has had many names. Most recently it was called Gostilna. Before that it was Shirley’s and the Brickhouse. The new name for this location is Ludwig’s. And it is a very special place.

The original Ludwig’s was across the street and probably goes back a hundred years. Back to the time when everything around East 200th Street was grape vineyards. Ludwig’s was a gathering place and it became very special to many of us from Euclid.

Pat Delaney has kept that essence of Ludwig’s alive at 768 E. 200 Street, at the corner of Arrowhead and East 200. You’ll see that the sign says Cut street. That is the old name for East 200th.

Ludwig’s was owned by Frank Zigman. Frank was born in 1934 in Strabane, PA and



became a legend in Euclid. Frank passed in 2014 and Ludwig’s has been demolished, but thanks to the tireless efforts of Pat Delaney, Ludwig’s lives on.

I could tell you stories. But Pat tells them way better than I ever could.

Stop in Ludwig’s. The place is a comfortable neighborhood beer joint. Friendly people, excellent service, good bar food and a history museum.

Frank’s jacket is in a shadow box on the wall. Joey Miskulin’s accordion is above the bathroom. Memorabilia and pictures are everywhere. Everything has a story and you owe it to yourself to hear Pat Delaney tell those stories.

Ludwig’s is open 11 am till whenever Pat feels is right to close - usually midnight or 1 am Monday through Saturday. You should stop in.

Making Great Scott Greater



by John Copic  
I had the pleasure of sitting down and chatting with Chef Kevin Reid the man behind the continued success of the Great Scott Tavern. Chef Kevin started with Great Scott back in August 2018 and is bringing modern comfort food to the restaurant that is proving to be a winning combination. He received his training in the country

clubs of Georgia before making his way back home to Cleveland. He is right at home at the Great Scott Tavern and has excelled finding the perfect foods to target Euclid.

Tuesday night is a \$7 burger special and 20% off for senior citizens. Wednesday night is pasta night with half off select bottles of wine. Thursday is affordable steak night, and a wide selection of fish is offered



on Fridays.

Be sure to finish off your meal with one of the world-class desserts made by a Cleveland legend, Miss Vickie.

Great Scott is located at 21801 Lakeshore Blvd. in Euclid. Call 216-417-3019 to make your reservations, especially for Valentine’s Day weekend.

The hours are Tuesday, Wednesday, and



Chef Kevin Reid

Thursday from 4 PM to 10 PM Friday and Saturday from 4 PM to 11 PM.

Great Scott also has a spacious party room available for all of your catering needs. Stop in to say hi to Chef Kevin and the manager Bob and tell them the Observer sent you !



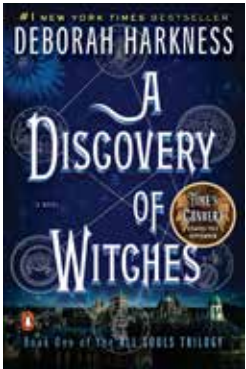
# ENTERTAINMENT

## Book Reviews Wanted

by Janeen Copic  
The Observer is starting a new feature in the paper, a book review section. Do you love to read and are always looking for a new author or genre to read, but don't know where to look? As an avid reader, I am always looking for something new, or old to read. For me reading is like going on a vacation without ever leaving my home. I can visit faraway places or worlds and make new friends and sometimes enemies between the pages of a book. We are en-

couraging our readers to submit a review of their favorite (or least favorite book) to share with our readers. It can be a new release or an older book that perhaps many of our readers have never read before. Please submit your 200 to 400-word review by becoming a member online at Euclidobserver.com. We will publish at least one review each month. We are starting this month with a review of A Discovery of Witches, by Deborah Harkness.

## Book Review: A Discovery of Witches



by Janeen Copic  
A Discovery of Witches (All Souls Trilogy #1), by Deborah Harkness is one of the best books I've read in a long time. Once I started the book, I couldn't but it down and read the other two books in the series in two weeks. Once I finished the series, I was a little sad it was over, like when a good friend moves away, and you don't get to see them every day. Yes, it's another book about witches, vampires and daemons and their struggle in the human world, but it is not a copy cat of the books of this genre that have come before it. Deborah Harkness created a new way to look at these creatures, they aren't monsters, but the same as the humans that they live around.

The main character, Diana Bishop an alchemical history professor and witch with supposedly little magical powers that receives an ancient book, Ashmole 782 for her research. Once she realizes there is

magic bound to the book and accidentally releases the magic, she returns the book to the stacks of the Oxford library. From this point you begin the journey into the lives and worlds of witches, vampires and daemons living among humans. Matthew de Clermont, a biochemist and a neuroscientist and 1500-year-old vampire is the first creature to seek out Diana to convince her to retrieve Ashmole 782 as Diana learns to control her powers, all while keeping one step ahead of the Congregation who governs the creatures.

Paranormal fans will be instantly hooked. If you have never read this genre before, this book series will open you up to whole new world of books out there.

As a plus, A Discovery of Witches has been made into a TV Series in England. The series was released in the U.S. in January 2019 and is available to stream on Sundance Now and Shudder. I must confess that I binge watched the first season, and don't know how I will wait until the next season is available.

## In the steps of Major Houts

by Claude Humbert  
Arthur Samuel Houts was born in 1880, in Mount Vernon, IN.

In 1898, he served as a private in the U.S. Army during the Spanish-American war.

In 1901, he enlisted in the Ohio National Guard.

He also worked at the Brown Hoisting Machinery Company, in Cleveland, OH. He lived in Euclid with his wife Georgina, and their son Kenneth.

In 1918, Major Houts came to France, to serve in the American Expeditionary Force (AEF).

Decades later, I found his trunk at my

grand-aunt's house in Loison, a small village of the Meuse department, France.

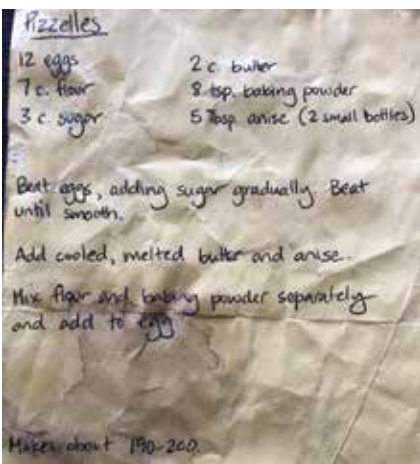
Little by little, I retraced most of his journey from Cleveland, OH, to Montfaucon, in the Argonne area, France.

In 2015, I followed his footsteps through the United States and France.

In 2017, I made the French version of the documentary film about Major Houts.

And in 2018, thanks to the Ohio State University Theater section, I made the English-language version of the film. You can watch it here: <http://hmbrrt.pages-perso-orange.fr/goodbye/index-en.html>

## Recipes Wanted



by Janeen Copic

Do you have a favorite recipe for pot roast or that one delectable cookie recipe that has been passed down for generations? The Observer is starting a new feature where our readers can submit their recipes to share in

our member center at euclidobserver.com. The first recipe we are sharing is a Pizzelle recipe that I got from a long-time family friend. As you can see from the photo, this is a well-loved recipe.

Pizzelles  
12 eggs  
7 cups flour  
3 cups sugar  
2 cups butter  
8 tsp baking powder  
5 Tbsp anise (2 small bottles)  
Beat eggs, adding sugar gradually. Beat until smooth  
Add cooled, melted butter and anise.  
Mix flour and baking powder separately and add to egg  
Makes about 190-200

## Bumblebee Movie review



by Brian Friedman

Bumblebee Movie Review - After the milking of the Transformers franchise, I went into this movie with low expectations. Well, I should have went in with much higher! The movie paced great and Bumblebee felt like a real character even though I am usually pretty critical of CGI "actors". Plus Hailee Steinfeld actually acts and emotes far better than her roles so far. She can sing AND she can act. Who knew? My grade - B (Get it? "B" = "bee")

## Spider-Man Into the Spider Verse



by Brian Friedman

Spider-Man Into the Spider Verse Movie Review - Absolutely amazing AND spectacular! Perfect plot and story. Quick pacing. Great animation. High quality voice acting. I was blown away by the entire film. I can't believe it but I have to give the grade of ... A.

# ENTERTAINMENT

## Where Am I ?



This historic marking is located somewhere in the City of Euclid.

If you detect its location, email a description of the location to EuclidObserver@Gmail.com.

Please do not attempt to bring it to our offices. A selfie of you at the location will score extra points.

All correct entries will be entered into a drawing for the prize in this box, or.... you can chose the curtain where Carol Merrill is now standing.

Actually, the prize is a gift card to Great Scott.

Deadline for entries is Friday, February 22nd.

## Fun Page

### WORD SEARCH

AFFECTION  
APPRECIATION  
DEVOTION  
FONDNESS  
FRIENDSHIP  
INFATUATION  
LOVE  
LUST  
PASSION  
RESPECT  
TENDERNESS  
YEARNING

H	M	I	B	I	B	T	Z	A	R	M	L	F	H	S
X	X	L	S	W	N	N	I	B	C	U	H	R	A	S
L	U	Y	F	Q	G	F	T	G	S	L	O	I	T	E
A	P	P	R	E	C	I	A	T	I	O	N	E	L	N
P	A	S	S	I	O	N	B	T	C	Q	N	N	O	D
Y	G	V	W	B	S	E	Y	A	U	D	M	D	V	N
N	O	I	T	C	E	F	F	A	E	A	D	S	E	O
J	O	W	S	K	R	C	I	R	O	G	T	H	K	F
O	R	I	L	B	X	E	N	B	N	J	M	I	N	V
M	D	V	T	I	C	E	S	I	E	G	U	P	O	U
Y	N	P	V	O	S	V	N	P	E	R	Q	M	I	N
G	X	W	S	S	V	R	T	R	E	B	X	B	P	B
U	X	T	U	L	A	E	R	K	K	C	E	E	F	Z
N	C	R	G	E	D	G	D	O	T	G	T	I	C	A
X	Y	W	Y	L	C	R	G	S	F	R	E	F	B	I

### EASY SUDOKU

1			3	8			4
	4		5	6		3	
		2			5		
4	8					6	1
			4				
9	3					2	7
		1			7		
	7		8	4		9	
5			2	1			6

### CHALLENGING SUDOKU

2							
		5	3	9		4	
	4				6	1	9
	6				8	4	
	9			3			7
		4		6			
	3	8	2				
			9				1
		2		1		8	

### Easy Sudoku

		9	3	1		5	6	4
7								5
5		1	2		9	3		7
2								3
	3	6	9		7	5	2	
9								1
3		2	4		8	1		9
6								4
	4	7	3		2	8	5	

### Challenging Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7			2					6
	6					2	8	
			4	1	9			5
				8			7	9

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CollinwoodPublishing@gmail.com  
& let us know what kind of puzzles you'd like to see here on the Fun Page.

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**IF YOU  
ARE TURNING  
65 ... DON'T  
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CLASS!**

**Mon., February 11 • 6-8:00 pm**  
**Eastlake Library**  
**440-942-7880** to register

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

**Mon., April 8 • 6:00-7:30 pm**  
**Willoughby Hills Library**  
**440-942-3362** to register

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These events are for educational purposes only and no plan specific benefits or details will be proposed. Limited seating. Pre-registration required. Some nominal fees may apply.



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