



COMMUNITY  
Euclid Alumni  
PAGE 6



COMMUNITY  
Memorial Day  
COVID Style  
PAGE 11



ENTERTAINMENT  
Movie reviews  
PAGE 30

# EUCLID OBSERVER

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Volume 11 • Issue 5

May 2020

## Supporting our Healthcare Workers



St. John of the Cross & Ss. Robert & William Parishes have been providing meals to the Euclid Hospital Emergency Department. Young Adult & Youth Minister, Bill Olson has been gracious enough to deliver these meals on a regular basis for the workers on the frontlines of this pandemic. (Story on page 20)

## Lakeshore Cinema Sends a Hope-filled Message



**Eric Kazen:** 'The Lake' is the closest theater in proximity to where I live, and I miss GOING to see movies during the COVID-19 quarantine but obviously a necessary temporary sacrifice that will save lives. I'm scared for movie theaters in general though and how or if they will recover when this nightmare is all over. Many won't reopen and that's so sad for a cinephile like me. But anyway, here's an uplifting message on this particular one's marquee. Stay safe out there my friends! #Lakeshore7

## Getting Back to Work in Ohio

The following announcements were made Monday April 27th during DeWine's 2 p.m. coronavirus briefing:

The state is working to have an estimated 1,750 workers needed to conduct contact tracing by June 1. This will include public health, volunteers and hired workers.

Protocols for any business include: required face coverings, daily health assessments, hand washing, social distancing, clean and sanitize workplaces throughout day and between shifts. Businesses will be allowed a maximum of 50 percent of the fire code capacity and appointments if possible.

On May 1, all health procedures that can

be done that do not require an overnight stay in a hospital can resume. Dentist and Veterinarians can resume normal operations.

On May 4, manufacturing, distribution, general offices and construction will be permitted to reopen. Six feet must be between each employee. If that can't be accomplished, install barriers.

On May 12, consumer retail and services will be allowed to reopen. All employees and customers should wear facing coverings while in the businesses. This will include every retail outlet.

The stay-at-home order and mass gathering ban of more than 10 people will remain

(continued on page 6)

## Euclid Waterfront Construction Update, Spring 2020

by Allison Lukacsy-Love

Despite Lake Erie's high water levels and the uncertainty around the Covid-19 pandemic, Euclid's Waterfront improvements are progressing on time and on budget to provide to our residents (and beyond) unprecedented public access to our region's greatest natural asset.

As of this writing, Phase II-West, a \$6.8M project, is on track for completion in June 2020. Around this same time, we look forward to opening competitive bids from coastal contractors bidding on the next phase, Phase II-East, which will continue the shoreline stabilization, habitat restoration and public access to a future lakefront park at E.248th St. and Lakeshore Blvd. We anticipate this next phase of construction to begin in late summer or early fall 2020 and continue throughout 2021.

Completing the three-quarter mile bike/ped public infrastructure project has numerous community benefits, including protecting critical infrastructure, promoting economic growth and improving health through active transportation. Based on the large numbers of people already enjoying the trail section that is substantially complete, we know for certain that connection with nature is vital for the community.

Learn more about the project, watch drone videos and take a virtual tour at [www.cityofeuclid.com](http://www.cityofeuclid.com). Click on the tab under 'Planning and Development'. Bring your mask, practice safe social distancing and take a stroll to Sims Park where the view of the construction – and the sunsets – from the Fishing Pier is unbeatable.

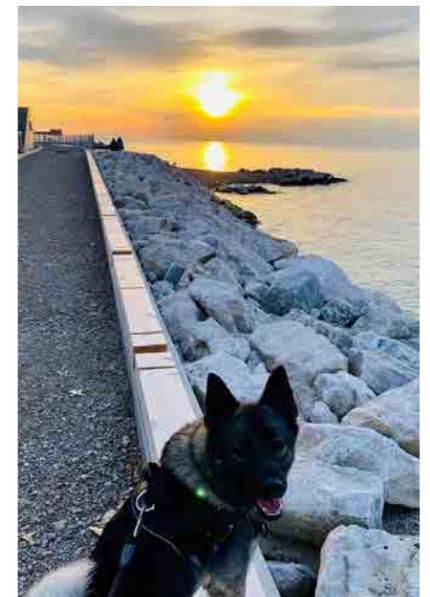
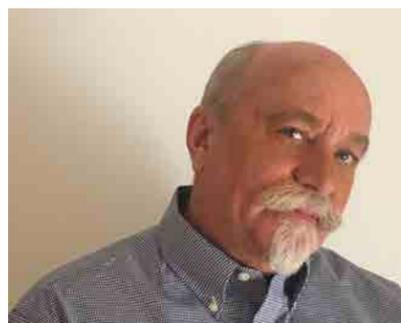


Photo credit to Karen Wonderly, who captured a stunning Lake Erie sunset while enjoying the 'substantially complete' first phase of the waterfront trail. The next phase of construction is anticipated to be underway later this year.

## Bob Dylan is Back and Mysterious as Ever



The Minister of Culture, Michael Heaton  
Photo credit Brigid O'Malley

by Michael Heaton  
Cleveland's Minister of Culture

Bob Dylan has released his first song in eight years. It's a fifteen minute epic called "Murder Most Foul" about the JFK assassination. Why now, 57 years after the event? Maybe because the tragedy was the end of innocence for our generation. It's a dark mystery that has never been solved. Decades of speculation have yielded nothing more than a handful of vague conspiracy theories. Dylan doesn't concern himself with the question of "why" in his song. He takes a Shakesperian approach, examining the spiritual and cultural aftermath of that his-

torical and evil event. He even took the title "Murder Most Foul" from the play "Hamlet" about the murder of a king.

Kennedy was a popular, bright young man that represented a new, vibrant generation. To be cut down in the prime of his life and career by some mysterious and shadowy cabal was a sign to all of us that something was rotten in Denmark. Something bigger, nefarious and unfathomable. So much for Camelot.

We were left to fend for ourselves. And what did we have to help us along? Something that couldn't be taken away. We had music.

Dylan references the D.J. Wolfman Jack as our shaman. We had the Beatles to hold our hand he says. We had Woodstock and the Age of Aquarius. And even Altamont.

The second half of the song provides a litany of popular music some of which that seems sort of antithetical to the work of Dylan himself. There's Buddy Holly, Billy Joel, and The Who. Rock, folk, jazz and blues are in there too. There's Etta James and John Lee Hooker. Classic rock radio stars like Queen and Fleetwood Mac and The Eagles get a

(continued on page 6)

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

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

You can mail your stories to the Euclid Observer office at PO Box 17371, Euclid, OH 44117

Next deadline: May 25, 2020  
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**Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.**  
*Marie Curie*

## Message from the Mayor



Now, more than ever, I understand the importance of community. During this Stay at Home order we're going through and the social distancing we're observing together, I have missed you! I miss seeing my family, my neighbors, co-workers, Council members, the seniors at the senior center, my friends and all of you!

Personal interaction is what makes us human and in many ways feeds our soul. While we physically cannot be together, it has become even more important to provide the opportunity in other ways. I am extremely proud of the creativity and innovation by our staff as they've stepped up to provide some ways we can stay together: Facebook Live Coffee with a Cop, Stay at Home Virtual Recreation Programming, home delivered / pick up meals at the senior center, service and support over the phone/

email, and of course resident led individual acts that spread cheer and help us maintain a community connection. Take the time to make a phone call, set up a Zoom/ Skype or other in person call, write a letter, etc. let's show each other we care!

Do you receive our City News calls or emails? I want to make sure you are aware and signed up to receive our communications. You can sign up for automated calls through Euclid Connect: either call the Mayor's Office at 216-289-2751 or log on to [www.cityofeuclid.com](http://www.cityofeuclid.com) and click on Euclid Connect on the left side of the page. You can sign up for calls, emails, or text messages. We also regularly update our website with information and resources. Staying informed helps stay connected!

Once again, I would like to thank our First Responders, City Employees, healthcare workers, and essential workers for continuing to provide service during the COVID pandemic. I also want to thank our community for their support and generosity – the Euclid spirit shines through!

Thank you for doing your part to stay healthy, stay home, and for taking preventative measures to stop the spread of the coronavirus. There will continue to be changes to adapt to and sacrifices – but your health and our community's health is worth it! We are in this together!

Take care,  
Mayor Kirsten Holzheimer Gail

**Coronavirus (COVID-19) Public Hotline**  
**1-833-4-ASK-ODH**  
**[coronavirus.ohio.gov](http://coronavirus.ohio.gov)**

**Cuyahoga County First Call for Help Dial 211**

**Cuyahoga County 24 hour Mental Health Crisis, Information Referral and Hotline: 216-623-6888**

## Lincoln Electric Donates Face Shields to Cleveland Clinic Frontline Caregivers

by Ellie Westerburg

Euclid-based Lincoln Electric Company joined Cleveland Clinic's COVID-19 Community Response Campaign with a generous donation of 250 face shields for frontline caregivers at Euclid hospital and other Cleveland Clinic hospitals. Cleveland Clinic is thankful for the support of the many companies and organizations like Lincoln Electric contributing funds and personal protective equipment vital to

its preparations and response. Since the March 26 launch of Cleveland Clinic's COVID-19 Community Response Campaign, the Northeast Ohio community's generosity has been overwhelming and inspiring. Large corporations, small businesses, community groups and individuals have come forward to provide assistance to Cleveland Clinic's caregivers and help our efforts to prepare for a surge of patients due to COVID-19.



### Publisher's Note: Correction

by John Copic

I would like to take this opportunity to deeply apologize to the readers. In the last edition of the Euclid Observer, I stated that there were three simple rules we follow to determine if a story will be printed. I listed them as:

1. Factual
2. Not Slanderous
3. Not Obscene

There, is in fact, a fourth rule.

*We do not accept anonymous stories.* To submit a story, we require that you have the courage to own it by submitting it under your real name. I apologize for the mistake.

**Publishers Note: Concerning the Anonymous Letter Our Office Received about First Student Transportation**

I would like to address the concerns of the person that mailed an anonymous letter to the Observer office about First Student Transportation.

Please call my cell phone at 216.496.6708. I am worried about you.



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## Virtual Storytimes Now Available Online

by Ashley Gowens

The Euclid Public Library announces the launch of virtual Storytimes and Activities with EPL. Visit [www.euclidlibrary.org/StorytimeAtHome](http://www.euclidlibrary.org/StorytimeAtHome) and the Euclid Public Library's YouTube page to read along with your favorite Youth Services & Outreach Department staff members. Additionally, turn on page notifications on Facebook, Instagram, and Twitter for the latest updates from the library on social media.



Read along with your favorite EPL Staff Members at [www.euclidlibrary.org](http://www.euclidlibrary.org).

## Shape Your Future: Complete Your Census Today



**Support small businesses. Complete the census.**

The 2020 Census will provide data to small businesses that is essential to help them grow and succeed. This data can help businesses better understand how to serve their customers, where to open new locations, and where to find a skilled workforce. Respond to the 2020 Census online, by phone, or by mail for a complete and accurate census.

[2020CENSUS.GOV](http://2020CENSUS.GOV)

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## Sign up for the Ohio Governor's Imagination Library

by Ashley Gowens

Through our partnership with Dolly Parton's Imagination Library to put more books in the hands of Ohio's children, the Ohio Governor's Imagination Library is working to ensure that every student enters kindergarten ready to succeed. Children up to their 5th birthday, will receive a FREE book by mail every month. Books are age and developmentally appropriate. Visit [www.euclidlibrary.org/youth/parents](http://www.euclidlibrary.org/youth/parents) to register!



## Chat with EPL Staff Online

by Ashley Gowens

Euclid Public Library staff is now available Monday – Friday from 9:00 AM until 5:00 PM to answer any reference questions you may have. Click the “Chat With Us” icon on the left side of the homepage at [www.euclidlibrary.org](http://www.euclidlibrary.org) to speak directly with trusted staff about book recommendations, database information, or access to hoopla,

OverDrive, or Kanopy. All messages sent before 9:00 AM or after 5:00 PM will be delivered to the library's “Contact Us” email address, and will receive a response by the following business day (i.e., messages received on Saturday, will be answered on Monday). ‘Chat With Us’ today!

Chat with EPL Staff Monday - Friday from 9:00 AM - 5:00 PM

## You Can Now Check Out 20 Items on Hoopla



New content added weekly, borrow instantly today!

by Ashley Gowan

With over 100,000 new, popular, and classic titles, there is something for everyone. The best part of hoopla is there is no waiting, no holds, and instant availability for even the most popular titles.

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## Acknowledgement, Encouragement & Small Wins: School at Home

by Sara Williams

In Ohio and across the nation, all schools were ordered alongside pretty much everything else to close. As teachers, students, staff and families waited to learn when schools would reopen, the announcement came that schools would remain closed for the duration of the school year per our state governor Mike DeWine. Children and families, parents in particular, found themselves at home initially for an indefinite amount of time, some working from home or completely unemployed.

Gone are the days of simply reading, writing and arithmetic. Children are equipped with virtual classrooms, webinars, virtual break out rooms, and teachers hold virtual office hours to accommodate student questions. Many parents were overwhelmed

Here are a few suggestions to assist you with home educating your student(s) in the midst of schools remaining closed for the duration of the school year:

1.) Determine when and how you want

your school day to go. A schedule is good but as a parent of a child who is old enough to keep track of time (timer/tell time), give your child the responsibility of keeping track of time spent on assignments. If they have a planner, have them utilize it as part of accountability. Having a reward system in place is something that may prove beneficial and that reward could be fun for you too! Select an activity that you could partake in and enjoy together.

2.) Do not be alarmed or upset if children do not complete all of the work that was sent home. Speaking to the teacher about the support that is needed and realistic school work completion expectations is important. Being sure that children are not feeling punished or become burned out. The rule of thumb in the field of education is the age of the child is the length of time (on average) for their age. (ex: a 10 year old can hold attention for about 10 minutes roughly).

3.) Parent time out! Parents do not feel guilty about taking time for yourself. Talking a walk, journaling, finding on-

line virtual meet-ups, learning how to do something new, a new skillset that you can continue and take next level after the state ban lifts might be just what you need. It is okay for parents to reinvent themselves or even be at a crossroad where they need to find themselves especially since being a parent often becomes your existence. Take time for you no matter what and do not feel guilty about it!

4.) Self-Directed Learning and Project Based Learning are two education practices and methods of learning that give full autonomy and responsibility for learning to the student. Adults are guides or facilitators and are present as research issues arise or as children require assistance. Parents provide materials and resources for children and learn from the child. Children can be trusted to learn independently and to teach adults life lessons and new knowledge as well. Let them explore and learn and present their findings to you.

5.) Celebrate small wins! The world can be tough for children and for parents. Celebrate each others small wins and be

grateful daily with an attitude of gratitude as you embark upon daily living. Looks or small victories like finishing the first hour of your day without any negative talk or a negative thought tracing across your mind. In a world of big messes and plenty drama, small wins can make all the difference.

Be encouraged and know that we are doing community together. We witnessed the goodness of coming together and realized that now is as good a time as any to put all differences aside, we are stronger than we probably ever realized and life being placed on hold is not necessarily a bad thing. It gave us a time to learn more about ourselves, about the world around us, that we are more resilient than we ever imagined and that there is no “normal”. Change brought us newness and as we come out from the stillness, perhaps we are evolving into the best version of ourselves and our children will too.

Sara is the owner of Foundations Educational Consulting and founder of *Dear Home School Mom* a vlog and podcast.

# COMMUNITY

## What's Happening at Shore Cultural Centre?

by MP Monaghan

Although Shore Cultural Centre remains closed for all but essential businesses, our maintenance team is hard at work keeping Shore sparkling clean. Not only does our staff clean surfaces daily, they are able to attend to many maintenance chores while the building is empty. We appreciate their hard work and dedication to our lovely building.

The pandemic has caused some changes at Shore. Our Kids STEAM Fest which was scheduled for July has been postponed until next year. We are grateful for the extension of our grant for this event from Cuyahoga Arts and Culture and are looking forward to planning a fun hands-on Kids STEAM Fest next year.

Other changes resulting from the pandemic have opened up leasing opportunities for some of our long-term rental spaces. Many businesses call Shore Cultural Centre home, and we hope you consider our building when making your future business plans. Our building is on the National Register of Historic Places and occupies

three floors providing over 125,000 square feet of space. The building is professionally managed by The Coral Management Company and features the following amenities:

- Gas, electric, and water included
- Classrooms with 12-foot ceilings
- 8-foot windows provide natural daylight
- New LED lighting
- Fire Alarm System monitored 24 hours a day
- CCTV System
- Easy access to I-90 and I-271
- Plenty of free, convenient parking
- Walking distance to local restaurants
- Visit our website at [www.shoreculturalcentre.com](http://www.shoreculturalcentre.com) to view more of our available long-term rental spaces. While you're there, click on the red box on the homepage to sign up for our email list. You don't want to miss any of the news about Shore, and we'll never share your email.

For information about any of our spaces, please contact Laura Kidder at 216-289-8578 or email [llk@thecoralcompany.com](mailto:llk@thecoralcompany.com).

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Contact Laura Kidder at 216-289-8578  
[llk@thecoralcompany.com](mailto:llk@thecoralcompany.com)



Photos: Jen Hearn Photography

View more of our available spaces on the Shore Cultural Centre website.



Who are those masked men? Chris and John are hard at work keeping Shore clean during the pandemic.

## East Shore Park Club "Save Our Summer" Concerts

by Andy Ulle

I am one of the organizers of the East Shore Park Club's Summer Concert Series in the beautiful North Collinwood neighborhood of Cleveland, Ohio.

**RED ALERT:** The COVID-19 pandemic has forced the closure of so many of our sponsors' businesses that we have lost the largest segment of our basic operational funding.

For over 15 years now, the ESPC has presented FREE summer concerts to residents, their friends, and visitors from all over northeast Ohio. Our annual concert series predates Summer at Sims, Euclid Beach & Edgewater Live, The Grove, and Mentor Rocks - all of which are great venues. The difference is that all these other concert series receive government funding and financial support from very large corporations. The East Shore Park Club does not have such deep-pocketed benefactors. But we have always been able to fund the concerts through the generous support of local small businesses and individual donations from club members and concert-goers. And we believe we have delivered the most bang for the buck on a shoestring budget. Please visit our Facebook pages to see photos of past shows of recent years featuring local act as well as bands and musicians from Pittsburgh, Buffalo, Austin, Ann Arbor, Grand Rapids, and Montreal. This

year we have a Rockabilly group coming from Switzerland!

<http://www.facebook.com/ESPCmusic/>

<https://www.facebook.com/eastshore/>

For the 2020 concert series, the ESPC has booked nine concerts for the summer. The total budget for these events is over \$11,000 just to pay the musicians, sound crew, and printing costs - no club members are paid for their many hours of work.

We are hoping that by our first concert on June 4th, Clevelanders will finally be allowed to gather for outdoor events, but we cannot wait until then to raise funds - the printing of banners, flyers, and programs must be initiated by May 15, so we need cash in hand by then to place those orders and guarantee funds are available to pay our contracted expenses.

By contributing generously to this fundraiser, you can help us bring great music to a quarantine-weary population, one that will be severely in need of these popular FREE events. You will also be helping many musicians and production techs whose incomes have been lost due to all venues being closed for 8 weeks or more. And of course, you will have our undying gratitude for enabling us to go forward with the ESPC 2020 concert season.

<https://igg.me/at/espcc-concert-fund>

## Murder Mystery: Silhouette Productions And Shore Cultural Centre

by Charlotte Mirabelle

Our thoughts are with you as we all find ourselves separated from family members, friends and activities we love. Just five weeks ago, we were sharing the exciting news of our Murder Mystery.

With a new date, we at this time are planning this production on Sunday, July 19, 2020 at 2:00 at Tizzano's Party Center.

Silhouette Productions is looking forward to being able to share with you the joy of live productions again.

Thank you for your loyalty, patience and understanding Stay safe and well.

Warmest Regards,  
Charlotte Mirabelle  
Artistic Director, Silhouette Productions

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I appreciate MUST for the platform it provides young and upcoming teachers to conduct research. I am able to research the relationship between black male teachers and black male students, and it is research that I'm very passionate about.

- KELTON LATSON



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- RACHEL SKULLY



I believe that shaping the world and building the new generation starts in the classroom. After my 17 years of teaching experience at the college level, I decided to join the MUST program at CSU to earn my teaching license in the field of science.

- HATHAM KALIL



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# A Heartfelt Thanks



For Every Caregiver & First Responder.  
For Everything You Do.

**You are our heroes.** Whether it's care delivered on the front lines or the behind-the-scenes race to help end the COVID-19 pandemic — our community is made better because of you. No matter the work left to be done, we're in this together.

Find out how to best support our caregivers  
and see where help is still needed most.

**[ClevelandClinic.org/COVIDResponse](https://ClevelandClinic.org/COVIDResponse)**

*Thank you*

 **Cleveland Clinic**

**So many companies in our communities have provided generous support.  
Our thanks to the following for their recent contributions of vital funds and supplies:**

ALDI – Avery Dennison – Jones Day Foundation – PPG – Procter & Gamble  
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# EUCLID ALUMNI

## Euclid Alumni Take 5 with Patrick Vuyancih



Pat Vuyancih, Euclid High School Class of 1982, seen here as Color Analyst for the Cleveland State Vikings' Men's Basketball Team on ESPN.

by Greg Fondran

After graduation from Euclid High School, Pat attended both Lakeland Community College and Cleveland State University. While at Lakeland, his former basketball coach at Euclid High, Harold "Doc" Daugherty, launched his coaching and teaching career when he asked Pat to coach the 8th grade boys basketball team at Central Middle School. He moved up to coach freshman basketball at Euclid the following year. After earning an Associate's Degree from Lakeland, Pat transferred to CSU and was fortunate to earn a basketball scholarship after "walking on." He played on the, now legendary, CSU "Sweet 16" team that upset legend Bobby Knight and the his University of Indiana Hoosiers. After graduating from CSU, Pat began a long and successful career as a teacher, coach and administrator, many of those years spent in the Euclid City Schools. He has now come full circle, working at CSU, forming and coordinating partnerships

with Greater Cleveland schools for the College of Education. Pat also works as the Color Analyst for the CSU Vikings' Men's Basketball Team on ESPN with Al Pawloski, and served recently as the Special Assistant to the Athletic Director at CSU. Pat is most proud to say that he is married to his college sweetheart, Aurea. They reside in Euclid where he and Aurea have raised their four children, and are now helping to raise a grandson.

### 1. Where did you grow up in Euclid?

I grew up on Richards Avenue, off East 250th Street. My mom, oldest daughter, and grandson still reside there. My favorite memories on Richards were of playing street tackle football, from telephone pole to telephone pole; and pickup basketball with the older guys in my backyard...I was the only kid on the block with a hoop on the garage, so they had to let me play. But I also vividly remember how in the '70's we would cut through the old Briardale Projects property before it was converted to the golf course, to go swimming at Memorial Pool. It was like walking through a wasteland of old pipes and toilets.

### 2. Where did you go to school before Euclid High?

I attended Upson for Kindergarten, then St. William's from first through eighth grade. I attended St. Joe for ninth and tenth, then transferred to Euclid High for my final two years. I was very nervous about the transfer as I was the first kid from my family to attend public school. I only knew a handful of kids from my neighborhood who were at Euclid High, and the school was huge. I remember being lost the entire first week of school my junior year, and "Doc" made me do pushups because I was late to gym class.

I tried to explain to him that I didn't know my way around and had just transferred from St. Joe. That was a mistake...he added an extra ten pushups....I found it to be quite hilarious when you considered the intense rivalry that existed between both schools at that time. It's ironic that the only discipline I ever received was from the coach I would eventually play for and who would become a second father/mentor to me!

### 3. Which teacher or class a Euclid do you most remember and why?

My favorite teachers were my English teachers at Euclid High School, especially Barb Ramlow and Bob Petrovic. Barb was always smiling and so friendly, always on her feet teaching and engaging us. Bob Petrovic was, in my mind, one of the greatest teachers who ever lived! He always prompted us to write with topics tailored to our interests, and he provided immediate feedback, and plenty of it. I vividly recall anticipating him returning my graded work because his feedback was so insightful and helpful in making me a better writer.

### 4. Did you have a favorite spot in Euclid, and what did you like about it?

My favorite spot in Euclid was Upson Playground, where I first learned how to compete in sports. I served as playground director at Upson while in college, and helped organize activities for the kids every day, but especially basketball competitions. We attracted athletes like Elvis Grbac, Joe Jurevicius, Bobby Daugherty....all great athletes, and many others from around and outside Euclid who ventured over to our cruddy asphalt court to test their mettle against us. I'm very proud that from this neighborhood we produced some of the

greatest basketball talent that ever played at Euclid, St. Joe, and in Ohio, including Dave Wojciechowski, Nick Kupetz, AJ Parker, Joe Meden...my younger brothers Jimmy, Johnny, Billy, recent VASJ Coach "Babe" Kwasniak, and 1998 "Ohio Player of the Year" Emmanuel Smith. People from the neighborhood would actually sit all around the court just to watch the fierce, high level of competition. About thirty of us from that neighborhood still get together once a year at AJ Parker's house in Willoughby Hills to participate in a "Tip-In" Tournament and celebrate those wonderful days at Upson.

### 5. What, if anything, about your Euclid High experience would you do over?

My Euclid High student-athlete experience was so exceptional that I honestly can't think of anything I might do over again. Our '82 basketball team still holds school records for wins in a season (21) and wins in a row (19), and I cheered my classmates on to the '82 AAA State Baseball Championship, attending almost every game. I do remember getting too cocky and big-headed during basketball season and I broke up with my then-girlfriend in a very abrupt way that hurt her. I wish I hadn't done that, but overall I enjoyed every minute at Euclid and wish I could do it over again. I still have lifelong friendships with my classmates and teammates that I wouldn't trade for the world. The best decision my family and I ever made was to make me a Panther-4-Life!

To participate or nominate someone for the Euclid Alumni column, contact Greg Fondran at [alumni@euclidschools.org](mailto:alumni@euclidschools.org).

## Bob Dylan is Back (continued from Front Page)

nod. He rhymes the unlikely names of big band leader Stan Getz and Allman Brother guitarist Dickey Betts.

The list of popular music rages on in an encyclopedic and psychedelic stream of consciousness. One of the stranger and more obscure references which absolutely delighted me was a shout to Marlon Brando's character in "On the Waterfront," Terry Malloy. I'm pretty sure I'm one of the few people to get that one. It's my favorite movie. Thanks Bob.

There were other song titles I had to look up: "Memphis in June", "Deep in a Dream", "Dumbarton's Drums" and the old Gospel

tune "The Bloodstained Banner."

I guess it's no surprise that Dylan's taste in music is so eclectic and far reaching. Maybe that's why he hated being called "the voice of a generation." Who knew he "contains multitudes" as the poet Walt Whitman once described himself.

The song is kind of like a musical travelogue with Dylan as your driver. It's a pleasant journey. Bob Dylan has always been one to give something to think about. "Murder Most Foul" is no different.

In fact the second single he just released before I wrote this column is called "I Contain Multitudes. Have I got this guy's number or what?"

## Back to Work (continued from Front Page)

in place.

Restaurants and hair salons were not included in the announcements to reopen made today by DeWine. "We're going to get those

online as quickly as we can," he said.

Schools and daycares also were not included in the announcements of places that could reopen.

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\*The promotional Annual Percentage Yield for balances \$0.00-\$9,999.99=0.05% \$10,000.00-\$24,999.99=0.45%, \$25,000.00-\$99,999.99=0.53%, \$100,000.00+ = 0.63% is accurate as of 04/09/2020. Minimum balance to open is \$10,000. Deposit limited to \$1,000,000 per household. A minimum average daily balance of \$10,000 is required to earn the promotional APY and avoid a \$10 monthly service fee. The promotional APY is locked for 180 days. After 180 days, the variable interest rate is subject to change and the new interest rate will be based on the account balance and the interest rate tier being offered on the Select Money Market Account. The Select Money Market account tiered interest rates in effect as of 04/09/2020 are as follows: .01-\$24,999.99 the APY is 0.05%; \$25,000-\$99,999.99 the APY is 0.20%; \$100,000 or more the APY is 0.40%. If the account is closed before the 365 days, a \$50 fee may be assessed. No more than a total of 6 preauthorized, telephone, ACH, check, POS or Internet transactions may be made from this account per month. Fees could reduce earnings on this account. The promotional APY is valid only for new money not currently on deposit with First Federal Lakewood. Other restrictions may apply. Promotional offer subject to change without notice. Contact a branch representative for full details.

# COMMUNITY

## Kids are Leading the Way in Cleveland for #GivingTuesdayNOW

by Rachel Bevel

Many parents have struggled to explain the tragedy of COVID-19 to our children and to keep them busy at home while we do our best to “flatten the curve.” Fortunately, Greater Cleveland Community Shares and WISH Cleveland are eager to help by co-hosting a day-long virtual event “Together at Home with Cleveland Kids.”



From 8 a.m. to 8 p.m. on Tuesday, May 5, children from all over Northeast Ohio will have a chance to join the global #GivingTuesdayNow effort and connect with the COVID-19 crisis in a way that is meaningful to them. Quarantine days may seem never-ending, and the fear and grief that are always present can be heavy. During #GivingTuesdayNow, though, families can participate in a series of enjoyable challenges designed to uplift their spirits.

Logan Williams (Cleveland, 12) and Lauren Turos (Euclid, 10) will lead the “Together at Home” campaign, which will take place entirely online. The two will lead a group of children, with parental permission, to post and share challenge photos on social media platforms. According to Logan, it’s important for children to participate in #GivingTuesdayNow because “we are the next in line to take over, and we can really make this world a better place if we just help out. It starts with us.” Lauren adds, “I hope we get 216 kids or MORE to help!” To commemorate Cleveland, the young changemakers decided to use Cuyahoga County’s area code as inspiration for their campaign goal of 216 participants. If they surpass that goal, then ‘440’ will be the next benchmark.

The challenges are fun and relevant to the issues we face as a global family. For example, to promote healthy living, from 8:00 to 10:00 a.m., participants are asked to take photos or videos while brushing their teeth, wearing face masks, preparing a healthy breakfast, or making hygiene kits to donate. Throughout the day, kids will be challenged to show themselves helping

neighbors, caring for pets/animals, and enjoying arts or music. “Together at Home” provides 6 challenges in total. Kids can participate in one or all of them and earn a custom wristband for each challenge completed.

While donations are not required to participate, matching funds have been promised by event sponsors Good Cause Creative and WISH Cleveland, so any donations made on May 5 will be matched up to \$3000 to benefit Greater Cleveland Community Shares and their 40 non-profit member organizations whose work will be highlighted throughout the day. The volunteer-led planning group is still seeking additional matching funds.

Difficult times often result in unexpected opportunities to grow and learn. “Together at Home with Cleveland Kids” is one such opportunity. We already know that kids are eager and equipped to lead us into a more hopeful future. What better time than now to let them lead the way! If you would like your children to be involved in Lauren and Logan’s efforts, visit [givingtuesdaycle.com](http://givingtuesdaycle.com) to learn more and register your family.



Lauren Turos, 10, Euclid



Logan Williams, 12, Cleveland

## Stroll East 200th Street Any Day of the Year

For 13 years we have celebrated E. 200th Street businesses and community organizations that enrich the lives of our great Euclid citizens on the Saturday after Memorial Day. This year, our 2020 E 200th Street Stroll has been canceled, but do not forget us!

As local businesses on our street and in our community along with local nonprofit organizations begin to reopen and friends and neighbors venture out in socially safe and acceptable ways, we want to encourage you to stroll E 200th Street and our entire city for exercise, shopping, socializing, and discovering what really makes our commu-

nity great. You do not need a special event or a special invitation to visit us! You are welcomed (and needed) on Euclid’s street every day!

Check out our new website:

[e200thstreetstroll.com](http://e200thstreetstroll.com)

and Facebook Page:

[@200thstreetstroll](https://www.facebook.com/@200thstreetstroll)

Look for our invitations to join us throughout this year and next, until we can party with you in person at our next East 200th Street Stroll scheduled for Saturday, June 5, 2021.

## Karen’s Poetic Corner

by Karen Murray

It felt like an icy cold day and then the sun beamed down on me and embraced me with the essence of a hot soothing sunshine.

It felt like an empty shell and then the fullness of your words were the substances I craved for to fill the shell.

It sounded like a ringing in my ears and an abundance of noises and confusion and then a sultry sound, calmed the noise, your voice did that.

*Hmmm!*

by Karen Murray

My mind is so open and so aware of the beauty and color provided by things, and people, and animals, and nature.

Sights which make us joyful, smile, wonder and cry.

My eyes are so open and so aware of the greatness, the goodness and not so

It felt like laughter was manifested prematurely to sometimes hide the painful remnants and now the laughter has a true-ness sincerity and robust constancy.

It felt like a dream and the dream became surreal and nothing last forever.

What is and what does true love really feel like these days?

great, not so good treatment of things, and people, and animals, and nature.

My ears are so open and so aware of the thoughts you bestow upon my life.

My body is so so aware of the longing, the tenderness and the loving memories provided by things, animals, nature and most of all people.

## I Will Do My Little Bit

by Deb Kramarz

*“I will do my little bit.”*

– Jane Goodall

If nature heals, I began to wonder if sharing nature poetry could help. Such as:

### Time to Plant Trees

Time to plant trees is when you’re young  
So you will have them to walk among –  
So, aging, you can walk in shade  
That you and time together made.  
– James Hayford

The tree is the mystery,  
Its roots knotted  
as surely as love.  
– Jane Yolen

So far, modern scientists have not invented any technology better than trees for removing CO2 from the air.

The following poem reminds me of our local seasonal weather, despite climate change.

### A Crack in the Clouds

How could  
one slight  
slit,  
just a tiny bit  
of a crack  
in the cover  
of clouds,  
permit  
such a pouring of sun  
that engulfs  
EVERYONE?

– Constance Levy



If everyone, each individual, becomes engaged, EARTH DAY can be every day.

Since the last frost will be over soon, I’ll share this recipe, too.

### HOW TO BAKE A FLOWER

Stir seeds into well-drained soil.  
Fold in half-cup live worms.  
Sprinkle in occasional rain  
until green shoots appear.  
Blend in sun mixed with shade  
Add a dash of moonlight.  
Simmer on low four to six weeks  
in the unhurried oven of summer.  
When the air starts smelling sweet  
it’s ready to be served – almost.  
Swirl in butterflies.  
Whip in bees.

– Ralph Fletcher

I don’t know if this and future pandemics or climate change weights heavier on my mind. The scientists are saying time is running out for the future of the plant. I feel as Jane Goodall says, “I will do my little bit, to try to save the world.”

### FOR SALE FOR PLANTING: Catalpa Tree-Bucket Kits

Contact: Deborah Kramarz 216-731-6324  
[deborahkramarz@aol.com](mailto:deborahkramarz@aol.com)  
Payments go to Gardeners of Greater Cleveland’s Scholarship Fund for Horticultural Students.



# EUCLID CHAMBER OF COMMERCE

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

## RESOURCES FOR BUSINESSES IMPACTED BY COVID-19:

### FUNDING RESOURCES

#### Small Business Stabilization Fund

Cuyahoga County has committed \$500,000 to the creation of a Small Business Stabilization Fund to support small, neighborhood-based businesses throughout Cuyahoga County during the COVID-19 pandemic. Grants to small businesses from the Small Business Stabilization Fund will be available starting at \$2,500, up to \$5,000, based on need, as evaluated by a grant committee composed of small business and banking professionals and supported by Cuyahoga County Department of Development staff. Loans will also be available through the Stabilization Fund partners, from \$5,000, up to \$350,000, depending on underwriting. Applications for the first round of grant funding will be open April 17 at 9:00 a.m. and close Thursday, April 23 at 5:00 p.m. Grant applications will be reviewed by the Stabilization Fund Team which includes the Grant Committee. Grant awards will be announced by Tuesday, April 28 and grant funds will be distributed to businesses starting that week.

#### Ohio Office of Small Business Relief

A new office has been developed within the Ohio Development Services Agency to better coordinate Ohio's efforts to identify and provide support for Ohio's nearly 950,000 small businesses. The Office of Small Business Relief will: Serve as the state's designated agency for administering federal recovery funds awarded to Ohio for small business support and recovery; Work with federal, state, and local partners to evaluate and determine possible regulatory reforms that encourage employment and job creation; and coordinate efforts of Ohio's Small Business Development Centers and Minority Business Assistance Centers. More information on all resources currently available to small businesses is available at [coronavirus.ohio.gov/BusinessHelp](https://coronavirus.ohio.gov/BusinessHelp).

#### Paycheck Protection Program 2.0

Congress recently approved an additional \$310 billion in funding to restore the Paycheck Protection Program, which had run out of money. The SBA began accepting new loan applications today - Monday, April 27. The Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. The SBA will forgive loans if all employees are kept on the payroll for eight weeks and the money is used for payroll, rent, mortgage interest, or utilities. You can apply through any existing SBA 7(a) lender or through any federally insured depository institution, federally insured credit union, and Farm Credit System institution that is participating. Other regulated lenders will be available to make these loans once they are approved and enrolled in the program. You should consult with your local lender as to whether it is participating in the program.

#### Other Resources:

- Facebook Small Business Grants Program
- James Beard Foundation
- Food and Beverage Industry Relief Fund
- Kiva US Small Business Loans
- Opportunity Fund COVID-19 Small Business Relief Fund
- Restaurant Workers Community Foundation COVID-19 Relief Fund
- The Main Street Initiative by Mainvest
- Verizon and LISC Small Business Recovery Fund
- WaFd Bank Small Business Lifeline



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- Protect the health of employees, customers, and their families.
- Support community efforts to control the spread of the virus.
- Lead in responsibility to get Ohio back to work.

MIKE DEWINE  
Governor of Ohio

Ohio Department of Health

[coronavirus.ohio.gov](https://coronavirus.ohio.gov)



[facebook.com/groups/euclidlive/](https://facebook.com/groups/euclidlive/)

Thank you, everyone, for supporting our Euclid area businesses! As Ohio prepares to re-open, we want to share the love with ALL of our local businesses and non-profit organizations so we are changing the name of our "Euclid Area Take-out & Delivery" Facebook page to "Euclid Live!" to share live video feeds, valuable information, and positive news stories about our Euclid area business community and we encourage everyone to use this page as a place to promote Euclid area businesses and organizations, specials, coupons, and positive news stories and videos. We are in this together Euclid!

### RESOURCES FOR 1099 CONTRACTORS

**Expanded unemployment benefits:** Due to COVID-19, independent contractors can qualify for unemployment payments from the government.

**The Small Business Administration:** While freelancers and other 1099 workers work on a contract basis, if you've established a business entity in your name, you may be able to qualify for a loan. If you already have a loan through the SBA 7(a), Community Advantage, 504, and microloan programs, you can qualify for payment relief for up to six months. Again, while this isn't a program specifically designed for freelancers, it can benefit those that have created business entities and are in debt with SBA. Depending on the industry you work within, there may be a grant or relief fund you can apply for.

**Paycheck Protection Program:** While initially only available for small businesses with 500 or more employees, the PPP program is being extended to independent contractors and other self-employed individuals. As of April 10, independent contractors and self-employed individuals can apply for a loan up to \$100,000. Your actual loan will likely vary based on your specific situation.

**Industry-specific grants and relief funds:** Depending on the industry you work within, there may be a grant or relief fund you can apply for. Below is a list of options you want to consider based on your industry. The industries include comedy, writing, contemporary arts and other creative freelance industries:

- Comedy Gives Back
- American Society of Journalists and Authors' Writers Emergency Assistance Fund
- PEN America Writers Emergency Fund
- National Academy of Recording Arts and Sciences' MusiCares Coronavirus Relief Fund
- Freelancer's Union Relief Fund
- Foundation for Contemporary Arts
- GrantSpace (This is a curation website that gathers different grants and relief opportunities for small businesses and freelancers. GrantSpace is updated as new opportunities emerge. This service does not provide grants and relief funds for businesses, but instead curates them for easy access.)
- FreshBooks (collects resources for small businesses and freelancers alike. It provides a comprehensive list specifically for freelancers that includes things like job opportunities, job board websites and other work options.)

### CHAMBER CHAMPIONS



# COMMUNITY

## Junior Achievement of Greater Cleveland Releases Free Resource for Teens on Financial Impact of COVID-19 Pandemic

Cleveland, OH) – Junior Achievement of Greater Cleveland is releasing a free resource for teens titled Making Sense: Understanding the Financial Impact of COVID-19. The guide is designed to answer teens’ questions about the economic implications of COVID-19, including “Why are some store shelves empty?”, “Why are some people losing their jobs?” and “Are we going into a recession, or even a depression?” The guide is available at [JA.org/MakingSense](http://JA.org/MakingSense).

“While social distancing is essential to fighting COVID-19, the disease and the steps we must take to address it are having a financial impact. Our goal is to help young people better understand what’s happening,” said Joe Faulhaber, President of Junior Achievement of Greater Cleveland. “April is Financial Literacy Month, and this is really an important time to be sharing this kind of information.”

The guide is written with middle school and high school students in mind. It uses relatable examples to explain what a recession is, how the Federal Reserve works and steps being taken by government and the private sector to deal with the economic impact associated with COVID-19. JA is also offering free resources to teachers and



parents who may have students finishing school online this semester. Those resources are available at [JA.org/Tomorrows](http://JA.org/Tomorrows).

About Junior Achievement of Greater Cleveland

Junior Achievement of Greater Cleveland builds partnerships with area businesses and education communities to provide curriculum and volunteers who serve as role models to JA students. JA provides programs focused on financial literacy, workforce readiness and entrepreneurship to students K-12th grade which are designed to be incorporated with the social studies curriculum. Junior Achievement of Greater Cleveland will reach approximately 40,000 students annually throughout Cuyahoga, Lorain, Geauga, and Lake Counties. Follow Junior Achievement of Greater Cleveland on Twitter @JA\_CLE and Instagram @ja\_cleveland. Like us on Facebook at [facebook.com/JAGtrCleveland](https://www.facebook.com/JAGtrCleveland). For more information on volunteer opportunities, please visit our website at [www.jacleveland.org](http://www.jacleveland.org)

## Couch Potato During Covid-19 Shutdown ?

by Nancy Mihalick

ARE YoU a COUCH Potato PIGGING out on JUNK food during Covid 19 SHUT-DOWN, then don't read this!

I'm afraid you'll want to shoot me! I eat an apple, orange & banana daily not only that - but I drink a kale, banana garlic smoothie when I wake up . . . very late. BIG salad every day. / for 2.5 yrs— no refined sugar desserts and 2 T Braggs ACV\* (apple cider vinegar =antibacterial & antiviral) in at least half cup of liquid twice a day. Ive suffered with No more once frequent bronchitis for 2 + year. I either swim half-hour a day for 40+ years and or walk hour daily. Go ahead shoot



me. Or maybe you might want to try at least one of my healthy habits and then enjoy the benefits!

Loving Blessings in Jesus, My Lord and Savior since 1981

## Living with Coronavirus

by Barbara Liddell

To GOD Be The Glory. Hoping you will be safe going through these troubling times. Trust In GOD. Put on your full suit of armor, breastplate of righteousness, shield of faith, groin cloth in truth, feet shroud in good news of peace, sword of the word of GOD, helmet of salvation, carrying on constant prayer.

We are being told the country will be open to business as usual. There is no testing of everyone to know what is going on with this plague. Put on masks and gloves to keep you and your family safe.

Make sure you're drinking healthy alkaline water and eating fresh fruits and vegetables. Taking Vitamin D increases



energy, decreases depression, fights diseases, and promotes healthy bones and teeth.

Be Blessed and Loved!

Bari Beauty & Health Plus  
Barbara Liddell

## Thoughts While Raking Oak Leaves

By Roy Larick

Life means struggle. Currently, CV-19 has us struggling for a new, more sustainable future; a new normal of behavior and belief. We can't determine or foresee the future, but we know that life will be different in the wake of the virus.

Such thoughts arise as I rake the leaves of 2019 from my yard. Most of the remaining are oak, those strong enough to have resisted winter forces. In this CV-19 spring, I struggle to uplift my thoughts. Can old, dead oak leaves tell me something?

My property has pin oaks, the type with elongated maple-like leaves. But the variety of leaf shapes under my rake is striking, enough to suggest that leaves of other oak species have been blown in on winter winds. Time to consult the online tree identification guides.

In our area, oak leaves are narrow at base and expand upward and are divided into distinct lobes. Two great groups of oaks (red and white) are differentiated upon the form of leaf lobes and intervening sinuses (space between lobes). The differences result from a struggle and split millions of years ago. A new group emerged to have uniquely shaped lobes and sinuses and came to live alongside the first.

The Red Oak Group (red and pin oak species) has leaf lobes widely separated. Red group leaves appear to have as much open space as leaf surface on any given leaf. Upper lobes are canted distinctly upward.



Pin oak: bristle-toothed lobes; wide, deep sinuses.

Most important, red group leaf lobes are pointed with three terminal teeth, each holding a bristled tip.

The White Oak Group (white and chestnut oak species), has more leaf lobes per leaf, the lobes being smaller and more closely spaced. The leaves have a denser appearance. Most important, white group lobe tips are rounded without bristled teeth. I didn't know of any white oaks in the neighborhood, but the distinctive leaves show that they lie to the southwest and are carried here by prevailing winds.

The leaves of some red group trees show both red and white characteristics. These have a red oak leaf lobe form (large, with upward pointed upper lobes), but white oak-like rounded tips (without bristled-teeth). These red group trees probably carry a few white oak leaf lobe genes left over from before the big split. Alternatively, they could represent a hybrid. They could be compared with modern humans who carry Neanderthal genes from a time when both species lived side by side—and occasionally mated.

Takeaway The variety of oak leaves in my yard distills the struggle of life. Oak trees, like humans, strive to mate and reproduce within a comfortable environment. But as conditions deteriorate—as they always do—the struggle produces new ways. If a new species splits from the old, and if the split reduces stress on both species, two 'sister' groups may thrive. This is the story of the Red and White oaks.



Red oak: bristle-tipped lobes; wide, shallow sinuses.



White oak: round-tipped lobes; narrow sinuses.



Hybrid leaves: round-tipped lobes; wide sinuses.

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# COMMUNITY

## COVID-19 Updates from the City of Euclid



From Mayor Kirsten Holzheimer Gail  
The safety and well-being of Euclid residents remains our highest priority. Based on Governor DeWine's recent guidance Euclid City Hall will remain closed to the public through May 31, 2020. City staff will continue to work in a variety of ways to provide the service you depend upon.

The Governor has outlined a plan to re-open Ohio businesses in a safe and thoughtful manner. This is a phased approach to begin to get the economy going while also maintaining the strong commitment to stop the spread of the coronavirus.

- May 1, 2020: Medically necessary procedures that do not require an overnight stay in a healthcare facility or do not require inpatient hospital admission may move forward. This includes regular doctor visits, well-care checks, well-baby visits, outpatient surgeries, imaging procedures, and diagnostic tests. Dental services and veterinary services may also proceed if a safe environment can be established.
- May 4, 2020: Manufacturing, distribution, and construction businesses may re-open if these businesses can meet mandatory safety requirements for customers and employees. Additionally, general office environments may reopen if they can also meet mandatory safety requirements.
- May 12, 2020: Consumer, retail and services, may reopen if these businesses can meet mandatory safety requirements for customers and employees.
- All businesses must follow general safe business practices as they reopen. Those include recommending face coverings for employees, clients and customers at all times; conducting daily health assessments or self-evaluations of employees; maintaining good hygiene and social distancing;

cleaning and sanitizing workplaces; and limiting capacity to meet social distancing guidelines.

- Schools and daycares, dine-in restaurants, beauty businesses, older adult daycare and senior centers, adult day support or vocational rehabilitation services in group settings, entertainment, recreation, and gyms are all ordered to remain closed due to their increased risk of COVID-19 exposure.

This is not a time to slow down the important prevention measures: continue to maintain 6 foot distance, wash hands regularly, sanitize common surfaces, cover cough/ sneeze, wear a face cover, and stay home unless it is essential. These actions are working and making a difference!

Some service reminders:

- Garbage Collection has returned to normal service. Kimble thanks you for your cooperation during the change in service and will once again pick up all your household waste without limits.
- The Tax Department staff are available by phone or by dropping off materials in the secure drop box located outside the rear City Hall doors. Call 216-289-8360.
- Building and Housing Departments are available for permits and inspections. Interested in doing some home repairs? The Heritage Home Program will be hosting virtual information sessions, call 216-426-3116 or [www.heritagehomeprogram.org](http://www.heritagehomeprogram.org)
- Meals available for children at Euclid Schools Monday, Wednesday and Friday from 9:00 am tonoon. All children will be provided 2 breakfast and 2 lunch meals in this curbside pick-up service.
- Senior Programs continue to provide meals and telephone support, 216-289-2985. Recreation Department has developed some virtual programs for your enjoyment from home, 216-289-8114.

## A Coronavirus Update from Columbus: Rep. Smith



by Representative Kent Smith

Much like many of you, I have been trying to figure out, on a daily basis, how to best do my job, while not being at my job site. That being said, I wanted to provide an update on the potential reopening the Ohio economy.

Governor DeWine has signaled that he would like to start reopening the Ohio economy on May 1st. If Ohio reopens too soon, lives will be needlessly lost and Ohio's economy will plummet to even greater depths. In short, we need many more Coronavirus tests to ensure Ohioan safety.

It is helpful to be reminded of the significant size of Ohio's economy. According to the Gross Domestic Product From Ohio report (Jan 2020), the Buckeye State has the 7th largest economy in the nation. The backbone of Ohio's economy is the third largest manufacturing sector in the US behind only California and Texas.

While some can socially distance at work, assembly line jobs bring Ohioans close

together. In the midst of a public health crisis, that proximity could jeopardize the entire plant. When there is an extremely contagious virus in the air, it can kill workers and close plants. The Smithfield pork plant in Sioux Falls, South Dakota has seen over 600 people connected to the plant test positive for COVID-19 as a result of its close working environment.

We have learned that individuals without symptoms can pass the disease to others. Therefore, we need to be able to test every working Ohioan weekly to ensure that we are not poisoning our workforce.

The lessons of workplace density can also apply to Ohio's largest counties. According to the GDP report, six large Ohio counties (in order - Cuyahoga, Franklin, Hamilton, Summit, Montgomery and Lucas) contribute 53% of Ohio's economy. If these workers are sidelined, you risk their lives and Ohio's livelihood. Northeast Ohio counties Lorain and Lake rank 9th and 10th in the state. Greene County, home of Governor DeWine, contributes only 1.45% of the state GDP.

We all want to get back to work, but nobody wants to die while trying to make a living.

*State Representative Kent Smith represents Ohio's 8th House District which includes Euclid, Beachwood, East Cleveland, Richmond Heights, South Euclid, Woodmere Village and a little bit of the City of Cleveland*

## NOW HIRING!



## DIRECT CARE WORKERS

### ABOUT THE JOB

- Responsible for assisting with ALL activities of daily living, including but not limited to, cooking, cleaning, and personal hygiene.
- Responsible for using Agency vehicles to provide transportation to/from medical appointments and community activities.

### ABOUT THE CANDIDATE

- Must be 18 years of age or older
- High School Diploma or GED
- Driver's License with less than 5 pts
- Pass background checks and drug screen
- Prior experience working with individuals with developmental disabilities preferred



### Benefits:

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- SHORT-TERM DISABILITY
- 401K WITH EMPLOYER MATCH
- LIFE INSURANCE

To keep our friends and supporters safe during the COVID-19 pandemic, this year's Walk to Remember will happen virtually.

Even if we can't meet in person, we hope you'll join us as we **Celebrate Life!**

Visit [hospicewr.org/WTR](http://hospicewr.org/WTR) for the latest updates, or contact **Monica Cowans** at **216.383.3714** or [mcowans@hospicewr.org](mailto:mcowans@hospicewr.org).



# CITY OF EUCLID

## Euclid City Services

Animal Control	289-2057
Briardale Golf Course	289-8574
C. E. Orr Ice Arena	289-8649
Euclid City Hall	289-2700
Euclid City Schools	797-2901
Euclid Court	289-2888
Euclid Creek Reservation	440-473-3370
Euclid Family Y	731-7454
Euclid Police Non-Emergency Block Watch	731-1234 289-8449
Euclid Library	261-5300
Euclid Neighborhood Engagement	289-826
Henn Mansion	731-5060
Housing Dep't. Housing and Property Conditions	289-8127
Lakefront Sr. Community Ctr.	289-2985
Mayor's Office Kirsten Holzheimer Gail	289-2700
Recreation Dep't. Youth, Adult and Family Pgms	289-8114
Service Dep't. Street Conditions	289-2701
Sim's Park	289-2700
Shore Cultural Ctr.	289-8578
Domestic Violence	391-HELP
Ward 1 Council Stephana Caviness	240-0901
Ward 2 Council Rev. Brian T. Moore	860-1734
Ward 3 Council Marcus Epps	
Ward 4 Council Kris Jarosz	401-9413
Ward 5 Council Christine McIntosh	333-8601
Ward 6 Council John M. Wojtila	288-4698
Ward 7 Council Maria Jukic	
Ward 8 Council Laura Gorshe	744-8988
Council President Charlene Mancuso	731-5952
Council Clerk Office	289-8123

## Memorial Day COVID Style

by Kirsten Holzheimer Gail

Due to the Coronavirus and Governor's directives, we have had to make the very difficult decision to cancel the Euclid Memorial Day parade and ceremonies. This year would have been Euclid Joint Veterans Council 90th Memorial Day Parade. While we are not able to gather together, we will continue the tradition of honoring those who died in service to our country in a meaningful way.

On Memorial Day, we will broadcast a virtual Memorial Day program on ECTV (Spectrum Channel 1020, ATT Channel 99, "Euclid Community Television" on YouTube.com). While it will not be the same as being together in person--our respect, appreciation and gratitude are unwavering!

### Please do your part by joining us to:

1. Display your flag
2. Watch our Memorial Day program
3. Observe a moment of silence at 11:00am to remember those who paid the ultimate price

## Euclid Veterans Memorial



by Kirsten Holzheimer Gail

The Euclid Veterans Memorial sits between Euclid City Hall and the Euclid Public Library. Designed by Frank Kosich Sr., it was dedicated on November 11, 1953 with an inscription that reads:

*"DEDICATED TO THE GLORY OF ALMIGHTY GOD AND TO THE MEMORY OF EUCLID MEN AND WOMEN WHO SERVED IN THE ARMED FORCES OF OUR COUNTRY. MAY WE NEVER FORGET THEIR UNSELFISH DEVOTION TO THE CAUSE OF FREEDOM."*

Below the inscription are the names of Euclid service members who died defending our country. The Monument was damaged in heavy storms in 1993, but repaired and re-dedicated on May 30, 1994. The M103 Tank was parked near the Memorial in 1974. The Korean Memorial was dedicated May 30, 2016 by the Korean War Veterans Association, Lake Erie Chapter 112 and the Vietnam Memorial was dedicated May 28, 2018 by American Legion Post 343.



Thank those who served our country  
Pray for those who continue to serve in the armed forces protecting our freedoms.  
Special Thanks goes out to the Euclid Joint Veterans Council, Chairman Andy Kiral, and its member organizations, below:

We truly appreciate their ongoing work to honor and support Euclid veterans, their families, and our community! Thank you for your service!

**American Legion, Euclid Post 343**  
**Euclid Veterans Association**  
**Jewish War Veterans, Post 712**  
**Korean War Veterans Association, Lake Erie Chapter 112**  
**Polish Legion American Veterans, Post 31**  
**Veterans of Foreign Wars, Post 1056**

## Surreality

By Brian Moore

I know that "surreality" is not a word, but I think it should be. It feels like we are living in a surreal, constantly changing reality. Yesterday, April 16th, (I did not want to miss the Observer deadline!) I listened to Governor Mike DeWine talk about what life in Ohio will look like once we start to open up the state again. To be sure, we will be living a new "normal".

One of the things that really hit home with me was that we are going to have to continue to remain vigilant regarding hygiene and social distancing. We will have to remember that there are people in our lives, people that we love, that are in high risk populations and the way we go back out into the world will affect them.

So, at a time when we are told about all of the things that we can't do, I'd like to remind you of some of the things we can do. I tried to come up with some positive ideas and ways we can keep busy while staying safe. I challenged myself to come up with an suggestion for every letter of the alphabet. Here we go!

Appreciate all of the people in your life and most importantly, let them know how you feel!

Bend and stretch. Make sure you get some exercise in.

Count your blessings. As difficult as things are, we are truly blessed here in Euclid.

Develop a plan as to how you will protect yourself and your family as you go out into the world.

Educate yourself as to the risks of your exposure to COVID 19.

Fill out the 2020 Census! It is important for the city and state that you are counted!

Guard yourself against negativity and fear. Make sure you get a steady dose of positivity!

Help where you can. Being useful and productive is good for your spirit!

Identify ways you can spruce up the yard if you have some extra time on your hands!

Join an online book club.

Keep wearing facemasks and washing your hands frequently.

Listen to your favorite music. Music is good for the soul!

Mow the lawn. It will get you outside and there's nothing like the smell of freshly cut grass.

Nurses are amazing people. If you know one, be sure to thank them!

Order some take-out from one of Euclid's great restaurants.

Pray for an end to this virus, for the safety of those treating patients with the virus.

Question the necessity of going out. Keep trips to a minimum.

Remember that this too will pass. In the meantime, take care of yourself!

Show kindness whenever possible. In a world where you can be anything, be kind.

Talk to someone about how you are feeling. You do not have to do this alone.

Update your passwords. Scammers are working overtime!

Visit your family and friends digitally or by phone. In this day and age, we have lots of options.

Weed your flower beds. Take advantage of another opportunity to get out of the house.

X Ok, I'll be honest. I have nothing. If you can think of something, let me know!

Yell across the yard or driveway to say hello to your neighbors.

Zero in on your priorities. After this experience, I am sure many of us will make adjustments.

I'm sure that you can come up with many more suggestions. I look forward to the day when we will be able to meet at events in the city, stop and talk in the grocery stores, restaurants or other businesses. This separation is difficult but at the most basic level, it is how we express our love for others. I pray that your family stays safe. If there is any way that I can be of assistance to you, please don't hesitate to contact me at bmoore@cityofeuclid.com.

## Summer Crime Prevention

by Kate McLaughlin

Theft is a crime of opportunity. During the summer months would-be thieves are on the look-out for items which can be easily taken in moments. Unlocked doors, open windows, and open garage doors all provide a temptation to steal valuables including bikes, packages, cell phones, purses — left in plain view. Blooming trees and overgrown shrubs can provide would-be burglars with places to hide.

**Here are a few tips to make your summer a safe one:**

- Install lighting, such as motion lights or dusk to dawn detector lights, on your home's exterior.
- Keep your exterior doors locked at all times, even when you are outside doing yardwork.
- Trim shrubbery around your home to eliminate hiding places.

- Never leave ignition keys in your automobile or leave it running unattended.
- Your address should be clearly visible from the street for emergency and identification purposes.
- Close and lock your garage door when you are not nearby. Place valuables stored in the garage in a locking device not visible from the street when the garage door is open.
- Do not leave bikes unattended. Lock your bikes, even if you are going to be away for only a few moments.
- If you sleep on the second floor of your home, keep all first-floor doors and windows closed and locked.
- Be aware of your surroundings and those around you when you walk, jog, or bike.
- Stop all deliveries of mail and newspapers when on vacation.
- Don't discuss your vacation plans — at the grocery store, gym, etc.
- Don't post live vacation photos on social media.
- Complete the vacation home watch form on the EuclidPD website at <http://euclidpd.org/vacation-house-watch/>
- Use timers to light your home inside and outside.
- Ask a trusted neighbor to pick up flyers or other publications that might be left while you are away.

Don't make it easy for a burglar to make you a victim, employ crime prevention measures to keep Euclid safer!



# CITY COUNCIL

**AGENDA**  
**EUCLID CITY COUNCIL MEETING**  
**MONDAY, APRIL 20, 2020 AT 7:00 PM**  
**EUCLID MUNICIPAL CENTER COUNCIL CHAMBER**

**LEGISLATION**

<b>ACTION</b>		<b>PROPOSED</b>
<b>PASSED</b> <b>8 – 0</b> <b>36-2020</b>	1. An ordinance authorizing the Director of Public Service of the City of Euclid to enter into a contract with Osborn Engineering, 1100 Superior Ave., Suite 300, Cleveland, Ohio 44114, for construction administration and field inspection services for the East 232 <sup>nd</sup> Street and East 266 <sup>th</sup> waterline replacement projects, for an amount not to exceed \$85,900. (Sponsored by Councilpersons Gorshe, McIntosh and Wojtila by request of the Director of Public Service)  <b>Comment: This would provide for the construction administration and field inspection services for waterline replacement projects.</b>	Ord. (038-20)
<b>PASSED</b> <b>8 – 0</b> <b>37-2020</b>	2. A resolution authorizing the Mayor of the City of Euclid to enter and execute a contract with the State of Ohio Department of Transportation for improvements of crosswalks through the installation of Rapid Flashing Beacon signals at Chardon Road/East 232 <sup>nd</sup> Street and Shoreview Avenue/East 250 <sup>th</sup> Street. (Sponsored by Mayor Holzheimer Gail)  <b>Comment: This would allow for a contract with ODOT for crosswalk improvement.</b>	Res. (035-20)
<b>PASSED</b> <b>8 – 0</b> <b>38-2020</b>	3. A resolution authorizing the Mayor of the City of Euclid, or her designee, to accept and expend a grant in the amount of Three Hundred Twenty Five Thousand Dollars (\$325,000.00) from the State of Ohio for the replacement of windows at the Shore Cultural Centre building. (Sponsored by Mayor Holzheimer Gail and the Entire Council)  <b>Comment: This grant would replace windows at the Shore Cultural Centre.</b>	Res. (036-20)
<b>PASSED</b> <b>7 – 1</b> <b>39-2020</b>	4. An emergency ordinance authorizing the Director of Planning and Development to advertise for bids and enter into a contract for labor and materials for the replacement of windows at the Lakefront Community Center at 1 Bliss Lane, Euclid, Ohio in the amount not to exceed \$100,000.00. (Sponsored by Mayor Holzheimer Gail)  <b>Comment: This would provide for the labor and materials for new windows at the Lakefront Community Center.</b>	Ord. (039-20)
<b>PASSED</b> <b>8 – 0</b> <b>40-2020</b>	5. An ordinance amending Section 333.01 “Driving or Physical Control While Under the Influence” of Chapter 333 of the Traffic Code of the Codified Ordinances for the City of Euclid to include specific penalties for OVI based on prior convictions and to extend the look back period for OVI and OVI-related offenses from six to ten years. (Sponsored by Mayor Holzheimer Gail)  <b>Comment: This would amend the Euclid OVI code to match that of the Ohio Revised Code.</b>	Ord. (040-20)
<b>PASSED</b> <b>8 – 0</b> <b>41-2020</b>	6. A resolution celebrating Arbor Day on Friday, April 24, 2020 in the City of Euclid, and encouraging all residents throughout our community to appreciate the beauty, value, benefit and significance of trees to our City. (Sponsored by Mayor Holzheimer Gail and All Members of Council)  <b>Comment: This resolution honors and celebrates Arbor Day.</b>	Res. (037-20)

The Euclid City Council meeting that was held April 20, 2020 at 7:00 p.m. was held electronically. This is permissive per the Ohio legislature’s passage of H.B. 197, Amendment G-0351-2 and in compliance with the Governor’s Stay at Home Order related to the Covid-19 pandemic.

The public shall have electronic access to such meetings. You may view the Council meeting live through the following: Spectrum channel 1020, U-Verse channel 99, and the Euclid Community Television channel on YouTube.com. If you have any questions or comments for the Committee of the Whole for Legislative Matters or Public Portion of the council meeting, please email Clerk of Council Barbara Allen at ballen@cityofeuclid.com or fax (216) 289-2779. Please include your name and address with your questions or comments. In order for questions or comments to be considered at the meeting, please submit no later than 6:00 pm before the meeting.

## Euclid Recreation Programs

by Hannah Zavorek

Have Fun and Stay Active from Home!

These programs are online-only, interactive programs that are built to help keep Euclid residents healthy and active!

Please remember to follow all safety precautions. Do your best to stay indoors. If you need to go outside for some activities, please stay at least 6 feet apart from others.

Participants will be able to send videos of themselves completing workouts and challenges to receive feedback and encouragement. These videos will not be posted, published, or distributed without the permission of the participant or parent/guardian of the participant if the participant is a minor.

Participants will be required to add an email or texting cell phone to be able to receive messages. The Euclid Recreation Department will send messages of fun, safe workouts, and challenges to do at home.

**Euclid Running Clu (Free)**  
To join, please text the code @runeuclid to 81010

Please remember to follow all safety precautions. Stay 6 feet apart from any other runners/walkers.

Participants are encouraged to submit their tracked runs. Runs can be tracked through smartwatches, smartphones, or by using a website to map a run after it is completed. Please screenshot and submit these runs to receive feedback and encouragement, as well as let us know how active our group is!

If you do not have access to a smartwatch or smartphone app that will allow you to track your run, there are free websites

such as OnTheGoMap.com that will allow you to submit your route and show you your total distance.

**Euclid Fitness Club (Free)**  
To join, please text the code @euclidfit to 81010

The Euclid Recreation Department will send messages of fun, safe workouts, and challenges to do at home.

**Euclid Family Trivia Nights (Free)**  
To join, please text the code @eucfamtriv to 81010

The Euclid Recreation Department will send messages with trivia questions every minute for 30 minutes during scheduled games that will take place in the evening on a determined day each week.

**Euclid Basketball Clinic (Free)**  
To join, please text the code @hoopeuclid to 81010

Participants will be required to add an email or texting cell phone to be able to receive messages. We will send messages of fun, safe workouts, and challenges to do at home. Participants will be able to send videos of themselves completing workouts and challenges to receive feedback and encouragement. These videos will not be posted, published, or distributed without the permission of the participant or parent/guardian of the participant if the participant is a minor.

**Sunshine Yoga (Free)**

Follow the Euclid Yoga Community page to get updates and live-streaming classes. If COVID-19 have you embarking on a journey towards better health, if you are an experienced yogi or somewhere in between, please consider joining their Facebook group and all-levels class. Next date for Sunshine Yoga is May 16th.

# Happy Heart Hunt

During the COVID-19 pandemic, let's send our **love** to the world!

**It's easy!**

1. Cut out a heart of any size from any material (craft paper, cardboard, wrapping paper, newspaper, fabric, etc).
2. Decorate your heart with a positive message or leave it blank.
3. Tape your heart to a street-facing window to show your love to all.
4. As word spreads, go on a safe (keeping 6 feet distance from others!) family walk & see how many happy hearts you can find.



♥ Kids for Peace ♥

Help us spread the Happy Heart Hunt in our community in the hopes of raising a few spirits. Please share photographs of your creations so we can share with the rest of the community.

Please submit your name, photo and on what street it is on in an email (if you would like to share your family name, feel free to share that, too) to [thiseuclid.oh@gmail.com](mailto:thiseuclid.oh@gmail.com) - we will post the photos on social media to brighten everyone's day.

By submitting this information you are providing permission for the City of Euclid to reproduce the content over a variety of platforms. This is not a contest, simply a way to help the community connect with each other.



## Kiddie City Sends Love

by Sherrie Zagorcic

To Parents, Grandparents, Teachers, and the Many Community Helpers . . .

Thank you for keeping children Safe, Secure, Healthy, Creative, Kind, and Educated. We Appreciate You!

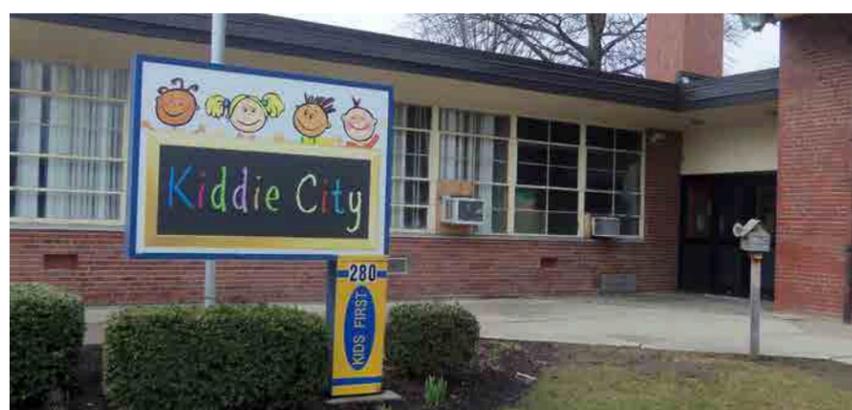
Kiddie City is a non-profit child care community committed to providing quality Early Childhood Care and Education for Euclid families.

### How Can We Help You?

Kiddie City Child Care Community offers quality care for children ages 6 weeks

to 9 years, fostering curiosity and imagination to create a lifelong love of learning.

Kiddie City opened its door to children ages 6 weeks to 6 years in September 2006. Our non profit 501 (c)(3)center can maintain a full, year round enrollment of 74 children from approximately 50 families who reside in Cuyahoga and Lake Counties. We are a **Head Start and Universal PreK** provider in our preschool and PreK classrooms and are currently working with the **Positive Education Program (PEP)** to provide parenting workshops, teacher inservices and weekly Dino School sessions in our preschool and toddler classes that address social and emotional skills for our children.



Let us be concerned with the whole child.

The physical and mental growth,  
The feelings, attitudes, and relationships,  
The character and personality.

Let us be concerned with the child as an individual  
Having innate tendencies, potentialities, and traits.

And also with the child as a

member of society

Having certain rights and  
privileges, duties, and  
responsibilities.

- Author Unknown -

DAYNA WHITE  
DIRECTOR



## MEET OUR TEACHERS



MISS TIFFANY



MISS MARIAH



MISS AALIYAH



MISS ALLISON



MISS TONI  
Preschool 1



MISS VALERIA  
Preschool 1



MISS MARIA  
Preschool 2



MISS SHAMARI  
Preschool 2



MISS RHONDA

**Call Us: 216-481-9044**  
280 E. 206th St.,  
Euclid, Ohio 44123  
**Our New Website:**  
[www.kiddiecityeuclid.org](http://www.kiddiecityeuclid.org)



## Our Lady of the Lake Staff is Praying for You!

by Bev Caldwell  
 There is much afoot behind the scenes at Our Lady of the Lake Parish! Despite being closed to the public to adhere to the Ohio Bishops and Governor, the staff has been working to keep parishioners in the loop. Besides meeting virtually as a staff, the bulletin is online and emailed to parishioners. On the OLL website

olleuclid.org are weekly videos from Fr. Joe (At the Table of the Word with Fr. Joe), and a video from the faculty of the school to the students (We Miss You!).

Other ministries are also meeting virtually including the Music Ministry, the Nonviolence Ministry and the school staff.



## School Registration is Now Open

We are now accepting registrations for Pre-K through 8th grade for next year!

Your child deserves a quality education. We invite you to call us: contact Jenny Millett, Principal at 216-481-6824 or email [JMillett@OLLEuclid.org](mailto:JMillett@OLLEuclid.org).

### OLL School has:

- \*Technology in every classroom
- \*STEM programs at all grade levels
- \*Nationally recognized math curriculum
- \*Full range of enrichment, including sports, arts and languages
- \*Flexible full and half-day preschool options
- \*EdChoice scholarships accepted



Learn more online:  
[OLLEuclidSchool.org](http://OLLEuclidSchool.org)



## OLL School Teachers and Staff Make Video for Students

by Bev Caldwell  
 Our Lady of the Lake School is striving to stay connected with our students and families. We cannot put into words how much we miss seeing all of the Falcon faces roaming the hallways. Mrs. Millett had the idea to have teachers send "miss you" notes and she compiled them into a "Miss You" video. The feedback has been nothing but positive from both the teachers and families. We miss our Falcon family!

Check out our "We Miss You" video at <https://tinyurl.com/ollteachers>



### New Ways to Connect During Stay at Home Directive

These resources are intended to support and nourish you and your family during these challenging times. Please go to [olleuclid.org](http://olleuclid.org) and look for links to the videos and bulletin.

Weekly Video - With Fr. Joe at the Table of the Word - Each Saturday at 4pm but can be viewed anytime during the week. Videos included to celebrate Palm Sunday, Holy Thursday, Good Friday and Easter Sunday.

Daily Video - Stations of the Cross at Our Lady of Lourdes Shrine - Each Weekday at 3pm but can be viewed anytime.

Parish Bulletin - Posted on the parish website and now emailed to parishioners and those who request being added to the email list.

Prayers - Fr. Joe and staff are praying for the parish and school families and community. Although our parish office is temporarily closed, we continue to check our messages. God Bless Everyone!

## Palm Sunday Drive-thru

by Bev Caldwell  
 Like some other churches in the area, Our Lady of the Lake handed out palms on Palm Sunday, April 5th. Four staff members facilitated the palms pick up maintaining car distancing and placing palms in the trunk or back seat. The staff had masks and gloves as well. More than 220 cars came through in a show of support with a nod to the tradition of having palms in the house despite the solitary circumstances.

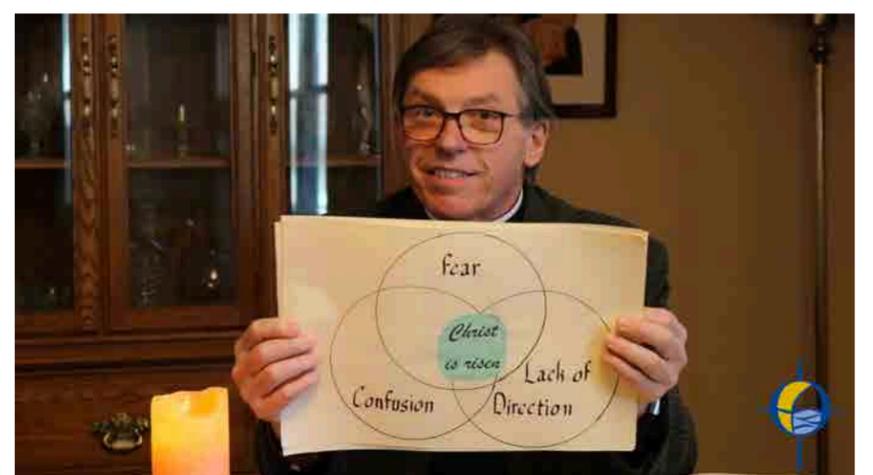
It added some sweetness to the bitter reality of staying apart together. One parishioner wrote "Thanks for giving of your time and braving the cold...to make sure we were able to get palms. In this crazy time, it was nice to be able to keep one tradition".



## Fr. Joe at the Table of the Word Videos Continue to Inspire

by Bev Caldwell  
 The videos that began out of necessity are continuing by request. Fr. Joe has produced eight videos to date, beginning during Lent, including the Triduum of Holy Week and each week on Saturday at 4pm since then. The videos have received

wonderful positive feedback, enough to have Fr. Joe contemplating a continuation of the format or some variation thereof when and after we get back to weekly Masses. All the "At the Table of the Word" videos are available on demand after the initial 4pm Saturday release date.





## Class Dojo Distance Learning

Distance learning is a new challenge for everyone, but our staff at Imagine Bella is doing an exceptional job of keeping our students engaged and learning! Our staff utilizes the Class Dojo app to communicate with students and parents. Teachers are using Class Dojo to post videos, lessons, pictures, and assignments for students during our Distance Learning. A great way to

do engage students on Class Dojo is to start their day with a Morning Meeting. Morning Meeting gives the students an opportunity to do a journal writing, activity to encourage movement, and an interactive question to share their thoughts. We also use Class Dojo to shout out students for doing outstanding work during the virtual school day!



Mrs. Hoy shouting out her entire class on Dojo!

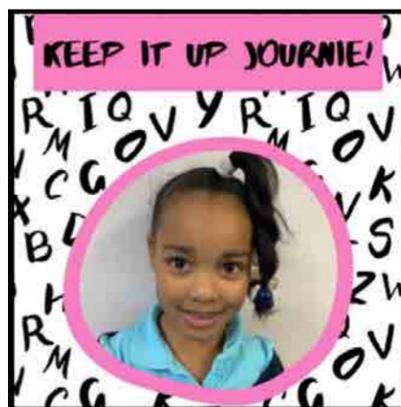
Morning Meeting

**Journal Prompt**

Today is, "What is the Question Wednesday." The answer is... Milkshake Song on Go Noodle!

The Wednesday Question

Mrs. Davis's 4th/5th grade class during an interactive morning meeting.



Kindergarten Shout Out to Journie!



Connect with Class Dojo on your device!

## Imagine Bella, Together Online!



Showing off our PJ style while learning from home!



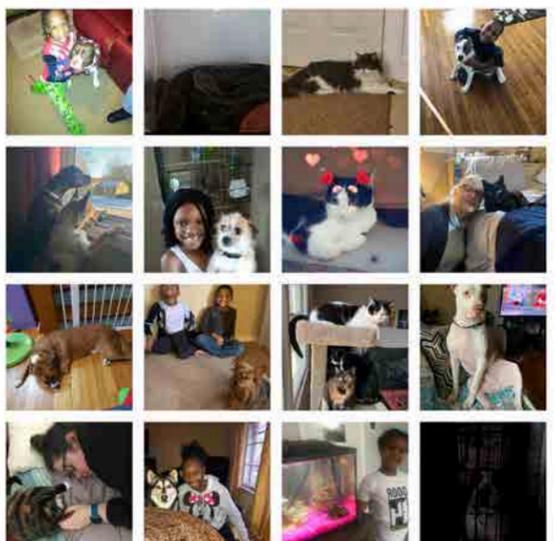
Here we are with the people we are learning with from home!



Wacky and Wild Wednesday for Spirit Week



Showing off our Home Pride!



Here are our pets keeping us company!



Take it outside Thursday! Enjoying the sun

# EUCLID SCHOOLS

**Student Achievement. Fiscal Responsibility. Credibility.**

Joseph Stewart  
Blake Stewart  
Nathaniel Thompson  
Andre Tillman  
Trenyce Wells  
Ta'Nyiah Williams  
Telliah Williams

**11th Grade Honor Roll - 3.50 to 3.999 GPA**

Marissa Assian  
Brionca Austin  
Kristen Bannerman  
Tamia Bell  
Sam Carlson  
Joshua Cerjan  
Breanna Clayton  
De'Mari Clopton  
Deyon Davis  
Muhtayvion Dye  
Jason Fisher Jr.  
Hailey French  
Ashley Garrett  
Deshawn George  
Adriana Gill  
Ja'Niya Gilner  
Deavante Graves  
Tiemia Haislah  
Di'Miere Hansbro  
Ananda Harmon  
Kysten Holt  
De'Asia Huggins  
Nicholas Jackson  
Harold Jarvis  
Cassandra Johnson  
Leiana Johnson  
Eriona Kirksey  
Dominic Larsen  
Abigail Manchook  
Kaniesha Martin  
Talia Mc Lin  
Shan'ia McClendon  
Jory Mitchell  
Tyler Nichols  
Emily Orazen  
Daade Pack  
Kobe Patrick  
Jordan Rees  
Jasmin Shakir  
Monique Simmons  
Marlisha Smith  
Sy'Mone Smith  
Ronasia Spates  
Katelyn Stephens  
Mar'Nay Stewart  
Diamond Stoves  
Alana Thigpen  
Ariel Thompson  
Alena Treadwell  
Jaden White  
Jiyavaughna White  
Makiyah Williams  
Jacayla Wright  
Ronajah Wylie

**11th Grade Distinguished Honor Roll - 4.00 to 5.00 GPA**

Olivia Augustine  
Isabel Baca  
Preston Cardina  
Treyshon Clark  
David Dalton

Damitria Ferguson  
Emily Gendrich  
Robert Godbolt  
Domenic Griffin  
Kymearra Ingram  
Steven Key  
Jaydah Lardill  
Faith Matlock  
Nikayla McKinney  
William Moss  
Summer Nettles  
Michael Patterson  
Shyneice Phillips  
Kaylonna Robinson  
Christina Saterides  
Kiya Shareef  
Ashley Shaw  
Nicole Stauffer  
Catera Wofford

**12th Grade Merit Roll - 3.00 to 3.499 GPA**

Sumaya Abdullah  
Tanneice Alexander  
Taliyah Almeida  
Brian Austin  
Jhamil Ayers  
Donae Banks  
Tatiana Bell  
Ayanna Bridges  
Maximus Brown  
John Brown  
Jimmya Brundidge  
Arianne Cain  
Kaylee Capiccioni  
India Clinton  
Brianni' Crusoe  
Sonija Deloach  
Mason Douglas  
Ashley Eatman  
Jalynn Edwards  
Ras-Sheed Evans  
Anthony Fanning  
Tahjane' Fields  
Dylan Gray  
Keshon Gunn  
Gwen Hale  
Kamryn Hamilton  
Emma Hines  
D'Asia Johnson  
Kaleb Johnson  
Faith Jones  
Da'Sja Jones  
Makaliah Keyes  
Freddi' King  
Lori Lee  
Frederick Lisy  
Sierra McCarroll  
Bryanna McClendon  
Anthony McRae  
Lance Miller  
Labron Paige  
Romero Phillips Jr.  
Christian Quarles  
Keauntee Redfearn-Riddle  
Rayshawna Robinson  
Kristan Ross  
Jamel Salaam  
D'Ajanae Sanders  
Kaylah Santos  
Aireyana Sharp  
Jaelyn Smith  
Jamari Snell

Markayla Stoutemire  
Quamar Taylor  
Ke'aira Triplett  
Joseph Trobenter  
Kayla Tutt  
Shaun Warren  
Dashiah Welch  
Faith White  
Dylan Wholaver  
Marieno Wiggins  
Anijah Wilkins  
Kadaia Williams  
La'Nae Williams  
Aundrey Williams  
Aminata Yansane

**12th Grade Honor Roll - 3.50 to 3.999 GPA**

Artrez Alexander  
Ayessa Arga  
Hannah Bluhm  
Hailey Bluhm  
Jordan Brown  
Chrislynn Brownlee  
Alex Bryan  
Odaj'A Butler  
Niquira Cammon  
Mariah Childress  
Damon Cook  
Sierra Eaddy  
Maggie Elkins  
Regan French  
Reagan George  
Meghan Grisez  
Steve Hall  
Nina Hancock  
Donyell Hardrick  
Roummell Harris  
Shaniaha Iverson  
Kaliyah Johnson  
Darrian Jones  
Terrence Maddox  
Stephanie Martin  
Janiya Mason  
Jatyjah McClain  
Zakeeyah Mitchell  
Chaniya Perkins  
Makayla Smith  
Heaven Tate  
Deshawn Turner  
Angel Tyson  
Catherine Webb

**12th Grade Distinguished Honor Roll - 4.00 to 5.00 GPA**

Leroy Berts  
Chenelle Bruton  
Ashanti Cotton  
Taylor Curtain  
Bobbi Echols  
Kayla Granito  
Ini-Obong Inyang  
Isabella Johnson  
Natalya Jones  
Mamadou M'Baye  
Matthew McHugh  
Da'Shanel Nichols  
Drewcilla Starks  
Iajion Sutton  
Mikayla Walton  
Tyauna Washington

## A teacher's dedication to her students



Euclid Schools' teachers continue to work hard to engage students throughout the extended closure. This is just one example of their dedication.

Eighth grade teacher Rebecca Simmons, a Euclid native, student taught at Central Middle School and started her teaching career at Forest Park. She has taught for six years at Euclid City Schools. Passionate about English, she always wanted to share her passion for reading with her students.

Inspired by Central Middle School teacher Laura Hixenbaugh's professional development on the book "The Book Whisperer" and its reference to the "40 Book Challenge," Ms. Simmons decided to implement the challenge into her classroom.

"My students absolutely love it," she said. "Students always have a book on hand, we talk about books both in class, and informally when kids just want to talk about what they're reading or ask if I have suggestions for them."

"When school ended so abruptly, I knew most students probably didn't get the opportunity to grab any books, or would quickly go through what they had at home. Once the Euclid Public Library closed, I knew I had to get my kids books. I reached out to a partner I've worked with many times, The Cleveland Kids' Book Bank, and asked them if I could possibly get some books so that I could deliver

them to my students. They were happy to help me out."

"I drove downtown and when I was there I mentioned that there may be kids of all ages in the homes, and so they gave me books ranging from baby books to middle school. Once I got the books home, I organized them in my car by level to make delivery easier, and then I sent an email to all of my students, and posted on the Euclid Community Facebook page so that community members could reach out for books as well."

She started delivering books on March 23, driving for a little more than four hours. She drove more than 70 miles around Euclid, made roughly 25 stops, and delivered more than 250 books.

"As far as the "why" I did it, I just wanted to not only make sure my kids got books, but I wanted them to know how much I care about them and how I'd go to any length to get them what they need. If delivering books was within my reach, then that's what I was going to do. I saw some of my kids through the window as I put books in mailboxes and it just made me so happy to see them."

"For a message for my students, I'd like to tell them to just stay positive. This can all feel very overwhelming, but it will pass, and we will all get through it together. I hope they can find an escape into a good book, and I can't wait until I can see them all again!"

[www.euclidschools.org](http://www.euclidschools.org)



**Student Achievement. Fiscal Responsibility. Credibility.**

## Euclid High School Honor Roll Third Quarter

### 8th Grade Merit Roll - 3.0 to 3.4 GPA

Mariah Alamin  
Aeloey Arga  
Jay Von Ash  
Maurice Battista  
Chase Beverly  
Janaya Brent  
Damesha Brown  
Micah Cochran  
Imani Coleman  
Allahna Corbin  
Angelina Cornell  
ChrisChell Cowlin  
Tori Curtain  
Brooke Echols  
Rosalynd Evans  
Ray Ford  
Jonnesca Ford  
Malaya Garcia  
Malik Gordon  
Nandi Grant  
Xavier Greenly-Townsend  
Anna Harris  
Adia Hobson  
Jameecia Johnson  
Zoe Johnson  
Diamond Kennison  
Alayna Lanier  
Matthew Lindsey  
Corey Mackey  
Kamilah Murray  
Keyandra Phillips-Wanton  
Kierra Pope  
Desire Powell  
Charniece Robinson  
Ryan Robinson  
Karsyn Sharp  
Caleb Sherman  
Javion Smith  
Shayla Somerville  
Marlicia Stevens  
Kaitlin Tatar  
Zaki Tutstone  
Jaya Wade  
Nicholas Wagner  
Dominique Walley  
Judith White  
Rhianna Williams  
Jaylen Williams

### 8th Grade Honor Roll - 3.41 to 3.74 GPA

Taylor Barwick  
Isaiah Carter  
Madisyn Drake  
Kaitlyn Dyson  
Chelsei Holmes  
Dymond Horton  
David Johnson  
Terrence Lewis  
Tatiana Maddox  
Riyan McAbrew  
Sire Menefee  
Reily Morris  
Willette Murchison  
Comyah Roberts  
Rodney Smith  
Heaven Walker  
Mikiah Webb  
Annaliese Wittine

### 8th Grade Distinguished Honor Roll - 3.75 GPA or Higher

Gabriella Allen  
David Barnett  
Brandon Blackwood  
Brooklyn Dorsey-Acree  
Madelynn Greenway  
Easton Harris  
Toni Kincaid  
Alajiona King  
Anna Lisac  
Christina Lombardo  
Jayah McKinley  
Xenia Merritt  
Saniyah Parks  
Madicyn Prince  
Joseph Rowe  
Kenya Shareef  
Ja'Veon Smith  
Nyah Vaughn  
Andreuz York

### 9th Grade Merit Roll - 3.00 to 3.499 GPA

Ja'Ney Barfield  
Rayshawn Black Jr.  
Serenity Elam  
Diamond Foote  
Lamar Foster  
Singdiely Gibson  
Desirai Graves  
Ariana Griffin  
Erin Grisez  
Rakaya Hodges  
Curtis Johnson  
Naomi Jones  
Heaven Lewis  
Mason Lindsey  
Mariana Lowe  
Aaron Maiden  
Daisy Maina  
Armoni Matthews  
Alythia Maxwell  
Da'Sean Noble  
Amaru Rand  
Na'Davia Rogers  
Chase Smith  
Kyra Warfield  
Ny'eliah West  
Akil Wilkes

### 9th Grade Honor Roll - 3.50 to 3.999 GPA

Ja'Kayla Baker  
Kaitlin Bogner  
Jay-Din Bowles  
Jim Brown  
Devin Brown  
Cadence Burr  
Ariyell Burts  
Damia Carson  
Caprice Carson  
Keyshawn Dorsey  
Corvaughn Durden  
Kamyla Freeman  
Daisy Fuentes  
Haden Hewis  
Armani Howard  
Kameron Johnson  
Simeon Johnson  
Namiah Lightfoot

Tayja Linder  
A'lyona Lock  
Sariyah Menefee  
Daijah Mitchell  
Amani Morgan  
Aniya Nevels  
Tyrone Penny  
Amarii Randall  
Taylor Randle  
Jadaiya Robertson  
Lekiah Rodgers  
Dariya Rogers  
Anje'La Scott  
Sahara Sharpley  
Mekhi Sikes  
Jalen Smith  
Chevonne Stennis  
Al Lonna Taylor  
Destini Tucker  
Precious Westbrook  
Ashaunty Williams

### 9th Grade Distinguished Honor Roll - 4.00 to 5.00 GPA

Malikah Abdul-Wali  
Jayla Allen  
Ella Augustine  
Jeanea Bibbs  
Claire Carmody  
Khamaree Howard  
Sanaya Howard  
Nadia Jarvis  
Lauren Johnson  
Sophia Knue  
Chamy Lipscomb  
Sadye Penny  
Legacy Pratt  
Kaila Sanders  
Eleni Saterides  
Nolan Tatar  
Carly Walsh

### 10th Grade Merit Roll - 3.00 to 3.499 GPA

**Raymond Bennett**  
Dominique Bey  
Javan Brown  
Alexis Cain  
Jeremiah Caldwell  
Garrett Chatmon Jr.  
Alyssa Cruz  
Clayton Cunningham  
Tiara Davis  
Javier Dean  
Jaiden Flowers  
Saniya Gainer  
Savannah Galloway  
Paris Greene  
Sean Hill  
Jalen Hobson  
Damarcus Hodge  
Ty Howard  
Kiyah Humphrey  
Makayla King  
Isabella Kirchner  
Taiona Kirksey  
Erica Kirksey  
Jaden Linton  
Nevada Lunar  
Jayla Marshall  
William Mason

Ta Shar Ree McClay  
Victoria Meadows  
Erin Miller  
Tobias Moore  
Christle Moran  
Jade Neal  
Dontel Owens-Jones  
Janiya Parrish  
Alexis Potter  
Tania Powell  
Kaiya Relliford  
Kayla Richardson  
Alyse Robinson  
Dehja Rush  
Malik Salaam  
Odavion Sledge  
Jenisa Stansberry  
Linere Sumlin  
Alexis Sweet  
Jayshawn Thomas  
Colin Walsh  
Matthew Watkins  
Micheal Webber  
Tristen Wittine  
Tysean Yorke

### 10th Grade Honor Roll - 3.50 to 3.999 GPA

Benjamin Ball  
Nathan Barwick  
Xavier Battista  
Hailey Bray  
Jaylien Conway  
Lola Dyson  
Makayla Fleming  
Shawn Freeman  
Bryson Griffin  
Joshua Hudson  
Danyia Hudson-Nunn  
Jaleah Jackson  
Jordai Jackson  
Jamar Johnson  
Karalyn Jordan  
Latoya Mathews  
Adriana McIntyre  
Micyah McKinney-Cherry  
Renee Menefee  
Tatiana Mims  
Treshawn Minniefield  
Greg Noydara  
J'Quan O'Dneal  
Destiny Phillips  
Alexandria Potter  
Aniya Pursley  
Ya Jhaira Reid  
Chanel Robinson  
Alyssa Robinson  
Alaysha Rogers  
Jonathan Roth  
Trevaughn Saddler  
Tia Shaw  
Riaja Shockley  
Malaya Stanberry  
Dasia Stennis  
Zayda Stormer  
Aidan Turos  
Zarionna Wells  
Laniya Williams  
Tyrell Williamson  
Jon Winston

### 10th Grade Distinguished

### Honor Roll - 4.00 to 5.00 GPA

Chyla Alexander  
Cayla Anderson  
Lania Brown  
Zoe Burford  
Alana Cain  
Jayda Edwards  
Tashani Edwards  
Chadwick Grier  
Bryana Hunter  
Kiera Johnson  
Braeden Knue  
Jacquelynn Miles  
Diamond Motley  
Keyara Phillips  
Kailin Simon  
Jessica Specht  
Nora Swerbinsky  
Quinten Vidrick  
Karriem Watts

### 11th Grade Merit Roll - 3.00 to 3.499 GPA

Shnyia Algee  
Brianna Assian  
Nyaira Bacchus  
Jala Brazzil  
Patrice Calvin  
Chequonn Carter  
Andre Coker  
Nadia Cook  
Layla Davis-Branner  
Arianna Dial  
Terry Dobbins  
Aaliyah Dowdell  
Chrishaun Edwards  
Atiba Fitz  
Jasmyne Foote  
Daiyhouna Franklin  
Jeremy Fuqua  
Brianna Grant  
Allena Gravizi  
Glenn Hamblin  
Ameerah Hawthorne  
Maurice Haynes  
Rae Von Henry  
Brady Herbst  
Kellen Hill  
Na'Im Hobson  
Garniel Holliday  
Dennis Ivey  
Skylar Jacobs  
Tylen King  
Jake Lunar  
Melissa Maina  
Keion May  
Jermaine McCall-Edison  
Jaylen McCauley  
Derrick Mills  
Marquez Minor  
Jaylen Morris  
Kyrin Morris  
Yasmine Odeh  
Ty'Shari Otis-Johnson  
Devin Reed-Bennings  
Eric Roscoe  
Chalaye' Sailor  
Haley Santos  
Phyr Scott  
Tashiana Shepherd  
Tyree Sims



**ST. JOHN NOTTINGHAM LUTHERAN CHURCH**  
 CONGREGATIONAL, EDUCATIONAL, & COMMUNITY MINISTRIES

**St. John Nottingham Lutheran School exists to equip the children of the Greater Cleveland and surrounding area with integrity, creativity, academics, compassion, and spiritual maturity in a diverse, interconnected, and ever-changing world.**

## SJN Now Enrolling for Next School Year

by David Peck

“Nearly 13 decades ago, St. John Nottingham Lutheran Church established a school for the purposes of providing a distinctively Christian education to the children of the congregation. Every year since then, SJN has continued to offer this same Christ-centered education to all families in the greater Cleveland area seeking a better, faith-filled alternative.

What we offer is a strong foundation in the teachings of Christ alongside solid academics designed to give every child the tools necessary to excel, an environment in which every child is welcomed, safe, and provided the opportunity to learn. We feature small class sizes, highly qualified teachers, a responsive, accessible administration and active participation of our Senior and Associate Pastors.

We HAVE an extended care ministry that operates from 7 AM before school until 6 PM after school, available on an as-needed basis. Additionally, we provide access to the state free and reduced lunch programs for those who qualify. There are no registration fees, and we are fully accredited to process and accept both the Cleveland (Voucher) and EdChoice Scholarships. Our school ministry runs Kindergarten (full-day) through 8th grade, with a departmentalized middle school, and athletics opportunities.

Although we hope to have on-campus instruction for 2020-2021, we are prepared to provide online instruction dynamically if and when the need may arise, or a blended model of on-campus and online instruction, for however long it may be necessary

We are currently accepting applications for the 2020-21 Academic Year. Call (216) 531-8204 or email [dpeck@stjohnnottingham.org](mailto:dpeck@stjohnnottingham.org) today to schedule a consultation with the Principal! Remote consultation via Zoom or phone available.”



Stocked shelves at the CCC3 Hunger Center

## Hunger Center to Re-open

by David Peck

With the Stay-At-Home order in effect since March, the CCC3 Hunger Center in the Collinwood Community has been closed to residents. The impact of this has only increased the needs of struggling families.

Governor DeWine announced a “Re-Opening of the Economy” in Phases with the primary focus on the continuation of social distancing. Accordingly, in a meeting with CCC3 leadership, it was decided to have a “Restricted Re-Opening” sometime in May.

“We have been so very concerned about not being able to provide help to families in need through this important ministry

during this time,” said Pastor Walther Marcis of St. John Nottingham. “The Restricted Re-Opening will allow us to rekindle relationships and provide critical supplies. Our volunteer support staff is ready and willing to get back to serving the Collinwood Community.”

Registered residents will not be able to enter the building. Instead they line up outside – 6 ft. apart –and will come to the door for verification and receipt of their package(s). As of this writing the Re-Opening date has not been set. For more information, please contact the Center at (216) 481-0794, or visit the St. John Nottingham website at [www.stjohnnottingham.org](http://www.stjohnnottingham.org)

## Worship Online or In-Person

by Rev. Ron Rollins

He is risen! He is risen, indeed! Alleluia! The tomb is empty... but the sanctuary is not!

Over the course of the past two months SJN Church has been focused on the continuing effort of bringing the Good News of Jesus Christ to its disciples, the community and the (online) world.

As with many churches, SJN Church had to scramble to shift “how we do worship” in order to serve those who were compelled to continue to gather in-person, while also serving the needs of those who were concerned about congregating. Accordingly, SJN Church went to streaming our worship services via Facebook Live, beginning with the first Sunday of the “Stay-At-Home” order, and including special services

such as our Good Friday Tenebrae service.

With the Phased “Re-opening of the Economy” the focus continues to be on social distancing. Care has been taken to sanitize the sanctuary every week, the order of service bulletin is printed in full, including hymns, so that no one needs to open a hymnal, plates are positioned so that attendees may place their offerings at any time so that the plates do not need to be passed, and hand sanitizer is located at each entrance to the Nave.

And beginning on Mother’s Day, we will once again be bringing the Lord’s Supper to those who gather and desire this life-giving and sustaining Sacrament. Special care is being made to ensure there is no cross-contamination by the pastors or those receiving the bread and wine.

**Enrolling at SJN is as easy as 1-2-3!**

- 1: Call us at (216) 531-8204**
- 2: We will walk you through everything you need, from applications to scholarships to records transfers.**
- 3: Relax! It’s all taken care of! Our Principal will call you to schedule a consultation and answer all of your questions.**

**EDUCATING FOR ETERNITY | 1027 E 176th St, Cleveland, OH 44119**

**Church: (216) 531-1156 | School: (216) 531-8204 | [stjohnnottingham.org](http://stjohnnottingham.org)**



# Villa Angela-St. Joseph HIGH SCHOOL

## VASJ bowlers recognized by The News-Herald

by Kristen Mott '09

Congratulations to three Villa Angela-St. Joseph High School bowlers who were recently recognized by The News-Herald!

VASJ sophomore Caroline Monaco was featured in The News-Herald in its list of high school girls bowling all-stars. Caroline was recognized as a lone area individual district qualifier in D-II who rolled a 366 to place 66th at the Nautica District and who placed 4th at the Wickliffe Sectional with a score of 462.

VASJ sophomore Shana Porter was listed on the honor roll for high school girls bowling all-stars, while VASJ senior Aaron Martin made the honor roll list for high school boys bowling all-stars.

Way to go Vikings!



Caroline Monaco



Aaron Martin



Shana Porter

## VASJ students win LifeWorks Ohio 'Respect Life' contest

by Kristen Mott '09

Eight Villa Angela-St. Joseph High School students were named winners in the LifeWorks Ohio "Respect Life" Art, Essay and Poetry Contest.

The competition was open to students in grades 4-12 and allowed them to express their commitment to God's gift of life through art, essay and poetry while reflecting on a Biblical theme. The 2020 theme was: "...be of one mind, sympathetic, loving toward one another, compassionate." 1 Peter 3:8

Students could participate by creating hand-drawn art, digital art, an essay, or a poem. More than 2,000 entries were submitted in this year's contest.

Congratulations to the following VASJ students who were named winners in the contest!

### Art category: Grade 10

1st place: Amya Parker  
2nd place: Caroline Monaco  
3rd place: Abigail Buzdon

### Essay category: Grade 10

2nd place: Kelsey Armen

### Poetry category: Grade 10

1st place: Joshua Hatcher

### Art category: Grade 12

1st place: Maura Kinsella  
2nd place: Dominique Davis

### Essay category: Grade 12

2nd place: Aiden Dorazio

## 6 ways to support Viking-owned businesses



In recognizing the challenges many small businesses are facing due to the COVID-19 pandemic, it is now more important than ever for us to lend our support. Many alumni and Viking families own and operate local businesses that are open and ready to serve their community. Some will need support as they reopen in the coming weeks.

Check out the list of Viking-owned businesses at [vasj.com/vikingowned](http://vasj.com/vikingowned) and show some support!

### 1. Order takeout, curbside pickup or delivery

Order takeout, curbside pickup or delivery from a restaurant or grocery store. If you are able, consider giving a generous tip for a job well done.

### 2. Use a service

For businesses that provide a service, consider them as your first choice or keep them in mind when they are able to reopen.

### 3. Shop online

Place an online order from businesses that are conducting e-sales. Some may offer free shipping, delivery or pickup.

### 4. Purchase a gift card

Purchasing a gift card not only supports a small business now, but it also gives you something to look forward to when things return back to normal!

### 5. Write a good review

Had a good experience with one of the businesses listed? Share the good news! Give a business a good review on Yelp, Google or a food delivery service app.

### 6. Get social

Spread the word! Let your social media followers know about Viking-owned businesses or post about the awesome dining or service experience you had.



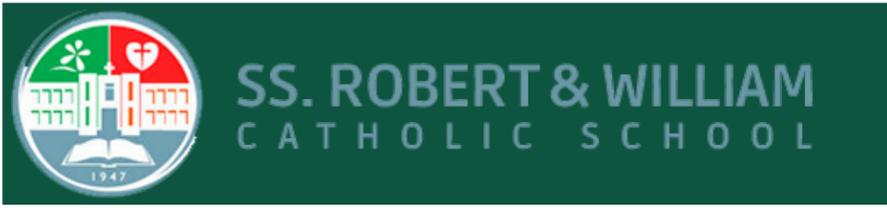
## Ladies Night Out event canceled

The health and safety of our community members and supporters is our top priority. As such, Villa Angela-St. Joseph High School's Ladies Night Out scheduled for Thursday, May 7 has been canceled. The Ladies Night Out committee hopes to see everyone at next year's event!



VILLA ANGELA-ST. JOSEPH HIGH SCHOOL  
18491 Lakeshore Boulevard / Cleveland, OH 44119 / 216-481-8414 / [vasj.com](http://vasj.com)

*Catholic education in the Ursuline and Marianist traditions*



## An Update from Father John

by Father John Betteres

Greetings from East 260th & Forestview! Ss. Robert & William Parish continues to thrive despite the new normal and pause we have had on life right now.

We LIVESTREAM our Masses every day at 11 am (and 4 pm on Saturday). Our school and GAELC continue to teach from a distance and we reach out virtually to our teens in LIFETEEN.

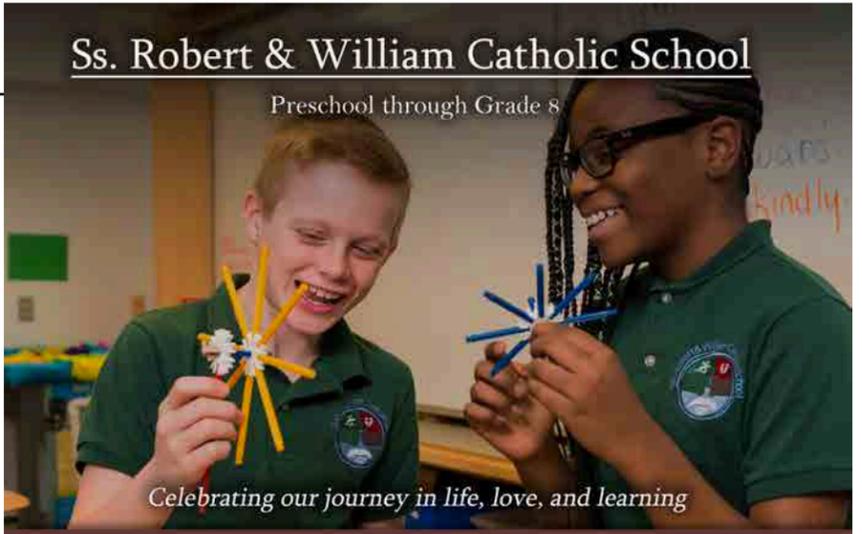
We have worked hard to keep in touch with all parishioners using phone, texting, email, FACEBOOK, our website, and more. What amazes me is the incredibly generous spirit of our parishioners and citizens in Euclid! People are coming together and willing to help one another. I have seen people helping people with errands, calling to check-in, sending cards & notes, sharing of money and goods, and lots more!



We are a BLESSED community and I am honored to be a citizen and pastor in a great community life Euclid. I sense we are in this together and look forward to coming out even stronger than ever!

If I can be of any help to you, just call me or email me at the parish office.

Father John Betteres



## Ss. Robert & William Catholic School

Preschool through Grade 8

*Celebrating our journey in life, love, and learning*

Open Registration for the 2020-2021 School Year

Learn more about Ss. Robert and William Catholic School at [www.srwschool.cc](http://www.srwschool.cc). EdChoice Scholarships and financial aid available.

- Christ-centered, child-focused environment
- Dedicated and dynamic teachers
- Center for Student Innovation
- 1:1 Chromebooks in grades 3-8
- 2:1 Chromebooks in kindergarten-grade 2
- Fine Arts and Music Program
- CYO and Intramural Sports Program

Ss. Robert & William Catholic School  
351 East 260th Street · Euclid, Ohio · 44132  
(216) 731-3060 Phone · (216) 731-0300 Fax



### LIVE STREAM SCHEDULE

**Monday, Tuesday, Thursday, & Friday:**  
Mass at 11:00 am,  
followed by Adoration 11:45 am – 6:30 pm

**Wednesday:**  
Mass at 11:00 am, followed by Adoration 11:45 am – 6:30 pm and Concert, 7:00 pm – 8:00 pm

**Saturday:**  
Mass at 11:00 am, Adoration: 11:45 am – 3:45 pm,  
Mass at 4:00 pm. No Adoration after 4:00 pm.

**Sunday:**  
Mass at 11:00 am, Adoration: 12:15 pm – 6:30 pm

LIVE STREAMING WEDNESDAYS AT 7PM  
<https://srweuclid.cc/live-stream>

## CONCERTS OF HOPE

MUSIC IS UPLIFTING TO THE SOUL AND WE HAVE SOME GOOD MUSICIANS AT SS. ROBERT & WILLIAM & ST. JOHN OF THE CROSS. WE WILL BRING OUR PARISHIONERS A CONCERT EVERY WEEK UNTIL THE QUARANTINE IS LIFTED. LED BY OUR MUSIC DIRECTORS KYLE LOREK AND DR. FRANCESCO BINDA. WATCH EVERY WEDNESDAY. LIVE STREAMING AT 7 PM.

## Live Stream Collaboration Provides Daily Faith Connection

by Nathan Raddell

The nationwide quarantine has affected all of us, in every aspect of our lives. The church and our community are no different as we have felt the impact of this unprecedented pandemic. The Coronavirus may have put a halt to our public gatherings and social activities, but it will not stop our community of faith. We have worked diligently to restructure every possible part of our ministry to an online platform. We are now offering daily live streamed masses and adoration. We have combined our efforts with the St. John of the Cross staff and community to offer our parishioners even more opportunities to

grow in faith. One of which we are very happy to present is our weekly Concert of Hope series. Led by our Music Directors Kyle Lorek and Dr. Francesco Binda, you can watch every Wednesday, live streaming at 7:00 pm on our website <https://srweuclid.cc/live-stream> and Facebook page.

Please view our schedule (above) to see all of our live stream options, and check our website for all the latest information of this ever-changing and ever-evolving situation. We cannot wait until we can open our doors again and gather as a community, but we are still here for you and will continue to pray for all of you. God Bless.

## Summer Camp Options

by Nathan Raddell

It's not too late to sign your child up for our summer camps and sports camps. The kids have been cooped up long enough and we have great activities for a safe and nourishing summer experience.

Our Summer Programs have substantially grown and come in a variety of options to fit all your childcare needs. These teacher-run programs will be provided throughout the summer, please check the dates and times associated with each program. To learn more, go to <https://srweuclid.cc/summer-camps>

Summer Sessions Home Away From Home Monday Friday, 9:00 am - 3:00 pm (A summer camp series with weekly to full summer rate options.)

Sports Camps Tuesday- Thursday, 9:00 am-12:00 pm (A sports camp with 8 weeks of options)

## SRW Supports Euclid Hospital Frontline Staff

by Nathan Raddell

As a parish community, we are all seeking a way to help during this pandemic. St. John of the Cross & Ss. Robert & William Parishes have been providing meals to the Euclid Hospital Emergency Department. Our Young Adult & Youth Minister, Bill Olson has been gracious enough to deliver these meals on a regular basis for the workers on the frontlines of this pandemic. They were overwhelmed and so appreciative of our support. It was a simple act that has a lasting impact on the people bravely combatting the Coronavirus. If you would like to donate to this cause, please go to <https://srweuclid.cc/donate> and put Euclid Hospital in the Comments section. And please keep health care workers in your prayers!

## Guardian Angels Early Learning Center Now Enrolling

by Meg Cosgriff

Guardian Angels Early Learning Center (GAELC) opened its doors to adventure last September and has enjoyed a journey in life, love, and learning in the months since. Children from six-weeks to five-years old attend GAELC on a daily basis, engaging in lessons appropriate to each age level. With two child care rooms and three academic classrooms, there is certain to be a fit for every early learner.

Our Baby Angel room welcomes infants and young toddlers for child care. Teachers work with families to provide a nurturing environment similar to each child's home routine. From tummy-time to jumper-time, babies participate in activities that strengthen their large- and small-motor muscles, engage their senses, and stimulate their curiosity.

Our Toddler Angel room is for older toddlers, those who are mobile and starting to become verbal. Children ages 18-36 months sing and dance, color and paint, play and imagine, all while learning the social skills of being in a classroom.

Our Academic Program engages 3- and 4-year olds in learning skills that are the foundation for future academic success. As a ministry, and extension of Ss. Robert and William Elementary School, our teachers have the unique opportunity to collaborate with elementary school

teachers. They are quite versed in what is expected of the kindergarten child. Lessons, though age-appropriate for the early learner, are focused on the knowledge needed for the next level of education.



Through the months of the "stay-at-home" order, teachers have continued to deliver lessons to their students. Parents have the opportunity to visit a private website where lessons can be found. Teachers have video-taped themselves leading circle-time, reading stories, conducting science experiments, teaching math lessons, and telling stories of our Catholic faith. Take-home packets of worksheets have been provided to our families, as well as music "kits" consisting of egg shakers, scarves, and rhythm sticks. It is very important to us to ensure that learning continues, even at a distance.



# REAL ESTATE



**Thinking of Selling or Buying a Home?  
Our Virtual office is *OPEN!***

**The Vaccaro Team is here to help you with all your Real Estate needs. We are operating remotely, have created innovative ways to continue to serve our clients and we are following all recommended Covid 19 procedures**

**\* Low interest rates, less competition,  
market anticipated to rebound quickly\***



**Joe Vaccaro 216.731.9500**  
**joevaccaro@howardhanna.com**  
**www.joevaccaro.howardhanna.com**



## Confident Car Care and Tire: They Care!

by Greg Fondren

Very rarely am I the type of person to strongly recommend anything. Who am I to think I know what's good for other people? But when it comes to customer service and keeping your car on the road, no one does it better than Confident Car Care and Tire, right here in Euclid. I know how important it is to have a trustworthy and reliable mechanic, someone who will give you straight talk, even to the point of referring you to someone else who has more expertise when they can't promise results themselves.

The customer service experience at Confident starts when you walk in the door and you're greeted by Dave, the jovial and

knowlegable manager who puts you at ease immediately. Ernie, who owns the shop with his wife Tina, works in the back, ensuring he and his trusted crew of mechanics do their jobs efficiently and effectively, getting you in and out as fast as possible.

Ironically, I found Confident Car Care because my previous auto shop came under new management, and no longer lived up to my expectations. It's been at least five years now that I've been a loyal Confident Car Care customer and I've never, ever, had a reason to second guess their maintenance and repair of all of my vehicles.

Keeping my money in Euclid, my hometown, is important to me. I'm so glad, and fortunate, to have found Confident Car



Care. Check them out on South Lakeland Blvd., just past the Animal Shelter and before E. 260th. Confident Car Care and Tire wrote, and continues to write, the book on customer service. I'm "Confident" you'll agree!

Confident Car Care and Tire, 25680 Lakeland Blvd., (216) 289-9500.

Confidentcarcare.com

# COMMUNITY

## Gateway Senior Apartments: Ready for move in!

Gateway Pointe Senior Apartments has 1 and 2 bedroom units with spacious floor plans. 2 bedroom/1bathroom units are currently available and include a stackable washer-dryer hookup.

2 bedroom/2bathroom units are also available and include standard washer-dryer hookups.

All-inclusive rent includes heating/cooling/ water, internet, and TV.

Major improvements to units include luxury vinyl floor, new vanity, sink, Moen faucet, mirror, shower trim, shower rod, light, toilet and hardware new fridges and stoves.

**VISIT US AT:** 4 Gateway Dr. Euclid, OH 44119, behind Home Depot, convenient location

**ACTIVITIES AND EXTRAS:** morning exercise, bingo, weekly scheduled activities, monthly birthday parties, holiday parties in large community room, cable ready, all-inclusive rent!

Call Cindy for a private showing of units: 216-383-1459



## Gateway Pointe 55+ Living in Euclid

Gateway Pointe Senior Apartments is ready to move in and under new ownership by a very well seasoned NE Ohio real estate company! The owners of Gateway Pointe hope to breathe new life into this well-known property and hope to drive more beneficial traffic to the area and surrounding businesses. Gateway Pointe has 1 and 2 bedroom units with spacious floor plans and new cosmetic designs. 2 bedroom/1bathroom units are currently available and include a stackable washer-dryer hookup. 2 bedroom/2bathroom units are also available and include standard washer-dryer hookups.

Gateway Pointe is under new ownership and continually doing complex-wide improvements! For the first time in decades, units and common areas are being remodeled with striking and modern colors and architectural designs! The flowing theme of blues and greys brings a stylish flare to the building and surrounding area.

Remodeled units for the first time in decades! All-inclusive rent (heating/cooling/ water, internet, tv)

\*Please note that this is a facility for residents 55+ y/o only\*

**BATHROOM:** updates with luxury vinyl floor, new vanity, sink, Moen faucet, mirror, shower trim, shower rod, light, toilet and hardware. We will feature the nicest remodeled bathroom compared to any apartment and most homes in the area.

**KITCHEN:** all appliances will be replaced such as new fridges and stoves.

**BEDROOMS:** updated colors, new vinyl blinds, light fixtures, satin nickel door hardware and large closets

**ENTIRE UNIT UPGRADES:** modern satin door handles, door stops, new door hinges, (3) 10 year sealed lithium ion battery smoke detectors, all LED energy efficient light fixtures, new plumbing shut off valves, new plumbing waterlines, all new switches, outlets, cover plates.

**EXTERIOR:** spacious parking lot with spots in the front and side, multiple entrances, 20 garage spots for additional fee, private community grounds, rear patio and sitting area

**LOCATION** – 4 Gateway Dr. Euclid, OH 44119, behind home depot, convenient location, under new ownership!

**LAUNDRY:** our building has (2) washers and (2) dryers on each floor. 2b/1b has stackable 2b/2b has side-by-side washer

**ACTIVITIES AND EXTRAS:** morning exercise, Bingo, weekly scheduled activities, monthly birthday parties, holiday parties in large community room, cable ready, all-inclusive rent!

Call Cindy for a private showing of units: 216-383-1459



Fully renovated kitchen with new cabinets, fixtures, countertops and appliances



View of kitchen from living space, all new appliances



Spacious living space off kitchen with nice view of backyard. Modern blue paint with brand new vinyl flooring

HERITAGE HOME PROGRAM

## Virtual Information Sessions

Our new virtual information sessions are scheduled using Zoom web conferencing. You can register for any session that fits your schedule. Join us and learn more about the Heritage Home Program!

Upcoming sessions:

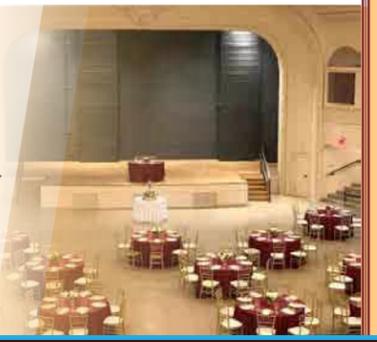
- Wednesday, May 6th at 6:00 p.m.
- Thursday, May 7th at 6:00 p.m.
- Tuesday, May 12th at 6:00 p.m.
- Wednesday, May 13th at 2:00 p.m.
- Thursday, May 14th at 6:00 p.m.
- Monday, May 18th at 5:00 p.m.
- Thursday, May 21st at 2:00 p.m.

TO REGISTER: CALL 216-426-3116 OR EMAIL HHP@HERITAGEHOMEPROGRAM.ORG

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# COMMUNITY

## Euclid Shade Tree Commission Celebrates Arbor Day

by Roy Larick

The Euclid Shade Tree Commission has celebrated Arbor Day for 25 years. It is the day of the year to renew our twofold mission: to work with City officials to improve Euclid's urban forest; and to educate residents about the benefits of numerous and healthy trees.

Euclid's trees are the most significant part of the city's green infrastructure. Asking very little of the city's human residents, our trees cleanse the air, absorb stormwater and beautify the landscape.

Collectively, our thousands of individual trees become an urban forest. This includes programmed street and residential trees as well as those that volunteer on open lots across the landscape.

As part of Euclid's physical character, the urban forest plays into decisions about coming to Euclid: to shop, to live and to work. As we enhance the forest, Euclid's character grows as well. We may attract more shoppers, residents and business startups.

The urban forest is our legacy. Our children and grandchildren will reap the ben-

efits of the trees planted and maintained today.

In 1991, Euclid counted more than ten thousand street trees and developed planting and management plans. It takes two decades from planting a street tree to being able to measure it as part of the forest canopy, but the work has reaped results.

This past year, the Cuyahoga County Planning Commission found that throughout the county's 59 municipalities, Euclid was one of just two to register an increase in forest cover! The increase was small (2.6%) and Euclid's forest cover is relatively small (28%). Still, the result is gratifying.

With this good news, the Shade Tree Commission is primed to assist the City and educate the public about maintaining and planting trees. We also look forward to sponsoring our annual Pond and Garden Tour in Mid-July. Stay tuned for final scheduling.

In sum, the Shade Tree Commission salutes the forestry work of the Euclid Service Dept. We honor the dedication of retiring arborist Chris Grant and look forward to working with Andre Trapp as Mr. Grant's

replacement.

May we all look forward to living with Euclid's growing urban forest.



Bur oak, Tracy Ave, April 24, 2020



Bur oak, E 241st St, March 25, 2020



Bur oak and pin oak, Russell Erwine School grounds, March 25, 2020

**Euclid Shade Tree Commission members:** Linda Beck (secretary), Bob Evans, Chris Grant (City Arborist), Brenda Hall, Taneika Hill, Greg Lawrence (chair), Roy Larick, Christine McIntosh (City Council Ward 5) Joe O'Donnell, (City Public Works), Anita Rajic (vice chair), Andre Trapp (City Arborist)

## Unleash Your Inner "Rain" Gardener

By Elizabeth Hiser

Growing up, my grandparents were known for having green thumbs, I, however, was not. No matter how easy a plant was to care for, it was destined for the compost bin. I was always fascinated by my grandmother's window full of cactus and succulents, and we all enjoyed the fresh vegetables, strawberries, and cherries straight from the back yard. But my own gardening adventures were not so fruitful.

Then came Master Rain Gardeners. At the Ohio Stormwater Conference a few years ago I saw a presentation by Susan Bryan called "How to Get 400 Rain Gardens in The Ground Without Lifting a Shovel." What ensued was a journey in train the trainer that had me building my own rain garden and working with local conservation agencies to bring the Master Rain Gardener program to Northeast Ohio. Now, I have gone from someone who couldn't tell you the common name of more than a handful of plants, to a person who finds herself referring to plants by their Latin name in grant applications.

The Master Rain Gardener program was originally designed for gardeners, and bringing them into the stormwater solution world, but for me, the opposite occurred. I went from someone teaching others how to maintain green infrastructure, to someone who looks for places in her landscape to bring home native plants. Someone who pours over plant catalogs and spends time looking at other gardens while walking the dog. The Master Rain Gardener program has introduced me to so many wonderful gardeners who share their tips and tricks, and wonder of wonders, my rain garden is flourishing. Rain gardens aren't for everyone, most conservationists don't have a rain garden. Gardeners are often the first ones to build rain gardens, and I am proud to finally call myself one of them.

Whether you consider yourself a gardener, or you are interested in how your yard can help with drainage issues, consider the Master Rain Gardener Program. Even if you have a black thumb like me, by using the native plants recommended in our program, you can have a beautiful rain garden

that is fed by rain.

Our online program starts May 20th! I hope to virtually "see" you there to share our love of gardening. We will share five weeks of rain garden content designed to teach you how to design, dig, and plant your own rain garden. Program cost is \$50. Register Here.

For more native plant and rain garden resources visit Cuyahoga Soil & Water Conservation District's programs page.

Cuyahoga Soil & Water Conservation District staff work to implement programs and practices that protect and restore healthy soil and water resources. Follow us on Facebook and Instagram: at "cuyahogawcd" and on YouTube.



Master Rain Gardener with her rain garden.

Photo by Susan Bryan.



The author planting her rain garden in 2018.



Susan Bryan, the Master Rain Gardener originator with Peter Bode at his rain garden in Seven Hills.

## You Are Not Alone: Phone, Text & Online Crisis Connections

Alisa Boles

Coronavirus has many people feeling distressed, which is normal in times of crisis. Throughout Ohio, any person - of any age - who desires help coping with these stressful times can text the keyword "4hope" to 741 741 to be connected to a trained Crisis Counselor. The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier.

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) and the Ohio Department of Medicaid (ODM), in partnership with the Governor's Office, have developed emergency rules to expand and enhance telehealth options for Ohioans and their providers to expand access to medical and behavioral health services. Contact your health care provider and insurance provider to discover options for virtual visits.

### Recommendations for coping include:

Take breaks from the news stories, including social media.

Take care of your body.

Take deep breaths, stretch, or meditate.

Try to eat healthy, well-balanced meals.

Exercise regularly, get plenty of sleep.

Avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

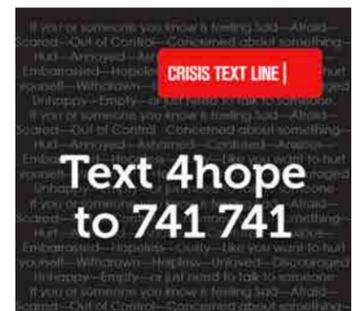
Ways to support your child (including teens) include:

Talk with your child about the COVID-19 outbreak.

Answer questions and share facts in a way that your child can understand.

Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear



You are not alone.

and can be frightened about something they do not understand.

Try to keep up with regular routines. When schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Responding to COVID-19 can take an emotional toll on Responders, who may experience secondary traumatic stress, resulting from exposure to another individual's traumatic experiences. Measures to reduce secondary traumatic stress reactions include:

Acknowledge that secondary traumatic stress can impact anyone helping families after a traumatic event.

Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).

Allow time for you and your family to recover from responding to the pandemic. Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.

Take a break from media coverage of COVID-19.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

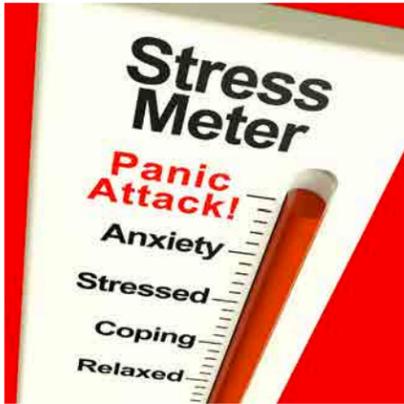
# HEALTH & WELLNESS

## Coping with Stress & Anxiety

by Dr. Martina Moore

Many people are casually aware of Moore Counseling and Mediation Services (MCMS). I would be willing to guess that most people look at us as a drug and alcohol treatment center and aren't aware of the range of other services we provide.

One of those services is our Employee Assistance Programs. These programs are provided to various businesses and non-profits who contract with MCMS. The goal of this service is to assist employees with concerns and problems before they become unmanageable.



One of our EAP counselors, Dr. Cecile Brennan, prepared a presentation entitled, "Self-Management of Anxiety (and Stress)." At this time, when so many of us are feeling anxious and stressed, I would like to share some of this information with you in the hope that you can manage these difficult times with greater ease.

First of all, let's consider what stress is. Stress is a physiological reaction that occurs when there is a need to make extreme or prolonged physical or behavioral adjustments in order to cope with the environment. Stress is a response to an external stimulus and the feeling is the result of the release of stress hormones. Stress hormones prepare us for "battle", for a confrontation with an uncertain environment. Some examples of stress could be muscle tension, rapid breathing, difficulty focusing and the inability to relax.

Anxiety is a person's reaction to stress, and as opposed to stress, it begins inside of us. It may include negative or disturbing thoughts, feeling scared or out of con-

trol, and physical symptoms like sweating, trembling, tension in muscles or shortness of breath.

Now that we know what stress and anxiety are, what can we do to decrease or eliminate their effects during the time of COVID-19?

First, get the facts and stay informed with the latest information. Governor DeWine has a press conference every weekday at 2:00 p.m. This is broadcast on many TV and radio stations and on PBS, channel 25. You can also go to [ohio.covid.gov](http://ohio.covid.gov) for the most current situation.

Try to keep things in perspective. Limit the time you spend watching or listening to upsetting media coverage. Take a break from watching the news and concentrate on the positive things in life and the things that you have control over. Remember that this is a temporary situation and life will slowly return to normal.

Concentrate on your personal health. Wash your hands. When out, wear a mask and practice social distancing. Don't touch your face. Get some exercise and when the weather permits, spend a little time outside.

Stay connected to friends and relatives. Maintaining your social network can help give you a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress. It will be good for you and for those you're reaching out to.

Take time to laugh. Spend some time watching comedies or going to websites that provide funny videos or stories. For years, Reader's Digest has had a "Laughter is the Best Medicine" article. It really can be helpful.

Be grateful. Rather than dwelling on our current restrictions, think of the different ways in which you are blessed. I count my blessings on a regular basis and it does make a difference. There are many studies that list the physical and psychological benefits of gratitude. It is also very encouraging for me to see the expressions of gratitude displayed by others. Luckily, good news stories are all over the news and the internet today. Take a few minutes and do a search for "good news" or "kindness" and you will find many heartwarming uplifting videos.

There are a few specific techniques that are also recommended. The first one is a distraction technique that you can use if you are feeling overwhelmed or out of control.

### Try focusing on your senses:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 long, deep breath inhaled



### Try focusing on the things around you:

- Count the number of ceiling tiles
- Count the number of floor tiles
- Count the number of brick on a wall
- Count the number of passing cars
- Count backwards from 100

### Try concentrating to distract:

Name as many words as possible beginning with the letters in your name

Subtract backwards from 100 in increments of seven

Memorize a poem, prayer or religious verse

Play a game which requires concentration: a card game, a crossword or wordfinder puzzle, a jigsaw puzzle or a video game.

**In addition to distraction techniques, you may also want to try a relaxation technique.**

**Relaxation Techniques - Body:**  
(Repeat each exercise 5 times.)

This process should take 10 – 15 minutes)

Feet – scrunch up your toes.

Legs - tighten your calf muscles by stretching your toes upwards. Squeeze your thigh muscles.

Bum – clench your buttocks together.

Hands – clench your fists.

Arms – keep your hands in a fist and tense your arm muscles as if you are showing off your muscles.

Stomach – pull your tummy in as tight

Chest – take a deep, long breath.

Shoulders – raise your shoulders in a big shrug.

Mouth – open your mouth side and stretch out your jaw.

Head – close your eyes tightly and raise your eyebrows as far as you can.

Neck – move your head around to the right and then around to the left.

### Relaxation Techniques – Breathing:

Find a quiet environment and sit comfortably with your eyes closed.

Breathe in through your nose for 4 seconds.

Focus on your chest expanding as you inhale.

Hold this breath in for 2 seconds.

Breathe out through your mouth for 6 seconds.

Focus on your body softening as your breath leaves your body.

And finally, if these simple suggestions and techniques don't work to reduce your stress or anxiety, reach out to your primary care physician, a mental health professional or a clergy person to provide you with the support that you need at this difficult time.

## Living During this Pandemic

by Barbara Liddell

TO GOD BE THE GLORY: PRAY!  
There is a living GOD. We are awesomely made, with a great immune system.

Hippocrates stated, "Make food thy medicine and thy medicine thy food." Let's help build our own body immune system to work efficiently and effectively. Eat the right foods such as fruits and vegetables. Make zucchini bread which is full of calcium, iron, magnesium, phosphorus, and plenty of potassium. Zucchini bread also contains plenty of Vitamins including Vitamins A, C, and K, and also antioxidants boost immune system. While we are being isolated cook wholesome nutritious meals with plenty of fruits and vegetables. Beets have awesome heart healthy nutrients that increase circulation which helps lower blood pressure.

It is spring now, so how about a vegetable and flower garden. It can be good for your soul and your health.



Drink plenty of fluids such as alkaline water and spring water. We are told to drink warm fluids all day, like green tea sweetened with honey. Antioxidants decrease inflammation and improve immune system. Take in less sugar and fewer fried foods.

Maintain social isolation while out and about. Wipe or spray all items when entering your home always take off your shoes upon entering your home. Prevent bringing in all germs, bacteria and viruses.

Pray and ask for divine guidance and protection. We are in difficult times.

Thank You,  
Barbara Liddell  
Bari Beauty & Health Plus

## Tips from Liz

by Liz Healey

As a hairstylist I don't just "cut hair." I'm here for my clients through grief, divorces and all other trauma.

We are like therapists. We make people comfortable. For me, this traumatic time is when we need our mental outlet the most. I hope you find some of these tips useful.

**1. Write a daily task and try to complete it!**

**2. Get outside at least for 20 minutes a day**

**3. Put the scissors down and pick up the bobby pins for the bangs**

**4. Get creative! Writing, painting, gardening, photography...Lots of free classes online these days!**

**5. Don't forget to check on your neighbor!**

**6. Make a gratitude list**

**7. Thank your essential workers!!!**

Liz Healey at Bombshell Salon and Spa 216-215-1896



# HEALTH & WELLNESS

## Offering Smiles of Hope in Time of Crisis

by Emily Holody

In addition to the challenges faced by nearly all families during a pandemic, youth in foster care are especially vulnerable because the stress of COVID-19 is compounded by previous trauma and adverse childhood experiences. The effects of this might include physical and behavioral symptoms, decreased self-esteem, an overriding sense of loss, feelings of isolation, and difficulty accepting or trusting stable relationships.

To counteract these challenges and help Northeast Ohio children who experience foster care build the skills they need to thrive, Fostering Hope began working in 2013 to raise awareness and provide opportunities for youth in foster care to experience joy while engaging with the communities in which they live.

Built upon the three pillars of Community Involvement, Health & Wellness, and Childhood Experiences, Fostering Hope strives to help children learn to navigate and surmount the many obstacles that may impact their lives. They focus their time and resources on nine programs, one of which is the Journey Bag Program.

“Children in foster care often move multiple times, [sometimes with] only a garbage bag to carry their few belongings.

Situations like that can have a lasting impact on kids. Fostering Hope and the Journey Bag Program want to change that by providing new luggage, blankets, teddy bears, toiletries, and comfort items for kids in foster care,” explains Gabrielle De La Cruz, Community Engagement Coordinator.

Another program Fostering Hope usually hosts each year is their Bunny Hop for Hope, a community-wide celebration that invites children in foster care to celebrate spring’s arrival with goody-filled baskets personally delivered by the Easter Bunny, followed by a photo session and brunch.

“Each year the Easter Baskets are donated by generous individuals from the community. While the party is postponed, the children are very much impacted by the current crisis, and we are committed to bringing them hope during this time,” shares De La Cruz. “We still delivered Easter baskets to the foster kids.” Volunteers still helped make these Easter dreams come true, by purchasing items for Easter Baskets through Fostering Hope’s Amazon wishlist.

De La Cruz assures us that “after the CDC and government restrictions are lifted, all Fostering Hope programs will return, including their trauma-informed



yoga and arts program and Hope Grows Here, a therapeutic gardening program held in outdoor classrooms.”

Want to get your kids actively involved in helping others during their isolation at home? De La Cruz suggests that you consider discussing foster care with your family.

For instance, she says, you might ask your children what they know about foster care — what do they think it is? You can talk about the impact that foster care might have for a child and what activities and celebrations that children in foster

care might not have a chance to experience, like birthday parties and holiday events. Give your children the opportunity to share ideas of how they can support kids in foster care.

To see all the ways that you can get involved, and to be notified when programs are up and running again, visit Fostering Hope online at [fosteringhopeohio.org](http://fosteringhopeohio.org).

This article was originally published at WISH Cleveland <https://wishcleveland.com/offering-hope-and-smiles-in-a-time-of-crisis/>

## Happy Hippy Mama: Recipes to Try

by Emily Holody

With the Ohio Stay at Home Order, we have had a lot of time to try new things. Here a few of our new fave recipes from the last month.

### 2 INGREDIENT BAGELS

This was a new favorite recipe we have enjoyed is SO simple and SO good. It only takes two ingredients!

#### BAGEL DOUGH:

2 cups self-rising flour  
2 cups nonfat plain Greek yogurt (see Recipe Notes for tips)

#### TOPPINGS:

1 large egg  
pinch of fine sea salt  
1 teaspoon water  
everything bagel seasoning mix, sesame seeds, poppy seeds, etc (all optional)

#### INSTRUCTIONS:

Preheat the oven to 375 degrees F. Place parchment paper on a baking sheet. Lightly coat with cooking spray to prevent the bagels from sticking.

In a large bowl, use a sturdy spatula to combine the self-rising flour and yogurt until the mixture clumps to a shaggy dough. Dump the mixture onto a lightly floured work surface. Knead the dough together by hand for about 5 minutes, until the dough is smooth and elastic. Dust with additional flour as needed if the dough is too sticky (see Recipe Notes below for tips).

Divide the dough into 8 equal parts. Shape each portion of dough into a ball. Use your thumbs to make a hole in the center of each ball. Gently pull and stretch until the dough is a uniformly sized ring. Repeat with remaining rounds. Flour your hands as needed.

Arrange the shaped bagels on the prepared baking sheet. Mix together the egg wash by whisking the egg, salt, and water in a small bowl until smooth. Brush the egg wash mixture over the bagels. Sprinkle desired toppings over bagels. Bake for 20 to 22 minutes, rotating the baking sheet midway through baking. Remove from the oven. Increase oven temperature to 450 degrees F. Return the baking sheet to the oven and bake for another 3 to 4 minutes until the tops of the bagels have browned.



### CREAMY POTATO SOUP

This was super easy and super yummy too! Everyone at our house enjoyed it on a cold gray day.

#### INGREDIENTS

6 slices of bacon chopped  
1 small yellow onion diced  
3 cloves of garlic minced  
3 tablespoons all-purpose flour  
4 cups chicken broth (unsalted)  
1 cup milk (of choice)  
1 cup cream or half and half  
3 pounds of potatoes peeled and diced to 1-inch size cubes (use waxy potato like Gold Potatoes)  
1 and 1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/3 cup sour cream  
1 cup shredded sharp cheddar cheese

#### Optional Toppings:

diced green onion  
diced bacon  
shredded cheese  
sour cream

#### INSTRUCTIONS:

Add the bacon to a large dutch oven or pot and cook over medium-high heat until the bacon is crispy. Remove the bacon to a plate lined with a paper towel and set aside, leave the grease in the pot. Add the diced onion and cook until softened and translucent. Add the minced garlic and cook for an additional 30

seconds or until fragrant.

Stir in the flour until a paste forms and allow this to cook for about 2-3 minutes until a light golden color. This cooks the flour.

Pour in the chicken stock, milk, and cream. Add in the diced potatoes, salt, and pepper. Stir to combine.

Bring the pot to a simmer and cook stirring occasionally until the potatoes are softened and easily mashed.

Turn heat off and using an immersion blender, blend the soup until most of the potatoes are blended and the soup is creamy. IF you don't have an immersion blender then carefully pour portions of the soup into a blender or food processor and blend until smooth. Return soup to the pot after blending.

With the heat still off, stir in the sour cream and shredded cheese. Return the bacon to the soup. Stir to combine. Serve warm with any additional toppings of your choice.

I hope everyone enjoys these. Feel free to drop me an email and a photo at [HappyHippyMama@yahoo.com](mailto:HappyHippyMama@yahoo.com) if you decide to give either one a try. Take care and stay healthy.



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# HEALTH & WELLNESS

## Detox from the Box



by Natalie-Jo Flynn

Are you feeling full of spray cleaners and disinfectants, maybe you have been living on comfort foods and deliveries from the only places open such as PIZZA joints, Well it's time to get some air and flush out your stagnant cesspool of a body that's been collecting all kinds of toxins for the last month.

Yes, I said cesspool of a body!

Our body, skin, lungs, eyeballs and mouth collect and absorb our outside environment into our body system, blood and brain. Without fresh air, removing toxic cleaners and eating good clean foods your poor body will collect toxins and destroy you from the inside out!

What you can do:

1. Breathe some air and get some sunshine, if you can find it. 5-10 min of sun a day is great!

2. Drink enough fresh filtered water prefer not plastic bottles if you can avoid, use a filter system instead.

3. Eat good clean Veggies and Fruits, There is NO SHORTAGE OF FRESH FOODS, you walk right past them to get to the processed meats and other processed foods! We need good nutrients so our body can fight for us!

4. MOVE YO SELF- stairs, stretches, there are countless FREE movement videos on YouTube, Household chores are great movements too.

5. Communicate with each other, reach out if you need to Vent, talk or need to cry! Detoxing emotions and mental health are just as important as physical wellbeing.

Hello, I am Coach Natalie-Jo, Founder of Move That Mountain Health&Life Coaching, a Dual Certified Nurse Practitioner and Certified Health and Life Coach specializing in real health and wellness, right here in Euclid.

What: Here is a quick, simple low-down on my mission and purpose, I stretch you to achieve goals you never thought were possible.

I am part cheerleader, part tough love coach, a master of habit change and best of all, a student of life!

Why: Health and wellness is a trillion-dollar business for a reason, We as a society

have done a fabulous job at getting us to where we are with our health and now it is time for a radical upgrade.

Most American diseases are preventable and can be treated with proper nutrition and simple changes.

Preventive medicine has been in healthcare for a while, with mammograms, colonoscopies, blood markers, PSA, EKGs, physicals ect... it has gotten to be commonplace in language and discussions and yet overlooked.

For many, these tests are like a sobriety check point, you are ok now, go ahead with what you were doing, you passed your tests today.

The client now has a sense of, what I'm doing is ok and poor choices haven't caught up yet.

Our bodies are magnificent at repairing and compensating for so long before showing a sign or symptom that it is giving up and can no longer support the insult.

This is usually when one will seek care.

Waiting till you're sick to make all these changes is not an easy task. People feel less likely to work at getting better if they already feel bad.

It is in seeing people suffer needlessly over and over in our community, hospitals, nursing facilities and the ER, that I developed a passion to help clients become self-aware. I am a driven advocate, teacher, supporter and Coach.

How: As a coach, I work with whole system approach, Body, mind, gut, spirit.

Clients learn and understand how the body responds and the difference it makes when small changes make big improvements on overall wellbeing.

Could you benefit from becoming less toxic, losing weight, gaining energy and making lifestyle changes that last? Please take the opportunity to give yourself the respect and love your health deserves.

Are you ready to get honest and live in the way you desire and need a kickstart?

A phone conversation is free and can help you determine your next best move. I offer a discovery session so you can see what it would be like to work with me as your coach. If no, that's OK, we both win by having the conversation.

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

Natalie-Jo Flynn, MSN, CHC,  
Personal life- style Coach

216-406-0154  
Nataliejo@MTMcoaching.net  
www.MTMhealthcoach.com

## Takahata Talk

By Chieno

Sometimes, the best stories have no words. So, when friends ask me about my recent trip home to see my ohana (family in Hawaiian), I simply want to squint my eyes shut, and flush with the personal pleasure of my memories. And, as I force out my correct responses, I am already feeling the let-down of having to share the island amenities, rather than the hearts of my exquisite island culture family.

Yes, exquisite! Don't make me brag more. Of course, if my daughter and I had orchestrated the details of our comings and goings, our time with ohana would not have been as precious. We would have severely curbed their lovely Hawaiian spirit of generosity and love.

And, we would not have known any better.

This is analogous to our family "not knowing any better" about the two distinct world views that constantly vied for our attention, at one time. Secular World View versus Christian World View.

Today, we know better than to curb our Father God's merciful spirit of generosity and agape love. We cannot even attempt to list all His ways! Besides, there are no words . . .

Publishers note: This is the third in a series by a wonderful local author. She is an American of Japanese descent born in Hawaii during World War II.

## May Happy Hippy Mama



by Emily Holody

Hello all-

I hope that this finds you healthy and safe during this month. I had hoped by this time, I would be sharing new ideas for us to be doing together in the community and beyond. It seems, however, that for now, this is not possible. I feel grateful that my family is together, healthy, and safe. We have enjoyed our time together, sometimes slowing down, others pushing through. I feel very thankful for the ability to slow down, and at the same time almost simultaneously ready to jump out of my skin. I know so many are feeling the same way, and in reality, it is a blessing, however, that jumping out of the skin feeling is real and valid too. It is OK to pause, feel, and acknowledge it if you need to.

During our stay at home time, we have done many of the same things lots of you have done. We made pizzas, extravagant time-consuming meals, treated ourselves to take out, gone on walks, bike rides, and car rides. I am thankful to have celebrated a Quarantine birthday, it was beautiful and complete with my own parade. I felt so loved, from a distance. Keep an eye out for a few recipes a bit later in this edition that you and your family might like to try as well. As I have said this time is lovely, however, I miss getting out seeing other family and friends and doing simple things like getting a hair cut or running a 5K road race. I know that by staying home and not doing this we are helping to keep others healthy and safe which makes the staying home and missing out on those things much easier to do.

Something I have been able to continue doing during this Stay at Home Order is volunteering at the East Shore United Methodist Church Soups on Mission at

23002 Lakeshore Blvd, Euclid, OH 44123.

A small skeleton group of volunteers gathers each week to serve the community a to-go meal. We have been serving about 60-75 individuals each week. If you or someone you know could benefit from a warm meal and a few staple food items, simply come to East Shore United Methodist Church from 5 pm to 6 pm each Wednesday to pick up your meal. If you are interested in doing something to help, we are always accepting donations and they can be dropped off at the church or mailed in. We are also accepting donations of cloth masks to distribute to community members and give to health care facilities as needed. Should you have any further questions about the mission or making a donation contact the church office at 216-261-1688.

I hope someday soon we are able to get back to our full beautiful lives, however, until then I hope we can find beauty in simply staying home. I know that not everyone finds beauty there, and if that is the case know you are seen and cared for. If you are having a difficult time please reach out. If your difficulties feel more than the average "this is driving me crazy" know that you are seen and cared for. Please reach out for support if you need it. I am here to listen too. Find me on Facebook at Happy Hippy Mama or by email at HappyHippyMama@yahoo.com. You are beautiful, worthy, and seen.

This month's mantra: Breathe in, Breathe Out, and Relax Your Shoulders. Take a moment to remember, every time you simply wash your hands or wipe the counter with a disinfectant, you are doing something helpful (bye, bye helplessness!). Focus on this helpful action and let it guide your thoughts towards a proactive, positive mindset.

## A Spiritual Journey to Being Awakened

by Annette Tabar

WE ARE ALL IN THIS TOGETHER...

Words that reflect the energy of a one world society created by one infinite Source. The following prayer is offered to support that awareness and serves to help us heal through Divine universal love.

Beloved Inner Christ Self, I call to you, to all the Ascended Beings of Light who are connected with this Planet Earth, to the Christ Selves of all Humanity, and to Universal Divine Mind, God Almighty, in everything, everywhere! Release, release, release, so much power of Light that it will lead all souls to find God both within themselves and without in everything on Earth. Bring them all to the knowledge of their own God Selves. Teach them to

show respect to the God within all others as well as all other religions. Use all of this energy, Great Beings of Light, recharge and amplify all of this prayer energy into a Great Power of Light. And use it to harmonize and requalify every negative prophecy and condition in accordance with the will of God and all the Laws of God for this planet Earth and for all the souls connected with it, including my own. Thank you, Dear God, for we know that you answer every prayer. Amen.

This prayer was written by Dr. Regina Lorr for students at Rishes Institute of Metaphysics, to be shared with others.

# HEALTH & WELLNESS

## While in the Back Yard, Don't Slack Take Care of Your Back



By Dr. Kara Berger

With warm weather just around the corner, you may find yourself making plans to improve your garden and home landscaping. Working outside is not only great physical activity, but it increases your Vitamin D intake which improves energy levels and helps support your immune system. Gardening can be a fun and easy activity, but there are a few common injuries associated with it that can easily be avoided.

The most common gardening tasks performed are cleaning out beds and planting seeds or flowers. These activities require a lot of forward bending and kneeling which can increase the strain

placed on the low back and knees. This prolonged strain is why it may feel more difficult, and take you a few extra minutes to stand up straight when you're done. To limit this strain, try to add stretching into your routine, place a cushion beneath your knees, and garden in shifts. Gardening in shifts means to take on 2-3 small projects that you can rotate through your schedule, instead of taking on one big project to start the season. It's no secret that most of us try to complete all of these tasks as quickly as possible; though this may have you feeling accomplished, it often leaves your body aching.

The last activity associated with gardening that is commonly performed with poor ergonomics is lifting. Whether it be lifting bags of mulch, pots of flowers or sticks off of the ground, focus on keeping your spine in a neutral position while bending at your hips and knees. This lessens the stress being placed on your intervertebral discs and in turn decreases the likelihood of a low back injury. If something is too heavy for you to lift, don't be afraid to ask for help in moving it. If you would like more spine safe strategies, we are more than happy to devise a plan for your individual needs and help you spring through your gardens at Infield Chiropractic (216) 938-7889. [nomics/art-20046169](https://www.infieldchiro.com/art-20046169)

## Cloth Masks Needed for Visitors and Hospice Home Care Family Members

by Laurie Henrichsen

Hospice of the Western Reserve (HWR) is asking for the community's support to pitch in and make hand-made, fabric face masks. The masks will be distributed to the nonprofit agency's visitors and home care family members to assist in preventing the spread of COVID-19.

Fabric masks are helpful in blocking droplets that can spread illnesses like COVID-19. Volunteers in the community can assist by using their own materials and the pattern that's compliant with requirements from the Centers for Disease Control and Prevention.

Delivering the Masks

A collection bin is located by the front door of each collection site so that visitors can be buzzed in to drop off the masks in the bin (discarding the bag they were brought in) making the delivery process contactless. Please complete this donation form to be dropped off when the masks are delivered:

<https://www.hospicewr.org/patients-and-caregivers/Documents/Cloth%20Mask%20Donation%20Form.pdf>

These forms may also be taken home to complete and email back to HWR. Site secretaries will have a supply on hand. Questions? Please contact Matt Gesicki, 216.401.2926 or [mgesicki@hospicewr.org](mailto:mgesicki@hospicewr.org) or Lori Scotese, 216.287.8193.

Masks can be dropped off at any of the following HWR locations:

- Headquarters, 17876 St. Clair Avenue, Cleveland, OH 44110-2602
- East Campus, 34900 Chardon Road, Chagrin North Building 1, Suite 105, Wiloughby Hills, OH 44094
- Ashtabula Office, 1166 Lake Avenue, Ashtabula, OH 44004-2930
- HMC Hospice of Medina County, 5075 Windfall Road, Medina, OH 44256
- West Campus, 22730 Fairview Center Dr., Fairview Park, OH 44126
- Lorain Office, 2173 North Ridge Road E., Suite H, Lorain, OH 44055-3400

Hospice of the Western Reserve greatly appreciates the community's support as we all work together to keep families safe and protected.



## Medicare and COVID-19

by Laura Mutsko

Original Medicare and Medicare Advantage plans are rapidly adapting to meet the needs created by the COVID-19 outbreak. New information is coming out daily. At the time of writing this article, Original Medicare has made the following announcements on their website at [www.Medicare.gov/medicare-coronavirus](http://www.Medicare.gov/medicare-coronavirus):

Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all COVID-19 medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D). If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Please check with your plan for specific information on your coverage.

According to the CMS website at [www.cms.gov/newsroom](http://www.cms.gov/newsroom), Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency. "Under this new waiver, Medicare can pay for office, hospital, and other visits furnished via telehealth across the country and including in patient's places of residence starting March 6, 2020. A range of providers, such as doctors, nurse practitioners, clinical



psychologists, and licensed clinical social workers, will be able to offer telehealth to their patients. Coinsurance and deductibles apply."

This means Medicare will cover telemedicine for routine follow-up visits during the COVID 19 emergency, including checkups for chronic conditions like high blood pressure and type 2 diabetes. This will help older adults take care of many health concerns while they stay safely at home during the COVID-19 outbreak.

You can find the most up-to-date Medicare information at [medicare.gov/medicare-coronavirus](http://medicare.gov/medicare-coronavirus).

For your questions on insurance, including life, health, Medicare Advantage Plans and Medicare Supplements, call or email me at [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com) or call 440-255-5700.

## Can I Still Volunteer?

Research shows that people who volunteer are more healthier mentally and physically because they have something to look forward to. They have an outlet to offer their skills, talents, time and energy for a specific cause.

Most recently we have witnessed what COVID-19 changes has brought to our lives and the nonprofit organizations. Many nonprofit agencies had to suspend their public activities. The work of the volunteers were cut short and those affected still needed to remain active.

While keeping the social distancing and the stay-at-home-orders, nonprofit agencies reviewed their mission and community needs and did some adjusting or brought them to the forefront.

Joy Banish, executive director of Greater Cleveland Volunteers offers these suggestions:

- Reach out to senior living facilities with a note. Include a positive message, add a comic strip or a page from a crossword or other puzzles. If you have an adult coloring book, tear off a page and include. Call the facility before mailing or delivering to ensure they will accept.
- If you sew, do what so many are asking and sew masks. There are requests from medical facilities, homeless centers for their at-risk clients and volunteers and staff distributing food at distribution centers.



- Make your own assignment and call, write, email family and friends you had not recently connected with.
- When you take a walk, take a bag, gloves and collect light litter. Dispose of properly.
- Call a nonprofit agency and ask if you can help by making any of their business-related phone calls
- Check with your local Meals On Wheels and ask if they have any needs. Some are delivering to home bound seniors. Human contact is very limited.

Greater Cleveland Volunteers has social distancing volunteer opportunities. Visit their website at [greaterclevelandvolunteers.org](http://greaterclevelandvolunteers.org) or call 216-391-9500 x 2123.

# SENIORS

## Bob's Corner



We sit in front of the tv and watch the numbers rise. Each day more are sick and dying. The virus has us in self-preservation mode, with most staying home and only leaving for necessities. It is wise.

Everyone is going through this, yet reactions are quite different. Some are becoming anxious and depressed while others are finding ways to thrive. Same circumstance, different outcomes. Why? Maybe it's not exactly the right thing to ask. The real question is, how are you going to respond?

Please remember, you change the experience of life by how you view it. You see on the outside what you feel on the inside.

Many of us experienced some deeply troubling times in life, and we've created intense ways of coping. Our survival mode may include non-stop worry, withdrawal, self-medication, or any number of unhealthy adaptive behaviors which don't serve us well. There's a better way.

Take responsibility for your feelings. Do not blame other people or the circumstances. You have control over how long you hold-on to anything, including fear of this virus. Don't allow scary thoughts to run your life. It is human nature to be frightened by things you don't understand. It's normal, but don't shut down. Find out the facts. Fear often revolves around thoughts of losing something valuable, so learn how to adequately protect yourself and your family. You do have a lot of control over exposure to this illness. Take charge. Be safe. You'll feel better.

This is the nitty gritty of life. It's the part you really don't want, but have to live through. Make no mistake, this will end. Use this time for interior growth.

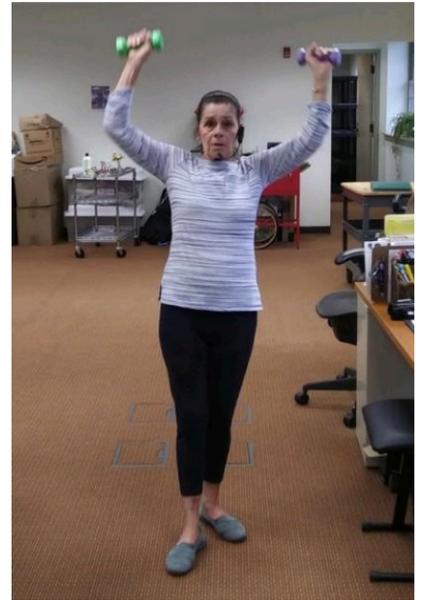
Choose to thrive! Bob Payne, manager



Isis Quinones Torres dropped off home-made masks to help.



Arcine Smith created a bundle of masks for us! Thank you.



June Taylor, YMCA instructor, teaches an exercise class for our seniors. Check out the Euclid Senior Center on Facebook.

## Program Updates: Senior Center Continues to Serve

by Bob Payne

We are closed for activities, but there is a lot of activity behind the scenes.

The Lakefront Community Center is receiving a deep cleaning and some new paint. We are still delivering a week's worth of lunches to homebound members of our lunch program, and offering pick-up for congregate members with a reserved meal.

Please note - we have reached the limit of meals we can provide and no new clients can be added at this time. If you are in need of food you may want to contact the Greater Cleveland Food Bank (216-738-2265), the Euclid Hunger Center (216-731-3329), or the United Way First Call for Help (211).

We are looking forward to the time when we can again gather together.



Inside of the shelf-stable boxes we distribute.



Food being delivered on Monday morning.



Kenyatta Black getting the delivery ready.

## Special thanks to the Humphrey Popcorn Company

for the donation of popcorn balls for our seniors.

It will certainly be a tasty, nostalgic treat. Thank you for thinking of us, and for your kind generosity!



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# May Fun Page

From the Copic Family at Collinwood Publishing

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

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	5		3		1		6	
		4	6		7		3	
							8	

## Hard Sudoku

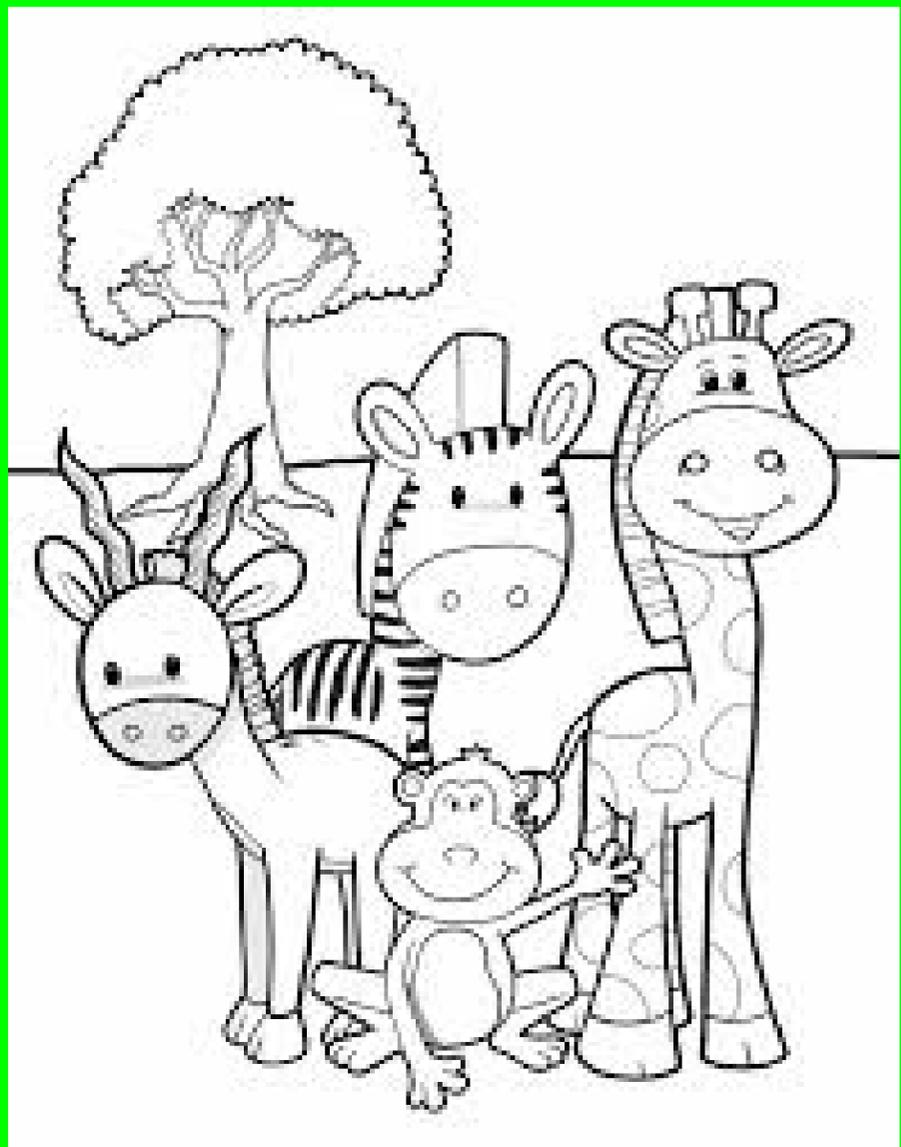
		2						1
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4		6						
	9		3					
	2		5	1			7	
	6				7			1
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	1				6	7		

## Arts and Crafts Word Search

- |              |               |
|--------------|---------------|
| ACRYLIC      | PAINT BRUSHES |
| BEADS        | PAINTING      |
| CHALK        | PAPER MACHE   |
| COLORING     | QUILTING      |
| CRAYONS      | SCRAPBOOKING  |
| CROCHET      | SCULPTING     |
| CROSS STITCH | SEWING        |
| DRAWING      | TIEDYE        |
| KNITTING     | WATERCOLORS   |
| MARKERS      | WOODWORKING   |

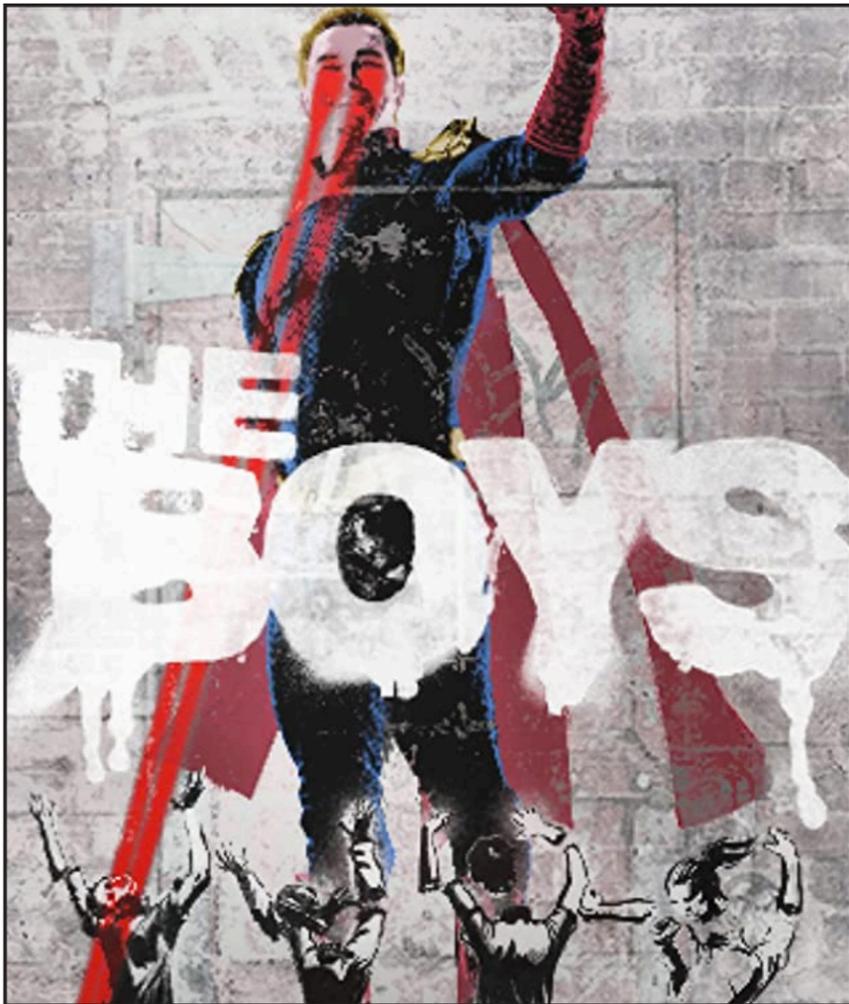
Color in the animals and send us a picture of your masterpiece to see it on the paper or online.

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# ENTERTAINMENT

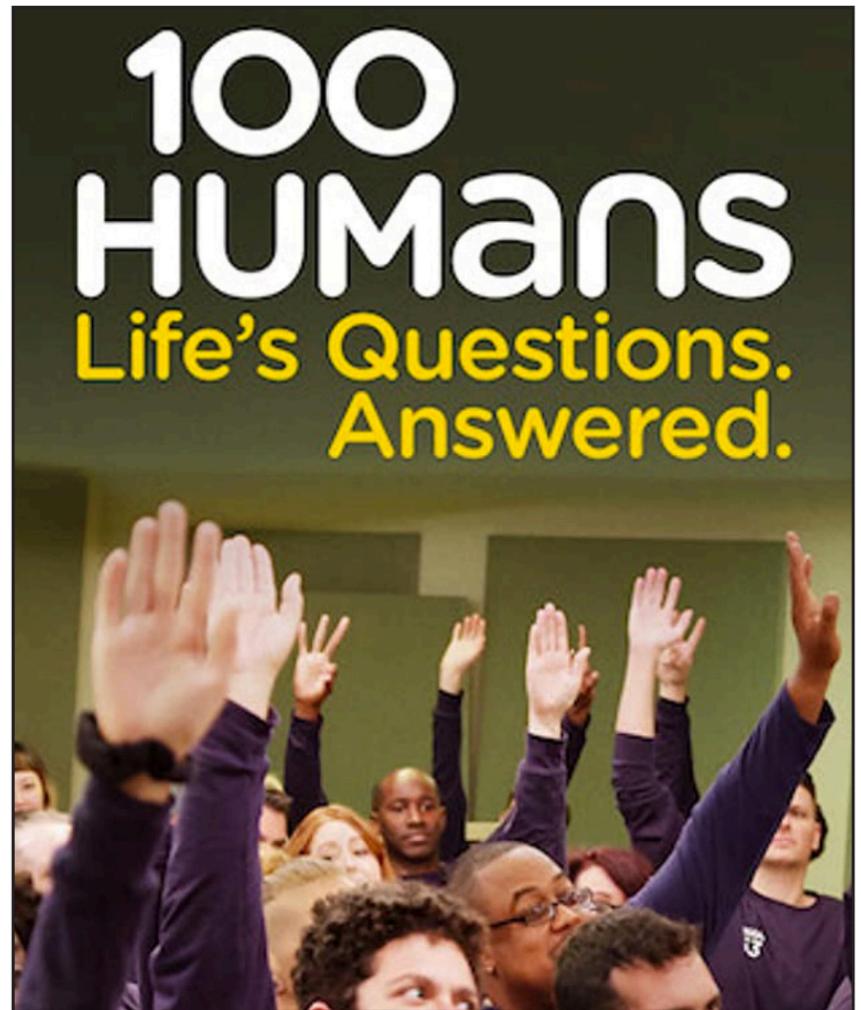
## The Boys: Series Review



by Brian Friedman

Amazon Prime released this fantastic, violent, and cynical look at what if the Justice League went corporate and had some significant mental problems. The casting and acting was perfect and I thoroughly enjoyed every episode. Only complaint is that the final episode was a little tight and could have used a ninth episode to breath a little bit. I totally can't wait for Season Two. Grade? Straight-up A.

## 100 Humans: Series Review



by Brian Friedman

Over the 8 episodes, "researchers" recreate famous Psychology and Sociology 101 studies in an entertaining fashion. Multiple times, the sample size is suspect but the show remains informative and entertaining throughout. At my home, the whole family was engaged with lots of pausing for discussions, comments, and questions. What more would you need to tune in? Now streaming on Netflix. Grade: B plus.

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# ENTERTAINMENT

## Where Am I ? May Challenge



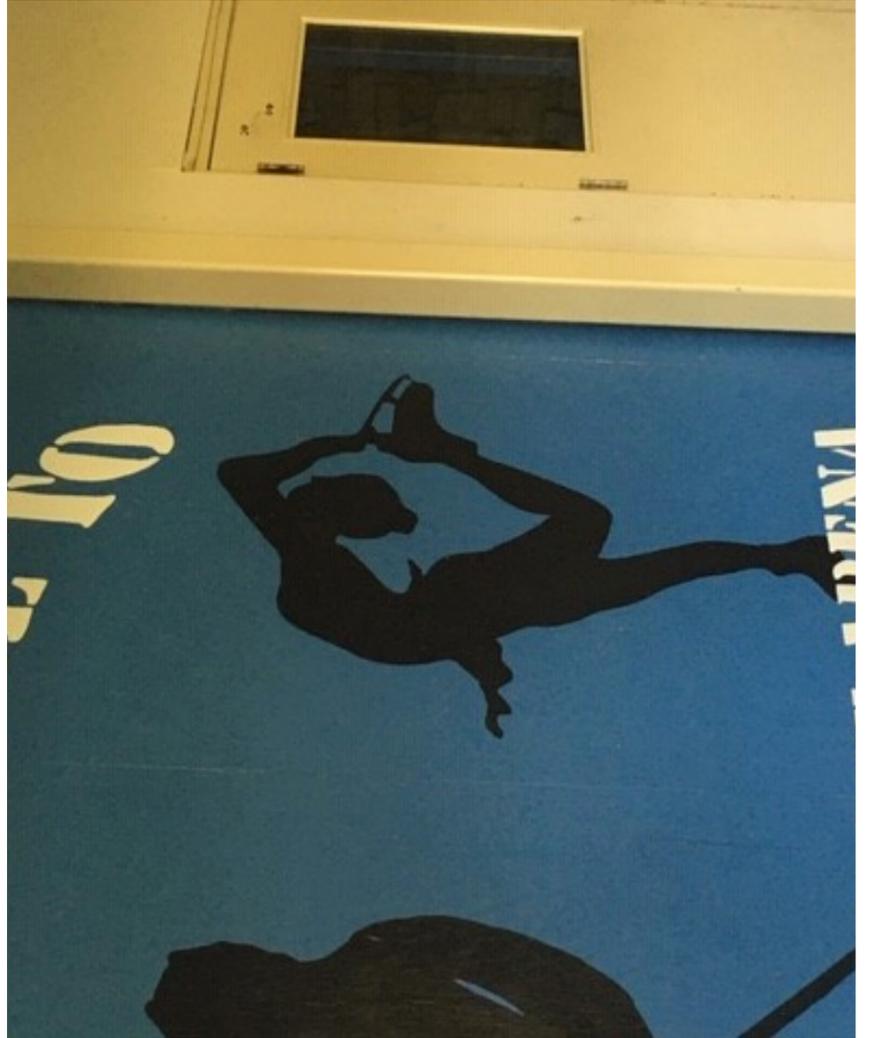
by John Copic

Take a selfie with this month's Where Am I Picture and email it to CollinwoodPublishing@Gmail.com and you will be eligible to win a \$25 Gift Card to Great Scott. If we have more than one correct entry the winner will be decided by random drawing.



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## “Where Am I?” April Winner



by John Copic

Congratulations to our winner who wrote, “This has got to be it. Inside ice arena. Due to shut down there’s no access to get in building to take a selfie. This picture was taken through outside door. Name is Rich Goluch.”



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