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# The Collinwood Observer



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April 2017

## VASJ Wins State Basketball Title



The Villa Angela-St. Joseph High School boys basketball team made history the weekend of March 24 and 25 when they qualified for their fifth-consecutive state finals appearance and won the DIII state championship, earning the school's seventh boys basketball state title.

## Upstage Players Presented Fiddler on the Roof



The Upstage Players rendition of Fiddler on the Roof was heartwarming, uplifting and brilliant. Pictured here on the left as Lazar Wolf is Damon Durrah Jr. and on the right as Tevye is Isaac Walsh-Hilf.

## The Big Clean! A two-city clean-up extravaganza Saturday, May 6th 2017



Student volunteers from Case Western Reserve University, VASJ and neighborhood residents jump for joy after a successful street cleanup along Lakeshore Boulevard last fall!

by Stephen Love

Following the success of Green Up Cleveland's neighborhood-wide clean up last spring, Northeast Shores Development Corporation's Quality of Life committee is teaming up with the City of Euclid for THE BIG CLEAN – empowering neighbors in Cleveland and Euclid to take greater responsibility for improving our neighborhood and our Great Lake!

Do your part to keep your block beautiful during THE BIG CLEAN on Saturday, May 6th 2017. The fun begins at 9:00am when volunteers gather at Villa Angela-St. Joseph (VASJ) School (18491 Lakeshore Blvd, Cleveland, OH 44119) to pick up cleanup supplies get to work!

In conjunction with Keep Euclid Beautiful, Northeast Shores and The Euclid Beach Adopt-A-Beach Team free supplies (trash bags, gloves, pickers) will be provided to all volunteers.

How to get involved:

1) Register online at <http://bit.ly/2nZUul7> as an individual or a group (your block club, church congregation, and coworkers make for great groups!)

2) Pick up supplies at the volunteer check-in location at Villa Angela-St. Joseph (VASJ) School on Saturday, May 6th between 9:00-9:30am.

3) Pick up trash within an assigned cleanup area (when registering online, please indicate if you are registering with a group or registering as an individual to be assigned where help is needed)

4) Celebrate! All volunteers are invited to a post clean-up celebration with free food, music and prizes at VASJ. Best part of all, we'll have a competition between Euclid and Cleveland to see who collects more bags of trash! More details will be provided to registered volunteers.

## Irie Jamaican Kitchen Finds its Groove on 185th St.



Omar McKay displays a fresh jerk chicken bowl at Irie Jamaican Kitchen

by Jonathan Holody

No matter the weather outside, stepping into Irie Jamaican Kitchen at 621 E. 185th Street is like taking a quick trip to the islands.

Large windows flood the space with natural sunlight. Colorful decorations, Bob Marley portraits and soft reggae music make for a fresh and relaxed atmosphere.

Omar McKay, a Euclid resident, moved his Jamaican style restaurant to the corner of Monterey Avenue and E. 185th Street in Euclid about six weeks ago from the Richmond Town Square food quart.

The new location still attracts longtime customers and has quickly become a favorite of local residents and business owners.

"It's awesome. I love it," remarks Joe Zawatski of North Coast Auto, another business along the up-and-coming E. 185th

Street corridor.

At Irie, Omar serves traditional Jamaican cuisine "with a little spin". All items are made from scratch, including the sauces and marinades. Carry-out and dine-in options are available.

Omar came to America from Jamaica when he was 15 years old. He perfected his cooking talents at Cuyahoga Community College's culinary school.

According to Omar, Irie means "happy" in Jamaican. "It's how I want people to feel when they come here."

Omar certainly is succeeding in making customers happy - just like a trip to the Caribbean, but for a fraction of the price.

Irie Jamaican Kitchen is open Monday through Thursday from 11am to 8pm, and from 11am until 9pm on Friday and Saturday.



Community

TheCollinwoodObserver

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To submit a story, go to [www.collinwoodobserver.com](http://www.collinwoodobserver.com), click on Member Center, sign in, click on Submit Story, and start writing.

Next deadline: May1 25, 2017

You can mail your stories to the Collinwood Observer office at 650 E. 185th Street, Cleveland, OH 44119.

Made in Collinwood Launches Technical Assistance Series for Small Businesses

by NESDC  
As part of our Made in Collinwood outreach to artisan businesses, Northeast Shores is kicking off 2017 with a free entrepreneurial workshop series!

The core 4-week Neighborhood GROWS series combines the impact of an intensive business development and management series with the personalized attention and detail of one-on-one business counseling sessions to meet the needs of neighborhood-based retail businesses.

The retail industry is nothing short of a rollercoaster ride, but with the right planning you can be prepared to make educated decisions to remain competitive and profit-

Councilman’s Corner



by Michael D. Polensek

That old saying – “April showers will bring May flowers!” In Cleveland, the flowers are orange barrels and pot-holes due to this crazy winter we’ve had. Please be proactive on your own street and if there is a road issue please report it to the Division of Streets at (216) 664-2510.

The City budget process has come to an end and I am greatly concerned about the many outstanding issues that had not been adequately addressed, in my opinion. Residents city-wide are wanting to see a real dramatic change in city services in light of the 25% increase in City income tax. Time will tell shortly if there really is a change in basic city services. I, for one, will continue to press those issues that are of the greatest concern to our citizens and businesses alike.

On that note, I would like to welcome to the Ward 8 community Blackwater Roasters to 814 East 185th Street, a new coffee shop and game café, as well as ILF Transportation located at 16117 St Clair Avenue which provides vans and drivers for various non-profit agencies and businesses.

We, welcome Pastor Heath and the New Praise Ministries to 18100 Canterbury, the former Beachland Presbyterian Church. He and the congregation are elated to be a part of our community and eager to get involved. I want to thank our local Catholic Churches of St Casimir, Holy Redeemer, St Jerome, and St Mary for their Lenten Cluster services and programs. It is great to see our churches and congregations working together. I also wish to thank the Greater

New Canaan Ministries at 14911 Westropp for their expanded outreach in the Collinwood community; watch for more details on their programs. I wish to congratulate Greater Bethel AME Church on Thames Avenue who celebrate their 100th Anniversary this year and have a long history tied to the original Collinwood Village and the Collinwood railroad yard.

Talking of outreach and service – what can I say about the new Salvation Army Temple Corp and Community Center located at 17625 Grovewood Avenue? I had the honor and pleasure of being involved in the design and implementation for this magnificent complex. The dedication on Sunday, March 19th, only reinforced to all who attended what a great community partner the Salvation Army has been, and continues to be. My sincere appreciation to the Captains Karen and Daniel Alverio, the Staff and volunteers who make this facility a warm and welcoming destination for those seeking help, service, and a place to worship.

East 152 Street is well under construction. Drive carefully. As the rehabilitation of the roadway continues, watch for detours.

The Friday Night Summer concert series at Euclid Beach in partnership with the Cleveland MetroParks will open on Friday, June 9 with Disco Inferno, from 6:00 PM – 9:00 PM. Dig out your bell bottom slacks and get ready to dance and celebrate the 40th anniversary of “Saturday Night Fever.” We are going to have our own Friday Night Fever each week in Ward 8 for, the concerts run every Friday night throughout the summer!

Hope to see you in the ward this Spring and Summer. As always I can be reached at the office at (216) 664-4236 or via email at [mpolensek@clevelandcitycouncil.org](mailto:mpolensek@clevelandcitycouncil.org).

COMMUNITY MEETINGS

**COLLINWOOD HOMEOWNERS MEETING**  
1st Wednesday of the month  
7:00 PM  
St Mary Church  
15519 Holmes Avenue

**MyCOM MEETING**  
1st Thursday of the Month  
5:30 PM  
Salvation Army Temple Corp  
17625 Grovewood Avenue

**EAST 185th STREET NEIGHBORHOOD ASSOCIATION**  
2nd Tuesday of the Month  
6:00 PM  
Lithuanian Hall  
877 East 185th Street – next to Post Office

**DEMOCRATIC WARD CLUB**  
2nd Wednesday of the Month  
(September to June)  
6:30 PM  
Collinwood Slovenian Home  
15810 Holmes Avenue  
PRESIDENT: Councilman Polensek

**FRIENDS OF COLLINWOOD RECREATION**  
2nd Thursday of the Month  
6:15 PM  
Collinwood Recreation Center  
16300 Lakeshore Boulevard

**5th DISTRICT COMMUNITY RELATIONS MEETING**  
3rd Wednesday of the month  
6:00 PM  
Collinwood Five Points Community Center  
East 152 Street except for:  
May (Murtis Taylor),  
July (St Clair Superior Dev Corp),  
October (Cleveland Job Corps Annual Dinner),  
November (Glenville Rec Ctr.)

**EAST 156th STREET NEIGHBORHOOD ASSOCIATION**  
3rd Thursday of the month  
6:00 PM  
Collinwood Recreation Center  
16300 Lakeshore Boulevard

**EAST 140TH STREET NEIGHBORHOOD ASSOCIATION**  
4TH Wednesday of the Month  
(March to November)  
6:00 PM  
Collinwood Five Points Community Center  
East 152 Street

**CLEVELAND CITY COUNCIL**  
Monday night at 7:00 PM  
Please note – this is a public and an open meeting but does not take public commentary

Any questions about these meetings please feel free to call  
Mary Louise Jessek Daley,  
Councilman Polensek’s office, (216) 664-4236

**April 10, 2017** - Neighborhood GROWS Session 2: Numbers 4:00 pm – 7:00 pm

**April 17, 2017** - Neighborhood GROWS Session 3: Marketing 4:00 pm – 7:00 pm

**April 24, 2017** - Neighborhood GROWS Session 4: Operations 4:00 pm – 7:00 pm

All workshops will take place at the Collinwood Recreation Center (16300 Lakeshore Boulevard) and are free to attend, but registration is required. Call the Hispanic Business Center at 216-281-4422 to register. Refreshments will be provided at each event.

Made in Collinwood unites, amplifies and centralizes the makers and artisan businesses of the greater Collinwood community in Cleveland, Ohio. The program is the newest offering of Northeast Shores Development Corporation, the 501(c)(3) non-profit working to make North Collinwood a better place for everyone to live, work and visit. For more information, visit [www.madeincollinwood.com](http://www.madeincollinwood.com) or [www.northeastshores.org](http://www.northeastshores.org).



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HGR

Sheffield Bronze’s Founder: from Printer to Paint-Powder Distributor, Car Salesman, Auto Lessor, and finally Paint Manufacturer by 1927



by Gina M. Tabasso

Mel Hart, president of Sheffield Bronze Paint Corp., 17814 S. Waterloo Rd., Cleveland, is a self-made man with captivating stories to tell about the history of Cleveland and of his family, especially his grandfather, Abe Gross, the founder of Sheffield Bronze.

In the 1920s, Hart’s grandfather worked for Star Printing as an apprentice printer and lived with his parents and siblings in a rooming house on Scovill Ave. When Star Printing’s owner died, Gross was only a teenager. But, he bought the company from the owner’s wife by making payments over time. Star Printing was a prominent printer that made laundry tickets, Hanna parking garage tickets, and labels, among other items. One of the jobs Star Printing took, on a handshake, was to print labels for bronze powder, used to make copper, gold, brass and silver paint.

When he went to collect the payment for the labels, the owner of the company admitted that he was going out of business. To pay for the labels, he turned over the labels, cans and powder to Gross. A business was born in 1927. The bronze powder sold well; so, he bought more powder from England to package and resell, while continuing to run his printing business. He decided that he wanted to sell aluminum powder (pulverized aluminum scrap that is used to make aluminum paint) and contacted Alcoa. This powder was used to make paint for the World War II effort and for many purposes, including pipes, window and door screens that were painted aluminum.

At this time, fine steel was being produced in Sheffield, England, to make Sheffield knives and other steel items. The name “Sheffield” became synonymous with fine steel then, eventually, came to encompass all fine metal. Gross took the name for his



paint-manufacturing company, and Sheffield Bronze Paint Corp. was born.

The company was moved from the original location of Star Printing on E. 55th to another location at E. 55th and Woodland Ave. It moved again to Lakeview Rd. and Euclid Ave. In 1949, Gross bought the land where the company still is located in Collinwood because it was inexpensive due to being next to the railroad tracks but convenient for the company since it would receive shipments of paint cans by train.

Unfortunately, one year later, he passed away, and his two sons took over. One year later, on the same day, their sister, Hart’s mother, passed away when he was 13 years old. Hart had worked with her after school in the restaurant that she owned, Hickory House, 7804 Carnegie Ave., Cleveland. He moved in with his father (his parents had divorced when he was two) who sold cars and began to work with him. They sold the restaurant to The Lancer Steakhouse. The building was lost in a fire and torn down in 2009.

Hart’s uncle, Sanford Gross, said to him, “If you can sell cars, you can sell paint” and asked Hart to work for him. Hart took a chance and hoped for a future. When each of his uncles passed away in 1998 and 2008, he bought out their shares from his aunts. Through the years, he had worked his way up in the company from selling paint, to running the plant, to purchasing, to general manager to sales manager and, finally, to president. Hart says, “I have to know how to do everything in order to train people.”

Sheffield Bronze employs 14-20 people. It produces decorative metallic paints (gold, silver, bronze, copper) that are sold to paint manufacturers and through paint distributors to hardware stores and paint stores, including Ace, True Value, ALL-PRO and Sherwin-Williams. The paints are purchased by home owners, contractors, architects, and interior designers for use in touching up porcelain and cast-iron stoves, chalkboard paint on walls for children, paint tints, on church domes, such as St. Theodosius in Tremont, roof canopies, carousels (Euclid Beach Park Grand Carousel housed at the Western Reserve Historical Society), and ornate ceilings and trim, including the theaters in Playhouse Square.

A lab technician, fillers, labelers, packagers, and shipping, receiving and office staff work for Sheffield Bronze. The raw materials come in to Receiving, are taken by elevator upstairs where they are manufactured. The pigments come down through gravity feed tubes into mixers that grind the pigment to fine, uniform dust, which is then used to make the paint. Hart has purchased some of his equipment, including a heat sealer, paint tanks and filling equipment, locally, from HGR Industrial Surplus.

Hart says, “My biggest challenge is finding the right customers that are quality, like Sherwin-Williams. They are human, understanding and make a great team.” To be a successful manufacturer, he says Sheffield Bronze takes in an order today and gets it out tomorrow. It handles small volume that other manufacturers don’t

want to handle. He continues to keep the company at its current size so that he has a niche market that other larger companies cannot duplicate.

Through the years, he’s had to change his business model. The company used to call on small hardware and paint stores and had reps throughout the country. He shifted to a distributor model; therefore, the company no longer sells direct to consumers. He shares other industry challenges: “It’s a problem for the little guy because there are less and less people to sell to. The big guys get bigger, and the small guys are out of business. So, I need to be a help to the big guys, not a competitor or a hindrance.” He also says that salaries are up, and he can’t hire someone to do his job at what he makes; so, he may end up having to sell the business when it’s time to retire in a few years.

Outside of work, when he was younger, Hart loved boating and motorcycling. He used to ride his motorcycle through the Cleveland Metroparks from Chagrin Falls to Valley View with only two traffic lights then take the old trail to Peninsula and have lunch. He also used to horseback ride around Shaker Lakes and groom horses at the 107th Cavalry Regiment’s stables, as well as at Sleepy Hollow Stable in the “country” on SOM Center Road and the Cleveland Police Mounted Unit..Gina M. Tabasso, marketing communications specialist, HGR Industrial Surplus, [www.hgrinc.com](http://www.hgrinc.com)

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Events

Collinwood Cleanup Day



by NESDC  
May 6, 10am to 12pm - It's that time again when the snow has (hopefully) melted and all that remains is the salt from the roads

Spades and Shovels



by Erin Randel  
It's April, and that means it's time to start

and trash that was left behind. All that trash goes someplace, and it's unfortunately the shores of Euclid Beach. The great news is if everyone pitches in, we can help make Collinwood beautiful! Grab a neighbor, grab the kids and get to picking up trash. We'll have trash bags and gloves for you, plus a few incentives. This is a great way to give back to the community that has given us so much. For more information call Julia at 216-481-7660.

planting! Whether you lack land or just want to garden around friends, community gardens can be found throughout North Shore Collinwood. So get out there with your green thumb!  
Collinwood Friends Garden, 247 E. 156th St.  
Daniel Ave. Garden, 15396 Daniel Ave.  
Darley Ave. Garden, 14110 Darley Ave.  
Exceedingly Well, 490 E. 142nd St.  
Pheuma Chapel, 251 E. 156th St.  
To get connected to these gardens, contact Julia at 216-481-7660

Let's Build Community!

by NESDC  
Save the date. The City of Cleveland's Department of Community Relations is hosting their second Community Builders Conference on Saturday, April 29, 2017 from 8:30am-1:00pm at the East Profes-

sional Center on Superior Ave. and E. 79th St. This event allows a platform to network across the city and learn best practices from others who want to build and sustain street clubs and grassroots community groups. Registration details are coming soon.

Laugh Therapy Here

Sherrie Zagorc  
Q: Why shouldn't you write with a broken pencil?  
A: Because it's pointless.  
We all need a little humor these days and Kiddie City will be full of laughs on Saturday, April 22nd as we celebrate the 10th year of our "Funds for Fun" fundraisers to benefit our children with educational enrichment activities like field trips to the Cleveland Metroparks Zoo and the Cleveland Botanical Gardens or sponsoring visits to Kiddie City from our Beck Center musical friends and Mr. Hassan.  
A home grown non - profit organization since 2006, Kiddie City has grown to provide a quality early childhood educational experience to 140 children and employment to 40 full and part time early childhood educators in Euclid. You'll get

to see our new home in the former Lincoln Elementary School building and enjoy the humor of 3 area comedians while you visit with friends and neighbors, noshing on a great assortment of hearty snacks and desserts and dropping your tickets in colorful bags for a chance to win a fun prize.  
Call 216.481.9044 for more information and to purchase tickets. Special prices are available for individuals, couples and table groups of 8. Basket donations from our community friends are greatly appreciated! Kiddie City Child Care Community is located at 280 E. 206th St. Euclid, Ohio 44123 and serves area families with children from 6 weeks to 12 years old.  
So, on a final note, what do you think? Can February march? No, but April may.

Music for Miles: Audience Adventures in 2017



Bill Meyer's Silver Keys Clarinet Quartet



Mary Beth Ions and her Amethyst quartet

by Nan Kennedy  
As we enter our sixth year of M4M concerts, we're feeling called to expand the horizons, and travel further into the many-splendored world of "classical" music – without losing sight of the favorites that brought us here in the first place.  
So for April (Sunday April 12), some of the M4M audience (me, at least) will be taking part in their very first drum circle (unless I count the long-ago evening I spent with Miles and two friends in Montreal, banging on coffee cans with Leonard Cohen). Under the aegis of the Cleveland Federation of Musicians-Local 4 and the Percussion Marketing Council, Karl Dustman will bring the Local Four Drum Circle to Waterloo Arts, along with instruments from his vast collection that you will really want to play. Think metal, wood, shakers, jingles - rain sticks, ocean drums, a marching machine . . . If you don't want to join in, it's fine to sit and watch – but the forecast is

that no one will be able to resist.  
Our May concert, on Mothers' Day (Sunday May 14), will be more traditional; we've invited Mary Beth Ions and her Amethyst quartet. Mary Beth has played at Waterloo Arts, both alone and with the Amethysts, and she has always garnered loud applause, because she plays beautifully and her enthusiasm casts a spell.  
After the summer recess, M4M returns for three months in September. First, on Sunday September 10, Bill Meyer's Silver Keys Clarinet Quartet will play an elaborate program of dance music – plus dancers. It is possible this will involve a jitterbug lesson for those so inclined. Stay tuned.

After the summer recess, M4M returns for three months in September. First, on Sunday September 10, Bill Meyer's Silver Keys Clarinet Quartet will play an elaborate program of dance music – plus dancers. It is possible this will involve a jitterbug lesson for those so inclined. Stay tuned.  
On October 8, we'll cross the world for a concert from another school of classical music altogether – the ancient Karnataka mode practiced in South India since at least the thirteenth century.  
And on November 12, a still to be determined program of selections by traditional composers who drew inspiration from folk and country songs of their own countries, with emphasis on those nationalities that settled in Collinwood.  
As always, M4M concerts are held on the second Sunday of the month, at 4 pm, in the Waterloo Arts building at the corner of Waterloo and E156. The concerts are free, thanks to a partnership with the Local Four Performance Fund and the generosity of M4M supporters, but freewill offerings are always welcome. The ambiance is relaxed, children are welcome, a glass of wine or other refreshment can be found at the Cal-laloo Cafe, also in the WA building.

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Community

Accordions Rule at 35th Super Button Box Bash at Slovenian Society Home, Sunday, April 9

Kathy Hlad and Julie Tabaj of the Button Box Divas are among the performers at the 35th annual Super Button Box Bash accordion festival at the Slovenian Society Home on Recher Avenue in Euclid, Sunday, April 9.

by Joe Valencic  
The accordion is king at the 35th Super Button Box Bash on Sunday, April 9, 2017. Join the Button Box Band of the Year, the Fairport Jammers, and the Button Box Artists of the Year, Kathy Hlad and Frank and Darryl Valencic, plus ten favorite squeezebox artists for a day-long dance-athon! Euclid's Polka Hall of Fame once again teams with the Slovenian Society Home on Recher Avenue in Euclid, Ohio, to host springtime's biggest Cleveland-Style polka event with fifty accordions.  
The 35th Super Button Box Bash features non-stop music in both halls at the Slovenian Society Home. These accordion greats are scheduled: The Summit Jammers, The

Slovene American Club Button Boxers, Patty C & The Guys, Magic Buttons, Anthony Culkar, Matt Sepesy, Rob DeBlander, The Button Box Divas, Fred Ziwich and Ron Likovic.  
Bring your box and jam with your friends. Indulge in nationality treats. Check out CDs and Slovenian- and polka-themed tee-shirts at the Polka Hall of Fame Pop-up Shop. Admission is \$8; eighteen and under free. Dance and play from 1:00 to 9:00 at the Slovenian Society Home, 20713 Recher Avenue, Euclid, Ohio, off East 200th Street, just north of the I-90 exit. Contact the Polka Hall of Fame for ticket information, (216) 261-3263 or polkashop@aol.com.

Spring Sale of Books and AV materials

by Bonita Kale  
After six months of sorting and a frantic day of set-up, the Spring Book Sale, held by the Friends of the Euclid Public Library, will be on Saturday, April 29th and Sunday, April 30th, with a preview night for members on the 28th.  
There has been talk of raising prices, but, for this sale at least, they remain at 50¢ for hardbacks and 25¢ for paperbacks. There will be one table of special books with higher prices. The highest standard price is \$2.00 for a DVD; other audio-visual media are \$1.00 or less.  
Houses don't stretch, and neither do libraries. But every year, there are thousands of new books that people want to be able to check out. The only way to make room for them is to get rid of the old books. Fifty years ago, libraries used to burn them! Now they are given to the Friends of the Library, who sell them to make money to help the library.  
In addition, houses being the unstretchy things they are, many people have books to give away. The Friends sell those, too, everything from a 1942 wartime cookbook to a current best seller, seemingly unread. Material has been collecting the previous sale was still going on in October.  
The books are roughly sorted by broad—very broad!—library number categories. For instance, the 600s (Technology) include books on carpentry, gardening, and cooking, but also business, child care, and health. The 700s (Arts and Recreation) cov-

er everything from fine art to football. The 000s (General Works), cover computers, trivia, journalism, Bigfoot, and flying saucers. And the 300s (Social Sciences) contain all the stuff about human society and how it works from economics and education to politics and true crime.  
Fiction has its own category, as do mysteries, science fiction and fantasy, biographies, and large print books.  
And the children's and young adult books are worth checking out even if you have no children; often, they have the most interesting information and the clearest pictures.  
Place: Euclid Public Library, 631 E. 222nd St., Euclid, OH 44123  
Time: Friday, April 28th, 6:30 p.m. to 8:30 p.m. Members preview night. The library is

closed, so there will be a line outside. Bring your Friends Membership card—not the same as your library card. If you can't find the Friends card, you can be looked up at the door, or you can join for \$5.00.  
Saturday, April 29th, 9:00 a.m. to 4:00 p.m. This is a good day to come; there are tons of books, and it's not crowded.  
Sunday, April 30th, 1:00 p.m. to 4:00 p.m. Bag Day. You buy a paper grocery bag for \$3.00 and fill it up. Your own larger bags or carts can be left outside the room to wait for you.  
The library is on East 222nd Street, north of I-90/OH-2. Coming from the freeway, turn right immediately after you see the Veterans' Memorial, which includes a Vietnam-era tank that's hard to miss.

Mental health presentation features Cleveland-based photographer Marc Golub

Cleveland-based photographer Marc Golub

by Marilyn Quill  
WESTLAKE, OHIO – March 10, 2017  
"In one study, 92 percent of depressed patients who had attempted suicide were also plagued by severe anxiety. Like alcohol and barbiturates, depression and anxiety can be a deadly combination when taken together," says Cleveland-based photographer Marc Golub.

Golub knows first-hand. He experienced a harrowing, life-threatening journey through 22 months of treatment-resistant clinical depression along with a co-occurring major anxiety disorder. A world-class

professional photographer and computer geek, Golub has photographed every U.S. president from George H.W. Bush to Donald Trump. With an extensive and diverse body of work, Golub's photos have appeared in every major publication in the United States and around the world. He

is also an entrepreneur, owning KlikSEO—a search engine optimization and social media company.  
"Depression is an ocean 1000 feet deep. When a person is a few inches under water he/she is depressed. When a person is 999 feet underwater he/she is also depressed. The only difference is the person at 999 feet is closer to suicide and death," says Golub.  
"During the height of my anxiety, I was afraid to shower. I was afraid to go in a car and feared being seen in public. There was no rhyme or reason to this—it just was.

And anxiety disorders are the most common mental illness in the United States, affecting 18 percent of adults," he adds.  
Along with a clinical presentation by Licensed Professional Counselor Shelle M. Mathis, Golub will be sharing his 22-month ordeal as a case study Tuesday, April 6, in the presentation, "The Sea of Depression and River of Anxiety - Mapping a Journey of Survival."  
Shelle M. Mathis is a licensed professional counselor and a licensed chemical dependency counselor III. She is CEO and founder of Shelle M. Mathis Counseling Services, where she specializes in substance abuse, depression and anxiety disorders. She is also CEO and founder of Lilly in the Valley Christian Center (LIV), a non-profit 501(c)(3) organization created to heal the broken through the arts and holistic recovery. Mathis engages eclectic counseling methods to help those recovering from mental health, substance abuse and other life-altering issues. She is a member of the Lorain County Suicide Coalition Behavioral Health Outreach Committee, facilitates the Elyria Survivors of Suicide

Support Group and a member of the LOSS Team.  
Cosponsored by Westlake not-for-profit Passion for Change and the ADAMHS Board of Cuyahoga County, registration is \$35 and open to the public. The program will be held at the ADAMHS Board, 2012 W. 25th St., Cleveland. It is approved by the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board, and offers 2.5 CEUs for Counselors, Social Workers and Marriage and Family Therapists.  
To register online, go to [www.passionforchange.org](http://www.passionforchange.org), or the direct link: <https://passionforchange.networkforgood.com/events/2044-the-sea-of-depression-and-river-of-anxiety-mapping-a-journey-of-survival>.  
For more information, contact Passion for Change at 216.496.3295 or [info@passionforchange.org](mailto:info@passionforchange.org).

Join the Discussion at: [www.collinwoodobserver.com](http://www.collinwoodobserver.com)



Community

Bicyclist of the Month



Linda Zolten Wood, enjoys riding in a skirt and brings her creative fashion sense to her bicycling attire. Photo by I.M. Wood.

by Kath Sonnhalter  
**March Bicyclist of the month Linda Zolten Wood, Collinwood resident**

**Where and how do you ride? Describe the experience.**

I usually ride as a fun way to exercise, and was gifted a thrifed sturdy bike with big, city street friendly tires about 5 years ago, and have been addicted ever since.

I love early morning rides before my family is up, ready for breaking dawn, and ride around my blocks in North Collinwood, with my light flashing. Traffic is very quiet early in the morning, and I feel safer off the main roads.

If I have to be on Lakeshore Blvd, I resist riding in the street because inattentive drivers are not paying attention to bicycles, and the new bike lanes are not marked clearly enough; they're also unprotected, and pot-holed or filled with broken glass. I've been shoved off the road by RTA's Paratransit bus, who was not aware that I had a right to be on the road. So until the bike lanes and sharrows are more safe, I'll mostly stick with the sidewalks, apologies to the bus stop folks – I ring my bell and slow down for them.

**Do you ride your bike to work or school?**  
My husband and I decided to become a one-car family and we're both self-employed artists, so if he needs to be at a gig, I've been able to ride to local jobs and the Collinwood Rec. Center for classes, as long as it's above 45° or so.

**Do you ride year round? How do you dress for the cold?**

Cold weather riding is a bummer, so I avoid it, but I can handle bundled up short rides if needed, as long as I'm layered, my head & ears need to be covered under my helmet (I'm always helmeted) and gloves are needed.

**If you could change or improve one thing about your cycling experience, what would it be?**

If I had my wish, my street would still link up with the lake bike trail starting behind the Walgreens at E156th at Lakeshore. It used to take us down to the new bridge connecting Villa with Euclid Beach, but now the path is gated and locked – disappointing that it's not as easy as it used be, to connect the lakefront.

**Share with us a favorite memory.**

My favorite memory was an early ride, a couple years ago, when the sun wasn't quite up yet, but a hint of dawn revealed very large, slow moving dogs, quietly crossing the street: I was moving pretty slowly and peacefully, when I realized there were 4 full-grown deer crossing in front of me. I slowed down, 1/4 block from them, and stopped in the middle of the street and just watched them gracefully move. I love seeing wildlife in the city.

To be considered for Bicyclist of the Month, contact us at bikeEuclid@gmail.com.

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The Coit Rd Farmers' Market French Toast Breakfast and Kitchen Addition



by Joe Jerdonek  
The Coit Rd Farmers' Market Annual French Toast Breakfast will be Saturday, April 8, from 10:00A to 12:00P. Ten bucks gets you three slices of French toast, maple syrup along with a choice of meat (bacon or chicken sausage) and coffee or apple cider. Plates will be provided for those who want to share with their child under 10 years of age. As always this meal is made with all locally produced ingredients.

The market has long sought the ability to offer prepared food from a full kitchen. Funding is expected to build a kitchen in the rear utility building this year. This was helped by

a donation of roofing materials from Johns Manville Corporation and the installation by Professional Roofing of Strongsville.

Ohio Direction Card Users get \$20 worth of food for \$10 charged to their card each day they shop at the market. The market is open Saturdays year round from 8:00 AM to 1:00 PM and is located at 15000 Woodworth Rd near East 152nd and Noble Rd. Wednesday hours from 10:00 AM to 1:00 PM will begin May 31. Call 216-249-5455 during market hours or go to [www.coitmarket.org](http://www.coitmarket.org) for additional information.

Spring has Sprung, the Fun has Just Begun at the Library!

by Kiaira Jefferson  
Cleveland Public Library - Collinwood Branch Library  
856 East 152nd St, Cleveland, OH 44110  
216-623-6934  
[cpl-collwd@cpl.org](mailto:cpl-collwd@cpl.org)

YOUTH PROGRAMS:

**Kids Café**  
Visit the Collinwood Branch Library after school for Kids Café provided by the Cleveland Food Bank!!  
Monday – Friday, 3:30pm - 4:30pm

Produce for Cleveland

Free, fresh produce distributed through a partnership with the Greater Cleveland Food Bank. One free (5 pound) bag of produce per household, per week while supplies last.  
Tuesdays (Contact branch for delivery schedule)

**FREE Tutoring in All subjects: Grades K – 8**  
Free one-on-one and/or group tutoring and homework help offered in partnership with Cleveland State University's America Reads tutoring services.  
Monday – Thursday, 3:00pm – 6:00pm

**Cleveland Museum of Natural History (CMNH):**  
CMNH Vouchers are provided to the

branch every month and are available to check out with your Library card! Each voucher allows FREE admission for two adults and four children. Vouchers must be redeemed within 30 days of checking out.

**Egg Hunt!**  
Join us for a fun and exciting egg hunt! The child who finds the most eggs wins a small prize!  
Thursday, April 13th @4:30

**Make it and Play: Guitar/Bass Craft**  
Create your own Guitar/Bass instrument and then have a jam session with Mr. T.!  
Thursday, April 20th @4:30pm

**Poetry Slam/Karaoke Competition**  
Let your voice be heard! Like to sing or write poetry? Here's your chance to shine.  
Thursday, April 27th @4:30

**ADULT PROGRAMS:**  
**Free Computer Classes!**  
Learn how to use a mouse, navigate in Windows, and save files. Learn to use the World Wide Web and a variety of search tools. Call the branch to register.  
Fridays, April 7th, 14th, 21st, & 28th, 11:15am-12:45pm

Housing Resources comes to Collinwood!

by Collinwood & Nottingham Villages Development Corporation

Ensure your spot today for the Keys to Housing Resource Fair! Informational workshop slots are filling up quickly. You don't want to miss out! Organized by the Collinwood & Nottingham Villages Development Corporation in partnership with St Clair Superior Development Corporation, the Keys to Housing Resource Fair will feature information for first-time homebuyers, existing homeowners, tenants and landlords.

Date: Saturday May 6, 2017 from 10:00am -2:00pm

Location: St. Mary's Church Gymnasium, 15519 Holmes Ave Cleveland, Ohio 44110.

Some invited organizations include NHS, ESOP, Cleveland Housing Network, Housing Research & Advocacy Center, Home Repair Resource Center, Cuyahoga County, The City of Cleveland and many more. We hope to see you there! If you are interested in attending this event please register by phone (216) 383-9772 ext: 101 or online at <https://www.eventbrite.com/e/keys-to-housing-resource-fair-tickets-32359728820>

Bike News

by Kath Sonnhalter

The City of Euclid is committed to creating a comprehensive stress free transportation network for bicyclist, in coordination with the City of Cleveland. During Bike Euclid's March meeting, Mayor Kirsten Holzheimer Gail discussed the City of Euclid's Big Jump Project grant application to People For Bikes, submitted in the Fall of 2016. This People For Bikes initiative hopes to prove that when cities make smart changes, more people ride bikes, and communities become better places to live, work, and play.

Euclid was one of less than 100 communities to apply nationwide. Only 10 communities were selected through a highly competitive process. Thank you to Allison Lukacsy, Architect and Community Projects Manager for the City of Euclid, for taking the lead with this. Our Mayor discussed the fact that though the City of Euclid was not selected for this round of assistance, it will make use of the additional educational resources, and supports working toward the creation of a stress free bicycling network for transportation and pleasure. To learn what the selected cities are up to, go to [www.peopleforbikes.org/placesforbikes/landing/the-big-jump-project](http://www.peopleforbikes.org/placesforbikes/landing/the-big-jump-project).

**April big event!**  
BIKEBIKE a Commuting + Touring For-

um, Sunday, April 23, 2017, 10am-3pm at the Beachland Ballroom.

This is an exciting new event designed to enrich novice and expert alike. With an emphasis on active transportation and transportation equity, BIKEBIKE is a grassroots effort, grown out of a common desire to activate, engage, and empower people in the Greater Cleveland area to commute and tour by bicycle.

The day will include panel discussions on Bicycling and the Law, Commuting, and Touring, moderated by Radio Host and Author Diane (Lees) Jenks, The Outspoken Cyclist, as well as hands-on working sessions led by local bike shops and bike co-ops, including The Broadway Cyclery, Joy Machine, Blue Sky Bicycles, Spin, Village Cycle, Ohio City Bike Co-op, and St. Clair Bikeworks. Go to [www.BIKEBIKE.space](http://www.BIKEBIKE.space) to learn more.

BIKEBIKE lays the groundwork for National Bike Month, in May, sponsored by the League of American Bicyclists and celebrated in communities across the country since 1956.

Be sure to read the May issue to get information on National Bike Month, Bike to Work Day, the Ride of Silence and how you can take part.

Where can residents recycle?



by Jeanne Coppola

This is an open letter to the city asking where residents in Collinwood can recycle. I live in an apartment building on Lakeshore Blvd., and the green recycling containers are not provided for people who live in apartments. They are only provided for residents of private homes.

I used to take my recyclables (newspapers, plastic milk jugs, yogurt containers, metal soup cans, junk mail, magazines, aluminum cans...etc.), to the public drop off location on east 185th Street, but it has been removed.

Is there any other location near the East 185th Street area, where people who live in apartments can take their recyclables?

There are lots of apartments on Lakeshore Blvd.

I called Councilman Michael Polensek's office earlier this week, and asked him to address this issue in the Observer. I hope he can find a solution. I want to recycle, and do not want to throw my recyclables out with the trash every week. Recycling is important to me.

*Publisher's Note: Excellent point Jeanne. Recycling is important. If you go to the Memorial Nottingham Library, located at 17109 Lakeshore Blvd, Cleveland, OH 44110, and follow the signs in the picture, they will take you to the recycling dumpsters (also pictured).*



## School News

### Students Explore Their Learning With Local Performers



Salvation Army Learning Zone Director, Margaret Craig, shares a performance detailing the history of the Underground Railroad.

by Yoellie Perez

This past month, students at Lakeshore Intergenerational School were treated to curriculum-enriching performances from

local community members. In our continued efforts to expose our students to the arts, we were fortunate for the collaboration of community partners who gra-

ciously brought classroom lessons to life.

Throughout the month of February, our students celebrated Black History Month. Classrooms studied the importance of diversity and equality by focusing on the experiences that unite people of all backgrounds. They learned about influential men and women who made great sacrifices to help others while fighting for civil rights. They also studied the achievements of those who overcame adversity and went on to make groundbreaking contributions that shaped the world as we know it today.

In culmination of these lessons, Salvation Army Learning Zone Director and storyteller, Margaret Craig, put on a wonderful character performance that detailed authentic stories from the Underground Railroad. Using songs sung by those enslaved during this period, students learned about the perseverance of those seeking freedom. They were inspired by the courage and ingenuity of those that helped save so many. It was a joy to have Margaret bring these stories to life. We thank her for the invaluable lessons that helped students gain new insight and appreciation for this important time in our nation's history.

As we continue to provide interactive learning opportunities for our children, we were visited by a group of talented musicians from Lake Affect Arts. This Cleveland-based organization is committed to supporting music education in local schools. Kelsey Witt, our music teacher, is dedicated to finding new ways to teach students by utilizing the full spectrum of musical genres. From Classical to Classic

Rock, she makes sure that no genre goes unexplored. For her most recent unit, students analyzed a Classical Chamber piece entitled "Carnival of Animals". In this piece, instruments come together to create musical numbers inspired by a host of wild animals.

The Classical Chamber ensemble put on a whimsical performance of Carnival of Animals Tour that engaged not just our students, but staff and community members as well. Children displayed their extensive knowledge of the piece, joyously clapping along with the rhythms they identified in music class with Mrs. Witt. For many of our students, this was the first classical music performance they had ever attended. We are so proud to nurture this dynamic learning environment in our school community. We'd like to thank Executive Director of Lake Affect Arts, Zachary Whitney, and his group of passionate musicians for making this experience possible.

Lakeshore Intergenerational School is currently enrolling students for the 2017-2018 school year! Families interested in joining our exciting school community are welcome to begin their application online at [www.LakeshoreSchool.org](http://www.LakeshoreSchool.org). Please join us for our upcoming Parent Information Session on April 5th, 2017 at 5:30 p.m. to learn more about what makes LIS special! All information sessions are held at our school located at 18025 Marcella Rd. Cleveland, OH 44119.

### Hannah Gibbons to Host Author, Art Walk



by Thomas Ott  
Award-winning author Deborah Hopkinson will visit Hannah Gibbons STEM School for a free book reading and presentation from 4:30-6 p.m. on

Wednesday, April 19.

Hopkinson has written more than 40 books for young readers, including picture books, historical fiction and nonfiction. All children, ages 4-14, who are registered

for the event will receive a copy of one of Hopkinson's books. To RSVP, email Principal Gregory Adkins by April 12 at [gregory.adkins@clevelandmetroschools.org](mailto:gregory.adkins@clevelandmetroschools.org).

The school is located at 1401 Larchmont Road. Hannah Gibbons will host the visit in partnership with the Cleveland Schools Book Fund.

On Wednesday, April 26, Hannah Gibbons will showcase students' artwork with an Art Walk from 4:30-6:30 p.m.

Besides viewing art displays, families will be able to create their own works of art. They will receive art materials to take home.

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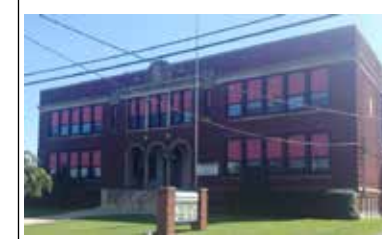
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[rtiedman@hgrinc.com](mailto:rtiedman@hgrinc.com)**

#### Location:

Located 10 miles east of downtown Cleveland in Euclid, Ohio. From I-90 (Lakeland Freeway) Take Exit 182A [East 185th Street] and head South. [East 185th turns into Nottingham then Dille] Pass St. Clair Avenue. Proceed to Euclid Avenue. Turn Right on Euclid Ave. and proceed 1/4 mile. HGR is located on the righthand side.



## St. Jerome Church

Collinwood's Catholic School

15000 Lakeshore Blvd. Cleveland, OH 44110



### City Music Cleveland Rocked at St. Jerome



Elizabeth Stiles and Brandon Bish brought their friend Lilly to find out "What is on David Bowie's Playlist?" They joined 260 other music lovers who thrilled to songs written by the pop icon as well as pieces that inspired or were inspired by him. Lilly really liked it, especially the orchestra!



The Uva and Zolten-Wood families enjoyed the City Music Cleveland concert at St. Jerome. It was a wonderful event for the whole family to share. Richard Kline of Diamond Dogs was delightfully spot-on singing "Ziggy Stardust", "Time", "Lazarus" and "Moonage Daydream."



Much beloved, retired administrative assistant, Fritz Holtcamp joined Carla Gallagher for an evening of music and fun. Many former students stopped by to say hello during intermission.

### Living the Passion at St. Jerome



St. Jerome Deacon Pete Travalik and Barb Nagy of "Tetelstai" reminisce about past performances after the last show at St. Jerome

by Adele Markert

Nearly 500 people watched with awe as the wonderful singers and performers of "Tetelstai" reenacted the Trial, Execution, and Resurrection of Jesus the Messiah on a stage built right in the sanctuary of St. Jerome Church. "Tetelstai" has been performed during lent for 40 years now. All of the actors and crew are volunteers who see

this as a ministry and it is a family affair. It was amazing to see very young children in their parent's arms on stage throughout the performance. Older children had roles in the drama and sang beautifully. It will be performed in different churches until Good Friday. Go to [LiveThePassion.org](http://LiveThePassion.org) for dates and locations.

### Women's Suffrage/Girls Rock!



### It's Cookie time again!



Sophia, Ava, Mia, and Allison from St. Jerome Girl Scout Troop 70859 extol the wonders of Girl Scout cookies while parishioner Teresa Luikart tries to decide between all the delicious flavors. Let's see, Samoas, Thin Mints, Do-si-dos, Tagalongs? How about one of everything?!

by Teresa Morgan

The month of March is Women's Suffrage. The 6th Grade Scholars of St. Jerome School, had a project, in reference to this movement. On Election Day in 1920, millions of American Women exercised their right to vote for the first time. It took Activist almost 100 years to win that right. August 26, 1920, the 19th Amendment to the Constitution was ratified finally. All American women, like men, deserved the right and responsibilities of Citizenship.

Girls Rock is a mentoring and role model program for grades 5-8. This program is to improve each Scholar's character, reduce the number of discipline referrals, and improve their academic performance. To

achieve these goals/achievements, scholars will develop a better understanding of their role and responsibility in their own female development. Understanding their roles of being a productive, respectable, and positive young lady is a must. Lastly, developing strategies for avoiding peer pressure and negative influences at school and in their community is also incorporated. The last session, the young ladies dress up. We attend a nice restaurant and an etiquette class is taught. An observation is given to ensure the young ladies know how to dine correctly. This is the second year of Girls Rock and it has been a success. The Girls enjoy discussion, journaling, and fun activities that makes Girls Rock successful.

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V

Villa Angela-St. Joseph High School

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# VASJ boys basketball wins state championship

The VASJ boys basketball team made history on March 25 at Value City Arena in Columbus.

However, Vikings Coach Babe Kwasniak '94 was only concerned with the story of the 2016-17 state champion team he guided to a 54-52 win over Roger Bacon in the Division III state finals.

With the appearance in the game, VASJ became the only team to play in five straight state championship games. More importantly, with the hard-fought victory over the Spartans, the Vikings claimed their seventh state championship to tie Middletown and Akron St. Vincent-St. Mary for the most ever in OHSAA boys basketball history.

"I told the guys the history we made is great and we certainly appreciate that and respect it, but tonight wasn't about a seventh title, it was about *our* first state championship," Kwasniak said.

"These guys haven't done this together as a team before and I can't say enough about their heart and their toughness and I think it is a reflection of the school. I am so happy for these guys – they really deserve it."

All-Ohio point guard Jerry Higgins '18 battled foul trouble but led VASJ (23-6) with 16 points. Sophomore Alonzo Gaffney had a double-double with 12 points and 10 rebounds, and guard Will Butler came off the bench and scored 10 key points.

However, it was the play of two seniors in the fourth quarter that swung the tide of a close game toward the Vikings.

Danny McGarry '17 (8 points, 3 steals) took a charge down the stretch in the fourth quarter and threw a perfect full-court inbounds pass to Higgins for a layup to create huge momentum for VASJ late in a close game. Early in the fourth quarter – which the Vikings led by two to start the frame – Noah Newlon '17 knocked down a pair of critical 3-pointers to spark a run.

"The 3s Noah hit were like touchdowns not just 3 points, especially in a game like this where offense was tough to come by," Kwasniak said. "And Danny came up huge which he always does. These kids fight, they are just tough. They never back down, they aren't afraid of any team or any situation and I think that showed tonight in a great high school basketball game."

This is the third state championship for VASJ since 2013. The seniors have been runner-up twice (2014, 2016) and state winners two times (2015, 2017).

The Vikings defeated two other state champions this winter – Division II winner Akron SVSM and Division IV Lutheran East.

"This means the world because some people don't even realize I was on the team that won the state title in 2015," McGarry said. "Now I can say I have my own and we have our own."

Higgins capped an incredible junior season with another stellar game despite battling foul trouble. His layup off the long pass from McGarry sparked a late run that gave the Vikings separation.

"Last time I was a part of it, but this one feels like mine, like ours," Higgins said. "This goes back to the preseason, the summer when we are playing in 90 degree weather just to get better and it paid off in this win."



The Villa Angela-St. Joseph High School Vikings boys basketball team displays the number seven to represent winning the school's seventh boys basketball state championship. It was the team's fifth-consecutive appearance in the state finals.

# VASJ women's choir spreads cheer at local nursing homes



VASJ's Women's Choir, led by religion teacher Brianna Wilson, spent one Saturday in February traveling to four different nursing homes to sing for the residents.

By Hailey Barnett '18

To spread love and cheer, the Lady Vikings Choir participated in a performance tour, performing love songs for residents at four local nursing homes.

The Lady Vikings Choir visited and performed at the Slovene Home, Hilltop Village, Mt. St. Joseph and Hospice of Western Reserve.

"I am so blessed to be their director and to see how passionate these girls are for both music and service," says Lady Vikings Choir Director Brianna Wilson.

Not only did the young ladies sing for the residents but also they took time to socialize and get to know the residents on a personal level. Singing in individual rooms and to groups; small and large, the Lady Vikings shared their gifts and vibrancy to the residents.

"When we went to our second to last stop I told this nice lady that she doesn't look old she looks very young," says Jordan Stanoch '20. "She told me after that she was going to write that in her journal. I was very happy I made her day."

While the Lady Vikings spent time with the residents of nursing homes, they also had quality time on the bus with one another. Their radiant and encouraging attitudes towards each other accentuates their blossoming sisterhood.

This is the first year for the Lady Viking's Choir at VASJ, but the bonds formed make it seem like they have been singing together for years. It certainly won't be the last year for the program. It is only just the beginning.

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# Join us for Holy Week at Our Lady of the Lake

**April 7:** Living Stations of the Cross, 8:00pm  
**April 13:** Mass of the Lord's Supper, 7:00pm  
**April 14:** Community Stations of the Cross, 12:00pm  
**April 15:** Blessing of the Food Baskets, 12:00pm  
Easter Vigil, 9:00pm  
**April 16:** Easter Mass, 8:00am, 10:00am, 12:00pm  
All are welcome!  
For more information, call (216)486-0850 or visit [www.OLLEuclid.org](http://www.OLLEuclid.org)

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# Invention Convention at OLL



Back row- left to right: Mason Adrine- Soul 2 Sole Kit Liam Delaney- Instant Aglets Ryan O'Connell - Not-so-permanent Larry Hunt- The All Mighty Stick Mya Thornton- Stretchers Rebecca Young- The Grip Slip Front Row - left to right: Charlie Eppich- Rakinator Dylan Whitlow- No Trip Clip Aidan Staunton- No Lack Pack Tyler Allen- Super Brella Declan Nosse- The Medi Teddy Natalie Rutkowski- Yes No Mess Not pictured: Jada Howze - Floamble; Rebecca Hamper- Dry in a Snap

Each year the 6th graders at Our Lady of the Lake School become inventors, through an innovative program provided by Invention League. Invention League is an inclusive, educational, non-profit organization that offers year-long educational support, Inventor Experiences and the Invention and Entrepreneurship State Final Competition to students, schools and districts of Ohio, all at no cost to the families or districts. Invention League is aligned with the STEMIE Coalition and the National Invention Convention and Entrepreneurship Expo (NICEE). All of which means that students right here at Our Lady of the Lake School have access to high-quality, national resources that help inspire their creative genius.

OLL School has been enthusiastically participating in this program for years, and on Tuesday, March 21st, the school held its annual OLL School Invention Convention. Twenty volunteers from the community came to judge the 33 student inventors on not only the invention they developed and prototype they built, but also on how well they could articulate the process. Students learned first-hand how to take their ideas from concept to reality, how to solve problems and address needs, and how to hone their presentation skills and speak confidently in front of judges. Their work was really impressive – there were so many good ideas, it was hard to narrow down the winners!

Along with being recognized with awards at the convention, several students were given the opportunity to create and submit a short video which will be used as their application to the state competition that will be held July 30th at the Ohio State Fair. We wish them luck in that competition – and also know that creativity, hard work and a strong education are going to take these students far.

# Water Winners!



Two more Our Lady of the Lake students were caught being talented this week! Maggi Trickett and Jaylin Hammond, both students in Mrs. Patterson's fourth-grade class, were awarded first and third-place prizes, respectively, for their poster entries in this year's World Water Day competition, sponsored by Drink Local, Drink Tap. For many years, Our Lady of the Lake students have learned about water as a vital resource, as part of an engaged, hands-on science curriculum introduced by Mrs. Hribar. This year, students were challenged to help educate themselves and their communi-

ties about Water Waste with creative and informative posters. Not only did Maggi and Jaylin win awards and goodie bags – they also got to adopt a shark at the Greater Cleveland Aquarium, and were given passes to go to the Aquarium so they can visit their shark! Their posters will also go into an exhibit being displayed at Public Square on April 11. What a fun way for students to learn about our environment, and help to make our world a better place. OLL School is so proud of these talented students – and of the difference all our students are making in the world.

Join the Discussion at: [www.collinwoodobserver.com](http://www.collinwoodobserver.com)







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Character Essay Contest



Congratulations 6th Grade Winner Nychole Robinson!

Imagine Bella students in grades 3-6 participated in Imagine Schools National Character Essay Contest. Students wrote essays based on a character maxim and work



Congratulations 5th Grade Winner Simya Howard!

with other students to complete peer revisions. School level winners were selected by parent judges using a rubric and contest guidelines provided by Imagine Schools



Congratulations 4th Grade Winner Danah Lee!

National Academic and Character Team. Our top winners from each grade level are being submitted to compete against school level winners from other Imagine Schools



Congratulations 3rd Grade Winner Kaila Pierce!

across the country. Check out these photos of our school level winners!

Pull Tabs for Ronald McDonald House

Imagine Bella is collecting pull tabs from cans to benefit the Ronald McDonald House. This helps benefit pet therapy partners like Sophie the Therapy Dog that has been visiting Imagine Bella this Spring. More information here: <http://www.rmhcleveland.org/events/pull-tab-palooza>



**PULL TABS**  
**Pull Together for the House.**  
Help the Ronald McDonald House build a new house for families in need.  
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**PULL TAB PALOOZA**  
April 15th - April 16th  
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Spring Dance Performance



Spring Dance Performance will be May 17th at 6 p.m. at the Shore Cultural Centre. The Shore Cultural Centre is located at 291 East 222nd Street, Euclid, OH 44123. Tickets will be \$5 beginning May 1st. Save the date and get your tickets!

Spring AIR State Testing

Spring AIR State Testing will begin on April 18th for Math (Grades 3-6), Social Studies (Grades 4 and 6), and Science (Grade 5). Please see this list of practice sites that will help prepare students for State Testing Study Island <http://studyisland.com>

State of Ohio Practice Resources <http://oh.portal.airast.org/OCBA/students-and-families/> It is important that students are on time for test days, have a full night's sleep, and eat a healthy breakfast.

Community

Great Scott Tavern Helps Build Community



by Gina Tabasso I had a sit down with Bob Edwardsen, general manager of Great Scott Tavern, 21801 Lakeshore Blvd., Euclid, Ohio, to find out more about how the restaurant came into being and how it has evolved since its opening in June 2015.

Bob's known the owner, Mrs. Scott, since he was a child. His parents were friends with her and her husband. They traveled and spent holidays together. Before becoming a restaurateur, Mrs. Scott worked in real estate management and lived in New York for a time. But, now, she's a Euclid resident.

According to Edwardsen, "Her lifelong dream was to have a restaurant. She wanted to locate it in her city because she feels that Euclid needs another good restaurant. She's in here every day. This is like her child. She eats here all the time."

Originally, Mrs. Scott bought the gas station next to the Beach Club Bistro where she intended to open the restaurant, but there was a parking issue. So, when the



current location, a former office building, came up for sale, she bought the building, spent more than two years renovating it, tore down the gas station and created a parking lot that the restaurant shares with its neighbors. The restaurant specializes in American comfort food, and the décor reflects its desire to be cozy and inviting.

The restaurant has more local connections in its management team: Edwardsen grew up in Euclid. His assistant general manager, Tom Laurienzo, who Edwardsen calls "his right and left arm," and current head chef live in Euclid. About Laurienzo, he says, "Tom started here as a server and was promoted. He is phenomenal at what he does and is a great person, too, with children and a wife while being active in his church. I don't know how he finds the time." As Edwardsen says in his staff meetings, "It takes a team to win."

He made his way to Great Scott because he and Mrs. Scott shared the same cleaning lady. The cleaning lady told him about the ongoing renovations. Then, Mrs. Scott started coming to Edwardsen's bar and restaurant on E. 200th to ask him questions about restaurant management. In February 2016, he joined her staff. His favorite menu items are the cabbage rolls and meatloaf. During Lent, the restaurant serves a fish fry made with Bob's recipe that he served at his former restaurant.

The name Great Scott Tavern is a pun on words. First, it's Mrs. Scott's last name, but she also used it because of its association with film heroes, superheroes and comic-book characters, such as Christopher Lloyd's character in the movie "Back to the Future," Superman and Dennis the Menace when they utter that famous exclamation of surprise, "Great Scott!"

Mrs. Scott is heavily involved in philanthropy and in the community. The restaurant is a member of The Euclid Chamber of Commerce and the Euclid Kiwanis Club. It has participated in local events sponsored by the Greater Cleveland Food Bank and Taste the Neighborhood in Collinwood. The restaurant hosts meetings and parties for local organizations, such as Euclid Beach Park Now. She is also one of the sponsors of the Cleveland International Film Festival, and she is involved with the Henn Mansion, Shore Cultural Centre and Euclid Pet Pals.

Edwardsen also has a love for his community. He belongs to The Nobel-Monitor Lodge of the Swedish Vasa and is active at Holden Arboretum, about which he says, "I went there for the first time and thought it was fabulous. It took my mind off of everything. Before that, I buried myself in my work." He also loves local sports and went to the Cavs' Championship Parade, but The Cleveland Indians are his favorite team. He encourages others to get involved and says, "You have to build the community."

Great Scott is open Tuesday through Thursday 4 p.m. to 10 p.m. and Friday and Saturday 4 p.m. to 11 p.m.



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10:00 to 3:00  
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Events

## Walk to Remember Set for June 11 at Zoo



Marie Cavolo, a member of Hospice of the Western Reserve's Development team, poses with an armload of Comfort Buddies. For every \$100 donated, one of the soft, lavender-scented plush animals will be given to a hospice patient.

by Laurie Henrichsen  
Celebrate Loved Ones While Benefiting Hospice of the Western Reserve

It's time to gather friends and family and save the date for Sunday, June 11, as Hunting-ton Bank presents Hospice of the Western Reserve's Walk to Remember 2017 at Cleve-land Metroparks Zoo. Now in its sixth year, Walk to Remember is the nonprofit agency's largest fundraiser of the year and is open to anyone wishing to honor the memory of a loved one or a caregiver. Thousands of walk-ers will come together to celebrate life while paying tribute to their loved ones.

Registration will open at 7:30 a.m., with the opening ceremony beginning at 8:45 a.m. The Walk will begin at 9 a.m. (Choose from 1 mile and 3 mile options.) A closing ceremony

will be held from 9:30 to 11 a.m., featuring food, fun and festivities at the Palava Pavil-ion. Registration is \$12 for children, \$25 for adults and \$65 for family (includes two adults and three children ages 4-12; children 3 and under are free). It includes all-day admission to the Cleveland Metroparks Zoo and Rain-forest, t-shirt, live musical entertainment and much more.

Funds raised at Walk to Remember help cover special services provided by Hospice of the Western Reserve that are not reim-bursable by Medicare and private insurance. These include pediatric hospice and palliative care, the fulfillment of special wishes and re-quests from patients through the Moments to Remember program, art and music therapy, grief and trauma support in local schools and



Participants gather at Walk to Remember last year. This year's event is scheduled for June 11.

much more.

New This Year: Comfort Buddies

For every \$100 raised or donated to Walk to Remember this year, one of eight adorable Comfort Buddies will be given to a Hospice of the Western Reserve patient. Comfort Buddies provide reassurance and meaning to a variety of patients, from young children to those with memory impairment. The soft, plush animals improve patient experience by reducing agitation and restlessness and providing an overall sense of wellbeing. Each Comfort Buddy is infused with a calming lavender scent. The adorable stuffed animals are weighted to provide a sense of security and to reduce fall risks when placed on the lap of a patient. Comfort Buddies can also

be heated in the microwave to provide ad-ditional warmth and coziness. While donors will not receive an actual Comfort Buddy, our clinical caregivers will be personally present-ing them to our patients and their families.

More Ways to Help Hospice

Once again this year, walkers and donors will be able to purchase and sell Honor Signs for \$250. Honor Signs will be placed along the walk route to commemorate loved ones and can be taken home after the walk by family members. To register for Walk to Remember or make a donation, visit [hospicewr/walk](http://hospicewr/walk). Walk to Remember sponsorship opportu-nities are also still available at all levels. For more information, contact Bridget Murphy at 216.383.3715, or [bmurphy@hospicewr.org](mailto:bmurphy@hospicewr.org).

Community

## Three from Hospice for the Western Reserve Earn Top National Honors



Laurie Henrichsen

The National Board for Certification of Hospice and Palliative Nurses has named Hospice of the Western Reserve's De-nise DiMare of Richmond Hts. "Certified Hospice and Palliative Care Nurse of the Year" and Bob Phillips-Plona of Westlake "Certified Hospice and Palliative Care Ad-ministrator of the Year." Mary Kay Tyler of Lyndhurst, vice president of quality for the nonprofit agency, was named a Fellow in Palliative Care Nursing. The three hon-ors were announced at the 2017 American Academy of Hospice and Palliative Medi-cine and Hospice and Palliative Nurses



Association Annual Assembly in Phoenix.

DiMare oversees 60 members on the referral, assessment and liaison teams. She joined Hospice of the Western Reserve 18 years ago as an assessment nurse, serving as the first face of hospice to new patients and their families. She played a key role in launching a program using volunteers to call on patients with advanced cardiopul-monary disease over weekends to ensure their symptoms were well managed. The program has proven effective in preventing re-hospitalizations. DiMare earned a Bach-elor of Science degree in Nursing from Ur-suline College in Pepper Pike in 1980 and



became Certified in Hospice and Palliative Nursing in 2012.

Phillips-Plona, director of residential services, oversees Ames Family Hospice House in Westlake, David Simpson Hos-pice House in Cleveland and the Hospice of Medina County Inpatient Care Center. He manages clinical care, regulatory and quality compliance, budgetary manage-ment and dietary services. Over the past 20 years, more than 30,000 terminally ill patients and their families have received care at the three hospice inpatient care units. Phillips-Plona earned a Bachelor of Science degree in Nursing from Ursuline

College and an MBA and Master of Science degree in Nursing from Case Western Re-serve University. He is a Certified Hospice and Palliative Care Nurse and a Certified Hospice and Palliative Care Administrator.

Tyler (along with Hospice of the Western Reserve chief clinical officer Judy Bartel) is one of only 68 Fellows in Palliative Care Nursing in the United States. The honor is given to those who "provide evidence of progressive leadership in the field of pal-liative nursing" and "show significant com-mitment to the advancement of the art and science in the field of palliative nursing," according to the website. Tyler oversees corporate quality, compliance and HIPAA privacy at Hospice of the Western Reserve, and guides the quality, education and cen-tralized medical records teams. Prior to as-suming the role of vice president of quality in 2016, she was director of pediatrics and clinical support teams at Hospice of the Western Reserve for 10 years. Tyler earned a Bachelor of Science degree in Nursing from Ursuline College and Master's degree in Nursing from Kent State University. She is a Certified Pediatric Nurse Practitioner, and is Board Certified in Palliative Care Management/Administration.

## Where Can I Find An Observer?



The Observer will be placing racks throughout the neighborhood at some of your favorite spots. If your business would like a rack please call us at 216-505-0185. We will have a complete list in next Month's Observer of where the racks are located. So far these racks can be located at the following businesses.

The Euclid YMCA 631 Babbitt Rd

Euclid City Hall 585 E. 222nd St.  
Eaton family credit union 333 Babbitt Rd.  
Paragon 21920 Lakeshore Blvd.  
Azman's Meats 610 E. 200th St.  
Lucky's restaurant 742 E. 185th Street  
Gus's diner 797 E. 185th St.  
Indian Hills Senior Community 1541 East 191st.

**Faith is not something to grasp,  
It is a state to grow into.  
Mahatma Gandhi**



You've relied on him since you wore your own tutu.  
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**APRIL 16 IS NATIONAL HEALTHCARE DECISIONS DAY.** Ask your dad if he's completed a living will and healthcare power of attorney. Talk about his healthcare choices. Ask about the hard stuff. Talk about compassionate options.

Tell him **his choices matter** to you, his granddaughter and your whole family. Then fill out the simple documents together. Get started at [hospicewr.org/decisions](http://hospicewr.org/decisions).



800.707.8922 | [hospicewr.org](http://hospicewr.org)

## HGR Industrial Surplus

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**I earned my first degree at Tri-C.**

After graduating from Garfield Heights High School, Madison Wynder enrolled at Tri-C for an affordable start to her college education. Madison earned an associate degree in December 2016 and transferred to Cleveland State University, where she is studying marketing.

**tri-c.edu**  
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### Meet Mr. and Mrs. Jones A Transcendent Couple

Mr. and Mrs. Jones have a special kind of love that involves a true togetherness in many ways. Both had a prior spouse who passed-on many years before finding each other later in life while attending church. They have an active retirement life and have lived at the Indian Hills Senior Community in Euclid for decades. It is refreshing to spend time with them as well as inspiring to witness a retired couple in such a vibrant rhythm of creating harmony. For example, they each have a way of doing whatever is necessary to encourage each other and make room for differing opinion, hobbies and passions. Sacrifice and compromise are part of their daily lives. However, it is such a beautiful sort of dance between each other that with a little chat back and forth and tweak here and there, a win-win scenario comes together.



Valuable life opportunities and time can be easily passed over by getting in a stuck place, either individually or collectively in a relationship. Some realize too late in life, some learn only as an individual and yet some figure out together that these stuck episodes can be shaken off very quickly to move forward with forgiving, living, giving and loving all that one can. This ability is one of Mr. and Mrs. Jones unique secrets to a happy life and can be easily seen in their everyday stretching to higher places of loving actions and gestures. (continued on page 17)

## Senior Page

### New “Senior of the Day” Program at Lakeshore Rose Center!



Ashlee Williman  
Lakeshore Rose Center for Aging Well recently implemented a new “Senior of the Day” program! Every day, one senior is randomly selected to be the “Senior of the Day”. Lakeshore participants are invited to write an encouraging note or positive mes-

sage to the senior. The notes are collected and at the end of the day, the Senior of the Day receives the bag full of uplifting notes. The goal of this program is to encourage, support, inspire and motivate the Lakeshore participants to have a brighter day!

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### Mr. and Mrs. Jones (continued from page 16)

Little things matter like the way Mr. and Mrs. Jones allow each other to speak in an interaction with respect and care. Too many couples forget the little things which often leads to other things as hours, days, or weeks can slip by out of sync with one another. It is important to challenge one's mind from within by listening to little actions proposed from the heart to soften and re-approach. This is where the potential and power to reshape and shift our decisions lies. We are all truly one decision away from a life changing new experience.

At times, we all have permitted unhealthy exaggerated states to take over; angered, saddened, self-righteous, worried, prideful, obsessed and/or disconnected thought afflictions that should have been limited. Naturally there are going to be disappointments, laws of the land, human

weaknesses, odd occurrences and misguided views of how things should have been, should be or in comparison to other cases. The tradeoff of letting things consume us mentally is wasted time and regret. However, we can recognize these states quicker which leads to more harmony and living. For example, when Mr. and Mrs. Jones know that they are off track too far, they quickly re-center and anchor to more important guiding principles that is evident as they re-focus their energy by making light of things, backing down completely, shifting topic slightly and adding other room for a better perspective.

Our world is filled with media-frenzied temporal hype flashing at high speed attempting to desensitize or encourage us to feel fed up with perceived weakness, make something out of nothing and follow “the crowds” with a superimposing of compara-

tive slants, quick fix products or false truths upon every facet of our lives. One can truly get misaligned to current blessings by not listening and amplifying the vital, yet quieter messages within the hearts of those we love and our-selves. In other words, couples like Mr. and Mrs. Jones remind us that without developing good habit of ignoring and turning off the wrong messages, our minds can send us through detours of risky distractions and rationalizations that rob us of opportunities to remain connected in harmony with one another and see the gifts we have.

Learning to continuously invest, contribute, share and build moments out of nothing are essential in a winning relationship. While it is rare to find a deeply committed type of love to model after, we can take pieces and parts from generations before us and among us to shape our habits and mold

our values. We can learn to quickly get past life detouring signals, emotional traps, and false truths. Like Mr. and Mrs. Jones, we need to care, listen and open-up more to each other. Sooner or later we are going to wish we had much more time. However, if we wise up sooner, we can have a beautiful life now through an appreciation for both the commonalities and differences between one another. A couple can become so much more as a whole than just the sum of its individuals.

Make a difference in your own relationship and beyond... choose every day to listen to your heart not your head, think team first and foremost, as well as live with grace, purpose and a willingness to do what is right.



Senior Page

Bob's Corner



by Bob Payne

In this crazy world is true love even possible?

Yes, it is possible when two people put each other's happiness first. It's possible when both are genuine and sincere.

Many people find that difficult because it means being open and vulnerable enough to reveal your true needs, wants and feelings. If you won't be open, odds are your deep desires won't be met.

Without self-revelation, how can you ever be loved for who you really are?

People tend to hide. They build walls. They've been hurt, so trust is an issue and they only reveal the safe parts of themselves. And as a result they never get to experience the deep, life-giving relationship they long for. But, there are those who show us how it's done.

He brought his wife into the Senior Center to have her blood pressure checked. He sat quietly, waiting.

I sat next to him and asked how he was feeling. He told me he had radiation therapy yesterday, and that the treatments made him feel real tired. Add to that the chemotherapy he was enduring, and it struck me as remarkable that he was out at all. We see each other every few weeks and our conversations always go deep. Today, we talked about life and death. He told me about his many successes and his few regrets. He shed a tear when he talked about the possibility of having to leave his wife of 50+ years. They had grown so close that they knew what each other would say before it was said. They often finished each other's sentences. He smiled a little, and then he looked down and told me that he had taken care of everything for the future so she wouldn't have to worry. He came to the conclusion that it is better that he go first, because there is no way he could live, or even function, without her.

Though our conversation in the corner of the library was brief, I recognized true love.

When a couple like this gets to the end of their life together it won't matter what house they lived in, the type of car they drove, or all the things that they had. What will matter is that they had each other.

Bob Payne, Manager

Euclid Senior Center

All the programs listed are available at Euclid Lakefront Community Center  
1 Bliss Lane, Euclid, OH 44123  
216-289-2985    www.cityofeuclid.com



Senior Center  
Daylight Savings Time Begins March 12th

ENTERTAINMENT

Breakfast with the Bob



Breakfast with Bob will be on Thursday, April 13th at 8:30 AM at Maria's Family Restaurant, 22578 Lakeshore Blvd. (Please note the new address). Yum!!! You must have your OWN transportation to and from the center.



April 11th & 25th – Fun BINGO

Bingo for Prizes - 1:00 – 2:00 p.m. – FREE

Sponsored by Manor Care of Euclid Beach & Mount St. Joseph.

Easter Egg Decorating

Wednesday, April 12th – 12:30 p.m.

Help us decorate the eggs right after lunch in the dining room.

EASTER PARTY

Thursday, April 13th from 10:45 – 11:45

Join us for Easter Fun, games, refreshments.

Sponsored by Humana.

Music Bingo Ohio

Tuesday, April 18th – 11:00 a.m.

Join Kenny Gilder for Bingo + Music + Fun = A Music Bingo Party.

BIRTHDAY DAY- April 19th

Cup Cakes Sponsored by Hill-side Plaza. Ice Cream Sponsored by Euclid Senior Programs.



F.F.F.

Join us Thursday, April 20th – 10:30 in the Library for Fun For Foodies. Sign-up at the front desk. Join Chef Marvilyn Cooper from the Harvard Bistro. Only those who sign-up will be able to partake in the food! See Monica with any questions. Thanks!



NATIONAL TELL A STORY DAY

Be here on Thursday, April 27th for National Tell a Story Day. This year, YOU are the story. There will be some fun activities starting at 11AM. Please join us



TRIPS

Tuesday, April 11th – Leave the Senior Center at 1:00 p.m. and return to the Center around 3:00 p.m. \$ 5.00 per person, per trip. Take a ride in our van to Fresh Thyme Farmers Market.

Grande Pointe Fun Bingo

Tuesday, April 18th – Leave the Senior Center at 1:15 p.m. and return to the center around 3:00 p.m. Take a ride in our van to Grande Pointe in Richmond Hts. for a FUN BINGO including prizes & cookies. It's FREE – Register at the front Desk.

Bus Trips with Wickliffe Senior Center.

Presque Isle Trip. Tuesday, April 25th Bus picks up here at 8:00 a.m. Cost \$27, but you get \$25 in slot play. Make checks payable to Wickliffe Senior Center. Sign-up at the front desk. See Monica with any question.

Rocksino Northfield Park

Thursday, April 27th - Leave the center at 9:00 a.m. and return to the center approximately 3:00 p.m. \$15.00 per person, per trip. Drop off at casino front door. Register at the front desk. LIMITED SEATING: however, we must have at least 10 people registered. You must be a member or pay \$25.00. No Refunds unless your spot is filled.

Breakfast with Grande Pointe

Wednesday, April 12th – 9:30 – 10:30

Breakfast with Grande Pointe. Join us for muffins or bagels, fresh fruit, coffee and tea. Please sign-up at the front desk by March 6th

FREE FRESH PRODUCE

Euclid Senior Programs  
Monday, April 24th - 12:30 – 2:30 PM (or until all produce is gone)

First Come First Served Please bring your ID You must be a member of Euclid Senior Programs to Participate.

SPEAKERS

Hearing Health

Friday, April 7th – 11:00 a.m.

Lori Rosenberg from Cap Tel will be here to talk about Hearing Health.

Community Police Talk

Thursday, April 13th at 12:15 p.m.

"Cop –a- Question" – Immediately after Lunch. Members from our Police Department update us monthly and will answer all your questions. Can't be here? Leave your questions at the front desk.Also, if you have old medication that you need to discard, they will take it as long as it is not liquid or needles.

Grief Support Group

Thursday, April 13th at 12:45 p.m.

This Grief Support Group is for anyone who has experienced the death of a loved one whether it was a spouse, child, parent, sibling or friend. Please join us for a new opportunity provided by Euclid Senior Programs & Hospice of the Western Reserve

Problem Gambling Education

Friday, April 21st – at 10:30 a.m. Please join us for an informative presentation that will cover problem gambling definitions, trends and risk factors, as well as review types of gambling activities and responsible gambling practices.

Muffins with Superintendent

Monday, April 24th – 11:00 a.m. Euclid School Superintendent Dr. Charlie Smialek will be here at the Euclid Senior Center.

Low Vision Support Group

Monday, April 24th at 10:00 a.m.

If you or a family member suffers from Macular Degeneration, Diabetic Retinopathy, Glaucoma, Cataracts, Stroke to the Optic Nerves or other eye related problems, Don't miss this talk.

RTA-Paratransit Information Talk

Friday, April 28th – 11:15 a.m.

A representative from RTA's Community Relations Department, Erica M. Gordon, will be here to discuss updates with RTA and answer any service related questions and Paratransit.

GARAGE SALE

Don't throw away your knick-knacks! We

will be having a Garage Sale on Thursday, June 22nd – 10:00 – 2:00 benefiting Senior Center activities. We will accept items in good shape. Sorry – NO Clothing.

SERVICES



DPS Tuesday, April 11th  
10:00 a.m. to Noon & 12:30 – 1:30 p.m.  
20 – Minute free consultations.  
Have a question for an attorney regarding estate planning, wills, trusts, Medicaid Eligibility, Long Term Care Needs, or Veterans Benefits? The attorneys at Daniel P. Seink Co. offer vast experience in the field of elder law. Founder and Managing Partner, Daniel P. Seink, is one of twenty Ohio attorneys certified as an Elder Law Attorney by the National Elder Law Foundation. Sign up for a 20 – minute time slot (FREE) at front desk. This service will continue on the second Tuesday of each month.

BENEFITS CHECK-UP – FREE

Monday, April 17th & 24th  
9:00 a.m. – 1:00 p.m.

Euclid Senior Programs also coordinates the Benefits Check – Up Program at the Lakefront Community Center. Benefits Check – Up is a program to screen adults 60+ for over 70 money-saving programs: prescription drug assistance, help paying Medicare premiums, help with heating bills, phone discounts, and much more.  
Call 216-289-2985 to schedule an appt.

Podiatrist

 Dr. Bangayan will be here on Wednesday, April 12th & 26th at 9:20 a.m. to 11:00 a.m.  
Call 289-2985 for an appointment at the center. Fee - \$20.00, with your membership Chair Yoga–Mondays at 9:00 and 10:00 a.m. AC \$ 3.00 per class.

HEALTH AND FITNESS

Yoga – Thursdays at 9:00 a.m.  
Annex Room \$ 3.00 per class.

Tai-Chi – Tuesdays at 3:30 p.m.  
DR – Six week series - \$24, Drop-ins \$6.00 per class.

Billie Exercise Class – (Chair)

Tuesdays & Thursdays 10:00 a.m. – Computer Room

Line Dance - Thursdays at 1:00 p.m.

Free Blood Pressure Checks  
Thursdays mornings 10:00-11:00 a.m. Please give your name to the volunteer and she will issue you a number. Wait in the hallway until your number is called.

Chair Exercise to Music – 11:00 a.m.

DRA – Wednesday

Silver Sneaker Class – 10:00 – 10:50 a.m. – Dining Room Annex Mondays, Wednesdays and Fridays. Free with Silver Sneakers membership. No Silver S. Class on Monday, March 27th

FUN AND GAMES

BEADING CLASS: Monday, March 6th - 10:30 a.m. to Noon. FREE to members

Quilting Class – 2nd & 3rd Thursdays – 12:30 p.m. – 2:30 p.m.

Pinochle Tournament– Fridays – 1:00 p.m. Computer Room.

Open Card Play–Wednesdays at 1:00 p.m. Card games, Pinochle, Bridge & Rummy.

Bingo–Monday,Wednesday & Friday  
12:45 p.m. – Dining Room.

Pool Tournament – Friday, April 21st  
9:20 a.m. March winner – Bill Appling

Crochet– 10:00 a.m. – Tuesday, AC

Adult Coloring - 1:00 Tuesday, AC

Chair Volleyball - 12:45 p.m.

Dining Room – Thursdays

EDUCATION –  
SOCIALIZATION

Bible Study – non-denominational group is led by Artis Powell. The group meets Tuesday morning at 10:00 a.m. – Library.

Arts & Crafts - 10:00 a.m.  
Wednesday – AC

Sewing – 10:00 a.m. – Thursday, AC

Art with Jack - 12:45 p.m. Tuesday

American Red Cross Blood Mobile

Thursday, March 2nd 1:30 p.m. to 6:00 p.m.  
Dining Room Annex.

AARP Meeting

Monday, April 3rd – 1:00 p.m.

Speaker: Allen Kinney from Great Day Tours on Travel.

CARP Meeting

Thursday, March 23rd – 1:00 p.m.



Book Discussion – May 8th

At 1:15 p.m.in the Senior Center Library. Jennifer from the Euclid Public Library will lead the discussion on the book, "A Man Called Ove" by Fredrick Backman.

Post Office On Wheels

Friday, April 21st 10:45 a.m. -11:15 a.m.

Special Services, Money Orders, Stamps & Packaging Supplies are available.

Get Well Cards

We will be glad to send a card to a member who is recovering, feeling down or just needs a little boost. Let Sylka know if you would like a card sent to another member to help brighten their day and give a little encouragement. 216-289-2985.

Nutritional Programs

Euclid Senior Center offers a lunch program Monday through Friday at Noon. We serve a nutritious meal that supplies 1/3 of your daily nutrition requirements. Our menus are written by a licensed dietitian to insure you receive a healthy lunch.

The suggested donation is only \$1.00. Reservations are to be made Monday, Tuesday or Wednesday, BY NOON for the following week. When reserving, please be conscientious and look ahead to make sure you reserve lunch for the days you know you will be here. We now have to report the number of no-shows and seconds. Please help us to lessen the no shows/seconds. You can help to make a difference. Thank you!

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LAKESHORE ROSE CENTER 16600 Lakeshore Blvd., Cleveland OH, 44110			
			
Monday	Tuesday	Wednesday	Thursday
10:00 Coffee and chat with friends 10:30 Yoga/Meditation 11:30 Lunch 12:30 Line Dancing 1:00 Cards, puzzles, games	10:00 Coffee and chat with friends 10:30 SilverSneakers exercise 11:30 Lunch 1:00 Knitting group	10:00 Coffee and chat with friends 10:30 Various Activities 11:30 Lunch 12:30 Bingo	10:00 Coffee and chat with friends 10:30 SilverSneakers exercise 11:30 Lunch 12:00 Bible study 1:00 Computer lab open Movie afternoon
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