CH-UH elementary schools to extend school day

Angie Shaker

In an effort to provide a positive learning experience for young students, the Cleveland Heights-University Heights City School District is proposing to extend the elementary school day by 25 minutes. Instead of ending at 3:05, the school day would end at 3:30 p.m.

"The fact is, our district has a significantly shorter school day than the nearby districts recently surveyed," Superintendent Douglas Heuer said. "We don’t have enough time devoted to instruction. This puts our students and teachers at a disadvantage."

Students in K-3 classes currently spend five hours a day in instructional time. Fourth and fifth graders spend five hours and 15 minutes every day in instructional time. Nearby school districts spend anywhere from 15 minutes to more than a full hour longer than the CH-UH elementary day. That time adds up to 10,000 minutes in a school year.

Sally Levine, director of elementary education said, "Adding the 25 minutes will result in an additional two hours of teacher/student instructional time every week. We have studied this carefully in order to ensure that a decision is made based on the best available data.”

CH-UH administrators presented two options to the CH-UH Board of Education: implement the change at the start of the second semester, on Jan. 25, or at the beginning of the 2010-2011 school year.

"A clear case has been made. In order to improve achievement levels, this has to happen. However, we are aware that a sudden schedule change will impact families," said Kal Zucker, board president.

"The longer we wait, the more minutes of instructional time we lose. We want to make the best possible decision for our families and our community, so we will ask families to help us determine the best time to implement," said Superintendent Heuer.

The district will conduct a telephone survey of elementary school parents. The automated system will be contacting parents on Wednesday, Jan. 6 at 6 p.m. for parents who are unable to take the survey on Wednesday, there will be a second opportunity to participate on Thursday, Jan. 7 at 6 p.m.

Angie Shaker is the coordinator of communications and community engagement for the Cleveland Heights-University Heights City School District.

Buddhaful Spin opens in Coventry Village

Sarah Wean

Buddhaful Spin, a new exercise facility in Coventry Village, featuring spinning classes and a yoga studio, held an open house Jan. 2 and 3, to acquaint the public with its signature offering, Spynga. Owned and operated by Jill Vinci and Carina Adams, the studio is the firstlicensed Spynga facility in the United States, importing the popular exercise routine from Canada.

"It’s a fresh new technique on spinning and yoga," said Buddhaful Spin co-owner Carina Adams. "We want to combine the physical benefits of a cardio-intensive workout with the emotional bliss one can experience from yoga, "

In addition to Spynga, Buddhaful Spin will offer other signature classes in both spinning and yoga. Classes are offered Sunday through Saturday and begin at $14 for a drop in session.

Buddhaful Spin is located at 1846 Coventry Road in Cleveland Heights. Visit www.buddhafulspin.com for information and class registration.

Sarah Wean is a community volunteer

Cleveland Heights-University Heights educator named 2010 Ohio Teacher of the Year

Deborah S. Delisle, superintendent of public instruction, announced that third grade teacher Natalie Wester has been named the 2010 Ohio Teacher of the Year by the Ohio Department of Education (ODE).

Delisle made the surprise announcement and presented Wester with a certificate during an all-school assembly at Gearing Professional Development School, where Wester teaches.

"Providing students with the tools they need to succeed in life is the most important accomplishment for any educator," Delisle said. "Natalie, our 2010 Teacher of the Year, excels at giving every student a strong foundation, recognizing hidden potential and guiding students to find excellence within.

"She exemplifies the motto of the Cleveland Heights-University Heights City School District: ‘Every student, every day. Some success, some way.’" Delisle added.

In addition to teaching in a third-grade class, Wester has served as a data liaison and been active in the professional learning community. She also has presented at the Model Schools Conference at the International Center for Leadership in Education. Last year, Gearity was selected as one of only eight elementary schools nationwide to be named a Model School by the center, in part due to Wester’s efforts.

"Believing in children, empowering them, and exciting and engaging them by stimulating their imaginations are what I am passionate about,” Wester said.

Heights Observer Staff

Heights Community Congress (HCC), one of Cleveland Heights’ oldest non-profit organizations, which works to eliminate housing discrimination and promote diversity and community engagement, is making some changes. Beginning January 2010, HCC will be located at the Rockefeller Center, 2475 Lee Boulevard, Suite 2G, Cleveland Heights, OH 44118.

“We’re excited to relocate to a historical landmark, such as the Rockefeller,” says Kasey Greer, HCC Executive Director. “It’s a beautiful building that can only be found in a community like ours.”

HCC was established in 1972 as an advocate of social justice, a monitor of fair housing and a facilitator of community building. To find out more about HCC, call 216-321-6775 or visit www.heightscongress.org.
A legacy of love

Kathy Dawson

The city of Cleveland Heights lost an ambassador of love last month. Rose Bucklan, whom many knew as “Aunt Rose,” was a resident of Cleveland Heights for 54 years. Seventeen of those years she spent as an assistant teacher for Caroline Siegel’s first grade class at Coventry School.

In the classroom, it was Rose’s job to help students with their reading, writing, and arithmetic. When a child’s mind struggled to add two numbers, Aunt Rose was there to help him or her find the sum. Where she made the largest impact, however, was with a child’s heart. It was when a child was worried he wasn’t smart enough or felt she had no friends, that Rose worked her magic. The frequently asked question, “Can I have a hug, Aunt Rose?” was like an open sesame as Aunt Rose’s arms would spread wide and become a safe haven for every child who knew her.

In her late seventies, Aunt Rose’s memory began to fade. Alzheimer’s had begun to sneak into her brain and steal her ability to remember math facts and names of children. The blank spots in her mind made it just too difficult to volunteer, so she dropped out of school. But Alzheimer’s couldn’t keep Aunt Rose away for long. A few years later, she went back into the classroom at a time in her life when Coventry School, the streets of Cleveland Heights, and every child in each classroom knew her. Aunt Rose was like a bunny in a play at the Coventry School.

As the disease began to take hold of her, a caregiver continued to bring Aunt Rose to the classroom, where she sat with children as they told her their problems. She reassured them they were wonderful children and she was proud of them, and that things would work out.

The writer Henry James once said, “Three things in human life are important. The first is to be kind. The second is to be kind, and the third is to be kind.” Although of humble means, Aunt Rose was rich in kindness and that’s the lesson she taught to the children of Cleveland Heights. Rose Bucklan left our schools and our community a better place, indeed!

Caroline Franklin-Siegel wrote this article in gratitude to Aunt Rose for all the love and support she gave to the thousands of children she helped to educate. Siegel taught first and second grades at both Coventry and South Euclid schools for 40 years before retiring last year.

Oakwood Golf Course offers opportunity for a new community asset in the Heights

Fran Manich

The buzz around town and in the Heights Observer Forum (www.heightsobserver.org/deck) is that the Oakwood Golf Course may be for sale. This is an opportunity to add a valuable amenity to our area: a passive park. Urban land use rotates; maybe, at some point, the best use of this land will be housing. But that is not its best use now.

When I did an Internet search for homes in Cleveland Heights that are for sale for over $500,000, I found 14 properties, including two on Oakwood Drive, located on the golf course. Many of these properties include a 10-year tax abatement. Cleveland Heights has plenty of empty or low-quality commercial space that can be demolished or reconfigured if demand for commercial property increases. Remember the empty school properties when you are looking for large tracts of land to put to new uses.

It’s time to think big. What if the founders of Cain Park in the north had failed to act on the opportunity to create something long-lasting and meaningful for the community? Without amenities we will not attract and keep the best and the brightest residents. There are wonderful possibilities of tying this in with other sections of the Nine Mile Creek watershed, including the completed Nine Mile Creek wetland project in South Euclid.

We have a successful model to follow just a short distance away: The Geauga Park District recently acquired Orchard Hills Golf Course and turned it into a passive park in perpetuity.

During the recent political campaign, candidates, nonprofits and the Step It Up citizens group all talked about sustainability, regionalism, collaboration and quality of life. This project includes all of these concepts. It is time to do something to improve our community.

Leaders of our community, private citizens and the governments of Cleveland Heights and South Euclid must work collaboratively on this exciting project.

We have to create our own future. Otherwise the failure of leadership that created the devastation in East Cleveland and other parts of our region will also destroy our city.

All that is needed is citizen leadership. Will someone willing to take this project on please contact me? I’m ready to help and I know a lot of other people are, too.

Fran Manich is a Cleveland Heights resident and ran for City Council in the most recent election.
Cleveland Heights City Council
Meeting highlights

NOVEMBER 16, 2009
All council members present.

School-neighbor city communications
Melvin Russell of 3432 Euclid Heights Boule-
vard related progress on agreements with
Meosah Oho Ho Torah School, which is raz-
ing the house next door to his, and requested
more information on the relationship between the school’s planned playground
and his property line. Law Director John Gibbon pointed out that the school had
received a conditional use certificate to place the playground equipment and suggested that
the Russell talk to the school and then again
with the planning commission. Russell thanked
Planning Director Richard Wong for facilitating
communication and expressed appreciation
for the planting of a natural fence. Later in the
meeting Council approved amendments to the
complex resolution involving variance requests in
sewer and drainage specifications by the school
and then voted for continuance for 30
days with the consent of the school principal
so that further discussion could be made on this
unusual situation.

Water rates set
City Manager Robert Downey reported that
water rates for the fifth year of the current five-
year plan will be $56.50 per 1,000 cubic feet
for a home and $42.50 per 1,000 cubic feet
for a business. Rates are expected to rise in
January 2010 by 8 percent. The city’s water rates
are determined by the Northeast Ohio Water Rates
Commission, based on the five-year
Water rates set

Secondhand merchandise regulations
Council Member Mark Fumo introduced for first
reading new legislation proposed by the
police department to regulate all businesses that deal
in the purchase and sale of used merchandise.
Existing legislation regulates pawnshops in part
to make it more difficult for people to sell stolen
property.

Citizen appeals regulations
Council approved five residents for reapportion-
ment to city boards and commissions: architect
Todd Anderson for a new three-year term on the
Architectural Board of Review; architect Michael
Benjamin for a four-year term on the Board of
Zoning Appeals, and three-year appointments for
James Edmondson, Marjorie Kitchell and Charles
Miller for the Landmarks Commission.

Recreation fee proposals for 2010
Council Member Phyllis Evans introduced for first
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University Heights City Council meeting highlights

Nov. 16, 2009

All council members present.

Disposition of property

Shela Hubman asked the present council (the newly elected council will be installed in January) to resolve the disposition of the property at 2033 Ashland Road. Although the house had been demolished and the property cleared, Mayor Beryl Rothschild doubted there would be a decision whether to sell the lot or use it as public space before January. Hubman also asked for the efficiency report to be reviewed by the current council. The report, compiled by David Akers of the North-Ea\n
Ohio Sourcing Office, had been delayed awaiting the outcome of the election and the voters’ decision regarding the city administra\ntion position. It has since been delayed due to scheduling conflicts. Several council members expressed the desire to see a copy of the report if the presentation must be delayed.

Water and sewer bills combined

Rothschild reported that as a requirement of the Federal Clean Water Act, the city’s water and sewer bills would be combined into one bill on the city’s second meeting in December. The fee increased approximately $4.75 monthly for water contain\ment. The mayor felt the fees were excessive given the University Heights location at the top of the watershed, therefore, she is applying to receive some of the funds collected to help pay for storm drain repairs and maintenance.

Report on NOPGC meeting

Councilman Steven Sims reported on the Nov. 10 Northeast Ohio Public Energy council meeting (NOPGC). Founded as a utility aggregator in 2000 to provide gas and electricity to com\numunities, and to serve as a watchdog over the utilities, NOPGC now serves 104 communities in nine counties and continues to expand.

Temporary appropriations

As a standard practice, an ordinance to estab\lish temporary appropriations for the period commencing Jan. 1, 2010 and ending March 31, 2010 was presented on first reading. The budget is open to revisions and Sims stated that some of the categories are still flexible.

LVV Observer: Wendy Deuring

Dec. 7, 2009

All council members present.

The rent caused by the charter review

Councilman Robert Wilcox presented a letter from council head that created the charter review process and at the same time improve the Lake Heights of the city. The letter con\nsisted of regularly scheduled town hall meetings, the reinstatement of the “Series of Dis\cussions” program and a report of the new property owner, and a search for new leaders to meet with the residents.

Could council install a city administrator?

Ken Eiker expressed concern that council could help the city be more flexible for residents, University Heights is located at the top of the watershed, therefore, she is applying to receive some of the funds collected to help pay for storm drain repairs and maintenance.

The Ohio Teacher of the Year program was initiated by ODE in 1969 to honor and promote excellence in teaching and the teaching profession and to build a network of exemplary teachers who are leaders in school improvement initiatives.

All Ohio school districts and charter schools are required to nominate outstanding teachers who have demonstrated exceptional dedication and leadership to classroom, school and community activities.

Wester’s passionate belief that the teacher is the most important compo\nponent for student learning has driven her to take a leadership role in teacher train\ning and mentoring. She developed the concept for the New Teachers College’s Center for Cultural Competence and Teaching, an innovative, graduate-level teacher preparation program that has included summer professional development work\nshops to private and public school educators. Since 2006, she has helped train, develop and serve as a role model for student teachers from John Carroll University.

Wester graduated from Kent State University with a bachelor of science degree and then earned a master's de\gree in journalism from Northwestern University. After a successful 22-year career in public relations and market\ning, including 14 as president of her own advertising agency, Wester went back to school to obtain a master's in education at Uroline College. She made the decision to become a teacher because she wanted to help foster in every child “an unwavering confidence and belief in their own absolute genius.”

Outside of school, Wester is in\nvolved in the community, volunteering her time and talents with organizations including the United Way, Interfaith Community Network, Shaker Heights Public Library and the Cleveland Schol\arship Program.

The 2010 Ohio Teacher of the Year was selected from nominations submit\ted by schools across the state. Nomina\n...
November 16, 2009

Five-star rating from Library Journal
The library earned a five-star rating, the highest, from Library Journal, a premier library publication. Categories in the ratings include circulation per capita, visits per capita, and Internet use per capita.

Change in hours and other services
To conserve funds, there will be a change in service hours beginning Jan. 2. Only the Lee Road library will be open on Sundays, from 1:30 p.m. This has been a difficult decision but necessary because of the reduction in the state’s public library funding. Keeping the branch libraries closed for almost 48 hours will result in savings in utilities.

Board Member Jim Poch commented that the branches are a measure of the library’s strength and regretted that kids will have to walk to the Lee Road Library on Sundays. Board Member Esther Moss noted that other organizations with Wi-Fi networks need to step up at this point to augment the library’s services.

Other cuts in services include stopping one-on-one computer tutorials and a 30 percent reduction of story hour programs. However, phone reference is up 25 percent, and circulation is up 15 percent. In 2000 the library had 73 full-time employees as opposed to 63 at present. The circulation staff will assume more duties at the welcome desk to free librarians for other tasks.

Noble Neighborhood Library

Jumping Flea Night,
Tuesday, Jan. 14, 7 p.m.

Step Out of Time,
“Tai Chi and Qi Gong,”
Coventry Village Library

From Soup--To-Soup,
Tuesdays, Jan. 12 and 26, 7 p.m.

“Cuentos y Cosas,”
University Heights Library

Ioanna Vinealis

A Taste of Cleveland Heights since November 2000.

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www.heightsfloralshoppe.blogspot.com

Delicious detecting
Jo Ann Vicarel

Winter is the perfect time to stumble upon a good book and delicious comfort food. Here are some of our favorite books and an easy recipe.

Blooding Hearts by Susan Wittig Albert
Just Desserts by Claudia Bishop
The Chocolate Mouse Trap by Jo Anna Carl
Blood Orange Brewing by Laura Child
Espresso Shot by Cleo Coyle
Sauté Revenge by Diane Mott Davidson
Mambo Gambo by Jerrilyn Farmer
Cherry Cheesecake Murder by Joanne Fluke
Death on a Silver Platter by Ellen Hart
Gourmet Detective by Peter King
Custard’s Last Stand by Tamar Myers
Body in the Snowdrift by Katherine Hall Page
Cook’s Night Out by Joanne Pence

Woollybear Dessert
1 10 oz. can of cherry pie filling
1 15 oz. can of crushed pineapple
3/4 cup of shredded coconut
3/4 cup of nut meats
2 sticks of margarine, melted

Preheat oven to 350 degrees. Butter bottom and sides of a 9x13 inch pan. Layer ingredients as they are listed above, except for the margarine. Dribble the margarine on top of layered ingredients. Do not mix. Bake for 60 minutes.

This recipe was submitted to the Friends of the Heights Libraries by Dick Goddard, TV8 meteorologist, and was published in the Friends cookbook, A Taste of the Heights. For more recipes, stop in to purchase a cookbook.

Jo Ann Vicarel has been the branch manager at the Noble Neighborhood Library in Cleveland Heights since November 2000.

Playaways are here!

Lee Road Library
2345 Lee Road, 216-922-3600

“Adventures in Dramaedy,”
Mondays, Jan. 4–Feb. 22
Grades K–5, 4:30 p.m.

“Stop Spending So Much Time Doing Your Homework,”
Mondays, Jan. 4–Feb. 4, 4:30 p.m.

“Knitting Night at Lee,”
Tuesdays, Jan. 12 and 26, 7 p.m.

“From Soup--To-Soup,”
Tuesdays, Jan. 12 and 26, 6:30 p.m.

“Teen Talk Radio,”
Mondays, Jan. 4, 7:30 p.m.

“Cuentos y Cosas,”
Mondays, Jan. 1–Feb. 22, 7 p.m.

“From Soup--To-Soup,”
Tuesdays, Jan. 12 and 26, 7 p.m.

“Tai Chi and Qi Gong,”
Coventry Village Library

“Stay and Play,”
Fridays, Jan. 8–Feb. 26, 10:30 a.m.

“Stay and Play,”
11 a.m. Wednesdays, Jan. 6–27,

Morgan Loggins checks out a Playaway at the Lee Road Library.

Sarah Biscoe

The Lee Road Library now carries a selection of Playaways especially for children. So, what is a Playaway? It is the newest rage in audio books and the easiest way to listen on the go. The book is preloaded to a small, simple device that includes battery and earphones. Playaways can also be used in the car. Simply connect the device to the car’s MP3 port with a cable adaptor. For about $6 an adaptor can connect a cassette deck to the Playaway.

Children can now check out these popular devices with a newly expanded collection of Playaways. With everything from popular titles like 39 Clues to classics such as Anne of Green Gables, the Lee Road Library is sure to have the right Playaway for any young person. Playaways will be incorporated at the other Heights Libraries locations sometime in 2010, so keep your eyes open and ask a librarian for assistance.

Sarah Biscoe is a children’s services librarian at the Heights Libraries.

Sarah Biscoe
Chinese culture at Roxboro

Joy Henderson

First graders at Roxboro Elementary say ni hao (hello) and zai jian (goodbye) when entering and leaving their classrooms. They raise their hands enthusiastically to respond with ni hao (yes) or bu shi (no). Roxboro Elementary kindergarten and first grade students receive Chinese language and culture instruction four times a week.

Instructor Grace Chen comes to the CH-UH district from Olmstead Falls, where she taught Chinese for eight years. She is excited to join the district, and says the staff and community members have been extremely welcoming and supportive.

Chen knows her young students are visual learners. They enjoy seeing pictures of Chinese families and imagining how typical school-age boys or girls in China would go about their day. She also incorporates physical movement into the lessons. "Young children like to get up and sing songs and have fun," Chen says.

The program is part of a five-year plan designed to follow these same students through their elementary career, while gradually expanding instruction to include all six grade levels.

Though the program is still in its early stages, Roxboro principal, Tara Grove, is enthusiastic about the possibilities. "Exposure to Chinese language and culture could open many doors for our children," she says.

Roxboro is one of three schools in Ohio to receive a Foreign Language Assistance Program Grant (FLAP), a federal grant to support cultural enrichment in the schools. Chen recently received a grant from the Confucius Institute at Cleveland State University, which will provide classroom resources, including technology.

Joy Henderson is the assistant director of Reach Heights.

College preparation workshop series for families

Jacalyn Elfvin

The Cleveland Heights High School Guidance Department and the Parent Connection Council are hosting a series of workshops to help parents and guardians prepare their student for college.

"These workshops are targeted toward parents of students in grades 6–10, but any parent is welcome to attend," said Kristie Cooper, school counselor.

"We want parents to know about college requirements so they can help prepare their students for a future that includes some kind of skilled training after high school."

The workshops will also air on Time Warner Cable Channel 22.

Choosing a College Thursday, Jan. 14, 7 p.m., CHHS Social Room

Topics include:
• Researching colleges
• Campus visits, resources
• Choosing a major

Applying to College Thursday, Feb. 18, 7 p.m., CHHS Social Room

Topics include:
• Paper and online applications, fees, deadlines
• Recommendation letters, essays, interviews, portfolios, auditions

Financial Aid Thursday, March 18, 7 p.m., CHHS Social Room

Topics will include:
• Calculating the cost of attendance
• How financial need is determined
• Types of financial aid, FAFSA
• Local scholarship opportunities

College Realities Thursday, April 22, 7 p.m., CHHS Social Room

Topics will include:
• Differences between high school and college
• Time management, self-motivation, study skills, and remedial courses
• Accessing support services

For more information, contact Dr. Kristie Cooper, Heights High College Information Counselor, at k_cooper@chuh.org or 216-320-3067.

Jacalyn Elfvin is the administrative assistant in the Office of Communications and Community Engagement for the Cleveland Heights-University Heights City School District.

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Family-School Connection presents parent roundtables at Boulevard

Tracy Hill

Heights Parent Center’s Family-School Connection is offering a new parent series, called Parent Roundtables. These sessions are divided into the Women’s Roundtable and the Men’s Roundtable. Sessions are being held at Boulevard Elementary, 1749 Lee Road, Cleveland Heights from 6:00 to 8:30 p.m. All parents in the community are invited to attend.

The Women’s Roundtable is facilitated by Valerie Dowery-Houi, a licensed social worker with Beechbrook. She has been conducting parenting sessions and the Parenting Plus workshops at Heights Parent Center for several years.

The Men’s Roundtable is facilitated by Darnell Carter, otherwise known as “The Family Man.” Carter has conducted parenting workshops in Cleveland, Lakewood, Shaker and other communities throughout Northeast Ohio.

A light meal and childcare will be provided. These sessions are free, but registration is required. Call 216-321-0079 to register and join the center for stimulating dialogue on a variety of topics.

Women’s Roundtable

Jan. 25 - Women Raising Boys
Feb. 17 - Parenting in the age of the World Wide Web
March 24 - Helping the Angry and Troubled Child
April 28 - Discipline or Punishment? Are your strategies working?

Men’s Roundtable

Dec. 9 - Maintaining Healthy Relationships
Feb. 3 - Talking about Difficult Issues
March 3 - Stress and Its Effect on Parenting
April 14 - Discipline or Punishment? Are your strategies working?
May 9 - Open Discussion

Tracy Hill is coordinator of Family School Connection for Heights Parent Center.

Monticello Middle School teacher receives award for outstanding physical education

Angee Shaker

Physical Education at Monticello isn’t just the typical gym class. Instead, it’s about promoting a lifestyle of fitness, and the Ohio Association for Health, Physical Education, Recreation and Dance has taken notice for the second year in a row.

Physical Education teacher Vincent Nemeth has been awarded silver-level recognition for his commitment to the health and well-being of his students.

“It’s all about instilling a better understanding of how every aspect of our lives is affected by what we eat, how much we exercise, and the confidence we all gain from living a healthy life,” Nemeth said. “A lot of schools have a weight room, but not a true fitness program. We chart our data, compare classes, and know that students have better results earlier in the day than after lunch. This information is helpful in winning the war against obesity, and we’re eager to share what we learn.”

Thanks to a $10,000 grant from General Mills Corporation in 2007, Nemeth was able to purchase equipment and implement a fitness circuit at the middle school. His students look forward to using the machines and reaching their individual goals. He teaches them how to adjust the equipment to their body type and determine if they’re pushing too hard or not enough by tracking their heart rate.

The students have four different stations to get through, enough for a full workout. “For the rest of their lives, they can walk into any gym with confidence and find something to increase their heart rate, burn calories, and feel better.”

There have also been some healthy changes in the Monticello cafeteria. Manager Sharon Davis has replaced the pop and candy vending machines with a water and juice vending machine. Whole milk has been replaced with 1 percent milk, pizza now has a whole wheat crust, and there are more baked foods available.

This makes Nemeth even happier, and he doesn’t hear the kids complaining about the changes either.

Shelton Smith, Monticello principal, expressed his gratitude for dedicated staff members who work for the well-being of students and inspire with integrity. and said he was glad Nemeth’s hard work was being acknowledged.

Angee Shaker is the coordinator of communications and community engagement for the Cleveland Heights-University Heights City School District.

CH-UH celebrates #1 basketball fan Adele Zucker on her retirement from UH Council

Angee Shaker

Just before the Heights High School boys basketball team took on Bedford High School on Dec. 19, the Cleveland Heights-University Heights schools honored outgoing University Heights Councilwoman and Vice Mayor Adele Zucker for her long time support for the Heights boys’ basketball team and all Heights athletics.

“Adele Zucker and her husband Henry have been our most vocal and dedicated supporters for years, and we truly appreciate their commitment to our student-athletes,” said Superintendent Douglas Heuer. “As Councilwoman Zucker prepares to retire from University Heights City Hall, we wanted to take this opportunity to thank her and congratulate her for her service.”

“Whether we are playing at home or on the road, Councilwoman Zucker is always there cheering on the Tigers to victory. We just wanted to take this moment to cheer her on as well,” said Athletic Director Kristin Hughes.

Angee Shaker is the coordinator of communications and community engagement for the Cleveland Heights-University Heights City School District.

Spanish Influence learned through art and culture

Students display their cubist shoe art work: Goadin Evans, Nicholas Bernard, Kyle Finnegan, Kathryn Collyer, back row, L to R. Andrew Bennett, Katherine Miller, Kayla Mitchell, Erica Gray, Phillip Moreland, front row, L to R.

Joy Henderson

Cuban artist Augusto Bordelos spent two days at Heights High in Olivia Fatiga’s Spanish class following up on class research and discussions about two notable Spanish artists—Salvador Dalí and Pablo Picasso.

Bordelos not only spoke to the students about these artists, their styles, and the time period of their work, he also discussed Cuban culture, including the differences among Spanish speakers, and the Cuban approach to time. “Cubans are less worried about being on time for events,” he said.

He also worked with students as they created a pastel drawings based on each artist’s style. Dalí inspired a surrealistic nightmare, Picasso a cubist picture of a shoe.

Students were attentive, listening to every word and asking the artist questions about Cuban food, education, and weather, as well as Bordelos’ personal history.

“When students learn about Spanish artists, it gives them a window into Spanish culture,” said Fatiga, a teacher at the Mosaic School. “Part of our mission is to weave the arts into the curriculum.”

The students’ artwork will be displayed in the main hallway showcases in February.

Augusto Bordelos is a multimedia artist whose work is in galleries and private collections worldwide. He currently works and lives in Cleveland. Mosaic School contracted with Young Audiences to bring the artist into the classroom.

Joy Henderson is the assistant director of Reaching Heights.
JCU hosts volleyball national tournament

Tessa Nicolanti

John Carroll University recently hosted the NCAA DII National Women’s Volleyball Championships at DeCarlo Varsity Center. The last national championship hosted by John Carroll was played in 1989.

This year’s tournament took place Nov. 10 through 12 and welcomed eight teams from across the nation, including Hope College (MI), Tufts University (MA), the University of Redlands (CA), Washington University (MO), Juniata College (PA), Southwestern Texas University, New York University and the University of Wisconsin-Oshkosh.

When they weren’t competing or practicing, the teams participated in a community service project in which they read books to local elementary school students. The players interacted with the students and also handed out autographed mementos.

As part of the tournament, a free, two-hour youth volleyball clinic was offered. The clinic was open to local volleyball teams, individuals and youth in the community who were interested in learning skills and techniques from college-level coaches and players. Participants watched demonstrations and received volleyball instruction, as well as a free event T-shirt, a volleyball, and a ticket to the championship game, which followed at 7 p.m.

The championship game packed the gym to nearly standing room only. The stands overflowed with local youth volleyball players and their families. JCU students and faculty, community members, and family and friends of the two remaining teams: Washington University and Juniata College.

The two teams had last faced off on Sept. 18 in a game that earned them the record for most points scored in a three set NCAA match during the 25-point scoring era. Washington won all three sets with scores of 28–26, 41–39, and 27–25. However, Juniata came into the finals without a tournament loss.

The game was intense with Washington losing the first set, but coming back to sweep the next three. Washington’s coach, Rich Luennenman, now holds three national titles in his 10-year career at the university.

John Carroll University lost in the OAC tournament quarterfinal to 6th-ranked Ohio Northern University and did not advance to the national championship tournament. JCU ended the year with a 12–17 record.

Tessa Nicolanti is a stay-at-home mom in Cleveland who pursues a career as a freelance writer whenever her two preschoolers are sleeping.

Ruffing Montessori welcomes visitors to open house on Jan. 10

Carol Provan

Ruffing Montessori School invites parents to attend an open house on Jan. 10 from 2 to 4 p.m. at the school, 1380 Fairmount Boulevard. This is an opportunity to meet with faculty and other parents who can answer questions about the curriculum for children from 18 months of age through eighth grade.

Using the Wilson Reading method, they fostering the love of reading.

Tessa Nicolanti

There were over 200 students competing from around the area, including students from the Shaker, Euclid, and Brooklyn school districts as well as parochial and charter schools. This is the second year Monticello has hosted this competition. The regional competition will be held March 13 at Heskett Middle School in Bedford.

Jacalyn Effiuin is the administrative assistant in the Office of Communications and Community Engagement for the Cleveland Heights-University Heights City School District.

Heights High Leading Ladies host Violence Prevention Blue Ribbon Campaign

Angees Shakar

Following the notorious fight in 2018 between famous singers Rihanna and Chris Brown, which landed Rihanna in the hospital, Leading Ladies, Inc. began discussions about dating relationships at Cleveland Heights High School.

These discussions ultimately led to a violence prevention program called “Respect,” which was sponsored by the Akron Children’s Hospital. The group’s motto is: “Expect Respect. Accept Nothing Less!”

During the week of Dec. 14, the Cleveland Heights High Leading Ladies held its inaugural Violence Prevention Blue Ribbon Campaign.

Sabrina Humphries, founding director of Leading Ladies, Inc. says, “Our goal is to relay the message to Northeast Ohio teens that violence in relationships is never acceptable!”

During the campaign the Leading Ladies wore respect sweatshirts and passed out information during lunch periods.

They posted blue ribbons on lockers at the high school and passed them out during the Bedford High Schools vs. Cleveland Heights boys basketball game.

Angees Shakar is the coordinator of communications and community engagement for the Cleveland Heights-University Heights City School District.

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Michelle Bee

Mrs. Bee’s Book Club has been a great hit this year at Fairmount Co-op Preschool.

Four-and five-year-olds who are going to kindergarten next year have been learning how to read during this extended-day program, which is offered once a week. The preschool is located at Fairmount Presbyterian Church.

Michelle Bee, an elementary teacher with a master’s degree in reading and training in the Wilson Reading Program, teaches the class. The focus is on kindergarten reading readiness as well as fostering the love of reading.

Students practice letter sounds. Using the Wilson Reading method, they learned how to tap the sound of each letter. They use their fingers to blend the sounds into words. Learning about authors and doing crafts and games are included in the lessons. So is learning words by sight.

Students practice writing skills as well. They use themes from books they have read such as Chicks! Chicks! Boom Boom, If You Give a Mouse a Cookie and Brown Bear, Brown Bear to make class books.

Each week students take home a minibook to practice reading to their parents. Students and parents are excited about the progress they are making.

Michelle Bee is the ‘Bee’ in Mrs. Bee’s Book Club.

Book club teaches preschoolers to read

Lily Pinkerton reads by sight from the word wall.

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Heights High Leading Ladies host Violence Prevention Blue Ribbon Campaign

H</t>
Heights Youth Club

Louise Westfall

I’ll have that hot lunch with a side of school work and a helping of self-esteem! Heights Youth Club continued its mission of providing a positive place for kids in a December packed with learning, special projects, and core attention to academic achievement.

Heights Youth Club, proud to be part of the Boys & Girls Clubs of Cleveland, is grateful for community collaboration, including a hot and healthy meal served daily, provided by the Cleveland Food Bank, volunteer tutors, and corporate support. Recently, employees of the Eaton Corporation toured the facility, and the Great Lakes Science Center hosted a holiday party so that kids could visit exhibits at the science museum.

A day at Heights Youth Club begins with school work. Lessons are reviewed, and if homework is completed, volunteers listen to kids read a book from the Jeanne Jones Learning Center, dedicated to the memory of a local woman devoted to education. Part of the daily routine includes exercise and participation in the National Football League’s “Play 60” program, an hour of physical activity. As a reward for meeting club goals in this program, kids were treated to a visit to Browns Stadium and an opportunity to meet team players.

Club membership is open to all students in the CH-UH City School District. To join the club, fill out a membership form, pay the $10 annual fee, and be part of the fun.

The club also welcomes contributions. It’s a worthwhile investment in helping youth reach their full potential as productive, responsible and caring adults. Send contributions to HYC, 2061 Lee Road, Cleveland Heights, OH 44118, or donate online at www.heightsyoutheclub.org.

Parenting Q & A

Ellen Barrett, a parent educator at Heights Parent Center for the last 22 years, fields questions from parents about the daily ups and downs of parenting. If you have questions for Ellen, e-mail her at charlott@heights-parentcenter.org.

Q. I am pregnant with our second child, due in the spring. We are excited and scared at the same time. Our first child will be just two years old and is used to being an only child—the center of the family. How can I help him prepare to be a big brother and adjust to the idea of sharing us with another baby?

A. Although your child is used to being the “only” child, the addition of a sibling will be one of the most important and, hopefully, one of the best changes in his short life. Although the adjustment may have some rough spots, you can help him prepare to meet his new sibling and to be a big brother. Here are several things that you can do to make this family transition smoother:

- Make sure your child has well-established bedtime, nighttime and sleep routines. Routines provide security and predictable patterns during change for your older child.
- Empower your child to be as independent as possible. It will also build his self-esteem and make him feel like a “big boy,” while giving you a break. Let your child be a participant in the preparation for the new baby. For example, give him some limited choices while arranging the nursery, such as what to put on his bed, which toys to bring to his room. Give him a helping role, and he will feel like he’s able to enjoy the moment. Remember that if you are relaxed, chances are he will be, too. It’s your best guide.

“Help me... to do it myself.”

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“Should we put the crib in this corner or over by the window?” Or let him help you sort through the baby clothes and put them away in the drawers. Talk to him about the clothes. “Look how small these socks are! The baby’s feet will also be very small.”

Develop gentleness by patting and using language like “soft” or “gentle.” Pets or stuffed animals are a great way to demonstrate these actions and characteristics.

Finally, look through your older child’s baby book with him. Reminisce about his birth, babyhood and milestones. Remind him he, too, was a baby before becoming a big boy.

There is no reason to assume that the new baby will have a negative impact on your older child. In fact, a new baby can bring added excitement into the home and special visits from grandparents and friends. Two-year-olds love the added attention and are able to enjoy the moment. Remember that if you are relaxed, chances are he will be, too. It’s your best guide.

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Executive Arrangements helps sell Cleveland to recruits

Margy Judd

“Cleveland? Why would I want to move to Cleveland?” This is a very typical reaction when a local company tries to recruit an executive from out of town—and that is why Cleveland Heights-based Executive Arrangements has been in business for 30 years.

Negative impressions of Northeast Ohio are prevalent, especially if a candidate’s exposure to Cleveland has been limited to what he or she has seen on the national news.

More than 100 times a year, Executive Arrangement staffers spend a day with a family considering a move to the area. They provide the family with a personalized tour of the city designed to match their interests and needs, and work to overcome any objections the family might have to moving here.

With clients that include Cleveland Clinic, University Hospitals, Case Western Reserve University, Eaton Corporation, Progressive Insurance, American Greetings, Goodyear and Nestle, Executive Arrangements is known as the company that can convince reluctant hires to pack up and relocate to Cleveland.

Because many of Cleveland’s best assets don’t jump off the page but reveal themselves slowly to newcomers, the firm stays in touch with new arrivals, and helps them to acclimate and connect with Clevelanders who share their backgrounds or interests.

In November, the firm moved into the Cedar Fairmount neighborhood, attracted by the vibrancy of this North-east Ohio neighborhood. The staff enjoys the pedestrian-friendly streets and the area’s variety of locally-owned restaurants and shops.

Four of the firm’s staff reside in the Heights—Margie Biggar, Claudia Fulton, Lil Langholt and Brad Withers—and are happy to show people around.

For more information, visit www.executivearrangements.com or phone 216-231-9311.

Margy Judd, owner of Executive Arrangements, is a Shaker Heights native and now resides in Cleveland’s Tremont neighborhood.

Let’s face it. You can’t be prepared for everything. But an insurance policy can help provide that protection. For many families or single parents, term policies are an accessible path to security. And, as your financial circumstances change in the future, a term policy can be easily upgraded to permanent insurance to cover your long-term goals.

Whether you’re a parent planning for a child’s education or a small business owner poised for growth, one thing’s for certain — there’s not much you can control about the future. When you add the backdrop of a turbulent economy, it may be difficult to even think about making long-term plans for yourself, your family or your loved ones.

One key to moving forward may be securing a level of financial protection against life’s uncertainties, for however long you need it. Life insurance can help provide that protection. For many households that are juggling multiple obligations including mortgages, auto loans and educational expenses, the prospect of leaving loved ones burdened with those responsibilities can be particularly overwhelming.

All these concerns can be addressed in ways tailored to what you and your family can afford. Life insurance provides coverage at a level you choose, for a period of time you designate. For young families or single parents, term policies are an accessible path to security. And, as your financial circumstances change in the future, a term policy can be easily upgraded to permanent insurance to cover your long-term goals.

Let’s face it. You can’t be prepared for everything. But an insurance policy might help you plan for more than you realize.

Stefanie Richardson is a Heights resident and financial advisor for New York Life.

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Selling Cleveland to new arrivals is a Shaker Heights native and now resides in Cleveland’s Tremont neighborhood.
By Eleanor Mallet

Sunday mornings at On the Rise Bakery, most people know what they want. They have it down, they operate in here like some sticky bun-seeking-device.

"I’ll take a baguette, a brownie and a chocolate chip.”

"I’ll take two scones and a cinnamon swirl loaf.

You see a lot of this ‘now and later’ phenomenon. The croissant is for now, the organic multigrain, later.

Others less familiar inhale and gaze when they come in, dazed and intoxicated by what they see and smell. It is, after all, an alternate universe, the luscious and magical way these bakers have of combining butter, sugar, flour, leavening and whatever else that makes the rest of the day. Two construction workers order up sticky buns. “Make that three,” says one, as they pull crumbled bills from their pockets.

As I watch people come in, finishings, I am amazed at how quickly we can be taken down to earth. I puzzle over the preponderance of men. On Sundays mornings, are the women sending their men out for this gathering expedition? On weekdays, is it a quick stop on the way to work to fortify against the stress ahead, or to counter the strict South Beach regimen at home?

The front of the bakery is a large glass window. Sunny days add another layer of warmth to the place. On a rainy day the dripping condensation on the window makes for a cozy nest. Three young women, hair tied back and remarkably lean for their occupational hazard, work briskly behind the counter.

On any day, it seems, a steady stream of people make their way to this oasis. On the Rise is not alone. With Zoss, Stone Oven and others, the Cleveland Heights pantry runneth over. Each has its own special aroma and flavor. Each sets us up, regularly or on occasion, to be comforted and restored, to share and to go forth.

Eleanor Mallet is a longtime observer of the nooks and crannies in the Heights. Her column, Observing in the Heights, will explore the special people and places in the Heights.

More stories online at www.heightsobserver.org

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New folk sing-along series

David Budin

La Cave used to be Cleveland’s premier folk music venue. That was from 1962 to 1969, when it hosted regional and national artists every week. Most of the top names in folk music—and many rock groups, in its last few years—performed at La Cave, which was then located in the University Circle area.

Stan Kain, the club’s owner, and a group of people connected with La Cave are planning a reunion for June 2010. The event is expected to include at least one concert and other related activities.

The first phase of the group’s fundraising effort begins this month. The Super Second-Sunday Sing-along and Supper Series will be held on Jan. 10, beginning at 5 p.m. The event features an old-fashioned sing-along of traditional and ‘60s folk songs led by Cleveland’s preeminent folksinger, Gusti, along with musician and music journalist David Budin.

There will be a chili dinner with regular, turkey and vegan varieties, plus cornbread, salad, beverages and dessert. A $5 donation is requested. For more information and to RSVP, send an email to popcycles@sbcglobal.net or call 216-791-3149.

David Budin is a freelance writer living in Cleveland Heights.

Meredith Holmes

Listening to those among us who are quiet—even mute—is becoming an increasingly urgent matter.

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David Budin is a freelance writer living in Cleveland Heights.

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Masters Series

Tuesday, January 26 – 8:00 pm
At only 27 years old, cellist Alisa Weilerstein is a performer of unmatched intensity and passion. She will be joined by pianist Iron Barnatan, winner of the 2009 Avery Fisher Career Grant.

Tickets: $50 for each recital. Call 216.791.5000, ext. 411 or purchase online at cim.edu.

Wednesday, March 24 – 8:00 pm
Yefim Bronfman, piano

Friday, April 9 – 8:00 pm
“All Evening of Jazz”
André Previn, piano
David Finck, bass

Tickets: $50 for each recital. Call 216.791.5000, ext. 411 or purchase online at cim.edu.

Cindy Washabaugh is a poet and writer whose work has appeared in numerous journals, anthologies, and other publications. She teaches courses in creative writing and writing for healing and growth throughout Northeast Ohio and leads diverse community projects and workshops in the creative arts. She has been a Cleveland Heights resident for 18 years.
Gerus Parish in University Heights held its fifth annual Day of Service on Dec. 5 at 46 Cleveland area social service agencies, churches, shelters and nursing homes. Service projects included cooking and serving food, cleaning, decorating for the holidays and planning activates for adults and children. Nearly 1,000 people of all ages volunteered for the 2009 day of service, said Meg Wilson, coordinator.

Carolyn Brinkley and Sandra Rueb were coordinators for volunteers to the Merrick House at Lincoln Park in the Tremont area of Cleveland. Volunteers arrived early to set up for a holiday pancake breakfast for 100 people. Not only did they help serve breakfast but also boxes of ornaments for the children to hang on the tree provided by Merrick House.

David Smith and his son, Brian, led the singing of Christmas carols. Brian Smith made the rounds of all locations with Gesu volunteers and his keyboard paddled and tied to a dolly, much like Santa with his bag of toys. He played, participants sang and everyone hung ornaments, laughed, talked and learned about one another.

Daycare center parents, the First Mom’s program, and former Valleyview Estate adults and children participated in the breakfast. Gesu volunteers in- cluded children as young as six years old. According to Carolyn Brinkley, the volunteers needed to not only “welcome and serve guests, but also to mingle and actively participate in the activities.” The children played together, adults spent the morning chatting and anyone walking into the room would think this was a typical pancake breakfast of people who were long-time neighbors.

Merrick House was founded in 1919, under the auspices of the National Catholic War Council, and is one of the original Cleveland Settlement Houses. The organization has served families from Russia, Poland, Ukraine, Slovenia, Germany and Ireland with desperately needed services. The early storefront building of Merrick House provided English classes, childcare, recreation and neighborhood clubs.

Today, Merrick House’s neighbor- hood has changed and it has expanded its programs. The programs include childcare, youth mentoring, senior services, GED preparation, youth baseball leagues, housing advocacy, health services, parenting education and the Tremont Arts and Cultural Festival.

Anita Kazarian is a freelance writer and University Heights resident.

Mary Courtwright

Teaching more than a job, it is a way of life. When I chose to become a teacher, I hoped that perhaps I might see how I could take my daily work as an instrument of positive change in the world.

From day one, I found this to be the case, but not always in the way I had anticipated. Teaching is not just a one-way relationship in which I impart knowledge to hungry minds. I am not the expert in every matter. I do not have all of the answers. I am fallibly human. I am reminded of this every day when I am in a classroom full of students who challenge me, who trust me, who share their stories of success and failure, and who very often teach me something in the process.

At the end of a semester, or sometimes on the eve of graduation, a student might tell me: “You changed the way I think.” This is very rewarding to hear, as long as the change is positive and empowering.

It is not my intention to shape oth- ers’ thinking to mirror my own. Rather, I hope to help students in their own pursuit of wisdom—food for the mind, heart and soul.

My goal is to foster a sense of open- mindedness to others, a critical eye with regard to information, an understand- ing of psychological and sociological concepts, and a greater awareness of responsibility to oneself and others. When students make healthy changes in the way they communicate, deal with problems, and relate to the greater whole of humanity, then I know I have done my job.

Yet the way I may affect others is only half of the story. In the very same classroom where I wear the teacher hat, I am also learning. My students chal- lenge me to adapt in an instant, to shift my perspective even when it tugs at my ego, and to approach situations with a humility that one can find only when put on the spot.

Moreover, these lessons carry over into my life outside of work. I constantly ask the questions: What am I not seeing? Why am I approaching this situation from a place of blindness? How can I put my ego in check to see things objectively? In essence, the very things I strive to embody in the class- room are continuous challenges for me as well.

The moral of this story is that the profession of teaching is one of the greatest learning roles one can accept. Knowing that renews my commit- ment to teaching because I know that tomorrow I will be challenged to rise above what I did today. Even if it is not a conscious choice, there will be a student who helps me to see things differently. Every mistake I make will be highlighted under the glaring flu- rescent lights of the classroom. There will be opportunities to double-check myself, and I will be better for it.

To my students: Thank you for changing the way I think—today, tomor- row, and every day thereafter.

Mary Carroll Courtwright is a teacher and writer. Her novel “Song of the Messenger”, which is set in Cleveland Heights, was pub- lished in 2007. For more information, visit www.marycourtwright.com.
Simple steps to get organized in 2010

Muffy Kozberg and JoEllen Saltin

Overwhelmed by too much paper or too much stuff? Don’t know where to start to clean up your home or office? January is National Get Organized Month, and Organizing 4 U has some simple tips on how to achieve your New Year’s resolution of becoming more organized.

Start Small. Choose a small area, a drawer or cupboard. Clear out the contents and clean the space so it is ready for things to be returned to that area.

Identify Categories. Determine the desired use for the space you just cleared out. For example, should the desired use for the space you just cleared out be storage, or would it be better served for supplies such as pens, pencils, tape, etc.? Once the decision is made, sort out the items that will return to the space and think about where the other items can go. Throw out or donate items that are no longer useful to you. Sorting is a wonderful way to help decide if you really need it.

Maximize the use of your space. Do you lack good closet space or attic space for storage? Maximize the use of limited space through the use of shelving and bookcases. This use of vertical space applies to bare walls, closets and basements. Use plastic tubs or file boxes that can be stacked on the floor or placed on shelves. Most households have underutilized vertical space. Look around. What a great way to find storage you never knew you had.

Put things away. After discarding the items you no longer wish to keep, it is time to put everything away. Finding new “homes” for some items may require some thought. Think about where you will use these items and where you would first look when you needed them. The key to being organized is knowing where to find things when you need them. Be sure to keep similar items together, such as light bulbs and batteries. This way you will know at a glance when you are low on these products.

Enjoy. It is now time to sit back and enjoy your clutter-free surroundings. Be sure to schedule a brief period of time each week to put things back in their proper places in order to maintain your newly-organized home or office.

Muffy Kozberg and JoEllen Saltin are the owners of Organizing 4 U. Contact them at organizing4u.com.

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Kathy Dawson

A very frustrated because my husband doesn’t listen to me anymore about anything. It’s like I’m talking to a brick wall. I’ll tell him something several times and a few days later he’ll say, “You never told me that.” I can’t take it anymore. Any suggestions?

A. In any type of communication, whether it is between spouses, coworkers, or family members, less is more. When you tell your husband something over and over, you become what I call a “go-oner,” someone who goes on and on about a topic. You may not realize it, but you might actually be teaching your husband how not to listen to you. When you go around the block on the same subject, it is most likely because you’re afraid if you don’t do that, your husband won’t hear what you are saying. But in reality, going on and on dilutes your message. Practice saying what you need to say as briefly as possible, say it once, and let the silence carry the weight of your message. If your husband is used to you staying on one topic for several minutes, don’t be surprised if he looks shocked when he says what you want once and stop talking. Although you’ll have the urge to repeat what you’ve just said, don’t do it! Trust that his brevity and the following silence will be exactly what your husband needs to digest what you’ve said.

Kathy Dawson is a Cleveland Heights author and relationship coach. If you would like your anonymous relationship question answered in a future column, send it to Kathy at kathy@kathybeacoach.com. To learn more, visit www.kathybeacoach.com.
JCU media class helps brand FutureHeights

Lillian Hinds

People always ask me how I stay young and active. Here are a few tips that have worked for me:

1. Work hard; 2. set goals; 3. persistently strive to realize your goals; 4. do not allow things to upset you; 5. exercise daily; 6. eat fruits and vegetables; 7. maintain friendships; 8. continue to work or volunteer; 9. respect the opinions of others, especially when they differ from your own; 10. let your experiences broaden your ability to think outside the box; 11. listen to your body; 12. listen to others with appreciation; 13. relax with your favorite books; 14. be positive; 15. be hopeful; and 16. find occasions to laugh.

Remember: “Laugh and the world laughs with you. Cry and you cry alone.”

Dr. Lillian Hinds is 92 years young. An retired professor, she lives at the Alcazar in the Cedar Fairmount neighborhood.

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Simple steps for staying young in the new year

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Contact: Michelle Bee 470-0088

St. Paul’s Co-Operative Preschool
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