

The Rural-Urban Record



January 19, 2026

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Volume 71 No. 14

Columbia Station, Ohio

January 12, 2026

Keystone volleyball and basketball teams are undefeated



Volleyball: L-R Front row: Raegen Blackford, Steph Frawley, Maddie Hodkey, Riley Rogers, Lilly Daley, Kennedy Johnson. Back row: Shannon Ody, Farrah Thomas, Tenley Jameyson, Mallory Gibson, Josie Medvetz, Kensington Ling, Coach Medvetz.

The Keystone Wildcats 7th Grade Girls are truly a special group of athletes, and our community could not be prouder. This talented group showed incredible dedication, teamwork, and heart all year long. In the fall, the volleyball team went undefeated and captured the LC8 Championship. Not to be outdone, the basketball team also went undefeated in the LC8, closing out their season with an exciting win in the LC8 Championship.

These young athletes represent Keystone with class, determination and sportsmanship, both on and off the court. Their hard work and commitment have paid off in the best way, and this is only the beginning of what they will accomplish.

Congratulations to the players and coaches on an unforgettable year. We are so proud of all of you—The future is bright for the Keystone Wildcats!



Basketball: L-R: Front row: Maddie Hodkey, Steph Frawley, Kenedy Durante, Raegen Blackford. Back row: Mallory Gibson, Josie Medvetz, Farrah Thomas, Izzy Hurst, Tenley Jameyson, Coach Medvetz.

LPLS Month of Service in honor of Martin Luther King Jr.

Throughout the month of January, the Domonkas Branch honors the legacy of Dr. Martin Luther King Jr. through community service. We provide open sessions of knitting and crochet, with the intent of donating the completed hats, scarves and gloves to a local charity at the end of the month.

"It is a great opportunity to learn a new skill, meet new community members and do something nice for a neighbor in need," Branch Manager Bethany Bonafield said. "If patrons have items such as blankets, hats, scarves and gloves that they've created at home we'll gladly accept those as well."

Staff member Beth Collins, who is now an Assistant Branch Manager at the Main Library in Lorain, started the initiative in 2018.

"I was reading about the history of MLK Day, and was inspired by Coretta Scott King's words of how she honors her husband through community service," Collins said. "We had a regularly meeting knit and crochet group who made such beautiful pieces and I knew there was a need in the surrounding communities for items like hats and scarves, so I thought this was a great way of honoring the teachings of Martin Luther King Jr. and celebrating the day through active community service."

A local Joann Fabrics location heard about the inaugural Month of Service through a News Channel 5 story, prompting the crafting super store to donate yarn, a gift box of supplies and a hundred-dollar gift card which was used to purchase knitting and crochet supplies for community use in future Months of Service.

In 2025, the Month of Service program marked a milestone of over 1,000 items donated locally since its inception.

Multiple entities have benefited from the initiative: Mercy Cancer Center received 200 donated blankets, hats, scarves and gloves in 2019 and another 150 items in 2020. In 2021, 387 items were donated to St. Elizabeth Center in Lorain, over 400 items to the United Way in 2022, with another 260 items to them in 2023. In 2024, 200 items were split between We Care, We Share and Sheffield Lake Elementary Schools and in 2025, 105 items were split between Knollwood Elementary School and St. Elizabeth Center.

Donations from the 2026 Month of Service will be donated to United Way.

Beginner Beekeeping Class

Beginner Beekeeping Classes will be on Fridays, March 6, 13, 20 & 27, from 7-9 p.m. at Life Church, located at 1033 Elm Street, in Grafton. This is a series of four classes offered by the Lorain County Beekeepers Association that will cover topics such as beekeeping equipment, hive management and care. Additionally, hands-on hive openings will be on Saturdays, April 18 &



25. The cost is \$50. Please visit <https://loraincountybeekeepers.org/beginner-class> for more info.

Community Directory

Carlisle	14	Wellington	16
Columbus	2	Churches	6
Eaton	8	Shop Local	15
Grafton	10	Profile Page	5
Grafton Twp.	12	Classifieds	18
LaGrange	7	SENIOR LIVING	13

Our next Issue will be January 26.
The Deadline for that Issue is January 21.
For Office Hours, Issue Dates & Deadlines, See Page 6.

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CHS Class of 2028 After Prom Shoe Drive



Clean out your closet for a cause! Seeking new or gently used (no rips or tears and soles intact) shoes. All sizes and styles welcome, including flip-flops and slippers. Drop off locations: CHS, CMS, Columbia Library, Columbia Station Eagles and New Life Church. Collection will go through March 5. Any questions or needing a pick up, please contact CHS.par-ent2028@gmail.com

Thank you for your support.

Columbia VFW BINGO

The Columbia Youth Players will be coordinating Columbia Bingo at the Columbia VFW Post #9340 on Saturdays, January 10 and 24. Doors open at 4:30 p.m./ kitchen at 5:30 p.m. and games at 6:30 p.m. Play all games for \$20. Enjoy raffle baskets, scratch off tickets, and a 50/50 raffle. Everyone is invited. All proceeds benefit the Columbia Youth Players who coordinate the Columbia Homecoming, June 25-27, 2026, The Miss Columbia Scholarship Program, The Designer Purse Bingo, the Mother's Day Tea Party, Columbia Cub Scouts Pack #104 and the annual Youth Christmas Play.

The Columbia Youth Players (CYP) is a faith-based non-profit organization that nurtures positive self-esteem, camaraderie, and personal growth in youth and their families through traditions such as the Columbia Homecoming Festival, The Annual Christmas Play, The Columbia Cub Scouts Pack #104, and the Miss Columbia Scholarship Program, which awards over \$4,000. in scholarships each year. Volunteers are always invited to participate however they feel comfortable. For more information, contact Charmae Cottom at (440) 263-9131 / ccottom@kent.edu.

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Columbia Cub Scouts

Youth in grades K-5th grade are invited to join the Columbia Pack #104 Cub Scouts! Den 1 is grades K-2, who meet at the Hosanna Lutheran Church basement on Fridays, January 9 and 23, from 6-7 p.m. Den 2 are grades 3-5 who meet on Wednesdays, January 14 and 28 at the Columbia Baptist Church basement. The pack meeting is Sunday, January 24 at the Columbia VFW Post #9340 at 6 p.m. Financial assistance is available for the registration fee, uniform, and supplies. Be part of the fun! Call Charmae Cottom, (440) 263-9131 or ccottom@kent.edu. No child is turned away.

Columbia Historical Society

The Columbia Historical Society will not have a meeting in January 2026. The officers plan meetings and events for the year. They will be seeing the membership in February.

Happy New Year 2026! Stay warm!

Copopa Kindergarten registration/information night

If you have a child that will be 5 years-old on or before August 1, 2026, he or she may attend Kindergarten next fall. Copopa Elementary School is in the process of planning now for the 2026-2027 school year. This year they will have an information night for parents only please on Tuesday, February 3, from 5:30-6:30 p.m. in the K-8 cafeteria. This will be a time to meet the Principal, Mrs. Ashworth, the school counselor and teachers. Parents will get information on how to enroll their child. You will make your child's kindergarten screening appointment at this time also. Kindergarten screening dates for this year will be Friday, May 8 and Thursday, May 14.

If you cannot make it that night, please call Mrs. Lasecki at Copopa Elementary at (440) 236-5020, or Mrs. Wenzel, District Registrar, at (440) 236-1236. If you have friends or neighbors who may not have received or read this notice, please have them call also. Thank you for your assistance.

Columbia Athletic HOF Inductees

The Columbia Athletic Hall of Fame Induction Ceremony will be held on Friday, January 16, at Columbia High School. The Induction Ceremony will take place immediately after the CHS JV boys basketball game vs Brookside. The JV game begins at 5:30 p.m. The boys Varsity game will be played after the ceremony.

This year's class of inductees are: Jay Banyasz (2014) and John Banyasz (2012). Congratulations to the Class of 2026 Inductees!

Columbia Trustees Meeting

Blanche Nemeth
columbiatwp-oh.gov

The Columbia Township Board of Trustees met on Monday, January 5, 2026 at 7 p.m. in Town Hall for the first meeting of the new year 2026 with three Trustees present, Mark Cunningham, Dave Montante, and Joe Borczuch, Jr. and the Fiscal Officer, Mandie Andrews.

After the meeting was called to order by Chairman Mark Cunningham he turned the meeting over to the Fiscal Officer for the Organizational Meeting. The Fiscal Officer called for nominations for Board Chairman for the upcoming year. Dave Montante was the only nominee. He was accepted unanimously. Nominations were called for Vice-Chairman. Joe Borczuch, Jr. was nominated. He was the only nominee. He was accepted unanimously. The new Board took over the Organizational Procedure.

The meeting dates for the upcoming year will be the 1st and 3rd Monday of every month except for Monday holidays when the meetings will be held on the following Tuesday. All the Township Employees were rehired. The Board Memberships were confirmed. Kathy Kortan was appointed to a 5-year term for the Board of Zoning Appeals and John Tanzer was

appointed to a 5-year term for the Zoning Commission. Re-appointments to the Volunteer Firefighters' Dependents Fund were confirmed—William Miller and Mary Miller. Reimbursement of elected officials' expenses for attendance at seminars and conferences for the upcoming year were authorized.

The Fiscal Officer was authorized to: 1) Reappropriate within funds and submit semi-monthly financials to the Board. 2) Handle investment of township funds as available in the best interest of the Township. 3) Request Lorain County Commissioners reduce load limit on township roads 50% during spring thaw. 4) Issue Blanket Certificates up to \$25,000.

The Township Trustees were appointed Prevailing Wage Coordinator. The Fiscal Officer and Assistant Fiscal Officer were appointed as Trustees' designees for Public Records Training.

The date for the Record Retention Committee meeting to discuss records destruction, if any was set for June 6, 2026 at 11 a.m. The 2026 IRS mileage rate for reimbursement was approved at 72.5 cents per mile.

Trustees' assignments for 2026 were set. Board Appointment to Southwest General Hospital went to Joe Borczuch, RLCWA and Rocky River Watershed Council went to Mark Cunningham and NEOSRD went to Dave Montante.

The Trustees do not have private legal counsel right now to reconfirm. They are only using the County Prosecutor as legal counsel at this time.

Nominal costs for occasional purchase of refreshments at the Town Hall were approved.

The Trustees reaffirmed previous resolutions authorized by present and former Board of Trustees.

Instead of establishing a date to review the Comprehensive Plan the Trustees allowed the Comprehensive Plan Committee to pick a date, to be determined, in the first week of October 2026 for the review.

The Organizational Meeting was adjourned and the regular meeting was called to order. The Trustees voted to accept the minutes of the regular meeting December 15, 2025 and the minutes of the end meeting December 31, 2025 as presented. The Trustees voted to pay the bills and payroll. The bills amounted to \$57,061.82 and payroll amounted to \$56,450.46 bringing the total to \$113,512.28. Receipts totaled \$142,443.08.

Department Reports

The Zoning Inspector reported there were 7 permits issued through January 5 of which 3 were for single family homes. The yearly report for 2025 shows 339 total homes. The total for 2024 was 249. The total number of permits issued for 2025 was 591. The total number of permits for 2024 was 347. The Board of Zoning Appeals granted a variance for side setbacks on a case in December. There will be a case for a variance on Akins Road in January for 153 feet to build one home on one of the auction lots.

The Road -Service Director reported that the money for Issue 1, the repair of N. Marks Road has been received and the project is finished and paid. Issue 1 for 2026, the repair of Forstview, is underway. The Township has a grant from ODOT for signs. It also has a grant from NOPEC for lighting in the park. Most of that has been installed already.

The Fire Chief reported on our current status. We have 36 on file and 35 on call. There have been 13 runs this year. We had no mutual aid assists and 1 mutual aid request. Transport billing for November 2025 brought in \$19,057.70 bringing the total of November 2025 to \$206,620.88. December billing has not come in yet. The year end report showed 825 runs for 2024 and 928 runs for 2025. We had 45 mutual aid assists in 2025 and 49 mutual aid requests. The fire department will be in the high school this Friday to teach CPR. The fire department will hold its annual Pancake Breakfast this year on Palm Sunday. There will be a blood drive on the same day from 8 a.m.-2 p.m. Our new fire truck should be coming in mid January. The Fire Chief, Ray Anthony, handed in his resignation to the Trustees to commence March 31, 2026. He received a standing ovation from the audience.

Rita Plata gave the Cemetery Report. \$500 was received for burials.

The Zoning Commission will meet Thursday, January 8, 2026 at 6:30 p.m. in Town Hall. The Board of Zoning Appeals will meet Monday, January 26, 2026 at 6:30 p.m. for one case.

Old Business

The update on the Personnel Manual is done. It will be coming in January for the Trustees to examine.

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Committee Reports

The Lorain County Township Association will meet January 15 in Henrietta Township. RLCWA will meet January 8 2026. Joe Borczuch has accepted the Southwest General Hospital Committee position. Dave Montante will be on NEOSRD.

Community Input

There was a full house of residents at the Trustee Meeting all concerned over the coming auction of 4 large parcels of land of almost 500 acres. They were concerned over a possibility of more developments and hundreds of new homes. They were concerned over who might buy the land. The Zoning Inspector reported all the information that he has. The property was bought 2 years ago by Black Rock to use as wetlands mitigation. But the program did not bring in a suitable profit so the company decided to sell it off. The auction is on January 27, 2026. There are 4 large parcels of land zoned R-3. 60% of the land is flood plain. Only 40% which is buildable and its near Akins. The R-3 is low density residential. Lots have to be a minimum of 2 acres. There are NO sewers available and there are no roads going into the parcels. Other than residential the zoning would have to be changed.

The meeting was adjourned. The next regular meeting will be Tuesday, January 20, 2026 at 7 p.m. in Town Hall.

Cleveland APL Crisis Safety Net Foster Program



The Cleveland Animal Protective League (APL) has launched a groundbreaking new initiative — the Crisis Safety Net Foster Program — designed to help Cuyahoga County residents in crisis keep their beloved pets safe. The program provides up to 90 days of temporary foster care for pets whose owners are experiencing homelessness, hospitalization, domestic violence, or other emergency situations.

For many people, pets are family — and during a personal crisis, the fear of losing that family can be devastating. This program makes sure that when life falls apart, people don't have to choose between getting help and keeping their animals safe.

Through a network of compassionate volunteer foster families, the Crisis Safety Net Foster Program ensures that animals receive love, a consistent environment, and veterinary care while their owners regain stability. Once the crisis has passed, pets are reunited with their families.

Sunday, January 25**Columbia Game Club Flea Market**

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NOTICE OF PUBLIC HEARING COLUMBIA TOWNSHIP BOARD OF ZONING APPEALS MONDAY, JANUARY 26, 2026

The Columbia Township Board of Zoning Appeals will meet on Monday, January 26, 2026, at 6:30 p.m. to hear Case 2026-1. The public hearing will be at the Columbia Town Hall, 25496 Royalton Road, Columbia Station, Ohio 44028.

Case 2026-1: Jeremy Schaefer, agent for RAI Black Rocky OH LLC, is requesting a 127.36 ft. road frontage variance for Permanent Parcel No. 12-00-073-000-061 for the purpose of building one home on the parcel. This represents a 68 percent variance. This parcel is zoned R3 Residential, contains 52.54 acres, and has 72.64 ft. of road frontage on Akins Road. Table 8.03A of the Columbia Township Zoning Resolution requires lots zoned R3 Residential to have 200 ft. of road frontage. RAI Black Rocky OH LLC would like Mr. Schaefer to obtain a variance prior to going to auction with Permanent Parcel No. 12-00-073-000-061 on January 27, 2026. RAI Black Rocky OH LLC wants to legally advertise that this parcel does have the option of building one home even with the limited road frontage.

The application will be available for review from Monday, January 12, 2026, through Monday, January 26, 2026 in the Columbia Township Zoning Office. The Zoning Office is open Monday through Thursday from 8 a.m. to 2 p.m. Please direct questions to Zoning Inspector Rick Lanzo at 440-236-8802, ext. 1.

NOTICE GIVEN BY: Rita J. Plata, Administrative Assistant

Sheriff Hall Brings Holiday Cheer to Lorain County Roadways



Over the holidays, Sheriff Jack M. Hall and Major A.J. Torres were in the community spreading holiday cheer in a unique way. The holiday duo initiated several traffic stops to recognize safe driving habits and promote motor vehicle safety. Instead of traffic tickets, motorists were surprised with gas cards provided by the Lorain County Sheriff's Office and generous local businesses. These random acts of kindness were intended to spread holiday cheer while bringing smiles and laughter to those traveling throughout Lorain County.

"This is what community outreach is all about," Sheriff Jack M. Hall said. "Connecting with the public, showing appreciation and being able to offer even a small amount of help during the holidays can make a meaningful difference."

The day was filled with positive interactions, laughs, and genuine appreciation from citizens who were surprised to be pulled over for something good. These efforts reflect the continued commitment of the Lorain County Sheriff's Office to build

strong relationships with the community and remind residents that their Sheriff's Office is here to serve and support them. Today's positive enforcement stops were conducted in Oberlin, New Russia, Amherst and Elyria townships.

As many families began holiday celebrations, the Lorain County Sheriff's Office also reminded everyone to celebrate responsibly.

The Lorain County Sheriff's Office encouraged everyone to take time during the

holiday season to call loved ones, check in on friends and family and enjoy the moments that matter most.

From all of us at the Lorain County Sheriff's Office, we wish you safe travels and a happy holiday season!

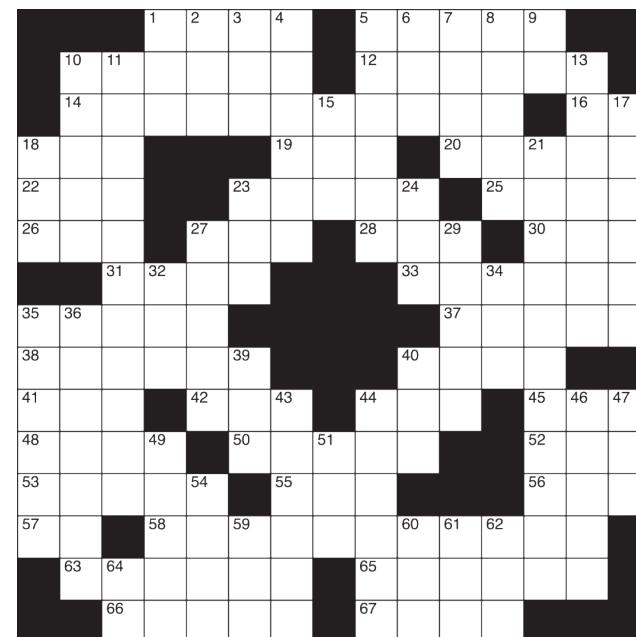
Cedarville Falls U Dean's List

Local students at Cedarville University have been named to the Dean's Honor List for the Fall 2025 are: Allison Alderman of Lagrange; Caleb Allbaugh of Wellington; Charis Lauer of Lagrange; Michael Reebel of Wellington; Amani Turnick and Emily Vanek of Elyria. Congratulations!

SNHU President's List

It is with great pleasure that Southern New Hampshire University congratulates the following local students on being named to the Fall 2025 President's List. Timothy Axford of Wellington and Jadae Puno of Columbia Station. Congratulations!

CROSSWORD FUN

**CLUES ACROSS**

- Native American group of N. California
- Geological times (Brit. sp.)
- Tool to remove
- Rods
- One who renews
- They precede C
- Chatter incessantly
- King Cole, musician
- Insect parts
- One from Utah
- The world of the dead
- Singer Redding
- NBA legend Nelson
- Indicates wrongly
- Unhappy
- Anger
- Dark brown
- Some are in kitchens
- Made a mistake
- Damp
- Type of fuel
- Actor Damon
- What thespians do
- One's mother
- Disallow
- Swiss river
- A banana has one
- Philippines lake and volcano are two
- Relative biological effectiveness (abbr.)
- Agave
- Journalist Tarbell
- One-time tech giant

- Designed to be useful
- Hebrew unit of liquid capacity
- High schoolers' test
- Computer device
- Indian territory ___ and Diu
- A place to sleep
- AI tool
- Pass or go by
- Indicates a purchase
- Digital tape recording of sound
- More (Spanish)
- Disfigured
- White (Spanish)
- Church building
- Georgia rockers
- Type of surgery
- Much ___ about nothing
- Make by braiding
- Local area network
- Unit of work or energy
- Member of indigenous people of Thailand
- Liquefied natural gas
- Distance to top

Answers on page 15

THIS IS WHAT HOMELESS LOOKS LIKE!

ELSA (FEMALE, 8-MONTHS OLD)
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Living 50 Plus

Planning Ahead Without Pressure

January has a way of making people reflective.

After the holidays quiet down, many of us find ourselves thinking about the year ahead — not in a rushed way, but in a thoughtful one. For many people in midlife and beyond, those thoughts often include questions about home, space, and what we truly need moving forward.

I often hear people say, "I'm not ready to move," followed quickly by, "But I know I should probably start thinking about it."

That pause matters.

Planning ahead doesn't mean you're making a decision. It means you're giving yourself time, options, and peace of mind.

One of the biggest misconceptions I see is that right-sizing has to be reactive — something done after a major life event or under pressure. In reality, the smoothest transitions happen when people allow themselves to think ahead without urgency.

That might look like asking simple questions:

- Does my home still fit how I live today?
- Are there spaces I no longer use?
- What would make daily life easier five or ten years from now?

These questions aren't about giving things up. They're about aligning your home with your current season of life.

Another common concern I hear is fear of "starting." People worry that once they begin thinking about change, they'll feel overwhelmed. But planning doesn't require action right away. Sometimes it's as small as organizing important documents, understanding options, or having a conversation with family.

January is a natural time for reflection, but it doesn't need to come with pressure or timelines. Thoughtful planning allows you to stay in control of your choices — instead of having choices made for you later.

If there's one thing I encourage people to remember, it's this: thinking ahead is not the same as rushing forward. You're allowed to gather information, ask questions, and take your time.

Homes are meant to support real life — and real life changes over time. Giving yourself permission to plan gently can make all the difference.

Thinking about starting to plan? Join me for a free Lunch & Learn focused on organizing your personal documents and preparing for the unexpected. The event is at North Eaton Christian Church, located at 35895 Royalton Rd., in Grafton, on January 21, at 12:30 p.m. Free to attend but please register with the library.

Jen Herron Underwood, Senior Real Estate Specialist

Working out after age 50

Exercise is an important component of healthy living at any age. Physical activity helps to maintain a healthy body weight and offers mental benefits like reduced stress and the potential to reduce risk for cognitive decline. But it's important to point out that appropriate exercise for a person at age 20 may look quite different from the right exercise regimen for someone who is 50 or older.

WebMD says exercise is important for quality of life as one ages and is a key to independence. It is important to think of exercise as a tool, and as with all tools, the right ones should be used with a goal to avoid injury. Fitness after 50 should prioritize some practices and avoid others.

- Focus on resistance training. Cardiovascular exercise is important for heart health and general health, but strength training also is essential to counter some of the normal effects of aging. Continuum Care, a private duty home care service, says aging results in a decline in bone density and muscle mass. Resistance exercise performed several times each week can help combat muscle loss and bone density decline.

- Opt for low-impact activities. Low-impact exercises that involve less jumping and pounding will be easier on the joints. A doctor, physical therapist or athletic trainer can help to customize or adapt activities based on a person's limitations or medical conditions.

- Warm up before working out. Older adults are advised to warm up muscles before exercising to avoid injury, particularly if it has been some time since you last exercised. Harvard Medical School recommends five

minutes of brisk walking or time on an elliptical machine to get blood flowing to muscles and make them pliable. After working out, it's advisable to stretch afterwards.

- Switch to interval training. Interval training, which alternates between intense exercises and less demanding "rest" periods, offers greater benefits compared to a consistent exercise pace. Interval training helps burn extra calories and maximizes oxygen consumption. Interval training may allow for shorter workouts as well.

- Increase the number of rest days. Focusing on recovery after age 50 is important.

Tissue takes more time to recover as the body ages, and that may require longer rest periods between workouts.

- Pay attention to what your body is saying. Scripps Health says that even with a doctor or professional trainer guiding workouts, an individual is the best judge if physical activity is too much or too little. Everyone should pay attention to signs of overex-

ertion, such as dizziness, excessive fatigue or chest pain. Other signs of discomfort, such as joint pain, may mean the intensity needs to be dialed down or other exercises chosen.

An exercise regimen may need a reboot after a person turns 50. Modified activities and a slowing of pace can promote a healthy, injury-free lifestyle.

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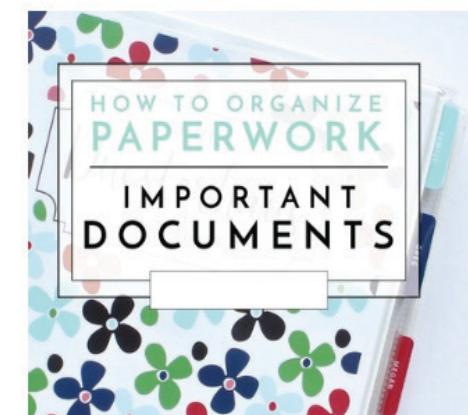
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January 26	January 21
February 9	February 4
February 23	February 18

(440) 236-8982

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ads@rural-urbanrecord.com

Belden Methodist Youth Group

All school-age children are invited to be part of our Youth Group as we grow together in friendship and faith. It's a wonderful opportunity to learn more about God while building connections in a fun, supportive environment. Each gathering will include a Bible lesson, games, activities, snacks and more!

Join us on Thursdays from 6-7:30 p.m., January 8 & 22, February 12 and 26 and March 12 and 26. The church is located at 36130 St. Route 303, in Grafton. Call (440) 926-2209.

Pasta Dinner

Please join St. Elizabeth Ann Seton Church on Sunday, February 1, from 12-3 p.m., for their annual pasta dinner. The church is located at 25801 Royalton Road, Route 82, in Columbia Station. The dinner menu includes: pasta with an authentic homemade old-world sauce, meatballs, salad, roll, homemade dessert and beverage. Tickets will be sold at the door. Adult dinners are \$15 and dinners for children 12 and under are \$10. They are also offering an all-you-can-eat option for dine-in only. Carry out dinners are available. There will be a 50/50 cash raffle as well.

Winner Crisis Program

Winter heating assistance for residents who are without heat or threatened with disconnection is now available and residents can make appointments by going online.

Winter Crisis applicants must be living at or below 175% of the federal poverty line. Crisis appointments can be scheduled at lccaa.secure.force.com/appointments for the following reasons:

- Heat has been disconnected
- A disconnection notice has been received
- You need to establish new service
- You need to pay to transfer service
- Bulk fuel users have less than a 10-day supply of wood, coal, pellets, propane or oil

These emergency situations qualify for an appointment with LCCAA staff, which will be conducted over the phone.

Those with a pending disconnection notice must provide an account number during appointment scheduling to place a hold on the disconnection. The appointment must be at least 48 hours before the scheduled disconnection. Missing or rescheduling the appointment may result in disconnection.

In person services will be offered in four different locations this season:

• Seniors can walk in at the Lorain County Office on Aging in Elyria, at 534 Abbe Road South, Monday through Friday between 8-11 a.m. or 12:30-3:30 p.m.

• Anyone can walk in at Second Baptist Church, 427 Chapman Lane, Elyria, on Tuesdays and Thursdays between 8-11 a.m. or 12:30-3:30 p.m.

• Anyone can make an appointment to meet with an advocate at the Office on Aging's Wellington location, at 105 Maple St., on Fridays. Call (440) 731-2640.

• Anyone can make an appointment to meet with an advocate at the El Centro Opportunity Center, 1825 E. 28th St., Lorain, on Fridays between 8-11 a.m. or 1-3:30 p.m. Call (440) 752-2051.

A secure drop box is available at LCCAA, at 936 Broadway Ave., Lorain, for required documents. Drop boxes are also available at Second Baptist Church and the Wellington location

Required documentation includes:

• Income information for all household members 18 years of age or older for the last 30 days. For a complete list of countable income, please visit our website.

• Any member reporting "no income" must complete a no income form

• Social Security numbers for all household members

• Proof of citizenship for all household members

• Most recent electric and gas bills

Maximum benefits for Winter Crisis are:

• \$175 for regulated gas and electric utilities

• \$750 for unregulated gas and electric utilities

• \$1,200 for bulk fuel, propane, heating oil or kerosene

• \$650 for coal or wood

The program can also fund up to \$1,500 in heating unit repairs or replacements.

If you do not have a disconnect notice but need help paying your bill, you may be eligible for the Home Energy Assistance Program. Applications for that program are taken through the state's portal at energyhelp.ohio.gov. No appointment is needed. An Ohio ID is now required for creating an account on the state's portal.

If you have questions about an existing application, you can also call (440) 245-1870, Monday through Friday, from 8 a.m. - 5 p.m. to speak with a representative. The lobby reception window at 936 Broadway Ave., in Lorain, is open for questions as well.

No documents are accepted at the window. A weather-tight, secure document drop box is stationed at the agency's rear lobby entrance. The box is checked hourly. Documents can also be faxed to (440) 457-0337.

The program runs through March 31, 2026.

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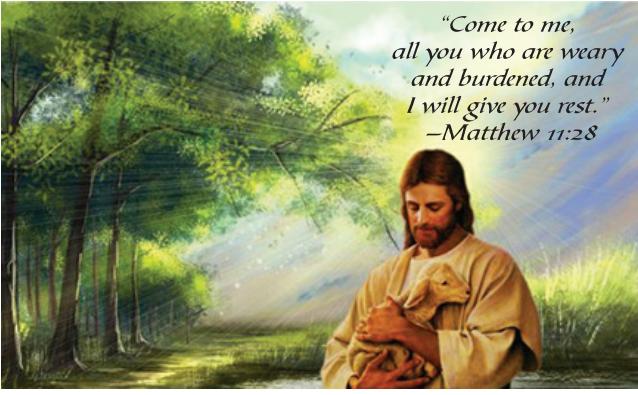
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Come Worship with us!

"Come to me,
all you who are weary
and burdened, and
I will give you rest."
—Matthew 11:28



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Reverend James Crews

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CHURCH

Church of Christ

Sunday Bible Study 9:30 am

Sunday Worship 10:30 am

Wednesday Bible Study 7 pm

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You are always welcome at
Christian Unity Church
36353 Capel Rd., Grafton, Ohio
Pastor Neal Brock
www.christianunitychurch.org
Sunday School for all ages 10am
Sunday Worship Service - 11am & 6pm
Wednesday Prayer Meeting
& Youth Group - 7pm

**GRAFTON UNITED
METHODIST CHURCH**
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10:00am Worship
Mission:
"Putting God's Word to Work"
Pastor Bob Spaulding



Our Lady Queen of Peace Catholic Church



Weekday Masses
(Chapel)
Mon., Tues.,
Thurs., Fri. 9 a.m.
(Church)
3rd Wed. of the
month 6:30 p.m.

~708 Erie St., Grafton • 440-926-2364~

GriefShare Huntington

United Church of Huntington started a GriefShare support group on Sundays, at 3 p.m. If you have lost a loved friend or family member, you can come to understand grief better, and to deal with it through this grief group time on Sunday afternoons. You can sign up at GriefShare.org or just come check it out at United Church of Huntington, located at 26677 St. Rt. 58 S., in Wellington.

GriefShare at Christ Church

You don't need to go through your grieving process alone. GriefShare is a faith-based support group for those who have lost a loved one and are looking for answers as you sort through grief. We offer support, comfort, and guidance through shared experiences and we encourage you to join us. Sessions are at Christ Church, located at 23080 Royalton Rd., in Columbia Station, on Mondays, February 23-May 18, from 10-11:30 a.m. Also at Christ Church West Campus, held at Solid Rock Community Church, located at 680 North Abbe Road, in Elyria, on Mondays, February 9-May 4, from 7-8:30 p.m.

For more information or to register, visit Griefshare.org or call the church at (440) 236-8282.



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Memory*

January Wellness Challenge

Start the new year off by practicing healthy habits. The Keystone Empowers You (KEY) indoor walking program is offering the chance to win a \$25 gift card to a local business by completing one healthy habit for 21 of 27 days. The challenge will take place from January 4 through January 30. Each day, the healthy habit focuses on a different part of overall wellness; mental health, physical health, or healthy eating.

To enter the challenge, visit Keystone Elementary School or LaGrange Village Hall to pick up a calendar, or download a copy below. Once you have completed the challenge, bring the calendar back into an indoor walking location, or email a completed copy to KeystoneEmpowersYou@gmail.com by February 6, to be entered into the drawing for a gift card. There is no cost to participate and all ages are welcome to join.

The January Wellness Challenge is a part of the KEY indoor walking program. Indoor walking is available four days a week, Monday through Thursday, at LaGrange Village Hall, located at 301 Liberty St. from 8:30 a.m. - 10:30 a.m. and two days a week, Tuesday and Thursday, at Keystone Elementary School, 531 Opportunity Way, from 6-8 p.m.

The Keystone Empowers You collaborative (KEY) is dedicated to improving whole health and wellness for the residents of the Keystone Local School District. Check out these other resources to stay healthy from the KEY collaborative:

- Borrow a travel-size blood pressure cuff from Keystone-LaGrange Public Library for three weeks, just like you would borrow a book.

- Join Silver Sneakers if you are 65 years or older. Some insurances cover these classes; visit SilverSneakers.com to check eligibility. The YMCA runs these classes at the LaGrange Global Methodist Church at 10 a.m. on Mondays, Wednesdays, Thursdays (Yoga and Boom Move) and Fridays.

- Pickleball is also available at LaGrange Village Hall, 301 Liberty Street, Tuesday and Thursday mornings from 10:30 a.m.-12 p.m. Two courts are available for open play. Equipment is provided or bring your own.

Penfield Twp. Trustees

Rachael Duling, Fiscal Officer

The December 16, 2025 regular meeting of the Penfield Township Trustees was called to order at 7:30 p.m. All officers were present with the exception of Fiscal Officer Duling. The minutes of the previous meeting were approved. A motion was made to approve Purchase Order #62-2025, Payment Vouchers #68-2025 - #69-2025 and Warrants #15380-15389.

Zoning Inspector Scott Hopkins reported he is helping a resident through a building permit. He notified Mr. Knapp about the date coming up for a plan for his barns. The owner of the commercial building on Route 18 called and said her neighbor's buildings are on her property. Hopkins advised the owner to hire a surveyor. The trustees advised that it is not up to the township to intervene.

At 7:40 p.m., Chairman Johnson declared an executive session to discuss the employment of a public employee.

At 7:43 p.m., Chairman Johnson declared the regular meeting back in session.

Hall coordinator April Lent reported she still doesn't have two inch furnace filters to replace. Lent reported the internet is still down at the hall. She also reported when we have a power outage she has to put a lot of time into resetting the sign. Lent said the board of elections called asking about Sunday set up for the elections. She presented her bid for her contract for next year for the same amount as this year which is \$20,000 even. She asked if the tree can be retired, the trustees approved.

Bruce Ramsey, Zoning Commission member, attended the meeting to discuss items to follow up with. He had three topics that he presented to prepare for next year. The trustees advised him to present these at the Zoning Commission Meeting to move forward with the process. The trustees also advised Bruce to meet up with Scott Hopkins to learn about current zoning topics in the township.

Angela Schaffer, previous recreation board member, attended the meeting to ask what the trustees thought about continuing the Easter Brunch. She thought changing the date to the previous Sunday before Easter would be a good idea. The trustees advised her to try to get a group together to form a committee for the Easter Brunch plans and then present it at a meeting.

Trustee Conrad reported he fielded a call from a resident regarding the permit fee from the Lorain County Health Department for their septic system.

Conrad, Flynn and Hopkins attended the zoning meeting put on by LaGrange Township. Flynn commented that zoning inspectors communicating and working together could be very beneficial. Conrad is still continuing to work on appointment positions for the BZA and zoning commission.

Trustee Flynn reported there was government money available to help with land use plans but it has already been used up. He would like to do research on a law firm to use to update our land use plan.

Flynn reported Don Jackson attended the Solid Waste meet and greet for new elected officials. They want the townships to fill out a survey with needs/wants of the township. Flynn wanted to thank road maintenance, Bob Storms, for doing such a good job during our first bout of bad weather and roads.

Chairman Johnson reported we have an MOU for the Code Red emergency alert system. Conrad wants to know if we were in it last year. After more research, trustees will decide if we will participate or not. Johnson will look at the wifi issue on Friday. Johnson reminded everyone of our year end meeting December 29, at 10 a.m.

With no further business to discuss, the meeting adjourned at 8:21 p.m.

Mental health awareness training

Mental health is hard to talk about, but it doesn't have to be. Join the Keystone Empowers You (KEY) Collaborative for a free QPR training on Tuesday, January 27, from 7-8 p.m., at the LaGrange Global Methodist Church. Come learn how to support a friend, child, or loved one in crisis through this Question, Persuade, Refer (QPR) training. No registration required.

QPR stands for Question, Persuade, Refer - three simple steps anyone can learn to help save a life. This training teaches you how to recognize the warning signs of someone in a mental health crisis, how to ask the right questions, and how to help them get the support they need.

Whether you're a parent, neighbor, teacher, or friend, the power to make a difference is in your hands. By attending, you're not just learning how to respond to mental health crises - you're joining a community of people dedicated to supporting each other. Every person trained makes our neighborhood stronger and safer. Take the step today to help make a difference - your actions could save a life.

This event is hosted by a trained, local QPR professional and the Keystone Empowers You (KEY) health collaborative. If you or someone you know needs support now, call or text 988 to get connected to a counselor who can help.

Easy Apple Strudel



This apple strudel is very easy to make with apples, raisins, and frozen puff pastry, yet it looks impressive and tastes amazing! A truly delicious fall dessert.

Ingredients:

- 1 medium Granny Smith apple - peeled, cored and coarsely shredded

- 2 medium Granny Smith apples - peeled, cored and sliced

- 3/4 cup light brown sugar
- 3/4 cup golden raisins

- 2 tablespoons all purpose flour, plus more for dusting

- 2 sheets frozen puff pastry, thawed

- 1/2 teaspoon kosher salt
- 1 large egg
- 1 tablespoon whole milk

Directions

Preheat the oven to 400 degrees F (200 degrees C). Line a large rimmed baking sheet with parchment paper.

Place shredded and chopped apples in a large bowl. Stir in brown sugar, golden raisins, flour, and salt; set aside.

Recipe Tip

Sprinkle a pinch of cinnamon or nutmeg over apples for added flavor.

Working with one sheet at a time, place puff pastry on a lightly floured work surface. Roll lightly with a rolling pin into an approximately 10- x 12-inch rectangle. Arrange 1/2 of the apple filling (about 3 cups) down one side of pastry lengthwise.

Fold pastry lengthwise over apple mixture; dampen edges of pastry with water, then press or crimp edges to seal. Repeat process with 2nd pastry sheet and remaining apple mixture.

Transfer to prepared baking sheet, leaving at least 2-inches between each pastry. Whisk egg and milk together in a small bowl; brush on top of each pastry. Cut 3 or 4 slits on top of each pastry to allow steam to escape.

Pickleball in LaGrange

Pickleball is available at LaGrange Village Hall, located at 301 Liberty Street, every Tuesday and Thursday morning from 10:30 a.m.-12 p.m. Whether you are a seasoned player or just curious about the game, everyone is welcome to join. LaGrange Village Hall provides all the necessary equipment, so there's no need to bring anything except your enthusiasm! With two indoor courts available, you can enjoy the game regardless of the weather outside. Pickleball is a great way to stay active, improve your fitness and meet new friends. It's easy to learn, making it perfect for all ages and skill levels. Join us for a friendly and fun morning of pickleball! There is no cost to participate. If the building is closed due to weather or a holiday, indoor pickleball is also canceled. Enter through the main doors of the village hall. There will be a sign in sheet for each time you visit and a waiver to complete for first-time participants.

Genealogy Society program

The Lorain County Chapter of the Ohio Genealogy Society will meet virtually on January 12, at 7 p.m. During this program, participants will share their most exciting, satisfying genealogical find for 2025 in a session called "Bring It to the Table." This will be a great way to discover new strategies and be inspired. Everyone is welcome to share their best discovery!

There will also be lineage inductions and the induction of officers. This free Zoom program is open to the public, and guests are welcome. To receive the Zoom link, email meetings@loraincoogs.org

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EQUAL HAVING
OPPORTUNITY



Book Swap at indoor walking

North Ridgeville Heart & Sole collaborative is hosting a book swap from January 5-30! Leave your books on the table after signing in, and browse other walkers' books to take home. Any leftover books at the end of the month will be donated to the Friends of the North Ridgeville Branch Library.

To participate, enter the building's main doors and sign in at the indoor walking table. There is no cost and all ages and abilities are welcome to attend. If the school or building is closed due to holiday closure or weather, indoor walking is canceled.

Indoor walking is available throughout this winter and spring at the following locations in North Ridgeville:

- LCCC University Partnership Ridge Campus, 32121 Lorain Road, North Ridgeville. Times: Mondays & Wednesdays, 5-7 p.m.; Fridays, 8:30-10:30 a.m. Indoor walking ends March 30.

- North Ridgeville Academic Center, 34620 Bainbridge Road, North Ridgeville. Times: Tuesdays and Thursdays, 6-8 p.m. Indoor walking ends April 30. Enter through door #15 (main entrance).

Check out other resources to stay healthy:

- Attend an exercise class through North Ridgeville Parks and Recreation or North Ridgeville Senior Center (adults age 55+).

- Download free, simple and tasty recipes at nrheartandsole.com/healthy-eating.

- Walk the paths at the Town Center Trail and the North Ridgeville Heart & Sole Fitness Trail at Shady Drive Complex.

- Join Silver Sneakers if you are 65 years or older. Some insurances cover these classes; visit SilverSneakers.com to check eligibility. LCCC hosts classes at University Partnership Ridge Campus at 10:30 a.m. on Tuesdays, Wednesdays and Thursdays.

Eaton Township Public Hearing Notice

Notice is hereby given that the Eaton Township Trustees will hold a public hearing at Eaton Township Hall, 12043 S. Avon Belden Rd, on January 20, 2026, at 6 p.m. on the proposed changes to Article 7 of the Township Zoning resolution. The proposed changes will be available to view at Eaton Township Hall Monday through Friday 8 a.m.-3 p.m. for 10 days prior to the public hearing.

This notice is hereby given by the Eaton Township Trustees.

• Borrow a travel-size blood pressure kit from North Ridgeville Branch Library - all you need is a library card.

Heart & Sole is a community-based group powered by the United Way of Greater Lorain County and facilitated by Lorain County Public Health. The collaborative includes partners from local businesses, agencies and organizations working to improve physical, social and mental wellbeing of those who live, work and visit the community. Learn more at nrheartandsole.com and follow Heart & Sole on Facebook.

Snow Ban reminder

Just a reminder to Carlisle Township residents that vehicle parking snow ban will be in effect when snow accumulation is 2" or more. On trash/recycling pick up days, do not place your trash/recycle cans in the roadway. Also, please be courteous and give snowplow truck drivers extra room to do their jobs and safely get home at night."

Salmon Chowder

This deliciously rich and creamy salmon chowder is so comforting to eat. I don't like fish, but I love this soup!

Ingredients:

- 3 tablespoons butter
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 2 cups chicken broth
- 2 cups diced potatoes
- 2 carrots, diced
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed
- 2 (16 ounce) cans salmon
- 1 (15 ounce) can creamed corn
- 1 (12 fluid ounce) can evaporated milk
- 1/2 pound Cheddar cheese, shredded

Directions:

Gather the ingredients.

Melt butter in a large pot over medium heat. Add onion, celery, and garlic powder; sauté until onions are tender.

Add broth; stir in potatoes and carrots. Season with salt, pepper, and dill. Bring to a boil; reduce heat, cover, and simmer 20 minutes.

Stir in salmon, corn, evaporated milk, and cheese. Cook until heated through.

Submitted by Kenulia, courtesy of www.allrecipes.com

Garage Sale donations needed

It's time to clean out your basement, attic, garage, storage shed and back bedroom!

Donations for gently used items are welcomed by the Friends of the Metro Parks of Lorain County. Donations not accepted for this sale are: clothing, shoes, Christmas trees, electronics, large furniture, car seats and strollers. Drop offs are at the Carlisle Visitors, located at 12882 Diagonal Rd., in LaGrange. Drop off dates are: Sunday, January 25, from 1-4 p.m.; Monday, January 26, from 1-7 p.m.; and Wednesday, January 28, from 4-7 p.m.

Friends of the Lorain County Metro Parks**Garage Sale**

Saturday, January 31, from 9 a.m.-3 p.m.

Sunday, February 1, from 10 a.m.-12 p.m.

(Sunday \$5 fill-a-bag)

~ CASH ONLY ~

Carlisle Visitor Center
12882 Diagonal Rd.,
LaGrange

It's time to clean out your basement, attic, garage, storage shed & back bedroom!

Donate your unwanted items on designated drop-off dates:

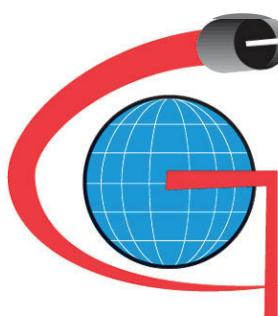
Sunday, Jan. 25, 1-4 p.m.

Monday, Jan. 26, 1-7 p.m.

Wednesday, Jan. 28, 4-7 p.m.

The following items are NOT accepted:
clothing, shoes, large furniture, Christmas trees, electronics, car seats, strollers.

For questions contact Garage Sale Committee at 440-213-4173

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GLW Router Rental Program

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4 To 6-Oz., Selected Light Whips Or Yoplait Yogurt

1.98

12-Oz., French Onion Heluva Good Dip

2/\$6

5 To 8-Oz., Selected Sargento Shredded Cheese

2/\$7

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5/\$5

7-Oz., Selected Banquet Pot Pies

2/\$6

Super Sweet Canta Gold Cantaloupe

1.98

8-Oz., Selected Cool Whip Topping

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Crisp Green Cabbage

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.68 lb.

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Grafton News

news@rural-urbanrecord.com

OLQP Bingo

Our Lady Queen of Peace, located at 708 Erie St., in Grafton, is having Bingo on Thursday, February 4. Hall opens at 5:30 p.m.; Bingo at 6:30 p.m.; 16 games for \$20; \$50 payout per game. The final game of the night will payout \$250. 50/50; pull tabs, food and drink will be available. No Alcohol. For more information, contact (440) 926-2364 or info@olqpgrafton.org.

Angels Haven news



Happy New Year from the volunteers and rescue horses at Angels Haven Horse Rescue. We appreciate all of your continued support as we mark our 20 Year anniversary. It is hard to believe our team has been Helping Horses, Helping People for this long and we are still trotting along. Please consider our Love Your horse event taking place on Sunday, February 8. Our 20 year anniversary event will be held on Sunday, March 15. We are offering our children's summer horse camp, ages 5-16, and have spots available. This year we are adding an adult session for ages 17 and older. We also love having scouts (pet, riding badges or community service), private birthday parties, schools, retirement homes, veterans and anyone interested in visiting the horses. Their experiences have proven to be positive for both people and our four legged friends.

We are always looking for more volunteers to add to our dedicated team who are helping to evolve both horses and people. Please reach out to (440) 781-5060 for additional information. Happy 2026, the year of the horse! May it be healthy, peaceful and enjoyable!

Cedarville U Dean's List

Local students at Cedarville University have been named to the Dean's List are: Ryann Beckman of Elyria; Liam Peters of Grafton; and Timothy Sooy of Elyria.

Congratulations!

Bob Jones U Dean's List

Amelia Peters, a Freshman Strategic Communication major from Grafton was named to the Dean's List at Bob Jones University for the Fall 2025 semester.

Congratulations!



Midview Schools

Superintendent Dr. Frank Major

Midview Families and Community,

This past week, we welcomed our students and staff back from Winter Break and into a new year! It's hard to believe that in just a few short days, we will be closing out the second quarter and first semester. As we reach the halfway point of the school year, we are proud to reflect on the progress we've made and look ahead with optimism to the learning and growth still to come. The start of a new year offers a natural opportunity to set goals, renew our focus, and celebrate the collective efforts that make our district such a special place. It is also a time to express gratitude for those whose dedication and leadership have made a difference along the way and continued to help guide our schools forward.

Each January, schools across Ohio recognize School Board Appreciation Month, honoring the committed individuals who serve on local boards of education. At Midview, we are fortunate to be supported by a Board of Education that consistently places students first and works diligently to ensure the success of our district. Our current board members include Kathy Quintiliano (16 years served), Tom Tomasheski (12 years served), Janet Winslow (12 years served), Dan Haight (7 years served), and Jim Onderko (2 years served). School board members serve as a vital connection between our community and our classrooms. Their leadership shapes district policies and decisions that impact every aspect of education—from curriculum and staffing to finances and facilities. One of the most important roles of school boards is to provide local control over our public schools. As elected officials, they are uniquely positioned to understand the needs, values, and priorities of the communities they serve. By working closely with families, educators, and residents, the Midview Local Schools Board helps create the edu-

tration we want for our Middies. They formulate goals, define results, and set the course for adequate and equitable educational programming for all students. Often, the time and personal sacrifices made by board members go unnoticed. This month, we invite our families and community to join us in thanking the members of the Midview Local School Board for their commitment and service. Throughout January, our students, staff, and adminis-

tration will share thoughtful and creative expressions of appreciation, culminating at our upcoming Board of Education meeting. This month serves as a reminder that the strength of Midview lies in the people who support, serve, and believe in our schools. As always, thank you for your continued support of our district. I am incredibly proud of our students for their

hard work and perseverance and deeply grateful for our staff's unwavering commitment to fostering an environment where learning, growth, and excitement thrive each day. I look forward to all that we will accomplish together in 2026.

Once A Middie, Always A Middie
Dr. Frank Major, Superintendent

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Lunch & Learn in Eaton
Wednesday, January 21, 12:30 PM

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Monday, January 26, 6 PM

America 250: Ohio's Historic Tribes from Resistance to Removal
Saturday, January 31, 12 PM

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Willow Park Memory Lane

Celebrate the life of a loved one by planting a tree in Grafton Memory Lane at Willow Park. The Village is continuing to plant trees as a tribute to loved ones along the Willow Park driveway. Red maple trees will be planted with a memorial plaque placed at the base of the tree. Cost of the tree and plaque is \$300. This is a wonderful opportunity to honor your loved one in a living memorial.

If you have any questions or need a Memory Lane form, please call the Town Hall.

Grafton-Midview Library

To learn more about the Library or to get a Library card, call (440) 926-3317 or visit our website at gmplibrary.org. Registration is required for most programs unless noted. The Library is located at 983 Main Street, Grafton.

The Grafton-Midview Public Library is closed Monday, January 19 in observance of the Martin Luther King Jr. Day. Items may be dropped off in our book drop located on the parking lot side of the building. Have a safe and happy holiday.

Change in Library Hours - The Grafton-Midview Public Library has made an adjustment to their hours. They will no longer be open on Sundays, and the Library will now close at 5 p.m. on Fridays. They appreciate your understanding and continued support. Hours are now Mondays, Tuesdays, and Thursdays, 9:30 a.m.-8 p.m., Wednesdays, Fridays and Saturdays, 9:30 a.m.-5 p.m. and Closed on Sundays.

Preschool Storytime - Monday, January 12, at 11 a.m. Join us for a magical journey through enchanting tales and adventures with songs, rhymes, and fun! For ages 3-5 with a caregiver.

Homeschool Series - Monday, January 12, at 1 p.m. and Wednesday, January 14, at 1 p.m. This event is part of series. If you register for first event, you will also be registering for future occurrences. Please sign up for one day or the other.

Lifelong Learning at the Library - Tuesday, January 13, 20, at 10 a.m. Attend our (almost) weekly program for seniors that

includes a free lunch. Meet other seniors, socialize, and learn about all the great assistance available in your own community on a variety of topics! Registration is not required unless noted.

Tweens & Teen Cuisine - Tuesday, January 13, at 4:15 p.m. It's Taco Tuesday at this program. Teens & tweens will make delicious tacos and sample their own cooking.

AARP Tax Aide Registration Begins - Wednesday, January 14, All Day during Library hours. Patrons can make appointments for AARP Tax-Aide assistance by phone only. No online registration. The Tax-Aide program appointments will take place on Fridays from February 6 through April 10, 2026, at the Library in the Community Room. You must have a pre-booked appointment to participate in this program.

Don't Grieve Alone - Thursday, January 15, at 10 a.m. Share your loss of a spouse, parent, adult child, or sibling with others who are experiencing similar grief in a peer-led support group.

Lego Legends - Friday, January 16, at 3:45 p.m. Use your creativity and our huge supply of LEGO bricks to complete fun building challenges—or create your own adventure, then put your masterpiece on display for everyone to admire until our next session!

Lunch & Learn in Eaton - Wednesday, January 21, at 12:30 p.m. Join the Library at North Eaton Christian Church in Eaton Township for a monthly educational program and included free lunch. Come and meet other seniors, socialize, and learn about all the great assistance available in your own community on a variety of topics! Lunches provided by North Eaton Christian Church. Doors open on program dates at 12:30 p.m. This program takes place at North Eaton Christian Church, 35895 Royalton Road, Eaton Township.

Swing Your Partner - Saturday, January 17, at 7:30 p.m. The first one was a blast so let's do it again! Join us for a fun, festive, and social Saturday night in January to celebrate square dancing in Grafton Township. Instruction with a professional, live caller will be provided and plenty of time to get up on your

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feet and practice your moves. It's time to put on your dancing shoes! Refreshments will be served. Free and open to all ages and abilities! This program will take place at Grafton Township Hall, 17109 State Route 83., in Grafton Township.

Cricut 102 - Wednesday, January 21, at 2 p.m. Join Nancy as she expands your knowledge of the Cricut machines and all they can do. Familiarity with Cricut Design Space is helpful preparation for this class.

Baby Storytime - Thursday, January 22, at 10 a.m. Introduce the world of stories, songs, rhymes, and lap bounces! For babies, birth to 18 months with a caregiver.

Toddler Storytime - Thursday, January 22, at 11 a.m. Let your tot's imagination soar as we explore the wonderful world of stories together! For ages 19-35 months with a caregiver.

Book It! Book Club - Thursday, January 22, at 6:30 p.m. Join us every month for a lively discussion of a chosen book. Copies of the book are available to pick up from the library approximately one month prior to the meeting.

Tai Chi Saturday - Saturday, January 24, at 12 p.m.

Explore the gentle art of Medical Qigong, incorporating mindful breathing, movements, and meditation with Catherine Mangan. Registration required.

GRAFTON NEWS CONTINUED ON PAGE 12

SENIOR OUTREACH PROGRAM

Sponsored by the Grafton VFW with programs being held at Hinkson Hysell VFW Post 3341 Banquet Hall - 783 Huron Street in Grafton The Grafton/LaGrange areas are looking for Meals on Wheels drivers. To become a driver, contact EMILY @ 353-0829.

These Programs are Available to ALL SENIORS at NO CHARGE.

1/13/26 at 2:00 pm Senior Exercise Class being instructed by **Debi's Personal Training** with fruit & juice for participants.

2/3/2026 at 2:00 pm Sign up for Senior Dinner to be held **2/10/2026** at 5:30pm. **Two names per phone call only.**

1/20/2026 at 2:00 pm Senior Exercise Class being instructed by **Debi's Personal Training** with fruit & juice for participants.

2/10/2026 at 5:30 pm Senior Dinner for those that signed up. **CANCELLATIONS FOR DINNER MUST BE MADE BEFORE NOON.**

Dinners will now be held on the **second Tuesday** of each month. Please call in on the **first Tuesday (2-3-26)** to sign up

- If you have questions on these programs, please contact the VFW's Canteen Manager by calling 440-926-3341.
- The VFW Hall is available for rent to use for your special occasions. Call 440-926-3341 and ask for the Canteen Manager for additional information.

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Grafton Township News

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Cemetery Cleanup

Winter decorations that are not affixed to monuments need to be removed by March 1. This includes but is not limited to plant hooks, solar lights, plastic flowers, plastic fences, etc.

Belden Historical Society

January greetings to all! The historical society is already busy working on new projects and programming for this year and you are invited to come see what they are planning and join in if it suits you. They welcome new faces and fresh ideas on their moves forward. The meeting place for February 14, at 10:30 a.m. will be at the Belden United Methodist Church.

Mark your calendars for a visit with Clara Barton on Saturday, March 14 at the Grafton Township Community Hall. Doors open at 1:30 p.m. and it's free and open to the public.

Public Zoning Meeting

The Grafton Township Zoning Commission will hold their annual business meeting followed by their public zoning meeting beginning at 7 p.m. on January 20, 2026 at the Grafton Town Hall, located at 17109 Avon Belden Road. The Zoning Commission will hold their annual Business Meeting following by continued review of Definitions in the Zoning Resolutions during their public zoning meeting.



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GRAFTON NEWS CONTINUED FROM PAGE 11

Future of Grafton's "Beacon Park" poll results revealed

Grafton Mayor Charles L. Duke Jr. will reveal results from a village-wide survey and host a public town hall discussion on the future of Beacon Park, featuring approximately 650 acres of developable, village-owned land. Beacon Park, located in the northeast portion of the village, was acquired from the State of Ohio in 2019. Thirty-three acres are committed to solar energy production under a long-term agreement.

Interest in most of the remaining land has been strong and has come from a range of industries. To manage that interest, the Village of Grafton has retained Kleinfelder Inc. to assist with economic development inquiries and the Toledo-based Shumaker law firm to handle legal review. Village officials acknowledge working with the county, and multiple proposals have been presented (including interest from data center developers), but no decisions have been made. "We've got to gather enough information - especially for incoming members of Village Council - to make wise and logical decisions," Duke said. "The first step is to poll and the second step is to talk about it. That's exactly what we'll do."

Duke said one purpose of the town hall is to remove the technical language often used by developers and explain, in plain terms, what is being proposed and what it could mean for the community.

The town hall will be held at 5 p.m. on Tuesday, February 3, 2026, at the Historic Grafton School, 1111 Elm Street. Duke said the location was chosen intentionally. "I wanted it there because it's important and nostalgic for many in Grafton," Duke said. "What Carlee has accomplished with the "Grafton Ghost Light Theater" there is extraordinary, and it's important to talk about our future in a place that harkens to our heritage."

At the meeting, village officials will moderate a panel representing both those in favor of development and those opposed to it. The panel discussion will be followed by brief remarks from Mayor Duke and an open town hall for residents' questions and comments.

The poll results aim to reflect Village of Grafton residents opinions and submissions will close January 30, 2026. Village staff will then analyze the results, verify residency, remove duplicate responses and weigh the results accordingly before determining next steps.

"I have a healthy grain of skepticism about this site being developed," Duke said. "Council and I need feedback from residents and clear explanations from developers of 'what's in it for Grafton,' before any decisions are made."

The poll can be found at <https://www.surveymonkey.com/r/BeaconPark> and on the village Facebook and website, www.villageofgrafton.org.



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Simple ways to add more fiber to your diet



A healthy diet includes a mix of various vitamins, minerals and nutrients. In fact, those seeking to eat healthy may sometimes be overwhelmed by medical advice recommending an array of items so wide it can seem difficult to squeeze everything in without eating too much food. Thankfully, there are many simple ways to get enough of what you need, and that includes fiber.

The Mayo Clinic notes that a high-fiber diet supports a healthy body in various ways. A high fiber diet can reduce risk for constipation, help people maintain low cholesterol levels, promote bowel health, and slow the absorption of sugar, which can improve blood sugar levels in people with diabetes. With so much to gain from including fiber in your diet, the following are some strategies to do just that.

· Begin the day with fiber. One of the most effective ways to eat enough fiber is to choose the right breakfast cereal. Many breakfast cereals contain ample amounts of fiber, and the Mayo Clinic advises looking for one that contains five grams or more of fiber per serving. Though this is not always the case, and shoppers are urged to read nutrition labels before purchasing a new cereal, products that contain the descriptors whole grain, bran or fiber in the name tend to feature ample amounts of fiber.

· Supplement your cereal. Another simple way to start the day with fiber is to add berries or sliced bananas to your cereal bowl. Blueberries (roughly four grams per cup) and strawberries (about three grams per cup) are high in fiber and also can up the flavor profile of your morning cereal. The USDA National Database for Standard Reference indicates a medium-sized banana contains roughly three grams of fiber, making any of these, or a combination of them, great additions to a cereal bowl.

· Replace white bread with wheat bread and traditional pasta with whole grain alternatives. Verywell Health notes that wheat bread is generally considered healthier than white bread due in part to its higher fiber content. The same dynamic plays out with whole grain pasta compared to traditional pasta. Traditional pasta is made from refined flour that has the bran removed during processing, whereas the fiber-rich bran is not removed when making whole grain pasta. It can take some getting used to, but opting for whole grain pasta and wheat bread over more traditional but less nutritious alternatives can be a great way to include more fiber in your diet.

· Eat healthier snacks. Nacho lovers might be surprised to learn that tweaking their nachos recipe can be another way to eat more fiber. When making nachos for the big game, prepare them using whole-grain tortilla chips, legumes like black beans or red beans, and fresh vegetables like diced bell peppers. Another way to eat more fiber when snacking is to reach for whole-grain crackers, dried fruits without added sugar or a small amount of nuts in lieu of processed snacks like traditional potato chips.

Fiber is a key component of a healthy diet, and there are many simple and flavorful ways to eat more of it each day.

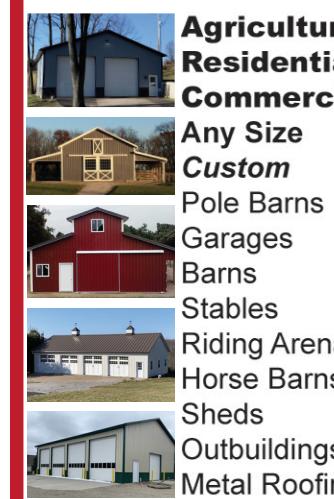


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LPLS events

Coloring for Adults - North Ridgeville Branch, Tuesday, January 13, from 2-3:30 p.m. Experience the calming stress-relieving benefits of coloring beautiful designs and patterns made for adults. Coloring sheets and pencils will be provided.

Medicare Enrollment at 65: A Complete Guide - North Ridgeville Branch, Tuesday, January 13, from 5:30-7 p.m. Join us for an informative session with your local Medicare specialist and learn about the parts of Medicare, coverage and costs, the enrollment process, common mistakes to avoid and supplemental insurance options.

LPLS Geek Squad - North Ridgeville Branch, Monday, January 19, from 1-3 p.m.; Columbia Branch, Wednesdays, January 14 & 27, from 11 a.m.-12:30 p.m.; North Ridgeville Branch; Thursday, January 15, from 5-7 p.m. Call us to book a 45-minute one-on-one appointment for tech help with your Kindle, iPad, tablet, email and more.

Young Artists Studio - Columbia Branch, Wednesday, January 14, from 5-6:30 p.m. School-age children and their caregivers are welcome to participate in a monthly group activity or make their own drawings, paintings and other artworks. Pre-registration required.

Book Discussions - Wednesday, January 21, at :30 p.m. North Ridgeville Branch; "Echo of Murder" by Anne Perry; Tuesday, January 27, at 1 p.m. North Ridgeville Branch; "Beartown" by Fredrik Backman. Spend time each month discussing a great book and making new friends. Copies of the books are available at the library. New members are welcome. Preregistration required.

Fiber Arts Groups - Columbia Branch Thursdays, January 15 & 22, from 12-4 p.m.; North Ridgeville Monday, January 26, from 10:30 a.m.-12:30 p.m. For new and longtime knitters and crocheters. No membership or prior fiber arts skills required, we're just a fun group that encourage, admire and enjoy each other's company.

CNC Desktop Milling Machine 101 - North Ridgeville Branch, Friday, January 16, from 2-4 p.m. Learn the basic skills required to use the CNC desktop milling machine in the Create Space. Preregistration required.

Comfort Foods: Game Day the Healthy Way - North Ridgeville Branch, Friday, January 16, from 2-3 p.m. Learn how to create healthier versions of classic favorites like air fried wings, meatless chili and walnut nachos while enjoying tasty samples during this demonstration. Preregistration required.

Iditarod Trail Talks - North Ridgeville Branch, Sunday, January 18, from 3-4 p.m. Join local Iditarod enthusiast Eleanor Csizmadia to explore the beauty and excitement of Alaska and hear stories of the most exciting and grueling race in the world. Sponsored by The Friends of the North Ridgeville Branch Library, Inc.

Video Game Cosplay Show and Tell - Columbia Branch, Monday, January 19, from 6-7 p.m. Curious about cosplay? Learn where to obtain tools, materials and patterns and view examples of video game cosplay including props, helmets and costume pieces.

Quilters Club - North Ridgeville Branch, Wednesday, January 21, from 1-5 p.m. Stop on in to explore the long-arm quilter and chat with new and seasoned quilters.

Chess Club - Columbia Branch, Wednesday, January 21, from 5-7 p.m. Adults will learn how to play chess, solve puzzles, watch live international competitions and compete head-to-head in friendly matches. All skill levels welcome.

Simple Machine Challenge - North Ridgeville Branch, Wednesday, January 21, from 6:30-7:30 p.m. School-age kids will be challenged to create a simple machine using supplied materials to do a specific task. Preregistration required. Preregistration required.

Polar Bear and Penguin Pops - Columbia Branch, Friday, January 23, from 11:30 a.m.-1:30 p.m. Drop in to make two wintery snacks. While supplies last. For ages 4-9.

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Fit for Free - Columbia Branch, Saturday, January 24, from 2-3 p.m. Explore a variety of free fitness apps and programs that cater to all levels of fitness enthusiasts. From workout routines to tracking progress and staying motivated, these tools offer everything you need to kickstart and maintain a healthy lifestyle.

Microsoft Word Basics - North Ridgeville Branch, Saturday, January 24, from 2-4 p.m. Learn how to enter and format text and images, change line spacing, copy and paste. Saving and printing will be discussed. Preregistration required. Preregistration required.

Growing Up Cleveland: Barnaby, Captain Penny and Ghoulardi - North Ridgeville Branch, Sunday, January 25, from 3-4 p.m. Relive the days of early television and along the way have fun with some trivia featuring Cleveland's children television shows of yore. Sponsored by The Friends of the North Ridgeville Branch Library, Inc.

Spice Kits - Columbia Branch, Monday, January 26, from 9 a.m.-8 p.m. Drop in during regular hours for a take-home kit that includes a small amount of a featured spice, a brief history and recommended recipes. Available while supplies last.

Aging in Lorain County: What You Need to Know - Columbia Branch, Monday, January 26, from 11:30 a.m.-12:30 p.m. Learn about services for older adults in Lorain County and how to can age safely in the place you choose to call home.

History of Board Games - North Ridgeville Branch, Monday, January 26, from 6-7 p.m. From the very first game of dice in 5,000 B.C. to Monopoly and Scrabble, follow the development of the board game from its prehistoric roots.

Patrons can register for programs at LorainPublicLibrary.org/programs. Programs listed as "hybrid" can be attended in person or virtually.

Columbia Branch, 13824 W. River Rd. North Columbia Station. (440) 236-8751.

North Ridgeville Branch, 35700 Bainbridge Rd., North Ridgeville. (440) 327-8326.

Cozy up to winter movie releases

The hours of daylight are incrementally increasing, but with the sun still setting relatively early, those eager to fill the evening hours may be wondering how to pass the time.

Watching a movie is an ideal activity for the cold, dark evenings of winter. Nestled in the theater with a bucket of popcorn and other favorite treats, movie-goers will not be bothered by falling snow or the sun setting outdoors. It's time to gear up for a new year of feature films. Here's a look at movies coming to big and small screens soon enough.

"Alexander and the Terrible, Horrible, No Good, Very Bad Day Movie": A Mexican-American family who have lost connection to their culture and each other embark on an epic road trip that ends up going wrong in various ways. Eva Longoria and Jesse Garcia are featured in the film available on Disney+.

"The Beekeeper": A man is on a brutal campaign for vengeance. The stakes are elevated when it is revealed he is a former operative of a clandestine group known as "Beekeepers." The film stars Jason Statham, Josh Hutcherson and Minnie Driver.

"Mean Girls": This is the film adaptation of the musical version that made waves on Broadway. The Plastics, an A-list clique at school, welcome a new student, but things go awry when she makes the mistake of falling for the ex-boyfriend of the Plastics' leader. Tina Fey, John Hamm, Jenna Fischer, and an assortment of teen stars comprise the cast.

"The Book of Clarence": Set in biblical times, the movie tells the tale of Clarence, a down-on-his-luck denizen of Jerusalem trying to capitalize on the influence of the Messiah for his own gain. Benedict Cumberbatch, Omar Sky, James McAvoy, and LaKeith Stanfield are among the cast members.

"Distant": Josh Gordon and Will Speck star in this movie about an asteroid miner who, after crash-landing on an alien planet, must find the only other survivor. He is faced with harsh terrain, a

lack of oxygen and strange creatures along the way.

"Madame Web": Dakota Johnson stars as a clairvoyant in this Spidey spin-off action movie.

"Ordinary Angels": A hairdresser rallies a community to help a widower save the life of his daughter who is critically ill. The movie is based on a true story, and features Alan Ritchson and Hilary Swank.

Stuffed Pepper Soup



This stuffed pepper soup is easy to make for a hearty meal in one bowl. Great with warm bread for a comforting dinner.

Tested by Allrecipes Test Kitchen

Ingredients:

1 pound ground sirloin
1 green bell pepper, chopped
1 cup finely diced onion
1 (29 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (14 ounce) can chicken broth
1/4 teaspoon dried thyme
1/4 teaspoon dried sage
salt and pepper to taste
2 cups water
1 cup white rice

Directions:

Gather all ingredients.

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.

Add green pepper and onion; cook and stir until onion has softened and turned translucent, about 5 minutes.

Add tomatoes, tomato sauce, broth, thyme, and sage; season with salt and pepper. Cover and simmer until peppers are tender, about 30 to 45 minutes.

Meanwhile, bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

Stir cooked rice into soup; heat through and serve.

Submitted by Kate, courtesy of www.allrecipes.com

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Indoor walking at Wellington High School

Stay warm and active this winter by walking at Wellington High School, 629 N. Main St., from 6-8 p.m. every Monday and Wednesday from January 5 through April 30, 2026. If school is canceled due to weather or a holiday, indoor walking is also canceled. View all the indoor walking details on THRIVE!'s Facebook page at Facebook.com/thrivesoloco, or at LorainCountyHealth.com/UnitedWeSweat.

Enter the school through the front doors and sign in at the indoor walking table - be sure to sign the waiver the first time you walk this year. There is no cost to participate. All ages are welcome to attend, as well as people using wheelchairs and strollers.

Indoor walking is also available Mondays through Fridays at Wellington Village Hall, located at 115 Willard Memorial Square, for seniors only, 8 a.m.-2:30 p.m. If Wellington Village Hall is closed due to weather or a holiday, indoor walking is canceled.

Brownhelm Historical Association Paint-A-Slate

The Brownhelm Historical Association is offering their Paint-A-Slate event once again this January! The date is Monday, January 26, at 6:30 p.m. at the Historic Brownhelm School, located at 1950 North Ridge Road, in Vermilion.

Bring the whole family out for a free, fun and crafty event. Choose your very own design to paint on a piece of historic slate. All paint, brushes, slate and supplies will be provided, as well as some light snacks!

For questions, please contact the Brownhelm Historical Association at brownhelmhistory@gmail.com. Please RSVP to Jim Giancaterino by texting: (440) 315-5086.

Ms. Honey Bee's High Tea

Ms. Honey Bee's High Tea will be on Sunday, March 8, from 1-3 p.m. at the Wellington Eagles, located at 631 S. Main Street, in Wellington. "Embrace the Buzz of Healing - Explore Bee Venom Therapy" is the theme this year. The Lorain County Beekeepers Association (LCBA) invites you to enjoy a delightful afternoon of music, food and education. Cost is \$40/individual or \$228/table of six. Advance ticket sales only. Purchase tickets at Queen Right Colonies or online at <https://loraincountybeekeepers.org/ms-honey-bees-high-tea>.

Herrick Memorial Library

The library is located at 101 Willard Memorial Square, in Wellington. Phone: (440) 647-2120; Fax: (440) 647-2103; Contact: Janet Hollingsworth by email - hollinja@herrickliboh.org.

Library Organizational and Regular Board Meeting - Tuesday, January 13, at 10:30 a.m. The Herrick Memorial Library Board of Trustees will hold their annual Organizational Board meeting followed immediately by the regular monthly board meeting. These meetings will be held in the library in the board room. These meetings are open to the public and all are welcome.

Fiber Arts - First Tuesday of each month, from 1-3 p.m. Do you enjoy knitting/crocheting/needlepoint/embroidery? Join the library's group and work on your project while enjoying the company of fellow fiber enthusiasts. Call (440) 647-2120 with your fiber questions.

Technology Help - By Appointment. Do you need help using your laptop, tablet or smart phone? Call the library to make an appointment with a librarian for one-on-one technology help. Note - help hours used to be held on the second Wednesday of each month, however, they are now by appointment.

Adult Winter Reads - Though January 31. Winter is a great time to catch up on your reading and the library is full of interesting books. Adults, 18+, stop by the library and join the Winter Reads Program. Library staff will fill out a ticket each time you check out books, audio books, and magazines (one ticket per day). Digital items from the LIBBY app count, too! On February 2, library staff will pull one ticket as the winner for our prize.

Winter Read Book Bingo - Through January 31. Teens & Tweens, ages 11-17, enjoy the winter by playing the library's winter bingo reading game. Pick up your bingo sheet at the Library's front desk, complete a Bingo (5 squares in a row) and return the sheet to the Library by January 31 to be entered into a prize drawing.

Winter Family Read Aloud - Now to February 28. Reading is so much fun with the Herrick Memorial Library's Winter Family Read Aloud. This program is an event targeting families with children up to age 7. Families will receive a Bingo game board to complete and win prizes. Do the extra activities listed on the sheet to win additional prizes. Tweens, ages 8-11, will have their own sheet to complete with prizes for every Bingo as well as a final prize drawing. Register in the Children's Department between January 2 and February 2.

Outback Sky - Monday, January 12, at 6 p.m. This action-packed, hands-on family adventure is guaranteed to captivate and entertain guests of all ages. Outback Sky, the daughter

of Outback Ray, will bring a variety of captive born reptiles and mammals...maybe SpongeBob, Bluey, Dobby or Wednesday. Whoever she brings, we're sure everyone will have fun! This program requires registration and can be done in the Library or by calling the Library at (440) 647-2120.

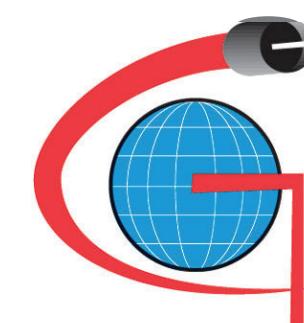
Jewelry Organizer - Tuesday, January 20, at 5:30 p.m. Library staffer Mandy is going to help you organize your jewelry with this unique craft. She'll show you how to pretty up your space. All materials are included in this free program. Registration is required and is happening now. Call the library to register.

Kumihimo for Beginners - Wednesday, January 28, at 5:30 p.m. Adults, 18+, learn the art of Kumihimo, a traditional Japanese art form for weaving silk braids and cords. Instructor Colleen Clayton will teach nine classes from beginning techniques through completed projects. All supplies will be provided. These classes are very limited and registration is a must. Register is now open and can be done by calling the library.

SNHU Dean's List

It is with great pleasure that Southern New Hampshire University congratulates the following local students on being named to the Fall 2025 Dean's List. Leyha Garrett and Krysten Arcuri, both of Wellington.

Congratulations!



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Scholarship opportunity

The Wellington Women's League Sherryl Perkins Memorial Nursing Scholarship was established in memory of Sherryl Perkins to support a Wellington High School graduate or Wellington resident pursuing a career in nursing. Sherryl was a longtime Women's League member and a dedicated nurse who exemplified a life of service to others.

Application deadline is March 9, 2026.

Eligibility & Requirements:

- Complete the official application form.
- Submit three letters of recommendation from a teacher, co-worker or acquaintance.

Scholarship Details:

- Award Amount - \$1,000
- Funds will be sent directly to the recipient's college or trade school.

• The recipient must provide a copy of their tuition bill, including the school's address and their student ID number, for payment processing.

Submission Instructions:

• Wellington High School students: Submit applications, recommendation letters and questions to Dawn Wyman, Secretary, 629 North Main St., Wellington, OH 44090. Phone: (440) 647-3734 Email: dwymann@wellingtonvillageschools.edu

• Wellington residents: Request an application and submit application, reference letters and questions to Wellington Women's League, c/o Jacky Stocking, P.O. Box 276, Wellington, OH 44090. Phone: (440) 610-3840.

Selection & Award:

The recipient will be chosen by a committee of Wellington Women's League members and announced at the WHS Academic Awards event, and/or notified by approximately June 1, 2026.

The scholarship is awarded once per year, is non-refundable and non-renewable.

LCCC Wellington Center programs

The Lorain County Community College Wellington Center is located at 151 Commerce Drive, in Wellington. Check our Facebook page (LCCC Wellington Center) or our webpage (www.lorainccc.edu/wellington) for other event details. Contact us with any questions at (440) 647-1776 or wellington@lorainccc.edu. We are open to any future event suggestions!

Dr Zolli's Talk With a Doc - Monday, January 26, at 1 p.m. Join us for this informative health talk on "The Importance of Vitamins." Free: call (440) 647-1776 to register so we know how many to expect.

Seniors Above Ground (SAG) Program - Every Tuesday, from 10 a.m.- 3 p.m. SAG is a grassroots group of older adults in the community working together to offer socialization and activities for older adults.

Upcoming Events: January 13 - Guest Speaker: Gabriella Keith - Emotional Well Being; Meal provided by: Keystone; Blood pressures & blood sugars.

January 20 - Speaker: Michelle Razdrh "Could be a Warm Surprise in this Cold Weather; Meal provided by: Sprenger Healthcare Elms of Wellington

GED Preparation Classes - Tuesday and Thursday, 5:30-8:30 p.m. The LCCC Aspire program is now offering free GED preparation classes at the LCCC Wellington Center. Interested students will need to attend an orientation prior to starting classes.

Upcoming orientations include the following dates and times:

Tuesday, January 27, from 5:30-8:30 & Thursday, January 29, from 5:30-8:30.

To register or for more information on this program please contact the LCCC Aspire Program at (440) 366-4530 or the LCCC Wellington Center at (440) 647-1776 or (440) 366-1776.

Bingo Bash - every fourth Wednesday of the month from 1-3 p.m. Join us for free Bingo Bash on Wednesday, January 26, from 1-3 p.m. Play among friendly competition, win a small prize and bragging rights. Bingo Bash is sponsored by Sprenger Elms Retirement Village and Wellington Eagles.

Total Parkinson's: A Parkinson's Fitness & Wellness Program - Wednesdays at 11 a.m. Is Parkinson's impacting your life? Take control with Total Parkinson's, a Parkinson's fitness and wellness program. Join the Elms Retirement Village and their licensed therapists for this free weekly exercise class, designed for those with Parkinson's, but beneficial to all. Participants report significant improvements in quality of life and functional independence. Exercise plans are adapted to all levels of function. No registration required. For more information, please contact The Elms Therapy Department by calling (440) 647-7527.

Dulcimer Group - Wednesday January 7 & 21, at 1 p.m. Do you have a Mountain Dulcimer and are looking for a community of fellow musicians? This group provides a space to improve your skills and an opportunity to connect with others who share your passion for this beautiful instrument. Come join this group and have a blast playing together! Free; No registration required.

Chair Yoga - Mondays, at 11 a.m. January 5 through May 18. Chair yoga is a practice that is beneficial for all ages. Utilizing the support of a chair, you will learn new yoga poses, practice movement at your own pace, while incorporating breathing

exercises. Benefits of chair yoga include increased mobility, strength, flexibility, and relaxation, as well as stress and pain reduction. Chairs will be provided. No registration required. There will be no Chair Yoga on January 19.

Mexican Train Dominoes - Every Thursday, starting at 1 p.m. Join us to play Mexican Train Dominoes. No experience is necessary; we will teach you the rules if you're new. No registration required.

Bread and Butter Pudding



Bread and butter pudding is an easy way to use up those bits and pieces of bread that seem to lie around the pantry. Save a fortune and make this tasty pudding. I like to serve this with custard sauce, but it also goes well with whipped cream and ice cream or can be served on its own.

Ingredients:

- 8 slices stale bread
- ½ cup butter, softened
- ½ cup white sugar
- ½ cup dried currants or raisins
- 1 ¼ cups milk
- 2 eggs
- 1 pinch ground nutmeg

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch round pie dish or cake pan.

Butter bread on both sides and cut into triangles. Arrange a single layer of buttered bread in the bottom of the prepared pan, slightly overlapping the triangles.

Sprinkle with 1/2 of the sugar and 1/2 cup currants. Arrange remaining bread on top, then sprinkle with remaining sugar.

Beat milk, eggs, and nutmeg together in a bowl. Pour over bread and press down firmly to compress pudding and help bread absorb milk mixture.

Bake in the preheated oven until golden brown and set, about 30 to 40 minutes.

By Allrecipes Member, courtesy of www.allrecipes.com

LETTERS TO THE EDITOR

All Letters to the Editor must be:

- 1) 250 Words or less.
- 2) Accompanied by a hand-signed copy.
- 3) One letter per family, per month.

All Letters to the Editor are subject to editing and exclusion by the Editor.

Tips to choose your next book



Avid readers are always seeking new material to whet their literary appetites. Reading can be an immensely enjoyable activity, and one with notable benefits. According to Basmo, a reading tracker app, a couple hundred thousand books are published each year. The sheer volume of material to choose from can make it challenging to find a good book.

Readers can pursue many avenues to find new books. The following are just a few ways to find the next book you won't want to put down.

• Visit the library. With so much content at your fingertips, it may be tempting to turn to the internet to find a new read. Instead, go back to where many people first fall in love with reading. The local library has many great offerings and personnel who can help you find something that will prove a good match.

• Visit a local bookstore. If you'd rather purchase a book, your local bookstore is an ideal place to get feedback on books. Whether it's a chain store or an independent retailer, many bookstores employ individuals who are book lovers themselves. Ask for recommendations.

• Try an app. Options like Whichbook enable you to find your next book based on various qualifiers, such as emotion, geography or type of character.

• Go with a classic. Browse a list of classics and find books that you haven't read yet or even ones you may want to reread now that you are older. There are reasons these books have withstood the test of time.

• Ask family and friends. Query the people in your life who love to read and find out what they are reading. You may be introduced to an author that you weren't familiar with or a book series that is right up your alley.

• Join a book club. A book club will expose you to a rotation of new books for as long as you are a member. Since books tend to be suggested by members each go-round, you won't fall in the trap of only choosing one genre or "safe" titles that you are used to.

• Go with authors' recommendations. If you like a particular author, research who he or she is reading. Some authors recommend others in the industry. While some of these recommendations may be for compensation or publicity, many are legitimate suggestions.

• Let your reading history dictate. Reading services like Amazon's Kindle will recommend new titles based on your reading habits; otherwise, search for "books like (name title)" online to discover books that have a similar theme or style.

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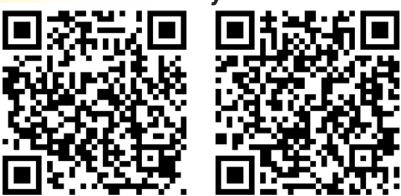
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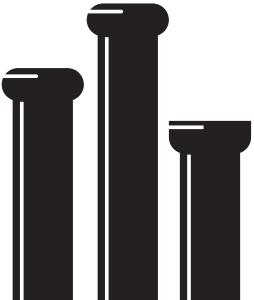
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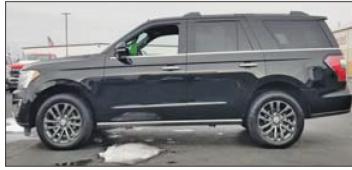
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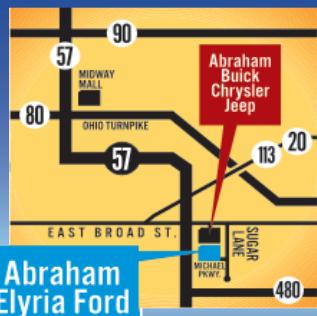
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