

HERSELF

by Margaret Frost

Welcome Sweet Springtime*



Spring arrived officially near midnight last Thursday. First full day was Friday. The birds knew ahead of time. They had already launched into full throated springtime melodies. The daffodils are right on the edge of blooming. The squirrels are in full twitter pated mode. It's good. We need our moods lifted a little after all the bad news generated by COVID-19.

Our nephew married a lovely Chinese girl. Trouble is, her family is still in China and it is difficult to communicate across the Pacific pond. She is very worried about them. I can certainly understand. I am thankful that my children and grandchildren for the most part, are pretty local.

There are some positives about the virus and its ramifications. There's a renewed (although not easy) connection with folks. Except for

the selfish party goes in Florida, the world seems somehow kinder.

The congested cities in Italy are benefiting. Venice, for example. The water there is noted for being sludgy and brackish green. The smell of a combination of refuse, oil and mold was notoriously revolting.

Apparently it was due to the many huge cruise ships anchoring off shore. They pumped their bilge water into the canals. The cruise ships are elsewhere now and photos show crystal clear water in the lagoons and canals. Fish can easily be seen swimming there.

A reporter showed aerial pictures of before and after air pollution in Rome and Milan. It was vastly diminished. When residents go outside, they're breathing cleaner air.

I admit to being a "hugger". Can't hug outsiders these days. Himself has to fulfill my "hug quotient". He says it's illegal, but I hug him anyway. He hasn't complained.

We are brushing up on our birds, looking forward to the migration season. He is trying out new recipes. I'm happy to sample. The dog gets more walks and the neighbors get salutatory waves.

I miss seeing the grandkids and great grandkids, but this isn't forever.

It strikes me that there are many things we take for granted. The concerts, plays, meetings and games all of which require being in close proximity to others. Grandchildren hugs. The friendliness of those in our communities. Remembering this forced solitude will remind us in future of how precious we are to one another.

* "Welcome Sweet Springtime" is a song composed by Michael Watson in 1884.

Brain is best friend during a pandemic

Is there a sanitizer for the brain? Yes. Prayer, meditation, yoga, music, laughter, nature. Whatever healthy and legal activity brings pleasure to the mind can relax the brain and the body.

Do you need to quarantine the brain from infor-

mation overload? Yes. Too much sunshine is a desert and too much rain is a flood. Give your brain a break from obsessive viewing of news. Decrease your daily dose of health facts. Watching funny animal

videos brings warm fuzzies to my crispy brain.

Do you need to go on a social media diet for a while? Yes. However, connecting via technology can be therapeutic during disease isolation. But avoid ardent complainers, doomsday naysayers, and faultfinders. Give your psyche some positive word food with hopeful conversation.

Emotions are created in the brain and show up in the body. Fear is a natural reaction during a pandemic. However, anxiety and panic ensure that fear jumps on the emotional rollercoaster and speeds up and down with uncertainty. Fear of the unknown can paralyze logical thinking. The unexpected can derail us and catapult us into a brain hullabaloo. The fight, flight, or freeze response begins in the amygdala, which is an almond-shaped bundle of neurons that forms part of the limbic system in the brain.

Your brain is your best friend—so take care to treat it well during stressful times.

ABOUT YOU

BARBERTON AREA COMMUNITY MINISTRIES

Community Correspondent **Teri Dwyer**
330-745-3693

Last week was busy at BACM. On Thursday alone, 98 families came to our drive-thru style food pantry. Those families included 325 people taking home 2,925 meals. 28 families were first-time visitors to any pantry in the area. Thanks to the generosity of volunteers donating their time, our Thursday Senior Home Delivery to Norton and Barberton residents will continue and expand to include New Franklin and Clinton. Seniors age 60 and up can receive a three-day supply of groceries, delivered on Thursdays. To register, you must call the BACM office by 5 p.m. on Tuesday.

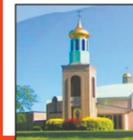
The New Franklin community has really stepped up to support BACM. Couples, families and students have dropped off donations and stayed to help volunteer. We know not everyone can volunteer right now, but there are many other ways to contribute. You can save plastic grocery bags, drop your spare coins in our change jars around town, select BACM as your charity on AmazonSmile.com, place a new pet order from Chewy.com/rp/1082, save your empty ink cartridges, donate food or mail in a check.

If you need help, BACM Food Pantry is open Tuesdays 1-5 p.m. and Thursdays 1-6 p.m., 939 Norton Ave. No appointment is necessary. Bring your photo ID and proof of residency in the Barberton area. The office is open Monday-Thursday 9 a.m.-4 p.m. Visit www.BACM.org for program details or like us on Facebook for daily updates.

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ST. NICHOLAS CHURCH
1051 Robinson Ave, Barberton

330-673-9142



A word of hope to senior citizens

Until the COVID-19 Pandemic, Apostolic Church 60 Plus Group was looking forward to hosting the Community Breakfasts to reach out to the seniors of our community to combat loneliness and isolation.

Now with the cancellation of these events it would seem that our plans have been thwarted.

However, AC 60 Plus Group intends to respond to people's fears. A.W. Tozar, the great Christian theologian made this profound statement, "A scared world needs a fearless church!"

We are going to find new ways to help the older population of our community while complying with social distancing!

Jesus Christ calls all Christians to be the light of the world to those who "sit in darkness;" those who are lonely, isolated or afraid. Light is the one thing that thrives in the midst of its antithesis!

Water will evaporate on dry, parched land. But one small light explodes in the middle of darkness and can be seen for miles! We want to be the light!

Pastor Paul Pamer of Apostolic Church recently preached online: Queen Esther of the Bible, thrived in her moment of crisis and saved the entire population of the Jewish people. However, King Saul of the Bible missed his opportunity.

He had the height and the armor to face Goliath but he succumbed and missed his moment. But there was a young man named David with only a sling shot, he stepped into the crisis and thrived!

Our plan to help:

1) If any seniors in our community need help, please call us at 330-745-5550. Leave your name and number and we will return your call. We have members waiting to bring assistance.

2) Apostolic Church will be broadcasting our services on Facebook and online at apostolicchurch.com each Sunday at 10 a.m. and Wednesday at 7 p.m. These online services will touch our senior citizens in a deep and meaningful way, to bring peace, hope and encouragement.

3) Also, we invite everyone to join us online on Easter Sunday, April 12 to take Holy Communion. We

will mail you sealed cups of wine and bread. Call Apostolic Church at the above number or email us at contact@apostolicchurch.com to receive yours. Then on Easter Sunday morning at 10 a.m. online, we will honor the death and life of Jesus Christ by taking Communion together as a community. We can't be together physically, but we will be together in spirit.

The 60 Plus Group of Apostolic Church believe God to give great strength to the older citizens of our community. We want to be better people when this Pandemic is over. We can succumb or thrive in this crisis. We choose to thrive!

ABOUT YOU

RELAY FOR LIFE

Community Correspondent **Pam Horvath**
pamhorvath725@yahoo.com

The uncertainty of cancer is an everyday reality for cancer patients and their families. Where to go for treatments and which doctor to choose are just some variables in their fight. The American Cancer Society can help answer those questions. For more information call 800-227-2345. Be safe and be well.

- Relay For Life planning meeting is Thursday April 2, 6 p.m. at the Barberton Moose Annex.

- Rescheduled Bingo Bash is Saturday, May 8, at Prince of Peace Church, 1263 Shannon Ave., Norton. Doors open at 5 p.m. and bingo starts at 5:30 p.m. Tickets are \$15.

- Rescheduled till October. Crop for a Cure is Saturday, March 28, at Crossroads Church in Doylestown from 8 a.m.-4 p.m. Please contact Kathy Fogle for more details at 330-472-0299.

- Cards for a Cause handcrafted greeting cards contact ashley.green@cancer.org for more details.

- Malley's Chocolate-Easter candy sale. Please contact Ashley Green at ashley.green@cancer.org for more details.

- Spring Flower Fundraiser money is due by Friday, April 24. Please contact Cheri Rollins at 330-745-6422.

- Purse auction is Saturday, May 2, at the Barberton Moose, 1-4 p.m.

- Chipotle Fundraiser Saturday, May 16, 4-8 p.m. at 446 E. Robinson Ave., Suite A, Barberton.

- Euchre tournament to be announced

- American Cancer Society Relay For Life is Saturday, July 18, noon-midnight at Lake Anna Park.



BARBERTON
COMMUNITY FOUNDATION

Foundation Responds to COVID-19 with Emergency Fund

Barberton Community Foundation has established an Emergency Response Fund to provide financial assistance to nonprofits responding to the broader social impact of coronavirus (COVID-19) in our community.

This fund will provide small grants to nonprofits who are supplying emergency food to insecure families, working in community health, or providing additional services needed to alleviate hardships suffered by Barberton residents due to COVID-19.

We want to thank our local donors and corporations who have contributed to the fund. We are overwhelmed by your generosity and support. If you would like to donate to this fund, visit barbertoncf.org and click on "Donate Now" or follow this link: <https://secure.qgiv.com/for/bcf/restriction/EmergencyResponseFund>

Donors may also call the Foundation at 330-745-5995 or address checks to Barberton Community Foundation at 460 W. Paige Ave. Barberton, OH 44203 and include Emergency Response Fund as the designation. Email our executive director Dr. Suzanne Allen, at sallen@barbertoncf.org with questions.

Follow us on Facebook
at facebook.com/barbertoncommunityfoundation

(330) 745-5995
460 W Paige Ave. • Barberton, OH 44203
www.barbertoncf.org