

CLEVELAND – Whether staying warm or celebrating the holidays, Cleveland Firefighters want residents to be safe this winter. Guidance for residents will be provided this Thursday, December 15th, at 2pm at the Western Reserve Fire Museum and Education Center located at 310 Carnegie Ave.

“Fire prevention is an important part of our mission,” said Cleveland Fire Chief Anthony Luke. “We hope this information will help to keep residents safe during the holidays this winter.” Among the topics covered will be:

Electrical Safety—Extension cords should only be used temporarily. Never run an electric cord under a carpet or a doorway where it may get worn. When stringing holiday lights, check their cords for damage.

Space heaters need space. Make sure space

Cleveland Fire Offers Winter Safety Tips

Electrical cords, cooking, and holiday safety all covered!

heaters are 3’ away from anything flammable (paper, furniture, blankets, drapes) and ensure space heaters are turned off or unplugged when not in use.

Never plug a space heater or any heat-producing appliance (coffee maker, microwave, toaster, etc.) into an extension cord. They should be plugged directly into a grounded wall outlet.

Cooking Safety—Thanksgiving and Christmas are busy days for cooking fires. Stay home if you are baking and stay in the kitchen when using the burners on top of the stove. Make sure children know that the oven is hot and not to touch. Keep children and pets out of the kitchen while you are

cooking.

Holidays—Keep your live Christmas tree watered to prevent it from drying out and becoming a fire hazard. If your holiday celebrations include candles, be careful and never leave a lit candle unattended.

The Fire Museum’s Education Center has great props to demonstrate how to put out a kitchen fire and drive home the safety messaging. Please contact Lt. Mike Norman for any questions.

About the Cleveland Division of Fire

The Cleveland Division of Fire has served the residents of Cleveland, Ohio for

more than 150 Years! The Division’s core values center on the protection of lives, property and the environment through preparedness, prevention, public education and emergency response; we place an emphasis on quality services delivered efficiently, effectively and safely. For more information on the Cleveland Division of Fire, visit online at www.city.cleveland.oh.us or on Facebook/CLEFIREdept, Twitter @clevelandfire.



CITY OF CLEVELAND
Mayor Justin M. Bibb



克利夫蘭自然歷史博物館重大變革首次亮相



(本報訊) 克利夫蘭自然歷史博物館已經經過了多年裝修,它原來是黑暗的展廳,里面擺滿了動物標本和立體模型,與現代科技相比,讓人們感受是已經過時了。

克利夫蘭自然歷史博物館,成立於 1920 年。自 1920 年以來,有過改善和擴建,其中包括 1958 年搬到克利夫蘭邊上,它增加了穆勒天文台(1960 年)和沙夫蘭天文館(2002 年),擴大了它的範圍。作為 2021 年年中開始的百年轉型計劃的一部分,“地球行星”揭開了其歷史上最重大的變化。整個項目預計將於 2024 年完成。

從 12 月 7 日星期三開始,它推出了一系列變化,採用更具吸引力的新科學技術來增加遊客的親身體驗感。

博物館發言人表示:通過博物館的改造和擴建,我們正在開闢新的方式讓遊客觀摩和體驗藏品,用世界知名科學家的開創性的技術來吸引遊客。並且我們還有教育計劃,教育孩子們喜歡和保護大自然。

從 12 月 7 日開始,可以免費入場。博物館將推出其全新的和重新構想的區域,其中包括經過重新設計的探索中心,為 7 歲及以下的兒童創造了更多的互動體驗,並通過多樣化的“活動站”吸引他們。

對於所有年齡段的人,Murch Auditorium 將首次提供 3D 電影,從 Superpower Dogs 開始,講述做救援工作、幫助有特殊需要的人,甚至幫助拯救瀕危物種的狗,以及肯定會成為流行的恐龍等!講訴每個孩子最喜歡的科學話題,跟隨古生物學家尋找這些有趣的野生動物的蹤迹。

此外,Shafraan 天文館重新開放,升級後的軟件和新座位,以及一個關於 NASA 的詹姆斯·韋伯太空望遠鏡的新節目“展開宇宙”。新的康寧畫廊將專注

于將藝術與自然結合在一起的展品,首先是博物館的第一版博物學家約翰詹姆斯奧杜邦的美國鳥類和安迪沃霍爾的瀕危物種組合,包括大象,犀牛等十種動物的印刷品。博物館還將推出有關虛擬現實飛行模擬和世界上最小物種的臨時展品,其中包括來自世界各地的昆蟲。

本周五,12 月 16 日,自然博物館夜燈將一直亮到晚上 8 點,並且提供特別節目:當前科學演示、畫廊講座、近距離觀察 CMNH 動物以及與策展人和特邀嘉賓的深入對話。提供啤酒、葡萄酒和 Western Reserve Distillers 招牌鷄尾酒等。



誠邀您填寫《亞洲商場 2023 農曆新年活動申請表格》

2023 年 1 月 21 日,星期六,是農曆除夕,亞洲商場將在這一天的上午 10 點至下午 3 點舉辦中國新年慶祝活動,現在開始招募新年活動的贊助商、供應商、表演者和志願者,請有意者填寫申請表格。

接到申請表格後:

1,我們將聯繫獲得批准的供應商並提供付款信息,以確保您的參與。

2,被批准的表演者我們將在一定的時間內與您聯繫。

強烈建議參與者佩戴口罩。

參與者必須採取預防措施以確保自己和他人的安全,包括但不僅限於:

A,為團隊人員和賓客準備好洗手液和消毒用品;

B,對“高接觸”物品的表面進行及時和經常的清潔消毒;

C,如果已經生病或者感到身體不適請您待在家里。

更多的健康信息請查看 <https://coronavirus.ohio.gov/> (<https://coronavirus.ohio.gov/>)

The Ohio Asian American Health Coalition in 2002, was established in 2002, with the goal of supporting health initiatives of member organizations, promoting research and education to address health disparities, and advocating for improved access to personalized, culturally and linguistically competent healthcare. Every two years, there is a conference to discuss different health issues faced by AANHPI. With the hiccup through pandemic, finally in partnership with OhioMHAS, 2022 mental health conference was held on Oct. 29 in Columbus. Ms. Pu from Erie Journal attended along with more than 50 attendees around Ohio and beyond to discuss the mental health of Ohio’s Asian-American Native Hawaiian Pacific Islander (AANHPI) communities.

Dr. Anjali Amin, president of the Asian American Psychological Association, gave the keynote, titled “reclaiming mental health for you and your community.” She discussed culture values many of us resonate with including: Obligation/obedience to parents and elderly family members (filial piety) • Prior-

itizing the group over the individual (collectivism) • Respect for authority • Indirect communication • Conformity to norms • Emotional self-control • Family recognition through achievement • Humility • Avoidance of family shame. There is not only stigma related to mental health in AANHPI community, it is across the board, there might be some uniqueness from culture perspective. Dr. Amin suggested to reclaim ancestral healing with three questions to pond. What have been the practices in my family? • How have we survived, coped, resisted thus far? • Who are the trustworthy leaders/healers?

In the breakout sessions, Dr. Sampilo from Cleve-

land Clinic, shared her experience working with AANHPI youth; Dr. Sampilo brought her own stories as first-generation college students, Pilipino and Latinx background to the presentation, shared how mental



health within AANHPI youth often overlooked, and parents were shocked to learn the severity of children’s mental health issues. May Chen, Asian Service in Action’s co-founder, and Fei Li, Licensed Independent social worker from Asian Service in Action

shared AAPI seniors’ challenges and their programming in Cleveland and Akron area. They talked about the starting of Chinese Mandarin Healing Circle,

Northeast Ohio AAPI Senior Support group as they engaged seniors with bilingual staff to create the safe and trust environment. Dr. Cox, Japanese speaking clinical psychologist in Columbus shared what we can do to rewrite the narrative and build resilience to address mental health challenges.

There are some art work shared with the attendees from AANHPI artist to express mental health struggles and different ways of self-care. Could you share one art work here? Need to get permission from author[XD1]

Like Dr. Munoz, the president of Ohio Asian American Health Coalitions shared in the panel discussion, that years later, many challenges faced by AANHPI community haven’t changed, such as accessing to linguistically and culturally appropriate health care. Hence, there is work to do and to make AANHPI communities’ voices to be heard.

Are WE getting the permission from author? or the Newspaper need to get permission? This is a publication, not we use it for benefit, but the newspaper will use it. Also, I don’t know which author you are refer to.[XD1]

您正在尋 無風險的投資嗎?

我們項目幾乎零風險,同時可擔保您全家移民,并擁有一棟特制豪華別墅。

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