

13th Semester



www.EmpowerUohio.org

EmpowerU Calendar of Events

Free Courses
Educate Enjoy Engage

13th Semester



www.EmpowerUohio.org

Reservation required! Reserve your spot now by signing up for sessions at www.empoweruohio.org

Read Entire Course Listings online including speaker information and location maps. Space is limited. Sign up online!



Growing Up Under Hitler **Mar 2**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Thursday, March 2, 7:00-8:30 PM
Sonja Stratman shares her captivating story of growing up under Hitler's regime. During his reign many German cities were destroyed and the country was worse off than before Hitler came to power. At age 10 she and her classmates joined the Hitler youth not understanding the meaning of their participation. Don't miss Sonya's incredible story.



Increasing Sales **Mar 8**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Wednesday, March 8, 6:00-7:30 PM
Mark Faust is the author of Growth or Bust: Proven Turnaround Strategies to Grow Your Business. In his book, he offers several strategies for how companies can grow their business. Are you ready to look at some new ideas now? Join Mark Faust for an in-depth discussion of Sales Performance and Improvements for your company at EmpowerU Business.
EmpowerU Business Classes cost \$10 each.



Right to Work **Mar 9**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Thursday, March 9, 7:00-8:30 PM
Join Greg Lawson from the Buckeye Institute who will enlighten us on policy issues including local Right to Work. In 2014, Greg wrote an editorial, "Ohioans have Earned the Right to Work". He gives a compelling argument for joining states like Michigan and Kentucky in passing Right-to-Work. Learn about new local laws which may make this easier to implement. Other state fiscal and policy issues will also be discussed.



Overcoming Addiction **Mar 14**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Tuesday, March 14, 7:00-8:30 PM
Brandon Swinehart will share his experience with heroin addiction, life on the streets, recovery and his re-entry into society. The first half of the class will focus on the progression of the disease of addiction and how a young man from a good home in Cincinnati ended up on the streets of San Francisco a homeless heroin addict. The second part of the class will be Brandon's journey into recovery and gradual re-entry into society as a loving husband, a father, a helpful son, a great sales rep and business owner. Please tell others to join us this night.




Cincinnati a Sanctuary City? **Mar 15**

Midway School
3156 Glenmore Avenue
Cincinnati, OH 45211
Wednesday, March 15, 7:00-8:30 PM
Mayor John Cranley recently made it his initiative to make the City of Cincinnati a Sanctuary City which, passed in Cincinnati Council 6-2 on January 31. What is a Sanctuary City? How does a Sanctuary City interact with the Federal Government? What are the ramifications of immigration on a Sanctuary City? How is the Federal Budget involved? Are Sanctuary Cities less safe than other cities? Vice-Mayor David Mann of the City of Cincinnati explains this controversial decision and how it will impact you and your family.



Save Lives FASTER SURVIVING THE ACTIVE KILLER **Mar 16**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Thursday, March 16, 7:00-8:30 PM
Active Killer events are not a new phenomenon, but too often we are training to deal with the last event, not the next event. This discussion will cover past active killer events which did (or should have) changed how law enforcement and society responds. Joe Eaton, Program Director of FASTER will share the knowledge he has gleaned from studying past active killer events and how we can be prepared to Save lives FASTER.



Brewing Up A Dream **Mar 21**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Tuesday March 21, 7:00-8:30 PM
Join Lindsey Roeper, Dream Facilitator at Rivertown Brewery & Barrel House, as we touch, taste, feel and learn about all the ingredients that go into making beer. We will also learn about the more intangible ingredients that go into making beer, including building a business from the ground up. Included at the end of the presentation will be a tasting of 3 craft Rivertown beers (bring your ID's).
Discover the art and appreciation of Craft Beer!



Crucial Conversations **Mar 22**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Wednesday, March 22, 6:00-7:30 PM
Learn how to make it safe to talk to almost anyone about almost anything, whether or not you agree. Based on the book "Crucial Conversations-Tools for Talking when Stakes are High", Jane Steinmetz will share with us the seven basic principles of successful dialogue. Participants will learn the tools to make it safe for all those involved in a conversation to add their thoughts, ideas, and opinions and to explore all sides of an issue.
EmpowerU Business Classes cost \$10 each.



Tri-State Trails **Mar 23**

Symmes Township Library
11850 Enyart Road, Loveland, OH 45140
Thursday, March 23, 7:00-8:30 PM
Learn how Cincinnati Connects with people through walking/hiking trails and bike lanes. Join us as Empower U and Wade Johnston discover the many trails that connect Cincinnati, where they begin and where they meet. There are also new proposed trails that will further enhance this ever growing network. Share in the vision of trail advocates and their plans to connect our region through a physical network of trails. Spring is on the way and this could make for a great family outing!



Healthcare **Mar 28**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Tuesday, March 28, 7:00-8:30 PM
Grace-Marie Turner is one of the most knowledgeable and sought after speakers on the topic of healthcare. She will join us March 28 via the power of video conferencing to offer a detailed update on the fight to get federal bureaucrats out of our doctors' offices. Grace-Marie will discuss where we've been and the direction she believes we need to head. Will the repeal effort work?



Honor Flight **Mar 30**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Thursday March 30, 7:00-8:30 PM
Join us to learn how the veterans of World War II, Korea and Vietnam shaped our country and how the Honor Flight honors them. Honor Flight veterans have inspired the writing of two books by local authors Cheryl Popp and Peter Bronson. Hear their stories of heroism in a way you never could before. Look down the long hallway of history and learn how to put our veterans service into perspective.



George Washington **Apr 4**

EmpowerU Studio at Frame USA
225 Northland Blvd.,
Cincinnati, OH 45246
Tuesday, April 4, 7:00-8:30 PM
Many things did not go well for our first president in his early life. Yet surprisingly, losses, disappointments and tragedies positioned Washington and gave him skills he would need to lead later on as general and president. Join Millie Henley as she shares the interesting twists of fate of the life of George Washington. Talk includes up to the point his public life began. Everyone will be interested--not for history buffs only!



Soaring Dreams into a High Flying Business

Apr 5

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Wednesday, April 5, 6:00-7:30 PM

Matt King is the CEO and co-founder of Drone Camp, the top drone education company in the United States. King has been featured on USA Today, FOX, NBC, MTC, Comedy Central and Huffington Post for his innovative and crazy ways of thinking. Matt will share his story of launching a business venture, offering lessons learned and tips for entrepreneurs growing and marketing a business. Are you ready to start your own business? Don't miss Matt's important lessons! EmpowerU Business Classes cost \$10 each.




Bill Seitz The Farm Ohio Energy

Apr 10

The Farm
239 Anderson Ferry Road, Cincinnati, OH 45238

Monday, April 10, 7:00-8:30 PM
(Join us for dinner starting at 5:45 pm)

In 2016, Columbus Monthly Magazine ranked **Bill Seitz** #1 out of 132 legislators as Ohio's best speechmaker, most knowledgeable, and savviest lawmaker. Representative Seitz, who has championed fiscal responsibility and government efficiency, will share his views on how Ohio energy policy will be crafted and will impact our business and homes. As the state legislature prepares to review the 2008 law that created current "renewable portfolio" mandates, Seitz, who compared the mandates to Stalinism, will walk us through the debate and take your questions.




Sasquatch: Legend Meets Science

Apr 11

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Tuesday, April 11, 7:00-8:30 PM

Dr. Jeff Meldrum will share, via video link, an informative and thought-provoking presentation which will intrigue all audiences with the evidence of relict hominoids globally. "Dr. Jeff Meldrum investigates the mystery of Sasquatch (Bigfoot) through the lens of his scientific training in zoology and biological anthropology. This background gives him unique insight when interpreting the various clues, and hoaxes, associated with sasquatch, a creature that has faced people for centuries. This one--intriguing!--a real step outside the EmpowerU comfort zone!




Invasive Species

Apr 18

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Tuesday, April 18, 7:00-8:30 PM

Join **Heather Farrington**, Zoology Curator for the Cincinnati Museum Center and **Emily Imhoff**, Zoology Collections Manager for the Cincinnati Museum Center as they share with you the biological invasions happening all around us. They will enlighten you on the species which are out of place and out of control in our region. Photos and specimens will be shared to help you identify invasive species in the wild and in your own backyard.



Bias in the Media

Apr 19

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Thursday, April 19, 7:00-8:30 PM

Last semester, EmpowerU discussed Bias in the Media with it's Media Accountability Project--one of it's most followed initiatives ever. Now it is time for the Cincinnati Enquirer to give us their thoughts about Bias. Does it exist? Does it exist at the Enquirer? Was the Media Accountability Project accurate or just a one-sided look at facts? Join Pulitzer Prize-winning editor **Peter Bhatia**, who will discuss one of the most important topics on people's minds....and one that is sure to continue.




Social Media in the Workplace

Apr 26

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Wednesday, April 26, 6:00-7:30 PM

Wright State Professor of Law, **Thaddeus Hoffmeister** discusses one of the most important Business Topics--Social Media in the Workplace. Topics to be discussed include: Social Media Policies, Using Social Media to Hire/Fire, Requesting Passwords, Ownership of Social Media Content and Restricting Employee use of Social Media. Be careful--don't let Social Media get away from you and your staff. Join EmpowerU Business for this important session. EmpowerU Business Classes cost \$10 each.




Weight Control

May 2

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Tuesday, May 2, 7:00-8:30 PM

After having educated EmpowerU on how to live longer, and how to Reduce Stress- **Dr. Jay Rissover** looks at the scourge of modern life--Obesity, Diets, Fads, Surgeries & Facts. From larger portions, to larger clothing, we all see the evidence of the fattening of America is wherever we look. Now, what we can do about it! Dr. Jay Rissover will explore the different methods currently available for weight control. Join us for all the facts- and even some fun- with weight.



Life of Justice Scalia

May 4

EmpowerU Studio at Frame USA
225 Northland Blvd., Cincinnati, OH 45246

Thursday, May 4, 7:00-8:30 PM

Matthew Byrne will explore the incredible life of Justice Antonin Scalia in an important EmpowerU discussion of the Supreme Court. What were the major threads of his legal thought? Why was he so influential? What decisions did he make that transformed the terms of legal debate in our country? What are the roles of judges in society on the practice of judging? Refresh yourself and smile as you reminisce about this very extraordinary man.



Todd Portune Price Hill Chili Transportation

May 9

Price Hill Chili
4920 Glenway Ave., Cincinnati, OH 45238

Tuesday, May 9, 7:00-8:30 PM

Todd Portune is the new President of the Board of the Hamilton County Commissioners. How will the Board change now that two members are Democratic? One of Portune's most important initiatives is transportation and addressing the gaps in our region's infrastructure for movement of people and goods. How about M.S.D? Bring your questions for Commissioner Portune for what will surely be an interesting presentation, at one of our favorite venues--Price Hill Chili!



Uncontained Container Gardening

May 18

Greenfield Plant Farm
6840 Clough Pike, Anderson, OH 45244

Thursday, May 18, 7:00-8:30 PM

Join EmpowerU as we enter through a quaint covered bridge to enjoy an evening in the beautiful old historical Anderson Township Homestead. Relax in the splendor of nature brimming with buds and blooms! **Jennifer Radcliffe**, of Greenfield Plant Farm, who studied horticulture at Ohio State University, will explain how you can "branch out" by introducing the principles of container design, color strategies and the use of perennials, ornamental grasses, shrubs and trees, as well as annuals.





End of Season Celebration Cookout

Jun 7

EmpowerU Studio at Frame USA **Rain or Shine**
225 Northland Blvd., Cincinnati, OH 45246

Wednesday, June 7, 5:30-7:30 PM


Potluck Dinner from 5:30-6:30, Program Starts at 6:30 PM

Join us for our always fun season ending event. Keynoting this year will be **Attorney General of the State of Ohio, and candidate for Governor Mike DeWine**. Get your questions answered and meet the man that might run Ohio. Also joining us will be The Rat Pack....**Brian Thomas** who will pass out Empowered Citizen Awards, **Chris Monzel** who will discuss the County and **Christopher Smitherman** who will discuss the City of Cincinnati. Bring a Lawnchair and bring a dish or dessert to share. We'll supply the Burgers and Brats and Hot Dogs. Feel Free to bring a cooler and drinks. We'll be outside for the potluck and the event, but if it rains we will move inside EmpowerU Studio. Entertaining us during dinner will be the Incredible community steel drum band Divine Steel based out of Rolling Hills Baptist Church in Fairfield.




Many of our classes are hosted virtually. This means you can come to the class in person or watch the class online. Watch for the virtual logo listed by each class. If the class is virtual, go to: www.empoweruohio.org and find the class. Then, just click on the virtual link a few minutes before the class, watch and learn. Mobile devices now work with our virtual classes! Please register for our classes at www.empoweruohio.org




Thomas **Monzel** **Smitherman**

Attend 10 classes over two semesters (Spring and Fall) and you will receive an Empowered Citizen Plaque to call your own. Thanks for being an Empowered Citizen and thanks for attending EmpowerU Sessions! Please tell your friends.

