

**THIS ISSUE CONTAINS
CROCKER PARK PRESS**

THE VILLAGER

WESTLAKE • ROCKY RIVER • BAY VILLAGE • AVON LAKE • AVON • SHEFFIELD

Volume 15 Issue 5
November 25 - December 2, 2009

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With God, all things are possible....

The Cleveland Cross Guy Street Evangelism, Suburban-Style

Unlike days of old when street preachers stood on soapboxes to hurl fire and brimstone at pedestrians, Cleveland Cross Guy Mark Terlecky is user-friendly and looks for hits on his website.

He stands quietly at busy intersections throughout the West Shore, using a cross as a message board in a simple form of drive-by evangelism.

Maybe you've seen Mark at the corner of Center Ridge and Dover Center, or Detroit and Dover Center in Westlake.

Or at Lorain and Great Northern Blvd. in North Olmsted. Or in Lakewood.

Wherever, Mark's message is the same. No, he is not declaring the End of World, or telling people they will burn in hellfire.

He simply carries a cardboard cross with dowel rods on the back and a Bible verse on the front, passes out a Christian tract or two



when a pedestrian in our car-weary world wanders by, and then goes home to blog about his day on his website, <http://clevelandcross.blogspot.com/>

His sign refers to Mark 1:15 ("The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel").

Continued on page 6

Let Us Be Thankful!



Thoughts of Thanksgiving....

Bay/Westlake Kiddie Kollege preschoolers spent November learning about the pilgrims, Indians and the first Thanksgiving feast. In addition to craft activities and stories, the children helped prepare items for a "Thanksgiving Feast" with their parents. Kiddie Kollege

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Complimentary Copy "Celebrate the Power of Community"

see page 3
ST. JOHN WEST SHORE HOSPITAL
www.sjws.net

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See CPP page 12 & Villager pg 5

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see Crocker Park Press pages 6 & 7
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Arthur's Shoe Free 40th ANNIVERSARY SALE!
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27235 Wolf Rd. • Bay Village Square

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VILLAGER BEAT

CHRISTMAS COLORS: The Holiday Tree lighting at Crocker Park last Saturday was especially

joyous this year as, just a few hours earlier, The Ohio State University football

Continued on page 2



'Tis the Season!

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THANK YOU FOR SUPPORTING US FOR OVER 40 YEARS!



Bob Peeling, Jerry Masisak and Mike Judge are eager to help you at Arthur's Shoe Tree in Bay Village

A true success story in the world of small business exists at Arthur's Shoe Tree in Bay Village.

The friendly, customer-oriented store is celebrating its 40th anniversary this week.

"We feel blessed to be here and blessed to have served such a great community for so many years," reports owner Jerry Masisak.

Jerry is well-known to generations of clients. He started with the original Arthur's decades ago, and eventually took over the business.

He followed the community service model, and has enjoyed a great relation-

ship with customers that now include three generations of family members.

In this day and age of negative business news, Arthur's Shoe Tree is a shining star. Most small businesses don't have the opportunity to see 40 years, especially in the same location. Yes, they have had opportunities to move, but have stayed in Bay all along. "It has always been the right place for us," said Jerry.

Yes, a small business can grow and survive, as long as great service and a good product can be sold the right way!

To celebrate this event, Arthur's is having a special sale Thanksgiving week, and having a drawing for 40 prizes this Saturday, Nov. 28.

"We are also very fortunate to say that the first ten months of 2009, are the best in the history of the store! With having this event, it gives us the opportunity to say thanks to all of the customers that have supported us for 40 years!" said Jerry.

Two other events are also making this week special! Arthur's has again been named to the Fox 8 Hot List for 2009, marking the fourth year in a row for the designation.

Customers will also see construction activity at the store as major remodeling begins this fall. "We will be open for business the whole time, so please stop in for your winter footwear and check our progress," said Jerry.

Arthur's Shoe Tree is also keeping up with the times on Facebook. They invite the community to look for them on the internet and become a friend!

VILLAGER BEAT

Continued from page 1

team polished off Michigan for the sixth year in a row.

Did you know that Santa Claus and Brutus Buckeye are color coordinated for the holiday season?

Photographers had no trouble finding the colors of Christmas in the crowd at Crocker Park's Tree Lighting as Buckeye Scarlet matched the mood of the season perfectly.

Almost everyone in attendance who wore red for the holiday occasion also had an OSU emblem on their hat, sweatshirt, jacket or scarf!

Santa, too, when he arrive in his customary red outfit, reminded fans everywhere that Christmas did come to Ohio early this year, thanks to the Bucks!

Yes, Santa and Brutus Buckeye are in perfect color coordination this wonderful holiday season as a Rose Bowl appearance just a week after Santa's Big Day a month from now takes the sting from all of us long-suffering Cleveland Browns fans!

GRATITUDE: A real Thanksgiving story can be found inside today's Villager. It is about Barbara Young, an 18-year employee at Rae Ann Westlake

who, after she suffered a stroke in 2008, found out first hand all about the facility's stroke rehabilitation care. It was our privilege to meet Barbara last Friday as Rae Ann dedicated its stroke unit as The Young Center for Stroke Rehabilitation. Yes, Barbara's determination and drive as she recovered meant so much to those around here, they named the place in her honor! We are grateful this Thanksgiving week for having had the chance to meet Barbara at the dedication last Friday morning. The dignity, grace and determination of this lady's spirit is a real inspiration. She willed and worked her way to a recovery that is simply amazing! And she shows, lest any of us forget, that what happens to you in life isn't anywhere near as important as what you set out to do about it!

GOT IT BAD? Thankful for the state-wide success of The Ohio State University football team, we mentioned to a friend at Crocker Park that most of the country is clueless when it comes to the many lows endured by long-suffering Cleveland professional sports fans. "At least we can say we're from the same

Continued on page 4

SJWS Says "Thanks!"



St. John West Shore Hospital staff members Paul Forthofer, Tim Curran, Feda Juba and Christine Porter helped distribute over 1,500 turkeys last week as SJWS treated all employees, volunteers, West Shore Primary

Care members and Cleveland Physicians Network workers to a free frozen gobble for Thanksgiving. Many employees returned the gifts for distribution at local hunger resources! Happy Thanksgiving!

Thoughts of Thanksgiving.....

Continued from page 1

was recently voted for the third year in a row "Best Preschool" by the West Shore livewell Magazine. Call (440) 892-7990 for information about enrolling 2 1/2 through 5 year olds in any of the preschool programs. Happy Thanksgiving, everyone!

WANTED!

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If It's Broken, Fix It...

I hope everyone is enjoying the wonderful fall season that is upon us. As I am writing this article, there is still no snow on the ground, which already makes this one of the better fall seasons in Cleveland history. Let's hope it continues and we are all in for a soft, mild winter.

I just had a patient come in not too long ago that called with the complainant that a filling had fallen out of a tooth. When she did come into the office, we asked her how long ago this filling had fallen out. She responded, "Oh, about a year ago." She then went on to tell us that she is a busy mother of some young children and like in many families, mothers always go last when it comes to needed work or treatment. Unfortunately for her, the nerve of this tooth had died probably about 6 months before and that is why she wasn't feeling an immediate pain. She did, however, have a pretty bad infection around the tooth as a result of this dead nerve inside the tooth.

This scenario is fairly common. A tooth can break or a filling can fall out and you might have some initial pain and sensitivity to hot and cold. Slowly but surely the pain disappears and we mistakenly think that the tooth is getting better. What, in fact, does happen is that the tooth starts to break down and stops emitting pain signals to the brain. We then make a further mistake that since the tooth is not bothering us, nothing bad is happening. This couldn't be further from the truth. Now that the nerve has broken down, it leaks a toxin that causes the infection to leak out into the



by Dr. Louis Malcmacher of *The Healthy Smile*

surrounding tissues of the jaw and bone. It slowly starts to eat around at the bone surrounding the tooth until bacteria finally jumps in and now you've got a full fledge, raging abscess. You wake up one morning and your cheek is puffed out to the size of a golf ball, all from this tooth that broke down many months ago. The danger here is that this infection could become systemic and go throughout the rest of your body and even cause you fever, shills and great pain. At this point, either a root canal procedure or an extraction of the tooth needs to take place.

These problems can certainly be prevented with regular dental check ups. More importantly, when something is broken, go ahead and fit it right away. This will save you time, pain, and money in the long run. A broken tooth or gum infection is not going to get better by itself and needs

some intervention fairly quickly.

Now is a great time of year to go ahead and fix those long-standing, broken teeth that you feel right now with your tongue. If you have dental insurance, your benefits will most likely run out at the end of the year at which point you will lose whatever benefits you may have had for the year. Also, many companies are changing their dental insurance to plans with less benefits, so now is the perfect time to take advantage of what you have left in dental benefits or other compensation plans.

Call us today for a free consultation at 440-892-1810. We can help you with those broken teeth and we can also help you get the most of your dental benefit plan so that you will have to pay out of pocket. As always, our goal is to help you develop and maintain a healthy smile.

Avon Lake Towne Center..... Where friends meet!



There is always plenty to do at Avon Lake Towne Center! As part of Sprenger Retirement Centers family of homes, Avon Lake Towne Center is a hub of activity!

Last Friday, the monthly Pancake Breakfast saw Jim Smith, Director of Dining Services and Executive Chef, and Mandy Watts, Assistant Director of Dining Services and Assistant Executive Chef, flipping hundreds of flapjacks for guests to enjoy. "You see everyone you know here!" commented one visitor. "I saw someone I used to work with and we ate breakfast together. It was the first time we have sat and talked in years!"

Mark you calendar for these upcoming events!

Holiday Kick-Off Party: Towne Center Community Campus invites all seniors to join them for their Holiday Kick-Off Party on Wednesday, December 2 at 6:30 p.m at the Towne Center Clubhouse, 200 Community Drive, Avon Lake. Entertainer John Kowalski will be performing and a dessert and coffee bar will be avail-

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VILLAGER BEAT

Continued from page 2

state as the Buckeyes," we commented. "It eases the pain of following the Browns and Indians." "Oh, I don't know," said our friend, who lived in Buffalo for many years. "At least you didn't have to live through four Super Bowl losers!" Hmmm.....He had a point there. Until, that is,

the Browns managed to lose to Detroit the very next day after a Hail Mary pass interference call! Good Grief! With all this misfortune, they should call our team the Charlie Browns! The only thing that hasn't gone wrong this year is Lucy snatching the ball away on an extra point attempt!

**The Villager welcomes letters to the Editor as well as news items. Please send all information by e-mail or typed. You must include your name, address, phone number and signature for verification. All items should be sent to :
The Villager, 26915 Westwood Rd., Suite A-1, Westlake, OH 44145**

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Deadline for all items is the Friday before publication. Opinions reflected in this newspaper are not necessarily those of the management.

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Dr. Julio Aponte & Dr. Allen Segal

Premier Physicians Centers: Advanced Treatments for Arthritis & Osteoporosis

The latest in treatment for arthritis, osteoporosis and conditions related to Rheumatology is now offered at the highest levels of service and patient convenience through Premier Physicians Centers.

Allen Segal, D.O., F.A.C.R., has recently joined Dr. Julio Aponte in the practice of Rheumatology and Internal Medicine at 18099 Lorain Road Suite 208 in the Fairview Hospital Medical Offices Building.

Both physicians are recognized regional leaders in their specialty.

"We do offer advanced treatment for arthritis," reports Dr. Aponte. His treatment options run the gamut of appropriate approaches to treating joints, soft and connective tissues and related conditions such as osteoporosis.

"There is much we can do," adds Dr. Segal. "It starts with listening carefully to the patient. If you listen, most patients will communicate their problems in a way that we can make an accurate clinical diagnosis. Quality medicine begins with an accurate diagnosis."

Both physicians agree that Rheumatology has seen exciting growth as a medical specialty. With many discoveries coming in the area of immunology, treatment options are tailored to individual conditions achieving optimal benefits. "There are new medications, injections and preventive treatments which all impact the management of conditions," said Dr. Segal.

Osteoporosis is a common disease with a strong genetic component characterized by reduced bone mass and increased risk of fragility fractures. "It is now well-known because there are effective treatments and preventive measures for it," said Dr. Aponte. "A few years ago, nobody talked much about osteoporosis because nothing could be done. Now, effective treatments are available so it has become a well-known medical condition." Medications and preventive measures are available.

Drs. Aponte and Segal share background as regional leaders in Rheumatology. Both are past Presidents of The Cleveland Society of Rheumatology.

Dr. Segal joins Premier having most recently served on the faculty of Case Western Reserve University, School of

Medicine since 2008.

Dr. Segal received his osteopathic training from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He Interned at Metropolitan Hospital in Philadelphia and completed his Residency training in Internal Medicine from John F. Kennedy Memorial Hospital in Stratford, New Jersey. Dr. Segal completed his Fellowship in Rheumatology at the Cleveland Clinic Foundation. He is Board Certified by the American College of Osteopathic Internists.

Prior to going into private Rheumatologic practice in 2003, Dr. Segal held various positions with the Cleveland Clinic Foundation in the Department of Rheumatic & Immunologic Disease.

Dr. Segal has been involved in clinical research and has published numerous articles in Arthritis Journals.

Dr. Aponte is Board Certified by the American Board of Internal Medicine and has a Subspecialty Board in Rheumatology and Geriatric Medicine. Dr. Aponte joined Premier in 2008 after 33 years of practicing medicine in Cleveland.

Dr. Aponte did a combined Residency in Internal Medicine with Lutheran and Cleveland Metropolitan General Hospitals. He also served as an Assistant Resident in Internal Medicine at Cleveland Metropolitan General Hospital. Dr. Aponte completed his Fellowship in Rheumatic Disease from the Cleveland Clinic and his Medical Degree from National University of Colombia-Bogota.

Dr. Aponte is an Associate Clinical Professor of Medicine (Rheumatology) at Case Western Reserve University; serves as President, Northern Ohio Physicians for Human Rights; and is Executive Director, Lake Erie Nadadores.

Dr. Aponte is a citizen of the U.S.A., speaks fluent Spanish and has been involved in Research Activities focusing on arthritis and bone disease since 1972.

Dr. Aponte and Dr. Segal have privileges at Fairview Hospital.

To schedule an appointment with either physician, please call them at (216) 252-6282.



Drs. Julio Aponte and Allen Segal

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on-site beauty salon, chapel and gift store!

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ing. Just think – someone to shop for you when the weather is bad, or transportation to a medical appointment – all for modest rates that can keep you at home!

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The Cleveland Cross Guy

Continued from page 1

Terlecky takes time to talk with the curious, and then posts about the meeting on his website blog.

Here's what he wrote after The Villager stopped by last week:

"Today, I went to the intersection of Dover Center and Center Ridge in Westlake at 1:15.

"There was a bit of a wind blowing west, so I stood on the northwest side of the intersection. At 2, Bob from The Villager Newspaper approached me.

"He mentioned he got the message of the cross right away. He said he saw the sign, went home and read the Bible verse. I told him that so many people just believe, and he mentioned that it was repent and believe.

"I told Bob we need to trust Jesus like a parachute on a plane. Merely believing in the parachute won't save you - one needs to strap on the parachute and jump from the plane. In the same sense, we need to strap on the Lord Jesus and abandon our sinful lifestyle.

"Bob mentioned about repentance that he thought we are supposed to participate in our salvation. While I admitted that our act of repentance (turning from our sins) was required, there is nothing

we can do to earn our salvation. I mentioned God has done nothing wrong when we turned away and sinned and therefore we need to turn back, but that we can't add anything to what Jesus had done for us on the cross - that was the ultimate sacrifice for our sins.

"He said, 'You know, I thought about you the other day. I try to read my Bible a little every night, before I go to bed, and I read a passage about inviting people to the wedding and it said if the guests don't arrive, to invite everybody else. I thought, 'That's what this guy on the street corner is doing. He's inviting everybody else to the wedding feast, even though the ones who were invited may not go, so he's inviting the other people.'"

"I added, 'They need to make sure they have on the right wedding attire, too, when they get there.'

"He replied, 'That's a good point.'

"I said, 'To make sure they have the righteousness of Jesus applied to them.'

"I gave Bob a tract and also someone who appeared to be on their way home from school."

Mark is a member of Lighthouse Alliance Church in Rocky River. Their website reports the mission to be, "To know Jesus and to make Jesus known." Their vision calls for the church to "be a fellowship of believers following Jesus and proclaiming the Gospel

Continued on page 7

Pat Joyce-Deegan Earns Portrait Society Honor



Pat Joyce-Deegan a Cleveland, portrait artist, well known for her portrait drawings, will have her award winning portrait "Jackie" on display with the PSOA Ohio Members Juried Exhibition at the Columbus Cultural Arts Center Nov. 16 through Dec. 18, 2009.

Pat's body of work hangs in the prominent homes of many families in the Cleveland area. Her work has been shown locally at BayArts. She is an active member of BayArts in Bay Village. Pat is a generous philanthropist, donating portrait commissions to

many charity auctions. "I particularly enjoy researching a charity and then donating a portrait commission for the silent or live auction event. It's intensely gratifying and a great way for my work to be seen."

Pat, a former accountant and mother of two grown sons, seriously began to study portraiture in 2004. She is completely self-taught. In 2006 she began studying oil painting with nationally acclaimed Master Portrait Artist Marvin Mattelson in New York City. ("I'm stunned by the beauty of her drawings" - Marvin Mattelson)

The Cleveland Cross Guy

Continued from page 6

in word and deed while building Christ's Church worldwide."

Mark said his little encounter with The Villager was similar to almost all he has. "Anything I said in the post resembles almost every single conversation I've had with people - repentance and the parachute analogy. The post looks just like any other 'conversation post' I write," he said in a follow-up email.

Mark does take some heat at times! One recent blog describe "a young womanyelling down from an apartment She was yelling "Hail Satan!" and later came out onto the balcony. It appeared she was taking pictures of me and she uttered a blasphemy. I tried my best to ignore her."

Most encounters are polite, informational and conversational. Like "a young man named Rob (who) inquired about the cross. He asked if I attended a local church that was nearby, and I told him I didn't. We started talking

and I shared the Way of the Master method with him. He was big on how God is love and how God loves everyone. I told him that while God is love, he is also righteous and just.

"I mentioned the necessity of repentance and he agreed, but he also told me that we are not to judge. Rob mentioned that God will use us as we are in life (e.g. prostitutes who came to Christ), but I made sure to hammer home the point that God also calls us to repent."

Terlecky, 26, also passes out tracts that look like one trillion dollar bills with a caricature of President Obama on the front. The reverse carries a message of repentance and contact into for Lighthouse Alliance.org on the back.

Most of his message is on his blog. Visitors will find messages like: How to get to Heaven, The Sinner's Prayer, Do I Need Jesus?, Repentance and more. He is on Facebook, too.

Mark knows, too, that his message may not resonate immediately with

Reservations are due November 30 for the Bay Village Women's Club annual Christmas Luncheon being held at Lakewood Country Club, 2613 Bradley Road, Westlake, OH on Thursday, December 3. So-

Bay Women's Club Christmas Luncheon

cial hour begins at 11:30 a.m. with luncheon served at 12:30 p.m. The cost for members is \$25.00 and for non-members, \$28.00, with valet parking included.

A program of holiday music will be presented by

the Bay High School Choraleers under the direction of Devon Gess. Attendees may participate in a

Christmas raffle for prizes donated by local businesses. Call Carol at 440- 835-9587 for reservation information.

Carols and Choruses of Christmas: Voices and Bells

The West Shore Chorale and Orchestra presents *Carols and Choruses of Christmas* with John Drotleff, Conductor. They will be collaborating with the Bell Choir from Westlake United Methodist Church with Conductor, Ardith McCloy. The performance will be Sun., Dec. 6, at 7:30 p.m. at Magnificat Performing Arts Center, 20770 Hilliard Boulevard, Rocky River, OH. Parking is free and handicap accessible.

Ring in the season with the magical sounds of voices and bells! This year,

the Chorale shares the stage with the Westlake United Methodist Church Bell Choir, one of the finest bell choirs in the area. Be part of this musical and social tradition, showcasing a blend of favorite selections from Mendelssohn, Lauridsen, Holst, and others. Reception of holiday treats will follow.

Tickets \$15, Students free. Tickets can be purchased instantly and securely on our website www.westshorechorale.org, at the door, or by phone at 216-373-7773.

"It is a great joy and very hard work to create a portrait that pleases my client; quite an intense undertaking to create an heirloom designed to be passed down through generations. I strive to capture not just a likeness, but the very essence of my subject. I become enamored of every subject and love working with my clients", said Pat.

You can see her work online at <http://www.portraitsbypatjoyce.com> or call (216)534-6080

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It is Essential to Cross Train Your Brain

Dr. Kevin O'Neil, renowned gerontologist and Medical Director for Brookdale Senior Living, presented a symposium, Cross Train Your Brain, on how to keep one's brain healthy at Westlake Village, 28550 Westlake Village Drive

His presentation centered on ways to assist one's brain in staying functional. The brain like everything else in the body needs to be exercised and conditioned

to keep it working properly. Emerging brain research has shown that the brain is flexible, re-wired rather than hardwired, forming new neurons constantly. Brain Derived Neurotrophic Factor (BDNF) is important for neuron survival and growth while exercise spawns neurons and environmental enrichment helps them survive.

There are normal memory lapses like forgetting a name, not finding the



Brookdale Senior Living Medical Director Dr. Kevin O'Neil, Director of Lifestyle Programs Lisa Harrington and Westlake Village Executive Director Patrick Payne work with community members to achieve the Optimum Life.

right word, forgetting a day or date that come with aging; however, the dementia associated with Alzheimer's is not recognizing people, forgetting to serve a meal one has prepared, substituting an inappropriate word and becoming lost. Alzheimer's is uncommon before age 65. Over five million currently have Alzheimer's in the U.S.

There is also dementia with Lewy Bodies that may be associated with Parkinson's Disease. In addition, Vascular Dementia exists in one to four percent of adults over 65. Frontotemporal Dementia, originally known as Pick's Disease, is also possible.

One can counteract these negatives by having a



Westlake Village Community member Helen Mavrolas enjoys the experiences offered at Westlake Village.



Westlake Village Community Member Renee Hendershott enjoys staying active and learning about how to cross train one's brain.

Razzle Dazzle Christmas

Add some glitter and glitz to your holiday season with, "It's a Razzle Dazzle Christmas," at Rose Hill Museum in Bay Village through Dec. 20.

The museum, all decked out in beautiful Victorian decor, will transport you back in time to a Christmas Past. Antique toys and dolls on display are sure to delight children of all ages. Bring a photo and a paragraph about your favorite holiday memory to contribute to the Bay Village Historical Society's "Big Christmas Memory Book."

The Rose Hill gift shop offers collectible medallions, the 2010 Bicentennial medallion, note cards, books and cookbooks for holiday giving. Think spring and reserve your tickets now for the May Bicentennial Victorian Tea Party and children's vintage fashion show.

Rose Hill Museum in Cahoon Memorial Park is open from 2 p.m. to 4:30 p.m. on Sundays, and during the week by appointment for group tours. Phone (440) 871-7338.

diet rich in whole grains, fruits and vegetables, fish and nuts. Exercise is very important to help prevent illness. It improves the blood flow to the brain, elevates the mood and reduces the risk of Alzheimer's. Thirty minutes of moderate activity like walking, even if in three different ten minute intervals, really makes a difference. Always try to start with simple stretches.

Sleep, socialization, and challenging one's brain by doing things differently with the other hand builds brain fitness. In addition, people need a sense of purpose and spiritual practices to help one stay mentally healthy. Keeping one's brain healthy is a priority at Westlake Village, a Brookdale Senior Living

Community, as community members strive each day to reach the Optimum Life potentials in the dimensions of PHYSICAL, INTELLECTUAL, PURPOSEFUL, SPIRITUAL, EMOTIONAL and SOCIAL.

The mission of Westlake Village is to enrich the lives of those served with compassion, respect, excellence and integrity. Westlake Village is proud to be able to offer the finest in Independent Living, PERSONALized Assisted Living and its new Care Center for short-term Rehabilitation or longer-term Skilled Nursing Center Services. To answer any questions, to provide additional information concerning

- By Mary Levtzow

Civic Contributions

The Bay Village Women's Club and Foundation is currently accepting requests for donations to your organization. Only tax exempt organizations located within Bay Village qualify. Requests must be in writing and contain the following information: 1. Full

name and address of the applicant organization; 2. Proposed amount of funds requested; 3. Specific proposed use of funds. All requests must be received by February 1, 2010. Mail to Box 40433, Bay Village, Ohio 44140.

'Tis The Season For Wildlife Encounters at a Host of Child And Family Programs

Close encounters of the animal kind are a highlight of holiday season programming at Lake Erie Nature & Science Center. Free, family-friendly Meet An Animal programs in November and December will feature a bird that's faster than a speeding bullet, snakes that squeeze, jumbo cockroaches that hiss and more.

On Nov. 27, during a special "Black Friday" edition of Meet an Animal, you can meet the Squeezers, instead of feeling the squeeze on your wallet at the mall. Families will get to touch the Center's "huggable"

boas and pythons at the free, 3 p.m. program on the day after Thanksgiving.

On Sat., Dec. 12 at 3 p.m., Meet an Animal will feature the Beaver using a mounted specimen and other hands-on materials to aid both children and adults in understanding the life of North America's largest rodent. A week later, on Saturday, December 19, you can hold a giant Madagascar Hissing Cockroach as you learn more about their fascinating survival strategies. As always, this family-friendly Meet An Animal

Continued on page 9

Avon Lake Towne Center..... Where friends meet!

Continued from page 4

able for all to enjoy. We are asking all who attend to bring a canned good/non-perishable item - all items will be donated to Community Resource Services in Avon Lake. Reservations are required - please call 440-930-6750 to reserve your space today.

John Kowalski: Entertainer John Kowalski will be performing on Monday, December 14 at 2 p.m. at Avenue Assisted Living, 400 Community Drive, Avon Lake. Join us for an afternoon of singing and

fun! John puts on a great show for all - we hope you'll be able to stop in and enjoy! Please call 440-930-6700 for reservations.

FREE Pancake Breakfast: All seniors are invited to Towne Center Community Campus for our FREE Pancake Breakfast on Friday, December 18 from 9-10:30 am. The breakfast will be held in the community clubhouse at 200 Community Drive, Avon Lake. For reservations please call 440-930-6750.

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Lake Erie Nature & Science Center Selects New Executive Director

A woman with a passion for non-profits and nature has been tapped as the next Executive Director of Lake Erie Nature & Science Center in Bay Village. Following a nationwide search that took nearly 6 months, the Search Committee announced the appointment of Catherine J. Timko as Executive Director. When she takes the helm in January, Timko will become just the fourth Executive Director to serve in the non-profit organization's vibrant 60 year history.

"We are thrilled to find someone of Catherine's caliber right in our own backyard," said Colleen Lowmiller, who chaired the Search Committee for the Center's Board of Directors. "We're confident Catherine's experience, talents and interests combine

to make her a perfect fit to lead this cherished community organization into the future."

Timko has devoted her entire career to non-profit work, most recently as Division Development Director at the Trust for Public Land (TPL), a national land conservation organization. "I have a real heart for the work that Lake Erie Nature & Science Center does inspiring an appreciation for nature," said Timko. "I'm thrilled and humbled to be stepping in to lead the exceptional people who make the mission happen every day."

As part of the search process, Timko was able to meet with staff and volunteer board members. She said she looks forward to meeting the wider community of Center stakeholders,

including donors, members, volunteers, program participants and visitors.

"Our staff is excited to welcome Catherine and grateful to Colleen and the Search Committee for involving us in the selection process," said Renee Burslem, Center Director of Development & Community Relations. "We also owe a huge debt of gratitude to our Board President, Patrick Mazur, and the entire Board for supporting us as we've continued to carry out our mission on a daily basis during the search. We're busy working to meet our year-end goals so Catherine can hit the ground running with an eye on the future come January."

Prior to TPL, Timko served in development roles at Stan Hywet Hall and Gardens in Akron, the Epilepsy



Although she remains at TPL through mid December, incoming Executive Director, Catherine Timko was introduced at the Sat., Nov. 14 Legacy Reunion at Lake Erie Nature & Science Center. Pictured from left to right are David Fleming, son of the Center's founder Bert Fleming and Search Committee Member, Renee Burslem, Director of Development and Community Relations, Ms. Timko, Search Committee Chair Colleen Lowmiller, and Lake Erie Nature & Science Center Board President, Patrick Mazur.

Astronomy vs Astrology, Animals in Space and Lasers Coming to Schuele Planetarium

The connections between astronomy and astrology will be traced at Lake Erie Nature & Science Center's Monthly Skyquest programs throughout November. Skyquest star shows will use the star projector in the Walter R. Schuele Planetarium to travel back to a time when astronomy and astrology were one in the same! Catch a November Monthly Skyquest program on Saturday, November 7, 14, 21 and 28 at 2 p.m. and on November 7 and 21 (1st and 3rd Saturdays) at 7 p.m. Telescopes will be out for free viewing after both 7 p.m. shows, weather permitting. Tickets are \$2 per per-

son at 2 p.m. and \$3 per person at 7 p.m.

In December, Monthly Skyquest's time machine will fast forward to the "space race" of the 1960s, showing how dogs and chimps like Ham and Sam paved the way for human astronauts. You'll also find out how current NASA programs send animals into space flight. The "Animals In Space" Monthly Skyquest programs will take place on Saturday, December 5, 12, 19 and 26 at 2 p.m. and on December 5 and 19 (1st and 3rd Saturdays) at 7 p.m. Telescopes will be out for free magnified, sky watching after each 7 p.m. show, weather per-

mitting. Tickets are \$2 per person at 2 p.m. and \$3 per person at 7 p.m.

The month of December also brings Skylase laser lights back to the Schuele Planetarium for a special Winter Break run. Dancing laser lights set to festive music will fill the planetarium dome in a show the whole family can enjoy. A quick tour of the stars caps each laser light experience. Winter Break laser light shows take place on Tuesday, December 22 and Saturday, December 26 through Wednesday, December 30 at 11:30 a.m. and 12:30, 1:30, 2:30, 3:30 and

Continued on page 10

Foundation of Northeast Ohio and Cleveland Opera. She is a 1991 graduate of Hiram College with a Business Management degree and received Hiram's "Recent Graduate Service to Humanity Award" in 2003. An avid hiker, Timko says she and her husband Martin don't miss a chance to pull on their boots and connect with nature.

Timko takes over for Larry Richardson, who stepped down in May after 21 years as Lake Erie Nature & Science Center Ex-

ecutive Director. She is the 2nd woman to direct the organization after Elberta Fleming, who founded the Center six decades ago. Fleming's son, David, was one of the seven members of the Executive Director Search Committee that made the final recommendation to hire Timko.

"Our next Director will be expected to build on the Center's successes, challenging us to experience and value nature, while strengthening our expanding network of community support," said Board President

Patrick Mazur. "Catherine is highly qualified to do it all."

Lake Erie Nature & Science Center is a regional center of excellence that features a planetarium, wildlife rehabilitation, more than 100 live animals on exhibit and a wide variety of educational offerings. The \$1.2 million non-profit organization employs 40 people and annually serves more than 180,000 children and adults. The Center is located at 28728 Wolf Road in Bay Village. For more information, please visit www.lensc.org or call 440-871-2900.

"Tis The Season For Wildlife Encounters

Continued from page 8

presentation starts at 3 p.m. and is free (as is admission to the Center!)

If you prefer ice cream and lots of audience participation with your animals, you'll be happy to know that Animals a la Mode with Maggie Watson returns Thurs., Dec. 17 from 6 - 7:30 p.m. Live creatures will captivate the whole family as they (and maybe YOU) take center stage in this ever-changing, upbeat, interactive show which is topped off with some delicious ice cream! Each program is unique. Pre-registration is required at a \$5/person fee (children under 1 free).

A live, woodland animal is part of the Holiday Happenings in the Log Cabin program, which recreates the seasonal fun en-

joyed by the Ingalls family in their "Big Woods" log cabin. Children will enjoy pioneer holiday tales, stay warm with hot cocoa and cookies and make a special take-home craft. Ages 4 - 6 can attend the Log Cabin Holiday program on either Mon., Dec. 14 or Tues., Dec. 15 from 10 - 11 a.m. while children in Grades 1 - 3 can sign up for Mon., Dec. 14 from 4 - 5 p.m. Pre-registration is required. The program fee is \$15 per child with a \$5 discount for Center Members.

Lake Erie Nature & Science Center is located at 28728 Wolf Road in Bay Village. For more information on these and other programs, visit the Center's website at www.lensc.org or call 440-871-2900.



Old Man in the Kitchen

Hello everyone, Old Man in the Kitchen here, Tom. An old wives tale "well digging is the only job where you start at the top," true - true! And it ain't easy!!

Easy Goulash - A great winter meal with fresh bread or rolls.

4 cups Macaroni
1 qt. Tomato Juice
1 pt. Catsup
2 lb. Ground Chuck or Beef cooked with salt and pepper and a little onion
¼ cup Brown Sugar

Heat water to boil, add 1 teaspoon salt. Cook macaroni till done, stirring occasionally. Put in a 4 quart dish, add remaining ingredients. Mix and bake. Bake at 350°, ½ hour to 40 minutes. Optional: You may add stewed tomatoes (small can) if you like.

Take care friends, and enjoy the Holiday Season as much as you can.

Old Man in the Kitchen, Tom

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The Westlake Recreation Center

Do you love decorating? The Westlake Recreation Center is calling all amateur house decorators. Take part in our Holiday House Decorating Contest. Decorate your house and yard with light, inflatable and Christmas scenes. This contest is open to all Westlake residents. Test out your decorating skills against your neighbors and fellow Westlake residents. Contest will start Nov. 26 so sign up and take part in the festive decorating.

Don't let those Black Friday shopping deals escape. We can help you out if you need to do somewhere to put the kids while you shop. Drop your kids off at the Rec Center for the Black Friday Shopping Camp (kids ages 5 - 10). The building will be open at 5 a.m. only for dropping the kids off. Breakfast will be provided. Kids will need to pack their lunch, swim suit and towel. All children will

need to be picked up by noon.

If you not shopping the day after Thanksgiving. You and your child should sign up for and head to the Rec Center for the Parent/Child WII Bowling Tournament. On Nov. 27 at 12:00 p.m. you and your child will have the opportunity to play against other parent/child couple in WII Bowling. Bring your "A" game and get ready to play against some tough competition.

Wake up and make your way to the Rec Center for Breakfast with Santa (children up to age 12). Join Santa and his merry elves for a tasty breakfast. Kids can visit with Santa and get their picture taken with him. All participants who are joining us for breakfast including small children must be registered. Deadline to register is Nov. 29.

Every child has a Christmas list and they want Santa to know about it. Well

Santa has made special arrangements for us to help him make his list complete on Christmas Eve. Letter can be dropped off at the Rec Center in the "North Pole" mailbox. All letters must be received at the Recreation Center "North Pole" mailbox no later than Dec. 14 in time to be responded to for Christmas.

If you have any questions or would like more information please call the Westlake Recreation Center at 440-808-5700 or find us online at www.wlrec.org.

ChristmasTide Concert

A ChristmasTide Concert will be performed Sun, Dec. 6, 7 - 9 p.m. at the LCCC Stocker Arts Center, 1005 North Abbe Road in Elyria. Hear the music of the Lutheran Wind Ensemble (directed by St. Paul Lutheran member John Zehnder) followed by a choral performance. For more information, please visit the website at:

www.Christmastide09.com. Admission is \$5.- \$10. Pre-Order & Box Office Information: Box Office: 440-366-4040 or 800-995-5222 x4040

College Club West Holiday Dinner

College Club West Holiday Dinner: December 2, 2009, 6:00 p.m. in Don Umerley Civic Center, 21016 Hilliard Rd., Rocky River. Program: "The Notables" Vocal ensemble Christmas program. This club holds meetings 1-2 times a month on topics of interest to women today.

There are 35 special interest groups who meet in smaller groups, as well. Membership is open to women who have a bachelor's degree from an accredited degree-granting college. We welcome new members. For more information, call Barb Kipple, 440-808-8147.

Letter to the Editor

Dear Editor,

We would like to thank the community and everyone who participated in the first Annual Relay for Life Craft and Vendor Fair on November 7, 2009. Our event was a huge success!

A special thank you to the Avon Lake United Church of Christ, Mary Pease, and all the youth that helped with the set up and tear down at the church. You went above and beyond for our event.

Thank you to all the shoppers, vendors, and crafters. With your support we were able to get a great start on our fundraising for the 2010 Avon/Avon Lake Relay for Life.

Cancer has touched so many people. We know that together we can win the fight against cancer.

If you would like more information on becoming involved with the 2010 Avon Lake Relay for Life, please contact ACS staff partner Suzanne Baker at 888.227.6446 x 1211 or e-mail to: suzanne.baker@cancer.org.

Thank you,
Dell-Ann Lewis, Shannon Guilding and the Avon/Avon Lake Relay for Life Committee... Celebrating our 10th Anniversary

Join Westlake Porter Public Library for the WrestleMania Reading Challenge

Teens and 'tweens in Westlake can win a free trip to WrestleMania XXVI in Phoenix, Arizona by joining the 2009-2010 WrestleMania Reading Challenge at Westlake Porter Public Library. The WrestleMania Reading Challenge encourages those in grades 5-12 to read 10 items between now and January 19, 2010. After reading all ten items, participants can become eligible for the WrestleMania XXVI trip by entering a bookmark design contest. Also at stake is \$2,000 for Westlake Porter Public Library's teen and tween collection. This program is sponsored by World Wrestling Entertainment (WWE) and the Young Adult Library Services Association (YALSA), with support from Mattel.

"The WrestleMania Reading Challenge promotes the idea that reading is a year-round activity and encompasses a wide-range of choices," said Linda Braun, YALSA president. "By sponsoring this program, YALSA and WWE give librarians tools for promoting reading beyond Teen Read Week that encourage reading in different formats and recognize and support all types of teen readers, reading styles, and reading interests."

The WrestleMania Reading Challenge runs from now through January 19, 2010. To find out more about the WrestleMania Reading Challenge contact your library at 440-250-5471.

Bay Village Business Wins Nation's Top Export Award

James R. Potter, President of J. R. Potter & Associates, Inc. of Bay Village has been presented with the President's "E" Award for Exports, one of 21 awarded to America's top exporters and promoters.

U.S. Secretary of Commerce Gary Locke made the award in Washington on Nov. 5 in ceremonies at the U.S. Department of Commerce. Locke cited J.R. Potter & Associates for "your organization's achievement in supporting export growth." He pointed to Potter's "sustained commitment to export expansion." Locke made particular note of the company's Mandarin language website version for Chinese-speaking customers.

Potter's three-person company may have been the smallest entered in the national competition, sharing the podium with export giants such as Rust-Oleum Corp., Medtronic Inc. and Automation International Ltd. The award was established in 1961 by President John F. Kennedy, and is the highest U.S. government recognition for supporting export activity.

It was the Bay Village company's third recent award for outstanding business practices. Potter was named Ohio's Small Business Exporter of the year in 2008 by the U.S. Small Business Administration. And in 2006, COSE selected the firm as one of its "Ten Under 10" companies honored for business success and community involvement, presented annu-

ally to ten outstanding Cleveland area companies with ten or fewer employees.

Potter, a Bay Village resident, his late wife, Judy, and daughter Jennifer Saunders built the business, beginning in 1980, on the strength of Jim's 55-year involvement with aerospace bearing and fastener technology. At 72, Potter is still winning awards for building a computer-savvy world business adapted to the information age.

This Northern Ohio family aerospace supply business has a reputation that spans the globe. The company provides aircraft overhaul and repair tools to operating airline and aviation maintenance facilities, OEMs, and aftermarket manufacturers worldwide.

J.R. Potter & Associates is a distributor of aircraft bearing tools and hydraulic system conical seals for aerospace component manufacturers including Rexnord Corp., Helitools, Inc., Zephyr Mfg., Omega Technologies, Monogram Aerospace, U.S. Industrial Tool, and Simi Fastener Systems. The company has 1,100 customers in 66 countries for its line of American-made aircraft assembly tools. Thirty percent of its sales come from exports.

Potter is also a citizen-businessman who devotes nearly as much time to his community as he devotes to his profession. He was a founding member of the Cuyahoga County Association of Civil Service Commissioners. He has served



Bay Village aerospace businessman Jim Potter, left, receives the coveted President's 'E' Award for excellence in the U.S. export field from Commerce Secretary Gary Locke. Only 21 'E' awards were made nationwide. Potter was the only Ohio honoree

over 20 years on the Civil Service Commission, serving ten of those years as chairman. He also served on his school board and as a city planning commissioner. His wife, Linda, who accompanied him to the Washington ceremony, is Manager of the Elyria chapter of Cornerstone Among Women, an organization that helps women with pregnancy and practical and relational resources.

Potter served on the original board of directors of the Bay Soccer Club. A 31-year member of the Bay Village Kiwanis Club, he was 1983-84 president and president again in 2005, and was a member of Leadership Cleveland, class of 1978/79.

He was appointed to the city's charter review commission for 1992, served as master of ceremonies for Bay High school Academic Achievement Awards for 21 years, annual Kiwanis Club car show chairman for 12 years, and is an adviser for St. Raphael School Builders Club, a post he's held for 19 years. He has been a member of American Legion Post 385 for 20 years, and commander for the past seven. In 2008 he was Bay Village Veteran of the Year, and in 2000, he was runner-up in the Bay Village mayoral election.

Coming to Schuele Planetarium

Continued from page 9

4:30 p.m. each day. Tickets are \$3 per person.

Also in the Schuele Planetarium in November and December:

- Twinkle Tots is a popular program that includes the toddler in your family. Watch lights dance across the sky and learn what's new in space. This program, on Thursdays & Saturdays at 11 a.m., is \$1 per person, including infants.

- Stellar Stars - Grab your passports and tour our solar system! This program is great for children 2 years and up and takes place Wednesdays at 11 a.m. & Saturdays at Noon. Admission is \$2 per child in November, changing to \$2 per person on December 5.

- Backyard Astronomy delights family audiences of

all ages on Saturdays at 1 p.m. Explore the current night sky as it appears from your very own backyard! Admission is \$2 per person.

Planetarium tickets are available at the front desk 30 minutes before the program begins on a first-come, first-served basis. Doors close promptly at the start of the show. With the exception of Twinkle Tots, Stellar Stars and Laser Lights, programs may not be appropriate for very young children who are unable to sit through a 30-minute presentation. Monthly Skyquest is designed for older children and adults. Lake Erie Nature & Science Center is located at 28728 Wolf Road in Bay Village. For more information, visit the Center's website at www.lensc.org or call 440-871-2900.

Meet The Trainers of Fitness Together of Rocky River

Tom Schulien
Owner
NPTI, CPT, NSCA



Now in his 50's, Tom maintains the fitness level he had as a young Marine in his twenties. He hopes to be an inspiration for other "baby boomers". With exercise and proper nutrition, extra years do not have to mean extra pounds...or extra time on the couch! Through his dedication to fitness and attention to nutrition, Tom maintains a healthy lifestyle, allowing him to enjoy hobbies such as motorcycling, weightlifting, cooking, and music.

Tom's areas of expertise include balance, core strengthening, weight loss, flexibility, nutrition, and functional training.

John Mulholland
Owner
NPTI, NSCA CPT



John uses his contagious enthusiasm to develop high-energy programs that get great results, and he often uses his humor and understanding to motivate his clients. Experience has taught him that fitness is a lifestyle, and John understands that every person has unique obstacles and goals. He is always ready for a new challenge.

Michelle Swidrak
CPT
Growing up with a fitness minded family,



Michelle comes to us originally from Bakersfield, CA. She received a volleyball scholarship that took her to Elgin, IL, where she earned her Bachelors of Arts in Psychology and played volleyball receiving MVP all four years. Michelle and her husband moved to Ohio in April 2007 and had their first baby in October. Michelle has over 15 years of experience in sports and fitness, Michelle loves working with people and helping them reach their health and fitness goals. Michelle enjoys challenging her clients with new exercises and encourages them to keep striving toward a healthy lifestyle.

Becky Pilgrim

Becky believes that a strong, fit and balanced physique begins at the core. A lifelong fitness enthusiast and graduate of the National Personal Training Institute, Becky has a passion for finding fun and unique exercises to include in her own training. Also a registered nurse, Becky has a firm grasp of what it takes to become physically fit through diet and nutrition, as well as functional exercise.



She is sure to find new ways to work your body into shape, or maintain the figure you've worked so hard for.



Shannon Haynes

IFA CPT, Kenpo Karate Black Belt

Shannon is currently pursuing his degree in Sports and Fitness Management at LCCC. He became a personal trainer at the advice of a teacher who recognized how much he enjoyed training and helping others. Training and weight lifting have been a long time pleasure of his. Enrolling at Tracy's Karate studio in 1997, mixed martial arts and karate also became one of his

passions. Shannon feels that anything is possible through hard work. As a trainer he loves to get clients to their desired goals and prove that working hard can get amazing results.



Nathan Frisco

NASM CPT

Nathan has been involved with sports and fitness throughout his life. He strives everyday to use his knowledge and passion to transform people's lives by helping them reach their ideal bodies. Whether it's weight loss or muscle gain, Nathan knows how to drive you to your goals.



Rich Samera

NPTI CPT, NSCA

Rich brings a unique perspective to Fitness Together. As lead instructor of the National Personal Training Institute in Richmond Heights, Rich combines his knowledge of program design and anatomy and physiology into all of his workouts. Rich brings a fun and safe atmosphere into all of his workouts and tries to incorporate what he teaches into the "real world."

"We have had fantastic results after only four months!"

My wife and I chose Fitness Together in December 2008 to move our fitness routine to a new level. I also needed to lower my cholesterol and blood pressure.

We have had fantastic results after only four months! My total cholesterol dropped 15%, my good cholesterol increased 14% and we both lost weight.



The team of trainers are dedicated to their profession, and each one brings different techniques to the workout. I highly recommend Rocky River Fitness Together.

Marty U.



Give yourself or someone you love the gift of good health this holiday season. (And check off one of your New Year's Resolutions at the same time!)



Holiday Specials

1 Month Package - Only \$549*

- 360 ° Fitness Assessment
- 10 Sessions of Personal Training

1 Week Package - Only \$199*

- 360 ° Fitness Assessment
- 3 Sessions of Personal Training

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Stroke Rehabilitation at its Best.... Rae-Ann Westlake Dedicates the Young Center

A Profile in Courage!

Barbara Young was an 18-year employee of Rae-Ann Westlake when she suffered a catastrophic stroke in her sleep in April 2008.

Over the years, Barbara had assisted countless patients in their ascent back to health as a faithful member of the Rae-Ann team.

But when she suffered a stroke in April 2008, the services and facilities there took on a whole new meaning.

Barbara seized her personal challenge and went on to experience firsthand how the innovative programs at Rae-Ann Westlake skilled nursing center can assist

stroke victims in their recoveries.

Her determination, hard work and resolve to return to good health proved to be a tremendous inspiration to one and all!

In fact, last Friday, Rae-Ann Westlake, 28303 Detroit Road, re-dedicated its innovative private stroke

rehabilitation wing as The Young Center for Stroke Rehabilitation.

Opened in December 2006, the center's 18 accommodations are designed specifically for the needs of stroke patients and their families. The wing features

Continued on page 13



Dr. W. Stanton Richardson, Medical Director, Barbara Young and Sue Griffiths of Rae-Ann Westlake



Pat Rine, RN, Nurse Liaison and Community Care Coordinator, and Sue Williams, RN, Director of Nursing, are central to the team at The Young Center for Stroke Rehabilitation at Rae-Ann Westlake.

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"Come and have fun with your friends and family," invites Mark!

In fact, they would love to welcome you any time over the holidays!

Birthday Parties, Group Outings and Corporate Parties, let Bay Lanes handle all your party needs.



"Let the Good Times Roll!"

Bay Lanes has a great lounge, fun atmosphere and is just around the corner from home! The Lucky Strike Lounge offer appetizers, sandwiches, pizza and snacks, all at low prices and great quality!

Birthday parties are a blast for kids, and all you need is a group of six to make it happen!

Located in Bay Square Mall, the phone number is (440) 871-0911. Call for Specials · Parties · Tournaments · Event Calendar · And more!



Bay Lanes is a great place to celebrate birthdays!

Holiday on the Ridge

Plan to attend the 9th Annual Holiday on the Ridge on Sat. Dec. 5, from 9 a.m. to 8 p.m.. This is North Ridgeville's annual citywide Christmas celebration featuring Craft Shows, Business Open Houses and Special Events. Twenty-two locations are featured this year for you to visit. For a detailed listing of each lo-

cation, contact the Visitors Bureau of North Ridgeville for a complete brochure by emailing the bureau at nrvisbur@nrchamber.com or call 440-327-3737. Also visit the North Ridgeville Chamber of Commerce website for information at www.nrchamber.com for the list of participants.



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December 5
9 a.m. to 8 p.m.

For information contact 440-327-3737
or www.nrchamber.com

North Ridgeville, Ohio



Local Muralist Chosen For Extreme Home Makeover

A design producer from ABC television's Extreme Make-over Home Edition was viewing the website of artist and muralist Denise Ivey Telep of North Royalton, searching for a reputable "trompe l'oeil" ("trick the eye") artist to paint a realistic mural. Denise Ivey Telep has been painting murals in many styles locally and nationally for over 33 years.

ABC television's Extreme Makeover-Home Edition is a weekly show that selects a family in need. They demolish their existing home and build an entire new home, completely furnished, within seven days.

Telep was asked to enlist a team of artists to do mural work for a home being built by ABC's Extreme Makeover - Home Edition in Clarksville, Tennessee. Local artists, JoAnn DePolo of Olmsted Falls, Karen Tuneberg of Bay Village and Linda Hart of Cleveland accompanied Telep to the secret build. They were joined by Susan Ivey and Judy Tyson, both from Knoxville, Tennessee. All work and materials were volunteered.

"It was an honor to be selected to participate, and a privilege to be a part of it. Within seven days, volunteers and partners who do-



Extreme Mural Painters from left: Linda Hart, Denise Telep, JoAnn DePolo (ladder), Susan Ivey, Judy Tyson and Karen Tuneberg.

nated everything, worked seamlessly to help this family. At any time there could have been up to 100 working people inside the house and another 200 outside, all mindful of each other, polite and working intensely to complete their timed tasks, so the next contractor could take over. Not even rain diminished the enthusiasm of the volunteers. It was unbelievable. It was the coordinated effort that I wouldn't have thought possible."

It took 11 hours with 6 painters, to complete the transformation of a single bedroom design that the mural team completed on time. Based loosely on an 11 year old child's request,

Telep designed an image that upon speaking with the child's grandmother the following day, discovered it to be a nearly identical rendition of a cherished family location.

"That was our hope," said Telep, "we wanted to put on the walls, exactly what would give the child the most joy."

The Clarksville Extreme Makeover-Home Edition airs Sun., Dec. 6 at 8pm on ABC (channel 5 locally). Past episodes can also be viewed at abc.go.com. Denise Ivey Telep's mural work can be seen on her site at

www.deniseiveytelepdesigns.com



Local Artist Denise Ivey Telep painted the trompe l'oeil window at the Huntington Beach Honey Hut in Bay Village. The wall, worker and countertop "trick the eye".

Annual Santa Shop in Bay

The Bay Village Early Childhood PTA will hold its annual Santa Shop on Sat., Dec. 5 from 10 a.m. to 1 p.m. at the Bay Presbyterian Church, 25415 Lake Road in Bay Village. Santa's elves will help children find gifts for Mom, Dad, grandparents, siblings, teachers, and even pets! All items are priced under \$5 and will be gift-wrapped and tagged — 100% ready for the holi-

days. Santa's Sweet Shop will offer delicious home-baked treats. Part of the proceeds will benefit the Bay Village Community Service Department's Adopt-a-Family Program.

Bay Village Early Childhood PTA is a group of parents with children ages birth to six years old. For more information, visit www.bvecpa.org or email bvecpa@yahoo.com.

Bead Warehouse Show THIS Weekend!

The Bead Warehouse just off Rout 83 in Avon Lake is your nearby source for a worldwide selection in beads, sterling silver, Swarovski crystal, diachronic glass, copper findings, and more.

Four days per month, Bead Warehouse swings open the doors to their sparkling clean warehouse at 32961 Pin Oak Parkway in Avon Lake where the public can choose from a vast inventory.

Professional jewelry designers rub elbows with fundraising hopefuls from community organizations. All are welcome at this fascinating oasis for hard-to-find resources.

"People come from all over to shop here.

There are all kinds of customers. You might see a buyer from Sak's Fifth Avenue, standing next to a Girl Scout. Everyone can agree

they have the best prices and selection.

The next dates for public hours are Nov. 27, 28, 29 & 30 from 10 a.m. - 5 p.m. Phone is (440) 212-1218.



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Rae-Ann Westlake Dedicates the Young Center



The private dining room in The Young Center

Continued from page 12

a private dining room with a menu specially tailored to stroke patients, and bright and inviting common areas for visiting with family.

"Barbara was always an extremely conscientious employee and that work ethic has helped her achieve so much toward her rehabilitation," said Administrative Coordinator Anne Hicks.

The experienced nurses work exclusively in the stroke center and the personal care aides are specially trained. Neurologist Dr. Hayder M. Kadhim is available for consultation and follow-up assessments, and Dr. Thomas Griess from Psychology Consultants

see you at your office," said Dr. W. Stanton Richardson, Medical Director. "Barb has done that, thanks to her hard work and self-determination. She is a great example of why we say stroke recovery can take two years or more because, in many patients, there is no real ceiling to their potential for recovery."

Barbara, who lost her ability to speak and walk in the terrifying early days of her stroke, offers a remarkable testimony to courage.

"I will never give up," she articulates with clarity and determination.

"Barbara's determination has played a large role in the decision to dedicate the center in her name," said Administrative Coordinator Anne Hicks. To learn more about the facility, please call (440) 871-0500.

serves as on-staff psychologist, providing crucial care to residents and families coping with the life changes a stroke can bring.

"One of the best experiences you can have as a doctor is to see a stroke patient recovered to the point where they can come and

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Let Us Be Thankful

Give thanks to the LORD, for he is good; his love endures forever. - 1 Chronicles 16:34 NIV

"I thank God for my handicaps, for, through them, I have found myself, my work, and my God" - Helen Keller

"I want to thank my parents for letting me play baseball. I'm thankful I had baseball knuckles and couldn't become a dentist... I chased the balls that Babe Ruth hit. - Casey Stengel

Bay Booters Take Second in State



The Bay High boys soccer team put together a season to remember! Falling 1-0 in the state finals, Bay went where few teams go, advancing to the OHSAA

Div. II title match against Columbus DeSales at Columbus Crew Stadium two weeks ago. Although the Rockets lost a heartbreaker, 1-0, with the lone goal com-

ing midway through the second half, Bay had a great run! The Rockets ended the year at 19-2-2 and proudly took home the state runner-up trophy. Bay had a strong

contingent of fans, students and parents who travelled to Columbus for the game. It was a great year!

Band of Brothers



Wildcats are State Runner-Up

It was the best of times, it was the worst of times..... The St. Ignatius High soccer team entered the Div. I state finals as the nation's top ranked team two weeks ago, only to walk away bitterly disappointed by a two-overtime shootout loss to Gahanna Lincoln. Entering the game at 22-0, the Wildcats had everything to lose as they

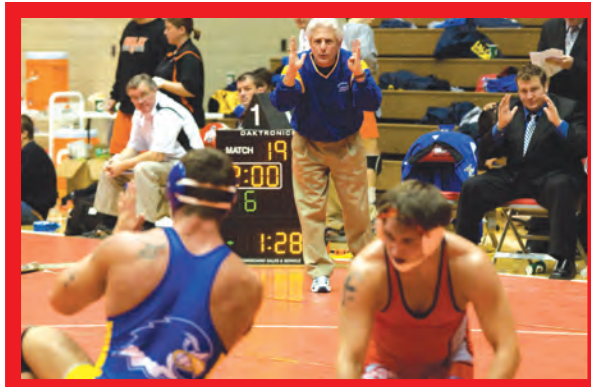
played good enough to win but fell short in high drama. The hotly contested game came down to penalty kicks, and Ignatius fell just short, 4-3, in the 110 minute marathon that left fans and players alike stunned and buzzing! Gahanna Lincoln ended the year at 22-0-1.



At the Buckeye Duals



Cleveland State's Marcus Effner



Notre Dame College Coach Frank Romano has the nation's second ranked team in the NAIA.



St. Edward grad Sean Nemec battles Thomas Straughn of Notre Dame College at the Buckeye Duals

Ohio State University hosted the Buckeye Duals last Saturday, featuring 12 teams from around Ohio on six mats inside St. John Arena.

The Buckeyes, ranked third in the nation, came

away with wins over Findlay. Notre Dame College and Cleveland State. It was a great way to see a lot of local talent that has gone on to do well at the collegiate level. This picture

idea of the quality as OSU battles for top Div. I NCAA honors this year and Notre Dame College expects to be in the hunt for a National NAIA title!

Derek Foore of Notre Dame College posts a big win over Ohio State's Cody Magrum.

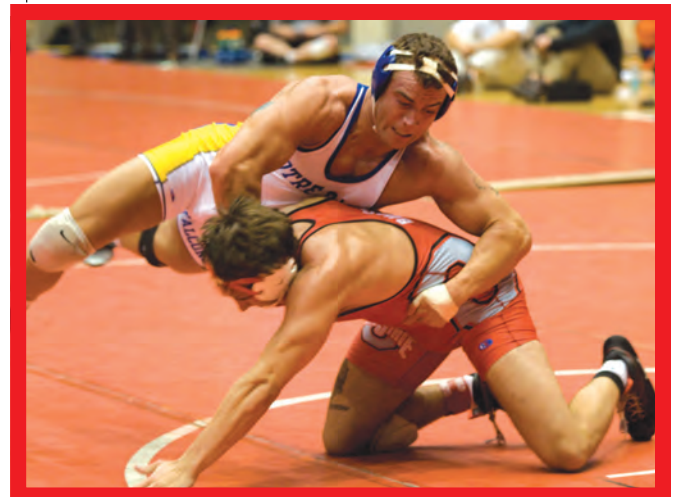
Westlake's Lawrence Signs with Big 10 Purdue

Westlake wrestler Nick Lawrence, a three time Ohio state placer, will continue his wrestling career at Purdue University. Lawrence, a senior at Westlake High School, signed a letter of intent November 16th, and will compete next year in The Big Ten, one of the fiercest college conferences in wrestling.

Lawrence enters his senior year with a varsity wrestling record of 135 wins and 9 losses. With another year of high school, he has already established him-



self as a 3 time SWC conference champion, a sectional champion, a district champion, 2 time state finalist and a 3 time state placer. Wrestling USA Magazine has Westlake's Lawrence ranked 6th in the nation for seniors at the 130 pound weight class.



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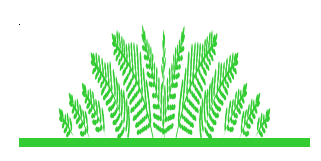
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