

**THIS ISSUE CONTAINS
CROCKER PARK PRESS**

THE VILLAGER

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

Volume 14 Issue 21
August 6 - 12, 2009

Now Online!
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With God, all things are possible....

Complimentary Copy "Celebrate the Power of Community"

see page 3



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see Crocker Park Press pg 9

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CPP pg 12 & VN pg 7

Would you like to Feed the Hungry? Clothe the Naked? Care for the Sick? see CPP pages 6 & 7



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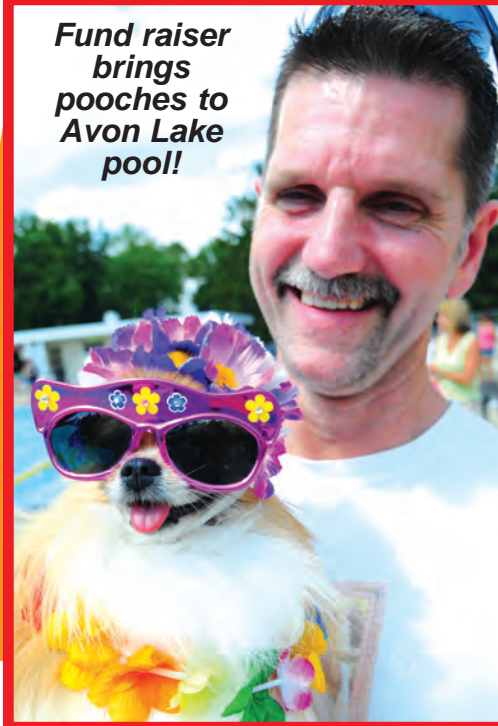
Pink Pedal Power!



The Susan G. Komen 3-Day Walk for the Cure brought thousands of committed participants to the area last week as women hiked 100 miles in the annual fundraiser to fight breast cancer. Walkers of all ages, shapes and sizes shared a

Continued on page 6

Puttin' on the Dog!



Fund raiser brings pooches to Avon Lake pool!

Pookie Petals, the big winner of the Dog Bathing Suit Contest at the Love-A-Stray pool party in Avon Lake!

Love-A-Stray, the popular and well-known local non-profit animal rescue organization, made it a special day for pooches at the Avon Lake city pool on Walker Road last Saturday. The 4th annual Dog Swim & Party brought dozens of dogs and cats

Continued on page 8

Independence Village Avon Lake

SIZZLIN' SUMMER SPECIALS

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See Story & Ad on Page 6

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see Crocker Park Press page 8 for details

VILLAGER BEAT

CAT HELP IT: Has there ever been a summer with so many stray animals available?

Everywhere you look, you see the signs. Drive down Dover Center past the Westlake Police Department and there is a poster with a number to call to adopt a kitten.

Go to PetSmart at Great Northern. Every weekend, Love -A- Stray has over 20 kittens and cats



Howdy! - This little guy was recently adopted through Love-A-Stray. Visit their website at www.petfinder.com/shelters/love-a-stray.html

available to good homes. Stop in at Drug Mart or the grocery store. There on the bulletin board will be the inevitable photo of a kitten with

Continued on page 2

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VILLAGER BEAT

Continued from page 1

tear-off phone number tabs on the bottom of the page. "Please adopt me!"

One person we talked to reports the abundance of stray animals is due, in part, to folks who have lost homes. In their desperation, they simply leave animals behind. The animals multiply, run loose and become the city's responsibility.

On the humanitarian side, no one wants to destroy strays before at least

trying to find an adoptive home. Endless efforts by community animal shelters are made to vaccinate, neuter, spay and prepare prospective pets for seamless placement.

Sometimes, people turn out a pregnant cat. Or it might run loose and produce offspring. You could find kittens in your backyard woodpile some fine day. What do you do? You can call local animal control. Or you can take them into your home for a while and, hope-

fully, place them with a new family somewhere down the line.

Regardless, there are lots of stray animals available for adoption this summer!

But, no matter how many strays there are up for adoption, the bond that develops between each pet and owner is truly unique. It makes each animal irreplaceable, at least in the life of the owner.

That point came home to us over the weekend as we walked out of Marc's Discount store and noticed a distinctly different sign. No, it was not for free kittens or stray animal.

The handwritten message, with a phone number underneath, simply said:

"MISSING CAT... PLEASE CALL..."

Darn those places of the heart....

They're not so easy to fill after all....

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"IF THIS WAS A PERFECT WORLD, everyone who wanted a dog would get one that lasts as long as they do," we recall a past colleague saying to us several years ago after his pet died. Unfortunately, the separate nature of human and canine life spans makes that impossible in this imperfect world. So, as far as animals are concerned, we all must become resigned to serial relationships. Unless, of course, someone, someday comes up with a Dog for Life concept that really works! Now, whoever does that could run for President and win!

WESTLAKE IN BLOOM: This week brings the annual Westlake in Bloom celebration that sets the community apart as a truly special place. This year's Westlake in Bloom takes place this week at Wagner's Country Inn. Westlake in Bloom is a friendly competition among residents, organizations and businesses in the Westlake community competing in categories ranging from window boxes to residential

Backyard Bash Benefits Lake Erie Nature & Science Center

Escape to Lake Erie Nature & Science Center's big backyard for a benefit barbecue that features lip-smacking food and drink, live music, backyard bonfire and games, enticing auction items, a round-trip airfare raffle. The non-profit Center's 2009 Annual benefit invites guests to "Discover the Universe in Your Backyard" on Saturday, September 12 from 6:30 to 10:30 p.m.

Smokey Bones has signed on to cater a barbe-

cue buffet for the event, while Mojo's is whipping up a variety of sweet endings. Thirst quenchers will include beer, wine, soft drinks and a signature drink, with frosty souvenir mugs for sale. Entertainment for the evening will fit the backyard vibe with live music performed by guitarist/singer Dave Bruns, bonfire and games like cornhole and croquet. Football fans will be able to keep an eye on the OSU-USC game, which will be screened in the Center's planetarium, with a game of squares adding to the excitement. An incredible array of enticing auction items will be up for bid during live and silent auctions, including an Indians Suite with food and beverage included, Disney Park Hopper passes, golf outing for 4 at Grey Hawk Golf Club and a complete spa day at Charles Scott Salon. The evening's coveted

landscaping. Each year, hundreds of participants compete for first, second and third place awards. The city also recognizes special efforts with Awards of Distinction. We plan to post a photo gallery of the winners at our website www.TheVillagerNewspaper.com, so please check in....



Continued on page 6

Towne Center Community Campus A Community for a Lifetime

Towne Center Community Campus is truly a neighborhood designed to meet the needs of today's older adult. This beautiful senior living campus consists of Main Street Care Center, Avenue Assisted Living, Commons Independent Living and 115 privately owned condominiums.

Our luxurious apartments at **Commons Independent Living** are available in a variety of floor plans to accommodate indi-

vidual needs and tastes. Walk-in closets, full kitchens with all appliances, in-suite laundry complete with washer and dryer and private balconies are just some of the many features available in these suites. In addition, residents have access to our clubhouse which is home to our indoor pool and spa, fitness room, spacious community room and library complete with internet access.

Avenue Assisted Living consists of 30 well appointed one and two bedroom suites. Residents at Avenue enjoy a variety of amenities including our coffee bar, library with computers, game room complete with pool table, bar/lounge, and theater room. Residents also receive various services including assistance with medications, bathing assistance, transportation to medical appointments and laundry and housekeeping services.

Main Street Care Center is a 100 bed skilled nursing facility offering specialized rehabilitation, long term care and an Alzheimer's/Dementia care program. The care center features a unique indoor main street complete with café, salon and state of the art therapy gym. Residents choose from spacious private and semi-private rooms with ample storage and large private bathrooms.

****Move-In Specials are currently running for our independent and assisted living apartments. Call today for details!**

For more information on Towne Center Community Campus or to arrange your personal tour, please call 440-930-6600.

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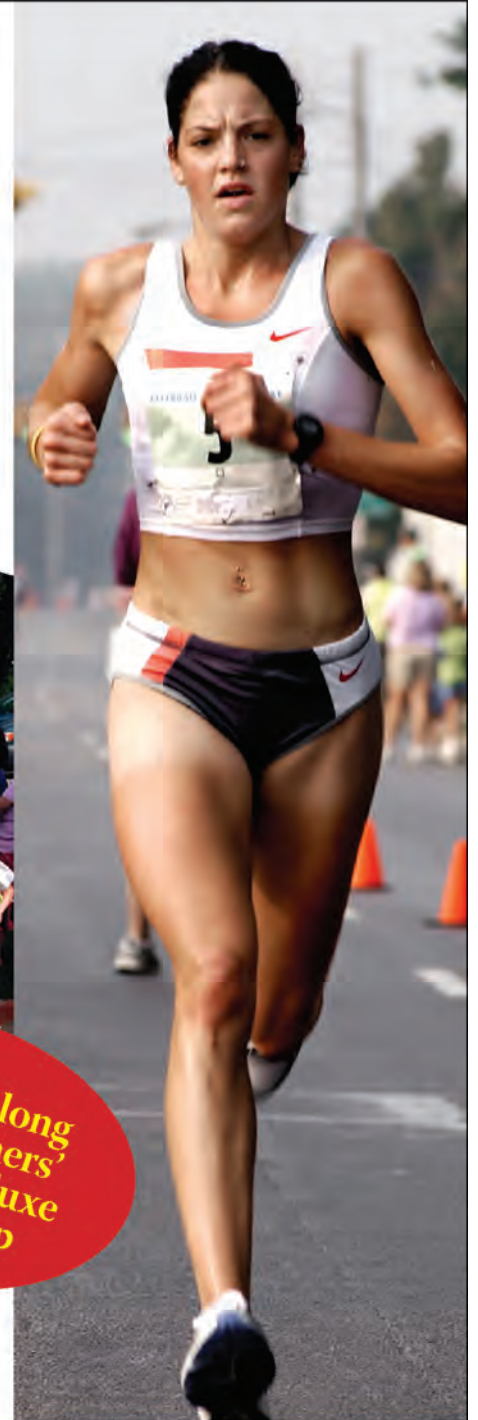
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Saturday, September 5, 2009

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27239 Wolf Road
Bay Village, OH 44140

Louis J. Malcmacher, DDS MAGD
Drs. Gross, Malcmacher, Thaler & Associates, Inc.

LOOK AND FEEL YOUNGER... by Dr. Louis Malcmacher of *The Healthy Smile*

I hope all of the readers of The Villager are enjoying, as I am, one of the most beautiful summers I can remember. Who would have imaged that July would be nice and warm and not incredibly hot and sticky the way it usually is? We are looking forward to the month of August, especially if the weather is the same.



As I have written about before in these pages, dentists are now able to provide Botox and dermal filler therapy for their patients. Now your dentist can now go ahead and not only give you beautiful teeth, but can really rejuvenate the areas around the mouth as well, by smoothing facial wrinkles from the chin to the forehead as well as especially around the lips and also volumizing those deep folds in your face that look like parentheses around your mouth. I personally have been performing these procedures now for awhile and they are truly amazing in terms of what we can accomplish to make people look and feel younger. These are especially popular procedures in the summer for all of the weddings and social events that occur. I have also taught these techniques to hundreds of dentists around the country through my lectures and workshops.

The key in having success in making people look younger is choosing the correct procedures and therapies for them individually. Botox and dermal fillers can help most people. There are certainly times, however, when other treatments are necessary if someone chooses to look younger and better. Botox and dermal fillers do not treat saggy skin. Areas under the eyes are particularly tricky and are best handle by other specialties. I feel privileged to have found an outstanding plastic surgeon right in our own backyard,

care. The smile makeovers that I can accomplish for patients can change the position of the lips and the cheeks and certainly some of the facelifts and other plastic surgeries that Dr. Raj can accomplish may change the smile lines. In addition to the dental specialists that we routinely work with, it is wonderful to have the resources of Dr. Raj, whose philosophy of how to treat patients and how to listen to patients gel perfectly with our own office.

Dr. Joyesh Raj. I have met Dr. Raj on numerous occasions and we have talked about treatment and patients. We have educated each other on how best to work together for total facial esthetics and patient

Summer is here and everyone wants to look better. As always, we offer a free consultation for any of your dental and esthetic needs. Please call us today at 440-892-1810 and ask Joyce for an appointment. We are here to help you smile.

Portfolio Idea

By Chip Krueger at Stifel Nicolaus

This week I would like to take a break from talking about investing in general. I would like to get a little more specific by introducing you to an investment strategy I feel is well suited for investors with a long-term time horizon seeking a moderately aggressive strategy.

shareholder value will ultimately offer superior risk-adjusted returns for the patient investor.

The strategy seeks long-term capital appreciation through investing in a diversified portfolio of high-quality companies at opportunistic prices. As a rule, this portfolio will always hold three stocks in each of the ten S&P Global Industry Classification Standard (GICS) sectors (i.e., health care, technology, energy, utilities, etc.).

The strategy seeks to avoid stocks with unfavorable risk/reward characteristics by measuring expectations and analyzing relative valuation and long-term relative price strength for approximately 1,600 stocks each month. Stocks exhibiting high valuations and negative relative price strength represent a combination of factors that make them particularly unattractive for future relative performance.

The portfolio is oriented towards quality stocks. Stifel believes that over long periods of time, companies that create and sustain the greatest level of

Finally, Stifel attempts to identify and exploit investor mistakes. Stocks can become mispriced when investors overreact or underreact to a change in fundamental expectations. When these over/

Continued on page 5

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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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Village Barber Welcomes You.....



Jim and Christine of Village Barber Shop in Bay Village welcome you to their classic all-American barber shop within Dover Junction Mall.

Village Barber shop is old-school and hosts a plethora of sports memorabilia. Stop in for classics like old Cleveland Browns photos from the Kardiak Kids Days, Indians gear that features memories of greats like Bob Feller and Rocky Colavito and more.

Local sports are highlights at Village Barber Shop, too. You can find football helmets from local high school teams and even jerseys from your former scholastic greats.

A little hobby horse makes a great throw-back for kids as Jim has maintained the old-school feel of his barber shop. It is perfect for Bay's small town charm.

In many communities, the traditional all-American

barber shop is a thing of the past. Thanks to Village Barber Shop, this vision of Americana lives on in a big way.

"Please stop in soon," invites Jim. "We are always looking to make new friends

and we look forward to meeting you!"

Back to school time is almost here! Stop in at Village Barber Shop, 620 Dover Center Road) in Bay Village. Phone is (440) 871-0899.

Portfolio Idea

Continued from page 4

underreactions drive a stock's relative valuation to an extreme below its average, it can create an opportunity for short-term mean-reverting performance.

If you would like more information on this strategy,

including composition of the portfolio and past performance, please give me a call at (440) 835-4170.

Chip Krueger is a Senior Vice President/Investments with Stifel, Nicolaus & Company, Incorporated,

member SIPC and New York Stock Exchange, Inc. He can be contacted in the Westlake office at (440) 835-4170



Old Man in the Kitchen

Hi Everyone! Old Man in the Kitchen here, Tom.

Happy Summer, everyone! *Old Wives Tale: If a candle lighted as part of a ceremony blows out, it is a sign that evil spirits are nearby.* I'm glad for flash-lights! Now, I wonder what it is if the battery burns out??

Hey, a great BROWNIE RECIPE:

16 Tbs. butter (I love butter!); 4 oz unsweetened chocolate; 2 cups sugar; 2 eggs, beaten; 1-1/2 tsp. vanilla extract; 1 cup roughly chopped walnuts (optional); 1 cup flour.

Heat oven to 325 degrees. Grease or spray (the butter spray is excellent) a 8 x 8 baking pan. Line the pan with parchment paper and spray. Set pan aside.

Melt butter and chocolate together in a 2 quart sauce pan over low heat, stirring constantly with a wooden spoon. Remove pan from heat and stir in the sugar. Add the eggs and vanilla. Stir until the batter is smooth. Add flour and stir until incorporated. Stir in walnuts. Also, you can add (if you like something different) a 1/2 cup of any morsel, like chocolate chips, butterscotch

chips or white chocolate chips.

Pour batter into baking pan and spread evenly. Bake for 60 minutes or until a toothpick inserted into the center comes out clean. Let brownies cool for at least 2 hours. Cut and serve. Really Good! I hope you like them.



Take care, friends. Please take time to smell the flowers. *Old Man in the Kitchen, Tom.*

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International School of Ministry

Register Now - 1st Semester begins September 6

Church on the Rise is partnering with the International School of Ministry (ISOM) to teach and train laborers with a working knowledge of the Bible and send them forth into the harvest! ISOM is designed to equip ordinary Christians to do extraordinary things. It is for those who desire to have lives that are more fruitful, effective and victorious for Christ. This school will meet the training need and help launch many into ministry service.

The effectiveness of the school is based on its breadth of great teachers. The material was never designed as a collection of theory and theology; rather it is aimed at capturing the life-messages of respected believers from many different streams of Christianity. By learning from people with diverse anointing and backgrounds, the training becomes balanced and life changing.

The school is designed for working people. It is a high quality program for the fraction of the cost of most Bible school training. It only takes a few hours a week of study and class time.

COST:

\$80 for each semester

The entire course is 5 semesters.

Payment is due three weeks before the start of each semester.

OR

SAVE \$50 when you pay for all 5 Semesters by August 16, 2009! That's only \$350!

Each student who completes the entire course will receive a Certificate of Biblical Studies.

For an additional fee of \$240 you may receive a government accredited Diploma of Christian Ministry by Vision International Education Network. A Bachelor's degree completion program is available through Vision Int'l University.

Location / Schedule

The classes will meet at Church on the Rise
3550 Crocker Road, Westlake, OH 44145

ISOM Classes will meet on Sunday's from 6:30 to 9pm
starting September 6, 2009 through December 19, 2010.

The video school is produced by International School of Ministry (ISOM) www.isom.org



For more information or to register contact
Church on the Rise at (440) 808-0200
or visit our website at
www.churchontherise.net



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What Our Customers Say....

"We needed to sell quickly and for a certain price - and Ohio Family Realty helped us do it in January in 5 days! We were able to move out of state without worrying about selling our house."

Tricia, Merritt Island, Florida

"Our home was for sale for 7 months. We contacted Mike and his team and they made a few suggestions to make the house more saleable. We sold it 3 weeks later. Thanks again."

Dave, Bay Village



440-801-5555



Pink Pedal Power

Continued from page 1

common goal - defeat the disease!

They reached their goal of raising over \$3 million in the fight to battle a nemesis that has touched the lives of so many!

Walkers were seen hiking through Bay, Westlake and all areas of the West Shore late last week.



Walkers camped overnight at Westlake Recreation Center during their three day walking event.

"Where Del is One of the Folks!"

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- Del Donahoo

Long Time Cleveland Television Favorite

Top College Wrestlers Come to Lutheran West



Ohio State Coach Tom Ryan and Bay Village native Chris Vondruska taught at wrestling camp

Former St. Edward High wrestling standout and Bay Village native Chris Vondruska has seen his mat career come full circle.

A two-time state runner up for Ed's coach Greg Urbas

and NCAA qualifier for Coach Tom Ryan at Ohio State University, Chris now finds himself in the role of teacher, coach and mentor.

Now 26, Vondruska is an assistant wrestling coach and teacher at Union Pines

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Backyard Bash Benefits Lake Erie Nature & Science Center

Continued from page 2

raffle prize is roundtrip airfare for two, courtesy of Continental Airlines! The lucky winner will be able to escape to a backyard anywhere Continental or Continental Express flies in the contiguous U.S., Alaska, Mexico, Canada, Central America or the Caribbean!

For six decades, Lake Erie Nature & Science Center has connected Northeast Ohioans to the natural world through interactive nature and science programs, live animal exhibits, free wildlife rehabilitation and a world-class planetarium. It is an independent non-profit and is not tax funded.

Tickets to the "Discover!" Backyard Benefit are just \$50 per person and include two drink tickets. Guests can also support the Center as a \$150 Event Patron, which includes entry into a VIP Happy Hour Under the Stars in the planetarium. The appetizers and drinks for VIPs will begin at 5 p.m.

Benefit reservations can be made using the online donation form at www.lensc.org or by calling 440-871-2900. The Center is still accepting unique auction donations, as well as Corporate Underwriters for its biggest fundraising event of the year.

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Kidney Health: Simple Tests, Manageable Treatments

Kidney function is vital to good health.

For most, this good health comes naturally. But common abnormalities of high blood pressure and diabetes can lead to kidney trouble.

"All of the tests for kidney function are quite simple and easy to access. You should have your blood pressure checked and your blood glucose level monitored," reports K. Suresh, M.D. of Premier Physicians Centers in Rocky River.

Practicing since 1987 with privileges at Fairview, Lakewood and St. John West Shore Hospitals, Dr. Suresh is a recognized leader in kidney care. He explains that kidney disease can be a manageable condition.

Dr. Suresh is a Nephrologist, a physician who specializes in kidney health.

"Hypertension (high blood pressure) and diabetes (blood sugar abnormalities) are leading causes of kidney disease," said Dr. Suresh. "Two other tests are also recommended to measure kidney function. Creatinine levels and the BUN (blood urea nitrogen, or ammonia) tests can measure your kidney processes." A simple urinalysis is also an effective measurement of kidney function.

Blood pressure screenings and blood glucose measurement are easily available. They can be done at Wellness Fairs and Outreach Centers as well as a simple visit to a doctor. Likewise, the BUN and creatinine tests are also simple blood tests.

For those whose kidney function becomes compromised, dialysis may be needed. This comes when kidney function – the ability of the kidneys to filter impurities from the blood – falls to the 15 per cent level.

Most people are aware of Hemodialysis. Hemodialysis is done at a center where the patient visits usually three times a week. Machines to filter the blood are used to clean out the impurities. A session lasts about 3 ½ hours. There are several of these centers through the West Side.

"Generally, people are afraid of dialysis, but it is not painful," said Dr. Suresh. "It is of course inconvenient. But most people just get used to it."

Another form of dialysis, Peritoneal dialysis, is also common. It can be done at home. Like Hemodialysis, it has been around for about 40 years.

In Peritoneal dialysis, fluids are inserted into the abdomen via a catheter. The abdomen is filled with a cleansing liquid called dialysis solution. The walls of the abdominal cavity are lined with a membrane called the peritoneum, which allows waste products and extra fluid to pass from the blood into the dialysis solution. The solution contains a sugar called dextrose that will pull wastes and extra fluid into the abdominal cavity. These wastes and fluid then leave your body when

the dialysis solution is drained. The used solution, containing wastes and extra fluid, is then thrown away.

"The candidate for Peritoneal dialysis is someone who is able to work very cooperatively with the physician," said Dr. Suresh.

Since you don't have to schedule dialysis sessions at a center, Peritoneal Dialysis gives you more control. You can give yourself treatments at home, at work, or on trips. But this independence makes it especially important that you work closely with your health care team: your nephrologist (kidney specialist), dialysis nurse, dialysis technician, dietitian, and social worker. But the most important members of your health care team are you and your family. By learning about your treatment, you can work with your health care team to give yourself the best possible results, and you can lead a full, active life.

"Peritoneal dialysis is a lot gentler than hemodialysis. The body doesn't experience rapid fluid shifts, so it is a lot smoother for a lot of patients," said Dr. Suresh.

It is important to remember that a diagnosis of kidney disease is manageable.

"All kidney disease patients do not have to go on dialysis. It can be postponed, often for years, with the right treatment program," reports Dr. Suresh.

Again, tests for high blood pressure, a blood sugar reading along with BUN and creatinine measurements are your first steps to maintaining wellness in kidney health. A simple urinalysis is also an important diagnostic test.

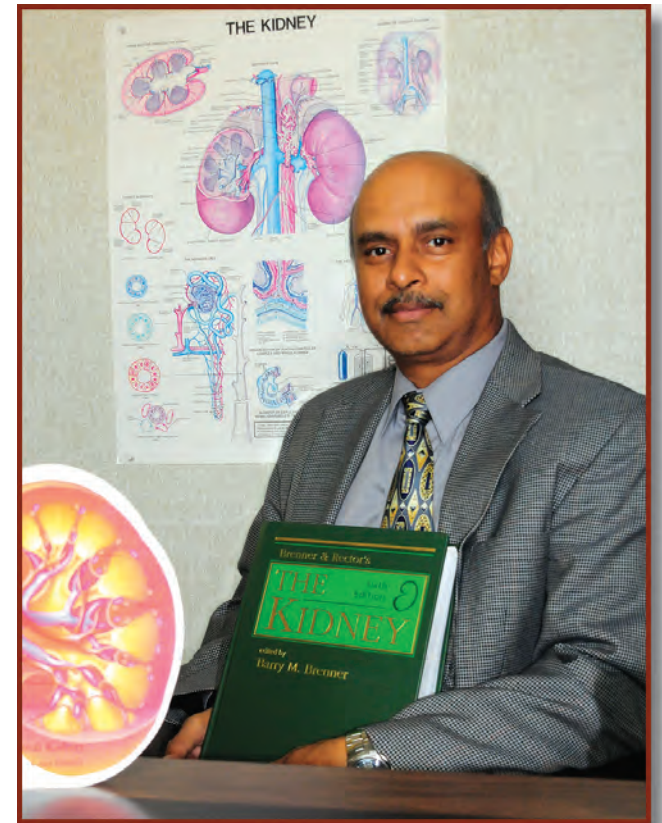
Teaming with an independent specialist like Dr. Suresh means you get the best of care at the many facilities he accesses not only for dialysis care but lab work at the Premier Physicians Centers location at 25200 Center Ridge Road in Westlake.

"That should be enough," said Dr. Suresh of the tests to ensure your kidneys are healthy.

Healthy kidneys clean your blood by removing excess fluid, minerals, and wastes. They also make hormones that keep your bones strong and your blood healthy. When your kidneys fail, harmful wastes build up in your body, your blood pressure may rise, and your body may retain excess fluid and not make enough red blood cells. When this happens, you need treatment to replace the work of your failed kidneys.

Dr. Suresh estimates there are some 200 patients in the 200,000 plus population center of the West Shore who require dialysis.

"The other option is a transplant, but it takes 3 to 5 years to get," said Dr. Suresh. "And the patient must be less than 70 years of age. Older people are not



accepted as candidates."

"Many times these conditions like high blood pressure and diabetes can be treated as they relate to kidney function. You can slow it down, but you can't cure it," continued Dr. Suresh.

"Those are the two leading causes. If you treat them appropriately, you can probably avoid a need for dialysis, but not completely."

Dr. Suresh reports the freedom his patients enjoy through his practice with Premier Physicians Centers is an asset. "We have so many outstanding colleagues and we are free to give each patient all the attention they require," he said. "All the tests for Kidney Function and complete blood work are available at our facility in Westlake."

The independent practice model also allows Dr. Suresh to see patients at St. John West Shore, Fairview and Lakewood Hospitals. "We can see the patients wherever they want and, sometimes, where the insurance companies want them to go," said Dr. Suresh.

Dr. Suresh's office is at 21851 Center Ridge Road, Suite 309, in Rocky River. He may be reached at (440) 331-8322.

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Not everybody has the right figure for a bikini....who wants to tell her?



Continued from page 1

ens of pets complete with bikinis for fun, food and prizes from noon-5 p.m.

The event, open to the general public, cost \$8 per dog. All proceeds went to benefit Love-A-Stray.

Special events include awards for dogs that made the biggest splash, littles splash, tennis ball bobbing, diving, and, highlight of the day, Bow-Wow Bathing Suit contest. A Dog look-alike contest also brought laughs!

A great day for a worthy cause! Their website is www.petfinder.com/shelters/love-a-stray.html



Avon Lake Life Guards were on special "POOP PATROL" as evinced by their T-shirts at the Avon Lake Pool Dog Swim Saturday.

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Mayor Dennis Clough (left), Library Director Andrew Mangels (center) and Friends Board President Barb Hajek (right) with the proclamation read by the Mayor at the ribbon-cutting ceremony acknowledging the significant donation the Friends of the Library made to their recent landscaping project.

Top College Wrestlers Come to Lutheran West

Continued from page 6

High in Cameron, N.C., a small town near Fort Bragg.

18 of his wrestlers have a parent serving in the military with the Army. So Chris finds himself in the role that he was well-prepared for by his former coaches and also his dad, Don Vondruska, who has gone the extra mile for many youth matmen in the area over the years.

"Their parents can't be there every day. Their dads aren't there, so I try to be the best role model possible for them and we always try to have fun with them," said Chris.

Chris and most of his North Carolina team were in town two weeks ago for the third annual Northeast Ohio Wrestling Championship Camp at Lutheran West High.

Camp instructors include former area high school standouts Lance Palmer (St. Edward), two-time National Champ J Jagers (St. Peter Chanel) and 2008 NCAA

titlist Mike Pucillo (Walsh Jesuit).

In addition, OSU head Tom Ryan kicked off the camp with an opening day appearance and clinic for both the morning and afternoon sessions.

The support showed how close-knit the wrestling community is through Ohio.

"In college, Vondruska took the long road to OSU spending four years wrestling for Tom Ryan at Hofstra. A 2006 national qualifier for the Pride, Chris earned his undergraduate in four years. With a year of eligibility remaining, he chose to transfer to Ohio State for graduate school and to wrestle for the Buckeyes. A 2007 national qualifier for Tom Ryan at OSU, Chris joined the wrestling support staff for the 2007-2008 season while finishing his Masters," writes Kevin Schlosser of the award winning www.Buckeyewrestling.com website.

"After graduation Vondruska left OSU to work for the Cleveland Indians. With a desire to get back into coaching he took a teaching job at Pine Hill High School during the 2008-2009 school year. While he went there for wrestling he discovered a true passion for teaching and could not be happier with where he is at.

"A two-time Ohio state finalist for Lakewood St Edward HS and a native of Bay Village, Vondruska began hosting wrestling camps a Lutheran West High School in 2007. With his brother DJ an assistant coach for the Longhorns, Vondruska has had the support of head coach Dave Ressler since the start. Now in its third year, the camp has grown every summer.

Top Endocrinologist Comes to Westlake

Vikram Kumar, M.D., F.A.C.E is a leading regional specialist in the treatment of diabetes, thyroid and endocrinology in Northern Ohio.

A veteran physician affiliated with Cleveland Clinic and Lakewood Hospital, Dr. Kumar is now accepting new patients at Premier Physicians Centers at 25200 Center Ridge Road in Westlake.

His state-of-the-art expertise means patients who manage conditions like diabetes will have access to top of the line care right around the corner in Westlake.

"Continuous Blood Glucose Monitors and Insulin Pumps are two of the leading therapeutic strategies we will offer here," reports Dr. Kumar. "The upgrades to these devices have been dramatic over the past few years. The monitor, for instance, actually beams your readings to a display, and the pump can regulate your insulin uptake in ways never before available."

Dr. Kumar anticipates best patient care practices at

his new location in the modern and new Premier Physicians Centers offices.

"We will be available for direct patient communication and treatment," he said. "You will see the same doctor every time you come. You are my patient. This is what I like about the independent physicians practice. There is a rapport where the physician gets to know you, your family and the things that make you and your medical needs unique."

Practicing from Lakewood Hospital, Dr. Kumar's privileges will now extend to other hospitals in the area as well.

Dr Kumar has privileges at Lakewood, Fairview and Elyria Memorial hospitals.

With 21 years experience, Dr. Kumar carries the distinguished F.A.C.E. (Fellow of the American College of Endocrinology) credential of The American College of Endocrinology. This program recognizes endocrinologists for their high standards of excellence and achievement in endocrinology and quality of care given to their patients.

As an endocrinologist, Dr. Kumar specializes in diseases of the metabolism including calcium disorders and osteoporosis, thyroid and other hormones and glands as well as diabetes.

His new offices are at 25200 Center Ridge Road in the Westlake Premier Physicians Center building, Suite 1100.

He is accepting new patients. Please phone (440) 322-0872.



Vikram Kumar, M.D., F.A.C.E



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Vikram Kumar, M.D., M.B.B.S., F.A.C.E.



Dr. Kumar is certified by the American Board of Internal Medicine with sub-certifications in endocrinology, diabetes and metabolism. He was recently designated a Fellow of the American College of Endocrinology.

Dr. Kumar is now accepting patients at both locations of his new practice.

For an appointment please call
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60th Anniversary at St. Joe

St. Joseph Catholic Church celebrated its 60th anniversary under delightful summer skies July 21 as the Avon Lake parish enjoyed an outdoor Mass and then hosted the church's annual parish picnic. Families like Rick and Anna Burns with their children Mikey and Juliana had a great time, as did those who enjoyed games



like tug-o-war or a simple climb on the signature rock that stands in the venerable parish's Lake Road front yard. Avon Lake Mayor K.C. Zuber presented Fr. Timothy O'Connor with a special city proclamation commemorating the day. Fr. O'Connor delighted parishioners with a brief history of the church, recalling how it met at Avon Lake Theater in its early days. Congratulations!



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**North Coast Challenge set for Sept. 5!
 Get Ready to Celebrate Westlake...**

Back in 1991, Westlake Mayor Dennis Clough and founding sponsor, St. John West Shore Hospital agreed to host a five-mile charity run in the community.

Since 1991, Celebrate Westlake has raised over 1.4 million dollars for local charities such as Westlake D.A.R.E., Far West Center, Westlake Dept. of Senior & Community Services, SJWS Cancer Care Initiative, SJWS Community Outreach and Wellness Ministry program, University



Hospitals Woman's Health Center and more.

Circle your calendar for this year's event to take place Sat., Sept. 5.

Over the years, Celebrate Westlake has become an annual community event, comprised of events such as a 5-mile run, 3-mile walk and a kids fun run. Free food and refreshments are provided for participants and spectators. Music and children's activities make it a fun day for the entire family.

This event is not only a day of fun for the families of Westlake and surrounding communities. We recognize that there are many less fortunate that need help and direction in their lives and look to the many fine local charities for support.

Last Year, Celebrate Westlake had more than 1,300 participants, 15 committee members and over 40 local businesses working together to support this worthwhile charitable event. We acknowledge our sponsors, including St. John West Shore Hospital, University Hospitals, The Cleveland Clinic, North Coast Bearings Inc., Koyo Corporation, Key Bank, Coca Cola and Lesjak Planning Corporation. These generous companies/organizations and many others have made the dream of Celebrate Westlake become a reality.

Thanks to the generous sponsors and more than 40 local businesses, Celebrate Westlake has given more than \$1.5 for local charities. Monies have benefited the following charities:

- Kiwanis Club of Westlake — \$1,000
- SJWS / Cancer Program — \$5,000
- West Shore Chamber of Commerce — \$2,500
- Westlake Fire Department — \$3,000
- WHBS-TV — \$3,000
- Westlake Police Dept. D.A.R.E. Unit — \$15,000
- Leadership Challenge — \$5,000
- Westlake Library — \$3,000
- City of Westlake Assist. Program — \$1,000
- Westlake Recreation Center — \$5,000
- Westlake Senior Center — \$4,000

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Cops & Kids Day in Bay

The Northern Ohio Cops and Kids Day will take place Sat. Aug. 15 at Cahoon Memorial Park in Bay from 11 a.m. - 3 p.m.

The day gives kids a chance to meet and speak with Police Officers from different departments as well as state and federal agencies. SWAT, the Bomb Squad, and US Coast Guard will also be there.

Along with Northern Ohio Cops and Kids Day, retired Police Officer Pat Kelly will host the Eddie the Eagle Gun Safety Program from 11-noon at the Bay Police Dept. This is open to the first 20 3rd and 4th graders. Please call Officer Shaun May at the BVPD at (440) 871-1234 to register.



Summer scenes.....

Fishermen at Avon Lake's Miller Road Park are silhouetted against a fading summer sky as they look for perch offshore one day last month. Sunsets at Miller Road Park are spectacular, too! Catch them now before summer ends its limited engagement!

Avon Lake Girl is Karate Champ

Kaylie Jasensky, 16, won two gold medals and a silver medal last weekend at the National Karate Championships in Ft. Lauderdale, Fla. Jasensky, started competing in karate last year. The nationals marked her first large auditorium event. Jasensky studies at Westlake Martial Arts under Master Gary Yano.

She attends Avon Lake High School and wants to focus on international studies in college. She is interested in a career with the CIA.

HOLISTIC HEALTH DAY

All are invited to attend a special Holistic Health Day on Thursday Aug 20, from noon to 7 p.m.

It will be presented by Dr. Jayber at the Community Family Care Center & The Healing Center at Supplements Etc. at 2217 Wisteria Way, Avon OH 44011. Phone is 440-934-7097.

Come learn about the newest addition of Integrative Health Services being offered in your community!

FREE demonstrations and talks will include:

-Chinese Acupuncture and Its Benefits -12:30 p.m. & 5:30 p.m.

-Kinesiology & Total Body Analysis: What is it? What are the Benefits? - 1:30 & 6:15 p.m.

-Meridian Stress Assessments: Customizes your supplement program to suit your body needs -2:30 p.m.

-Beauty-By-Botox - 4:00 p.m.

-Longer Lashes with Latisse - 5:00 p.m.

FREE drawings!

You could win a FREE session for Acupuncture, Total Body Analysis, Meridian Stress Assessment, Detox Foot Bath

Special offers: Detox Foot Baths ~ only \$10. 25% off Any single services purchased that day.

North Coast Challenge set for Sept. 5!

Continued from page 10

SJWS/Community Outreach Wellness Ministry — \$10,000

West Shore Family YMCA — \$5,000

Youth Challenge — \$5,000

Conflict Resolution — \$2,000

Far West Center — \$3,000

University Hospital Women's Health Center — \$5,000

The North Coast Challenge is recognized as Ohio's Premier Road Race.

Participants from throughout Ohio and other states come to the event.

Winners in recent years include runners from Morocco, Kenya and Russia to compete for the Cash purse — \$6,000 + \$2,000

Bonus. \$1,000 awarded to overall male and female winners with Cash award of \$500 for 2nd, \$400 for 3rd, \$300 for 4th, \$200 for 5th place. Masters, Grand Master and Great Grand Master winners — \$200 award.

Labor Day Weekend Saturday, September 5th, 2009

5-Mile Run:

8:30 am

3.4-Mile Walk:

8:30 am

1/2 & 1-Mile Kids Fun Run:

9:45 am

For more photos, VISIT www.TheVillagerNewspaper.com for a photo gallery of last year's North Coast Challenge "Celebrate Westlake" event!

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"Historically, when people sell their home, they pay off the mortgage, pay a six to seven percent real estate commission, and have additional money remaining," said DeAnna. Now, all that has changed. With the drop in sales

prices these last few years, people barely have money to pay off the mortgage, let alone pay the commission. The papers are full of news that home prices have declined about seven percent. In an effort to help buyers and sellers absorb that pain, we have decided to waive our commission fees for members of the new Lifetime Realtor Program. That right there saves the customer the seven percent in valuation decline."

The program has also allowed many buyers to reduce the price of their home by \$5,000 to \$10,000 to make it more competitive in the marketplace.

Ohio Family Realty provides:

- An evaluation of the home, its competition and current market conditions.
- Preparation of disclosure statements.
- A listing on the Multiple Listing Service.
- Photography of the property.
- Placement of a lock box.
- Scheduling the property for MLS tours.
- Listing the property on the leading real estate Web sites.
- Advertising the property in various newspapers.

- Showing the property to other agents.
 - Pre-qualifying potential buyers.
 - Providing continuous feedback on the status of the property to the seller.
 - Reviewing and presenting all offers to the seller.
 - Negotiating on behalf of the client.
 - Finalizing the closing.
- Participants in the Lifetime Realtor Program also receive free lifetime assistance with:
- Locating properties that meet their criteria if they decide to move.
 - Locating appropriate lenders for pre-approval.
 - Showing their home, at their convenience, to potential buyers.
 - Obtaining information on state-required disclosures and forms.
 - Presenting the offer.
 - Negotiating sale terms and conditions on behalf of the client.
 - And, much more!

Ohio Family Realty has been serving northeast Ohio since 2002. It serves as a one-stop shop for all of the buyer's and seller's real estate needs.

For a free DVD of the Lifetime Realtor Program, call Ohio Family Realty at (440) 801-4444 or visit



Mike DeAnna
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