

TWINSBURG



TRIBUNE

July 2015 • Vol. 4 - Issue 7



Reel
Stories

Video project chronicles history
of the Heights

2015 Pets Section Inside!

You will lose 20 pounds in 40 days—**GUARANTEED!**

— Dr. Noel Abood, *NutriMost Solon*



Dr. Noel Abood, *NutriMost Solon*

I've devoted 30 years to promoting wellness, and when I was introduced to NutriMost, the claims sounded too good to be true. I did not wish to add to the plethora of diet products that offered false hope.

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THE PROBLEM

The typical weight-loss program on the market today latches on to a temporary fad that has you lose a few pounds here and there only to regain the weight, and lose some of your self-respect in the process.

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This patented system guarantees people will lose weight safely and permanently, and in turn, improve their overall health.

What was a great idea five years ago is a reality today. NRF founder, Dr. Wisniewski, found a way to use technology and science to take the guesswork out of weight loss and make it achievable to lose weight quickly and safely.

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On Our Cover

Tae'yund Carter-Smith records audio using a boom pole and shotgun mic as Twinsburg Heights residents Luke White and Hubert Brandon reminisce about old times. Read a story about the Heights documentary project on page 4.

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Western Reserve Music, Hudson

Twinsburg Public Library
Dr. Andrew Slodov, D.D.S.

An estimated 5,000 descend on Church Street for second Taste

by Kim Garred

The Taste of Twinsburg avoided being a wash out as the rain held off for the day. The 2015 Taste offered the community an opportunity to meet and mingle with neighbors and friends while enjoying food, drinks, music and entertainment on Saturday, June 20.

Event coordinator Adam Hoon estimated the second Taste drew 5,000 or more to the square. Some 4,000 people attended the inaugural event last summer. About 25 local volunteers helped plan and run the event that day.

"Last year, no one really knew what to expect, and it turned out great," Hoon said. "This year everyone returned because it was such a family-oriented, community-driven day."

Local restaurants shared their wares. Philly cheese steak, potato pancakes, BBQ ribs and more were available for the tasting.

"We had three new restaurants including Red's Catering, Bay-

Lobsters Fish Market and Master Pizza," Hoon said. "We also had several new vendors."

The children's area offered inflatable's, crafts and Mr. Joe and Swifty the Clown making balloon creations. At dusk, the square became a movie theater under the stars.



Top left: The Wilson family, (l-r) Kortez, Robin, Chris and Kristina, wait as Mr. Joe and Swifty the Clown make a monkey and dragon out of balloons. Top right: Grayson Westfall, 21 months, sits with firefighter Jeff Hall on the back of the Twinsburg Fire Squad Truck. Lower left: Laura Shelley, 3, and her mom, Inna, select what goes into their flower bouquet. Photos by K. Garred



"This is all about community," Hoon said. "About getting together and having fun. I love to see this." ∞

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Travelling tribute event focuses on appreciating freedom

Thousands expected to visit "Cost of Freedom" display July 2-5

by Kristin Wedemeyer Goss

The month of July starts off with an opportunity to honor, respect and remember the nation's veterans, armed forces and first responders.

The American Veterans Travelling Tribute comes to Twinsburg High School July 1, at 4 p.m. with a 360-foot long replica of the Vietnam Veterans' Memorial wall. It will be the centerpiece of a four-day "Cost of Freedom" event, which opens to the public on Thursday, July 2, at noon. The educational exhibits also include a 9/11 tribute, a large-scale timeline of World War II events, a Korean War tribute and replicas of significant U.S. historical documents.

"The Cost of Freedom not only honors veterans but all those who continue to put their lives on the line to allow us the freedom we take for granted too many times," said Twinsburg VFW 4929 Commander Joe Jasany, who has spearheaded efforts to bring the tribute to town for well over two years.

"We want the public to learn about past, present and future endeavors by first responders so they and the future generations can live in the freedom we are accustomed to," he said.

According to Jasany, the Cost of Freedom is educational and meaningful no matter what your age. The Twinsburg Education Association will host a booth for children in conjunction with the Bob Hope Christmas Show exhibit.

"Children will be encouraged to decorate foam ornaments with patriotic symbols and then write a message on the back for the police, fire and military personnel," said Shirley Browning, a first-grade teacher and TEA building representative at Wilcox Primary. "It's an opportunity for the children to show their appreciation to the many people who serve to keep us safe. We will also have pinecones for decorating into mini

holiday trees."

All of the crafts will be distributed to first responders during the holiday season, Browning said. Before school let out, Wilcox students also made fans to help keep participants cool.

The Twinsburg VFW post raised more than \$75,000 over two years to bring the event to Twinsburg. The city, Twinsburg Township and the Village of Reminderville contributed \$16,000 to the event. The Northeast Ohio Education Association awarded TEA a \$100 grant for the holiday tribute booth.

The Cost of Freedom opens July 2 at noon and runs 24-hours a day until the

closing ceremonies on July 5. Indoor exhibits are open from 8 a.m.-8 pm.

Parking is at Dodge Middle School or R.B. Chamberlin with shuttle service to THS. Handicap-only parking will be at THS. ∞



Visitors study a life-size oil painting of three fallen soldiers in "The Eyes of Freedom" display, one of the indoor features of the "Cost of Freedom" event coming to Twinsburg High School July 2-5.

Correction

In the June cover story, "Batter up! Twinsburg's 'Boys of Summer' are at it again," Twinsburg Baseball League's Vice President Jason Passek's name was spelled incorrectly. ∞

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Filmmaker calls on students to capture Heights' history

by Joe Jancsurak

Residents know it as Twinsburg Township's predominantly black neighborhood, but few – including those who live there – know the history of Twinsburg Heights.

That's about to change due to the efforts of 1999 Twinsburg High School graduate and Heights resident Carla LynDale Carter. The professional filmmaker is currently working on "Untold Stories from the Hill: The Twinsburg Heights Community Oral History Project," a documentary about the neighborhood for release next year.

Twinsburg Heights, known locally as "the Heights," is bordered by Darrow and Chamberlin roads to the east and west and East Aurora and East Highland roads to the north and south. It has about 290 households and a population of about 840, 82 percent of whom are black with 10 percent white, 6 percent multiracial and 2 percent Hispanic.

The neighborhood was settled in the early 1920s after the land was purchased by a white developer, Joe Brady, who sold lots and homes primarily to black residents. And, it's an important reason



Heights resident and filmmaker Carla LynDale Carter shows Twinsburg High School Student Saadiq Daniels how to adjust the camera during a recent workshop.

why Twinsburg became one of the first integrated suburban school districts in northeastern Ohio.

"There's a lot of history here, and I want to capture it before the neighborhood changes and we lose that," said Carter, who grew up in Twinsburg on Patton Court and now resides on Oxford Street

with her fiancée and their four children.

Carter majored in cinema studies at the University of Chicago, received a Master of Fine Arts in film and media arts from Temple University in Philadelphia, produced several documentaries and founded Focused Arts Media Education (FAME), an organization that involves urban youth in the filmmaking process. Carla is also a resident teaching artist for the Center for Arts-Inspired Learning in Cleveland. The center's support has been instrumental in this project, she said.

The FAME model will be used to accomplish the Twinsburg Heights documentary. Four college students from Twinsburg, including two from the Heights, taught a recent two-week-long workshop attended by 15 students from all over Twinsburg. Students learned the basics of using cameras, editing and interviewing skills, and were also provided guidance on ACT prep, college applications and applying for financial aid.

At the end of this two-week camp, students screened short video portraits of each resident as a preview to the community of the final longer documentary. This screening also served as a platform to discuss topics that the documentary hits on, and a chance to interview additional community members who would like to share their stories.

She expects the final film to be ready next summer and looks forward to "a huge screening for the community." She also hopes to gain a wider audience through additional community screenings.

As a filmmaking crew, the group has completed most of the interviews with those in the community that Carter sees as being central to the Heights' history.

"I've identified families central to the foundation of the Heights ... the ones who have lived here the longest, have built the roads and the churches, of which there are seven, and have seen the neighborhood evolve," Carter said.

"This will be a student-driven project," she added. "They'll be learning about their own community while asking a range of questions, including why are the streets named after prestigious universities, such as Oxford, and harder-hitting ones having to do with the future of Twinsburg Heights. Together we will

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learn about the neighborhood's history, how the neighborhood is changing, the direction it is going and we'll look at what the neighborhood might be 20 years from now. We're going to be piecing together the pieces of the puzzle."

To do that, of course, requires funding. The project's online fundraising Kickstarter campaign has 60 backers and nearly \$5,000 in pledges. Carter is also receiving additional support from the Center for Arts-Inspired Learning and the Martha Holden Jennings Foundation.

Carter said she is also appreciative of the support she has received from the many Twinsburg Heights residents excited to share their stories.

With Twinsburg's bicentennial just two years away, the Twinsburg Heights oral history project could be just the ticket for residents looking to celebrate the area's rich and diverse heritage.

And who knows? The experience just might serve to inspire the next Spike Lee or Ava DuVernay, said Carter.

"When I watch students screen community projects like this, and I see that sense of pride and accomplishment in them, it makes it all worthwhile." ∞



Hubert Brandon (front row, second from left), who is interviewed in the documentary about Twinsburg Heights, sits with the film crew (front row, l-r) Avaughn Lardell, Carla LynDale Carter, Arlycia Smith, Marissa Jones, (back, l-r) Kaylynn Longmire, Saadiq Daniels, Jelani Daniels, Jalil Bishop, Amber Bishop and Tae'yund Carter-Smith. Carter is the lead instructor. Longmire, Jones and both Bishops are college mentors. The rest are Twinsburg High School students.



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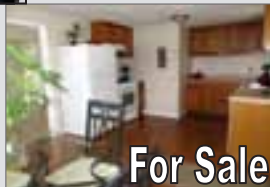
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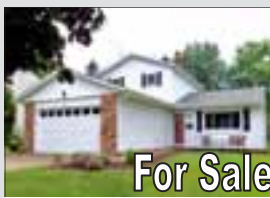
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Garden club flower show

be able to see and learn about the various elements such as balance, color and form that are found in artistic floral designs and basic general information noted about exceptional plant specimens. This year, teas and sweeteners are the focus of two different exhibits that will also be judged.

Sue Davis at 330- 697-7818, davis4233@roadrunner.com or Membership Chair Virginia Schmidt 216-310-7413, virgtod@windstream.net. Visit twinsburg-garden-club.com. ∞



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9

Get Up, Get Out and Go! To your national park this summer

Free activities offered all season long

Get Up, Get Out and Go! is a summer campaign offering free outdoor recreational activities and music for kids 11 to 14 and their families along the Ohio & Erie Canal Towpath Trail.

Through July 21, each Tuesday and Thursday from 7-9 p.m., experience night bike rides and hikes, field games, fishing, a Ghost Walk and more. Reservations are suggested by calling 440-343-7035.

Program locations are as follows:

- July 2: Firestone Metro Park, Little Turtle Pond, 2400 Harrington Rd., Akron;
- July 7: Summit Lake Community Center, 380 West Crosier St., Akron;
- July 9: Treaty Line Area, Sand Run Metro Park, 995 Treaty Line Rd., Akron;

• July 14: F.A. Seiberling Nature Realm, 1828 Smith Rd., Akron;

• July 16: Boston Store Visitor Center, 1550 Boston Mills Rd., Peninsula;

• July 21: Big Bend Area Sand Run Metro Park, 1337 Merriman Rd., Akron.

End your summer with an afternoon of activities featuring food, outdoor recreation, challenge courses, games and tie-dyeing, followed by a concert with music by HeartBEAT Afrika July 22, at Howe Meadow in CVNP. Pre-concert activities run from 5:30-6:30 p.m. The two-hour concert starts at 6:30 p.m. Howe Meadow is located at 4040 Riverview Rd., Peninsula.

For more information and registration information, call 440-343-7035. ∞

Ranger-led walks offered

Through Monday, Aug. 31, the National Park Service is offering daily, one-hour, ranger-guided walks at Brandywine Falls, Beaver Marsh and the Ledges in Cuyahoga Valley National Park.

Beaver Marsh is an inspiring story of habitat recovery. Mondays and Thursdays, 9-10 a.m. and 11 a.m.-noon. Handicap accessible.

Ledges offers views of stunning sandstone cliffs. Tuesdays and Fridays, 10-11 a.m. and 2-3 p.m.

Brandywine Falls is a trip back in time. Wednesdays, Saturdays and Sundays, 10-11 a.m. and 2-3 p.m. Handicap accessible.

Visit nps.gov for the Summer Schedule of Events. ∞

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PETS



Emergency vets keep cats purring, puppy tails wagging

by **Laura Straub**

Whether they're furry and four-legged, or their skin is a little scaly, pets are an important part of a family. So, when they fall ill, many pet parents seek out immediate care no matter the time of day. When a pet requires urgent care at odd hours, they end up where most humans do, in the ER.

Shaun McWilliams, CEO of Akron Referral and Veterinary Center, said his facility most often sees cats and dogs that are seizing, having trouble breathing, bleeding profusely, suffering from heat stroke or have collapsed.

According to Dr. Dan Bestic of the Veterinary Center of Hudson, some seemingly mild symptoms such as tight circling or a head tilt might signal larger issues.

"I had a dog yesterday that developed a little head tilt and that night ended up having a fever of 103," he said.

The dog underwent a spinal tap, which showed it had contracted meningitis;

however, it received early treatment and is on the road to recovery. McWilliams has also seen some more severe cases.

"We saw a police dog a while ago that ingested a small amount of C4 explosive," he said. "That was an extreme issue."

But more often, he said, he sees animals that have ingested household medications that can be deadly.

According to Dr. Matt Ehresman, emergency veterinarian at the Metropolitan Veterinary Hospital in Copley, not only are common human anti-inflammatory medications a danger to cats and dogs, but things like grapes, raisins, sugar substitutes found in chewing gum and select flowers can all also be toxic.

Another common reason a pet lands in the ER is trauma from cars or fights with other animals.

"Anything that falls under severe trauma," said McWilliams. "Those are the kind of things where you don't really want to wait until the next day."

ma," said McWilliams. "Those are the kind of things where you don't really want to wait until the next day."

Most patients at these veterinary ERs are cats and dogs, but according to Ehresman, they also see a lot of small pocket pets such as hamsters, guinea pigs, rats, mice and chinchillas, as well as reptiles and exotic pets.

"In a nutshell, the ER is there to fix the issue, or develop enough diagnostic information to provide further care," said McWilliams.

After the patient is stabilized, the vets can hand off care to a specialist, the family's regular veterinarian or even send the animal home.

Most facilities accept pet insurance. McWilliams said that the client must pay before they leave; however, staff is on hand to help fill out paperwork for reimbursements from pet insurance providers. ∞

Pets Directory

North Royalton Animal Hospital,
9027 Ridge Rd., North Royalton,
440-237-8257, northroyaltonanim-
alhospital.com.

Primary Pet Care, 3661 Fishcreek
Rd, Stow, 330-968-6570, 3009 Smith
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primarypetcare.com.

Twinsburg Veterinary Hospital,
8803 Ravenna Rd., Twinsburg, 440-
425-4227, TwinsburgVet.com.

The Veterinary Center of Hudson,
234-380-8624, vetcenterofhudson.
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Snakes on the brain: Caring for snakes as pets

by Jon Huff

Looking for an easy-to-care-for pet that will not break the bank? A snake might be the right choice.

"They are great pets to have," said Rob Everley, owner of Akron Rattery and

Reptile Rescue. "They don't smell. As far as care, you really only have to play with them once or twice a day and spot clean their tank."

For those without experience handling snakes, Everley suggests a smaller variety

such as a corn snake or ball python. Other species are more difficult to handle, and require more effort through getting permits.

According to the Ohio Department of Agriculture, venomous snakes and anacondas or pythons that are longer than 12 feet are classified as restricted species. Anybody looking to own a restricted species must get a permit from the state and show proof of liability insurance, starting at \$100,000 for ownership of one to five restricted snakes.

"Most snakes are allowed under the new [Dangerous Wild Animal Act] laws," said Erica Hawkins, communications director at the Ohio Department of Agriculture.

"For venomous snakes, the owner needs a permit but also has to have access to anti-venom for every species they own, either on location or at a local hospital. They need to show proof of that to local law enforcement. The owner is also liable for any costs that may come up as a result of their snake," Hawkins said.

She said the venomous snakes and big constrictors are not as common in everyday homes. Most people stick with smaller and non-poisonous snakes.

Owners do not need much equipment to raise a snake. What is needed can be found at most pet stores. Everley said the necessities are a 10- to 20-gallon tank, a locking fresh-air lid, a heat pad and a light source.

"Unless you want to put a lot of money into it, keeping snakes doesn't cost much. Ball pythons eat one mouse a week. We sell mice for \$1 a piece. Figure that's \$4 a month," he said.

The creatures should not be left alone to crawl free.

"They can get lost real fast," Everley said. "If you don't keep an eye them, they'll get into any little hole or space and become hard to find."

Still, snakes do like to get out of the cage. Interaction, as simple as letting the snake crawl and wrap around a hand or arm, lets the animal and owner bond.

"Each snake has its own personality," Everley said. "If you give it respect, you'll get respect back." ∞

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We Are Pleased to Announce Dr. Jeremy will complete Certification in Veterinary Acupuncture (CVA) in the next few months.

In January 2015, Dr. Jeremy began course work at the Chi Institute of Chinese Medicine in Florida.

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Dr. Rachael is a Certified Canine Rehabilitation Therapist (CCRT).

In January 2013, Dr. Rachael began course work at the Canine Rehabilitation Institute in Florida. In July of 2013 she

completed her certification and quickly started treating dogs of all ages and physical abilities who may benefit. Canine rehabilitation involves a variety of techniques to promote healing



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Beekeeping hobby buzzes into the mainstream

by Kristin Wedemeyer Goss

Honeybees are responsible for about a third of the food the nation consumes, according to the U.S. Department of Agriculture. Without them, many crops would fail, yet the total number of honeybee colonies has decreased from 5 million 75 years ago to only 2.5 million today.

On a positive note, however, the bee population is on the rebound – up 13 percent since 2008, according to the publication *Ag Professional*. Locally, amateur beekeepers are working to keep those numbers up and having fun doing it.

“Beekeeping 101” classes are a good starting point for many would-be beekeepers. The Rocky River Nature Center, 24000 Valley Parkway, North Olmsted, and the Eastwood Preserve, 4712 Streetsboro Rd., Richfield, offer classes to novice beekeeping enthusiasts.

Starting an apiary takes money and time. Starter kits – which include two or three hive bodies, frames and a wax or plastic foundation, inner and outer

covers, bottom board and other beekeeping equipment – cost roughly \$375. A three-pound package of 12,000 bees and a queen costs another \$100. There are annual costs too, but a well-maintained hive can last for decades.

Jack Waldeck, a partner at a Cleveland law firm, raises bees at his Bainbridge home.

“I usually have three to four hives going and spend about three hours per month on them during the active/warm season, which runs through mid-to late-October when temperatures drop, and there’s no goldenrod or wildflowers for the bees to harvest,” he said.

At the peak of the summer season, a hive can have more than 100,000 bees. Much of the honey they produce must be left in the hive to feed the bees during the winter, but a vigorous and healthy hive here can produce a surplus of up to 40 pounds during a good season.

Annette Clark has a rooftop apiary at the Hildebrandt building in the Clark/

Fulton area of Cleveland and also raises honeybees in her West Park neighborhood.

“I’m adding five additional hives this season. If there’s enough food available, I’ll consider adding more next year. Better to have fewer hives that are healthy than many that are so-so,” she said, “Practice with mentors is key for being able to recognize disease, stress, mites and healthy brood patterns.”

Waldeck agrees keeping the bees healthy can be a challenge due to parasites, such as the varroa mite, and poor weather conditions.

“It isn’t uncommon for northern beekeepers to lose 30 to 50 percent of their hives over the winter due to subpar hive health,” Waldeck said.

Challenges aside, “Just watching the bees come and go is very relaxing,” said Clark. “Knowing that my efforts will help keep our pollinators alive and well is satisfying. Honey, when the hive can spare it, is a nice bonus. ∞

Our Commitment to the Community Celebrating our 10th Annual

Pet Carnival & Charity Fundraiser

Our annual pet carnival is fun for all members of your family! Our event will be held on Sunday, August 2, 2015 at the North Royalton City Green from 1:00 – 4:00 PM. To celebrate our 10th Annual Pet Carnival and the 2015 AAHA Practice of the Year, we will be raffling off a car lease from Nissan.

We have events and games for pets and their families. Children will enjoy a bounce house, crafts, a lizard show, and a meet and greet with Cleveland Metropark Mounted Unit officer and horse. A Cleveland Metropark Ranger K-9 Unit will have a demonstration as well!

The Cleveland APL will have the mobile adoption van ready for you to find a new friend. Most importantly, there is a benefit raffle to raise money for Molly’s Mission (a charity to assist those owners who need help with their pet’s medical care) and Give Pets a Chance.



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“Yay, I’m on my way
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House passes bill banning pure caffeine sale, powdered alcohol

The Ohio House of Representatives recently passed Senate Bill 7, legislation that prohibits the sale of pure caffeine in the state.

Senate Bill 7, sponsored by State Senator Gayle Manning (R-North Ridgeville), stems from an incident in LaGrange, where 18-year-old Logan Stiner tragically died from a lethal dose of pure caffeine. Soon after, the U.S. Food and Drug Administration issued a warning about the product, which is sold in a powdered form. A teaspoon of pure caffeine, according to the FDA, is equivalent to approximately the amount of caffeine in 25 cups of coffee.

House Bill 14, which passed the House earlier this year, was also inserted into the bill this week during the committee process. The provision prohibits the sale of powdered or crystalline alcohol, also known as Palcohol. This product can be easily concealed and can be added to any beverage to make an alcoholic drink.

The Alcohol and Tobacco Tax and Trade Bureau approved the sale of Palcohol in the U.S. in March; however, according to the National Conference of State Legislatures, 36 states, Washington, D.C., and Puerto Rico have introduced legislation that limits its sale in some way.

Senate Bill 7 passed with broad bipartisan support and will now go to the governor for consideration. ∞

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County bow hunting lottery takes place July 24

Summit Metro Parks will allow hunting by bow and arrow or crossbow in more than 20 selected areas by permit this fall as part of its ongoing deer management program. Each permit, determined by lottery on Friday, July 24, is good for up to four adults and two juveniles. Only Summit County residents may enter the lottery, but individuals whose names are chosen may add non-Summit residents to their permits.

Lottery applications are available online at summitmetroparks.org beginning Tuesday, June 9. Applications must be postmarked by Saturday, July 18, and all applicants must provide a valid email address. Applications are to be mailed to: Archery Program, P.O. Box 5250, Akron,

OH 44334.

Lottery winners will be notified by email no later than Tuesday, Aug. 4, and the individuals named on permits will have to pass a supervised test at the park district's public archery ranges on dates to be determined.

Two box blinds will be installed in locations for hunters requiring wheelchairs. Wheelchair-bound hunters may live outside of Summit County.

For details about the wheelchair-bound lottery, contact project manager Eric Fitch at efitch@summitmetroparks.org or 330-753-5789.

Up to three hunting permits will be assigned per location. Hunting season is Sept. 26-Feb. 7. ∞

The Salvation Army urgently needs year-round volunteers

The Salvation Army of Summit County is in urgent need of volunteers to pick up perishable and nonperishable food donations and also to distribute food to the hungry through its food pantry.

"During the summer months, the need for volunteers increases with the need for food," said Jeanette Brown, spokesperson and volunteer manager. "With school out and summer vacations looming, we really need people to step up to help. An hour or two a week can make a big difference in our

food assistance program."

Volunteer drivers are needed to pick up food from local companies Tuesdays and Thursdays from 8-10 a.m. Volunteers must have a good driving record and pass a background check.

Pantry volunteers are needed Monday - Friday from 1-3 p.m. "If you can spare a couple of hours a week and want to help, please call 330-434-7365," said Brown.

For more information, call 330-762-8481. ∞

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Josephine Podojil of Twinsburg says her flower shop outgrew a Bedford store and she and her sister co-owners were happy to find new location on the square.
Photo by K. Garred

a minimum purchase.

While Podojil focuses on floral design and maintains a full-time presence in the store, her sisters assist with weddings and events, including design, set-up and tear-down. "Melissa does a lot of the public relations work; Nicole works mainly with brides and event planning, but, ultimately, we're all in it together."

The siblings, all married, appreciate plenty of assistance from their spouses, ranging from shop renovations to landscaping. Podojil said their business has grown largely by word of mouth.

"The people in the community have been very welcoming. They're excited that there's a new florist in town," she said.

Store hours are Tuesday through Friday, 9:30 a.m.- 3:30 p.m., and Saturday, 9:30 a.m.-1:30 p.m. Event consultations are by appointment with extended hours.

For more information, visit afecleveland.com or call 330-425-8888. ∞

Business Brief

Richter Healthcare Consultants

of Twinsburg named Yolanda Riley manager of client services. The company provides revenue cycle management, accounting and consulting services to senior living industry



Yolanda Riley

providers nationwide. In her new role, Riley will work directly with clients and Richter team members in managing the revenue cycle process. Other recent new appointments include: Tammy Mossor, director of revenue cycle management-resources, and Lauren Gurcze, director of revenue cycle management-analytics. ∞

The Twinsburg Tribune will accept information on business happenings for businesses within the community. All information is subject to editing. Please email information to news@scriptype.com and label it "Twinsburg Business Brief."

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TALK OF THE TOWN

by Marti Franks

It is hard to guess how many people lined Ravenna Road for the Memorial Day Parade this year, but the square was full of citizens who came to honor the veterans. This year the focus was on the Vietnam War veterans.

"At least three quarters of the members of our post served in that war," said **Joe Jasany**, VFW Post 4929 Commander. "The guys who were at the ceremony on the square were **Dave Murch**, **Al Smolek** and **Dale Layer** who were in the Army. **Ken Roddie** and **Steve Onyski** were in the Navy. **Jim Smith** served in the Air

Force, and **Kevin Sterling** and I were in the Marines. This year marks the 50th anniversary of the conflict."

After the parade, a smaller group of people attended the ceremony changing the name of Babka Park to Veterans Park. The name Babka came from the bar that used to be on that spot.

Earlier in May, the Twinsburg Education Association honored Jasany with its third annual "Friend of Education" award. TEA Treasurer **John Matune** nominated Jasany.

"All the kids love him," John said. "He

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a smile,
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Marge Yanok, 88, chaplain for VFW Post 4929 visits with CERT member Jennifer Shortridge before the Memorial Day ceremony on the square. Photos by K. Garred



Wilcox Primary students show their colors marching in the Memorial Day Parade.

did Safety Town for years. The kids grew up with him. Then he was the DARE officer at Dodge when it was the middle school and then he moved with the kids to [Chamberlin Middle School] to teach health. All the kids knew Officer Joe.”

On Wednesday, May 20, the Ladies Auxiliary to VFW Post 4929 presented certificates and pins to the students at Chamberlin who participated in the 2014-2015 Patriot’s Pen Writing Contest. Three Twinsburg students took top-place finishes at the district level: eighth-grader **Jonathan Brooks**, first; eighth-grader **Jessica Rosenberg**, second; and seventh-grader **Jewel Duncan**, third. Jonathan went on to third place at state level. **Hally Shah** from Twinsburg High School submitted a piece of artwork for the Patriot’s Art contest.

There are some pretty fun travel stories for the summer. **Dave Goldstein** took his daughter, **Sydney**, to London and Paris for a whirlwind five-day trip. They spent

continued on next page

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First-time participants who complete five different rides receive a **bicycle license plate and reflective sticker**. Veteran participants receive a sticker.



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“The spree is a great way to have fun and be active!”

~ Jeanine, with husband Josh and their two boys

Summit Metro Parks

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TALK OF THE TOWN

Continued from previous page

four days in London.

"We got to see plenty, but we didn't get to do much in Paris," Dave said.

Of the high points, Dave found the London theatre district spectacular. They saw

the musical "Matilda" in the West End.

"The rock-and-roll tour was huge," he added. "We saw the first place Jimi Hendrix ever played. We saw Jimmy Page's house too. I am a huge Led Zeppelin fan. We tried to cross Abbey Road, but that's not easy. Notre Dame was by far the most



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Twinsburg VFW Post 4929 Commander Joe Jasany stands in front of the newly christened Veteran's Park, a small public park on Ravenna Road adjacent to the Post. Photo courtesy of Gail Takacs

beautiful building I have ever seen. I would love to go again."

Tina and **Brian Davis** took their kids – **Hallie**, who will be in high school in the fall; **Jessica**, who will be in seventh-grade; and **Andrew**, who is on his way to third grade – to Sanibel Island. Brian raves about the trip.

"We spent a lot of time on the beach and shelling," he said. "We visited some nature preserves and went dolphin sightseeing. The most important thing was hanging out with the family. Florida is a nice place, but there is no place like home."

The Twinsburg Garden Club has been growing flowers to plant in front of the panels depicting the tributes to the military and the first responders for the "Cost of Freedom" event on July 2-5. The plants will be available for sale from Garden Club members after the event. **Sue Davis**, co-president of the club, has garnered more than 154 donations of plants and shrubs and trees. Lowe's donated 30 palms to be placed in the Vietnam Village in the display. "The club is so involved with the project," she said. "No one has said no."

Cost of Freedom opens Thursday, July 2, at noon and remains open for the following three days at Twinsburg High School. Take time during your holiday weekend to view the lush garden club displays while paying tribute to our nation's heroes.

Still more travel stories to come and lots of summer excitement right here at home. mfranks@scriptype.com. ∞

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THS seniors travel to Golden State for national culinary event

by Chad Felton

Five local students preparing to pursue careers in culinary arts and business hospitality administration were treated to a particularly delicious experience through the course of their educations at the Cuyahoga Valley Career Center (CVCC), traveling to Disneyland to participate in the 2015 National ProStart Invitational, the county's leading secondary school competition focusing on restaurant management and gastronomy.

Twinsburg High School seniors, Tessa Ackley, Natasha Daniels, Ian Meisner, Aaron Sharpe and Stefani Tolbert, showcased their collective management skills in front of industry leaders, National Restaurant Association Educational Foundation (NRAEF) trustees, state restaurant associations and friends and family. The national contest, in its 14th year, draws up to 350 students in hopes of earning scholarships to advance their hospitality careers. It is the finale in a series of state competitions in which students demonstrate ideas and skills they have developed, both in the culinary and foodservice industry management fields.

Barbara Hummer, the culinary arts instructor at CVCC since 2006, said an advisory committee and ProStart worked together to select students who were willing to make commitments of time, energy and passion to ensure success in the competition.

"All our participants were encouraged to take full advantage by networking with other students and industry professionals in attendance at the invitational. In 2013, more than \$1.4 million in scholarships were awarded to students by the NRAEF and leading academic institutions," she said.

The management teams conceive and pitch proposals for new-age and chic restaurant concepts and are also tested on problem-solving scenarios that managers face daily. The Twinsburg team first competed in a January regional qualifier held in Columbus, taking first place and landing the trip to Anaheim, Calif.

Assistant Principal of CVCC Kathy Grubb said the team was extremely excited to be one of 42 groups participating in

the management team competition.

"Our students were not involved in the food preparation event," she said. "Their overall concept was to develop a restaurant using modernist cuisine with an assortment of new cooking techniques. They employed sous vide, anti-griddle and pressure cooking."

Despite nerves among the team, Grubb said the students' presentation projected a very professional image.

"They did a wonderful job. To a degree, they lived, ate and slept their concept, and the confidence they built reduced their nervousness," she said.

The seniors said that the overall experience, despite not placing in the top five nationally, was awesome, and allowed them to meet and socialize with industry professionals and future potential friends



Twinsburg High School students (l-r) Natasha Daniels, Tessa Ackley, Stefani Tolbert and Aaron Sharp show off their trophy with Culinary Arts Instructor Barbara Hummer and CVCC Superintendent Celena Roebuck.

and coworkers. The students also attended an awards dinner, featuring Los Angeles Lakers Hall of Famer Magic Johnson as the guest speaker.

Each of the five students want to pursue careers in the fields featured at the competition. Ackley plans on attending the Culinary Institute of America to major in culinary arts; Daniels plans on attending Johnson & Wales University to major in

continued on next page

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Are You Using Toxic Sunscreen?

by Dr. Andrew T. Brady



**Dr. Andrew
T. Brady**
**Chiropractic
Physician**

Skin cancer is the most common cancer in the U.S. Between 1973 and 2003, malignant melanoma increased by 83%, and it continues to increase at a rate of 3% per year. We have all heard that we should apply sunscreen to prevent skin cancer, but a number of published studies suggest that applying sunscreen doesn't significantly decrease the risk and may even increase it.

A 2006 publication from the U.S. Environmental Protection Agency stated "there is no evidence that sunscreens protect you from malignant melanoma." Contrary to the research, huge efforts have been made to increase the use of sunscreens that block UVA and UVB radiation.

Meanwhile, many of the widely used commercial sunscreens contain ingredients that are harmful. Some of the most common toxic sunscreen chemicals are avobenzone, oxybenzone, phthalates and parabens. Studies show that when avobenzone is exposed to sunlight, it creates carbon-centered free radicals and damages DNA. This alone is a significant risk factor for skin cancer.

A few studies have also found that oxybenzone can penetrate the skin and enter the bloodstream. This chemical has been shown to disrupt hormones and mimic the effects of estrogen. Also, due to its UVA- and UVB-blocking ability, oxybenzone prevents the production of vitamin D. Vitamin D deficiency is another risk factor for malignant melanoma, as well as a number of other diseases. Humans have produced vitamin D through UVB exposure since the beginning of time. In the proper amount, UVB rays are essential for health.

In addition, some of the latest research considers phthalates and parabens "probable human carcinogens." The scary thing is that a lot of these toxic sunscreens are deemed "dermatologist approved/recommended."

The good news is that there are a number of different sunscreens that do not contain any of these toxic chemicals and are just as effective at preventing sunburns. One of my favorites is The Honest Company sunscreen. This sunscreen does not contain any parabens, phthalates, benzene's or any other known cancer causing chemicals. I always wait at least 20 minutes before applying sunscreen so that my body has a chance to produce a sufficient amount of natural vitamin D.

Next time you need sunscreen, consider buying one without all the toxic chemicals. Your body will thank you!

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Twinsburg Historical Society

The Twinsburg Historical Society has a very special program for the July 26 open house. Twinsburg native Dale Diersing has published a collection of pictures and articles in a time line, and he will be part of a special roundtable. He will have a slide show and will be answering questions on how he did the research and what was his process for creating the book. This should be great fun for young and old. The book will also be on sale for \$15. The open house hours are from 2-5 p.m. Our little shop will be open too, for those who would like to buy Dale's book or a copy of the Green Book or one of the handmade wooden replicas of some of our historical buildings.

Mark your calendars for Twins Days too. There will be a special open house on Friday, Aug. 7, to give visiting twins a chance to get to know our history. Of course, all are welcome. Last year, the twins who came were delighted with our museum, Freeman barn and a look at where it all began. For information contact Marti Franks 330-233-2597. ∞

Twinsburg Garden Club

The Twinsburg Garden Club (TGC) welcomes Sam Friedman, owner of Chagrin Valley Soap & Salve, to speak at our next meeting on Thursday, July 9, at Christ the King Lutheran Church, 10285 Ravenna Rd. Sam will educate us on how to be organic, and why organic personal care is as important as diet choices. His program will begin at 7:45 p.m., following the 6:30 p.m. business meeting.

On July 17 and 18, the TGC proudly presents "Garden Party," a standard flower show. The flower show is free and open to the public, and will be held at the Twinsburg Public Library, 10050 Ravenna Rd., in Twinsburg. Friday, July 17, the show will be on view from 1-6 p.m., and Saturday, July 18, from 10 a.m.-4 p.m.

Congratulations to graduating senior Jenna Simon, this year's TGC Scholarship Award recipient. Jenna will be attending Slippery Rock University in Pennsylvania, majoring in social work.

For more information about the Twinsburg Garden Club, contact either Co-president Sue Davis at 330-697-7818, davis4233@roadrunner.com; or Membership Chair Virginia Schmidt 216-310-7413, virgtod@windstream.net. Also check out our website at twinsburg-garden-club.com. ∞

Organizations: We are happy to print your articles. We ask only that they be typed, with a limit of 250 words, and submitted by the 15th of each month. They may be emailed to news@scriptype.com or mailed to our office.

THS seniors continued

culinary arts; Meisner plans on attending Tri- C before transferring to Johnson & Wales University for culinary arts; Sharpe plans on attending Hocking College to get two associate degrees in culinary arts and baking/pastry arts, then moving forward to complete a bachelor's degree in hospitality management at an undecided school; and Tolbert plans on attending Tri- C to major in culinary arts.

"All students were congratulated by the administration when they came back from California," Grubb said. "The administration and staff are very proud of the students for going and representing CVCC in a very professional manner. They were well prepared, poised and definitely took the team concept and approach and did a fantastic job, on both the state and national levels." ∞

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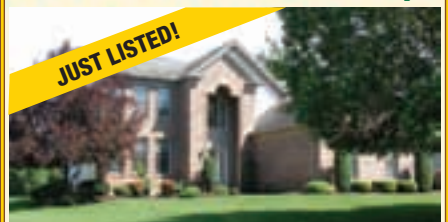
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Country Bargain ads are \$8 and will be printed in the *Twinsburg Tribune* and *ScripType* magazines of Hudson, Sagamore Hills, Brecksville, Independence, Broadview Heights, Richfield, Bath and Hinckley for a total circulation of 58,800. Listings are limited to 20 words and residents, not businesses or paid services. We must receive these by the 5th of the month. Please mail to: Country Bargains, c/o ScripType Publishing, 4300 Streetsboro Rd., Richfield 44286.

For Sale: Buick Regal, 1981, V-6, fully garaged, extremely clean, no rust, very good running condition, 1 owner. Asking \$2,200. 216-970-9091.

For Sale: Solid oak desk, 7 drawers, \$50. Solid pine desk, 4 drawers, \$25. Pepsi wood 12 qt. carrier, 90 years old, \$25. 440-526-6954.

For Sale: 1940s solid wood dining set: table, 3.5 x 5 ft.; 6 chairs; hutch, 3.5 x 5.5 ft.; pad and 10-inch leaf included. \$450. Good condition. 216-798-0355.

For Sale: Lumber and beams, oak and cherry, some unique pieces; 33-ton logsplitter, runs, needs linkage adjustment. 330-864-3868; 330-697-4273.

For Sale: Children's swing set, 3 swings, chinning bar, slide, play hut and canvas cover. Wolmanized wood. 330-278-4791.

For Sale: Fisher stereo w/components in glass cabinet. Turntable, 2 foor speakers, amplifier, AM/FM radio, synthesizer tuner, dual cassette, JVC 5 disc CD. 330-278-4791.

For Sale: 1976 MG Midget A1 body, good interior and top, under 40K, in storage 18 yrs. Best offer, 330-659-9775.

For Sale: Pressed tin ceiling; ten 2 x 8 ft. panels; total 160 sq. ft. Some rust. Asking \$60 for all. 440-582-1982.

For Sale: Cabin Captain-style birch wood twin bed. Four drawers/storage; foot/headboards. Excellent condition, \$150/negotiate. 440-759-2404.

For Sale: Massage chair, like new, motorized, black leather with full body, multi-programmable remote control. Power recline and foot massage, \$189. Call 440-582-0393.

For Sale: Rockwell circular table saw, attached to unit type bench, with storage shelves on wheels. Sawdust catcher attached, \$300. 440-526-4042.

For Sale: Dewalt 12.5-inch, heavy-duty portable thickness planer. Craftsman 10-inch compound miter saw. Space-saving fip unit on wheels. \$500. 440-526-4042.

For Sale: Brand new, never used, Calif. King box spring set, 2 pieces, \$100. Two foldable handicap walkers w/wheels, like new, \$40 each. 330-666-1948.

For Sale: Beer-making equipment, kegs, carboys, cooker, CO2 regulator, much more. Makes 10-gallon batches. Can send email pics. \$300. 330-666-1948.

For Sale: Coleman Powermate generator, 1500W AC, 100W DC, 60 HZ frequency; haven't used in years - works great. \$150, OBO. 330-659-4334.

For Sale: Hoyer lift, never used, \$470. La-Z-Boy lift chair, \$700. Pronto power chair, reclines, \$2,800. Electric hospital bed, \$750. 440-526-6488.

For Sale: Portable Coleman generator model #5500 with Yamaha engine. 5500 running watts, 6875 max watts. Only 2 hours used, \$325. 440-467-7100.

For Sale: Amish-made, solid oak roll-top desk and 2 oak chairs, \$1,500 OBO. 440-785-7292.

Garage Sale: Troy rototiller, exercise equipment, tents, carpenter and electrical supplies, canning jars, much misc. 330-659-4624.

For Sale: Black oron futon, VGC, \$40. Patio set: oblong glass table, 4 chairs with green cushions, umbrella and stand, GC, \$50. 330-659-6801.

For Sale: Oak table w/ glass top, 4 chairs, 2 leaves and hutch, \$350. 8-place settings, Pfaltz-graff dishes (Heirloom pattern), plus accessory pieces, \$300. 440-838-8761.

For Sale: Gaited horse, 14 hands, available for creative lease. Some riding experience required. College owner will work with rider. 216-310-5481.

For Sale: Track running shoes, size 10.5; size 9, Nike EC, w/accessories; soccer/field hockey cleats, Nike 7, Danskin Now running shoe, 7. 330-659-2136.

For Sale: Flower girl dresses w/matching shoes, headpieces. Party dresses, dress coats sizes 6,8,10,12. Can email photos. 330-659-2136.

For Sale: Live cockatiel w/cage and accessories. Paid \$225, will take best offer. Can email photos. 330-659-2136.

For Sale: College dorm items or first apt. furnishings: furniture, bookcases, storage bins, frigs. and more. Recent grad selling items. 330-659-2136.

For Sale: Invacare electric wheelchair, 2013 model. Pronto M51, righthand controls, like new, \$1,200. 440-526-8278.

For Sale: Large oak armoire, mint condition, 7 yrs. old, originally \$950, selling for \$400. Solid wood hall tree, \$75. 216-789-3605.

For Sale: Side desk set, plus credenza for files, and office chair, \$200. 440-223-0084.

For Sale: Fig trees, potted or will dig. Avocados, Chinese dates, succulents, elephant garlic. Make offers. Riverview Road. 440-526-7149.

Vendors Needed: Food, craft, service, retail. Assumption Church festival, Broadview Heights, Aug. 7, 8, 9. email coarecto ry@att.net, phone: 440-526-1177, ext. 0, Diane.

Wanted: Old car or truck, 1923-1987. Call: 330-523-0154.

Wanted: Cars and trucks in need of mechanical repair, all others considered, 330-523-0154.

Wanted: Buying old gas pumps - buy, sell, restore. Call Mark: 330-592-4083.

Wanted: Fishing tackle, boxes, lures, rods, reels; any fishing equipment; outboard motors. Call Bill: 330-819-1115.

Wanted: Gun collector wants to buy hand guns, rifles and shot guns. All brands any condition. Please call Woody: 330-819-3274.

Wanted: Brecksville collector buying antiques, collectibles, decor, one piece or entire basmt/attic, top prices paid, clear the clutter. Frank: 216-403-5884.



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