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LIBERTY NEWS & Views

January 2014

Happy New Year 2014!

The Walton Hills Winning Team

Council L to R **Mary Brenner**, Mayor **Kevin Hurst**, **Gloria Terlosky**, **Don Kolograf, Paul Rich** and **Denny Linville**. Not pictured **Brian Spitznagel**, who was work related out of town

2013 A Year of Challenges for All of Us!

By Kevin Hurst, Mayor of Walton Hills

Kevin Hurst
Walton Hills
Mayor

The Village of Walton Hills received notification on the possibility of Arhaus Furniture moving to a location within Summit County. We understood and appreciated the desire of Arhaus to build and expand a facility to match their growing business requirements; however, we have remained diligent and proactive by offering the leadership of Arhaus economic incentive packages and options for their facility to continue to grow within our Village.

On October 2, 2013, Walton Hills presented Arhaus with a proposal that would make it financially advantageous for them to remain within the village. The proposal included an 80% abatement on property taxes, as well as an 80% refund on all new withholding taxes received from any new employees as a result of the expansion, provided by the

Kevin Hurst continued on page 11

Bedford Heights Update

by Fletcher D. Berger, Mayor of Bedford Heights

Fletcher D. Berger
Mayor/Safety Dir. of
Bedford Heights

Happy New Year to my friends and neighbors of Bedford Heights. I hope that you were able to gather and enjoy the holidays with family and friends. 2013 was another productive year for the city. With the November 2013 completion of the Perkins Road water line and roadway revitalization project, many of our roadway infrastructure initiatives are complete. There are still areas of need that include: Miles Road, Northfield Road and the Aurora Road/ Northfield Road/Interstate 480 intersection. Some of the monies used to revitalize our roadways come from a levy that sets aside a little more than $500,000 annually for the express purpose of covering those costs. The renewal of this levy will be on the ballot

Fletcher D. Berger continued on page 10

Walter Genutis Selected to Replace Stan Koci as Bedford Ward 2 Councilman

Mr. Genutis is a lifelong resident of Bedford. He graduated from Bedford High School in 1971. He and his wife **Stanka Kordic** live with their two sons **John** and **Luke** in Ward 2 of Bedford. His wife Stanka is an international renowned artist.

Walter Genutis continued on page 18

Introducing a New Autism Organization in Oakwood Village

by Karen Forbes, Director

Brandon's Place is a brand new non-profit organization located at 26118 Broadway Avenue in Oakwood Village. Our mission is to provide personalized and interactive services and support to individuals with autism and their families. We serve people from diagnosis through adulthood.

Our programming offers a full schedule of recreational activities and classes for individuals with autism. Additionally, we offer services and support for parents and a casual room for

Brandon's Place continued on page 20

Owner **Brock Milstein** celebrates the much-anticipated opening of the **World-Class Hard Rock Rocksino** at Northfield Park with Mayor **Kevin Hurst** of Walton Hills and Mayor **Gary Gottschalk** of Oakwood Village as he discusses the special group events that the Hard Rock can offer two their communities.

Mayor Stan Koci of Bedford Sets New Standards for Progress and Innovation!

By Stan Koci, Mayor of the City of Bedford

Stan Koci
Mayor City of Bedford

As your new mayor I wish all of you a very happy, healthy New Year. We are starting the New Year at full speed. We are in the process of filling the vacant Ward 2 council seat. We will have that person on board at our January 21st meeting. With the impending retirement of Hank Angelo the search for a new city manager has also begun. We are seeking a vibrant, innovative, and highly motivated individual. We have applications from over 30 people from all over the country and right here in our own backyard. We must make the right choice for the progress of the city.

We are dealing with a very serious investigation by the county

Stan Koci continued on page 12

Tyvis Powell Saves the Day and the Game Against Ohio State Rival Michigan!

Tyvis Powell, (once a Bearcat, always a Bearcat) a Bedford football standout and currently plays for Ohio State as a freshman, saved the game—and the season—for the Buckeyes in their rivalry game against Michigan. With 32 seconds remaining in the game, the Buckeyes were up 42-41 when the Wolverines went for a two point conversion pass to win the game. That's when Tyvis stepped in.

The freshman defensive back intercepted the ball and clinched the Buckeye victory! In his many radio and television interviews following the game, Tyvis was well-spoken and humble and certainly made his alma mater proud! The Buckeyes will now be able to play in the Big Ten Championship Game Saturday in Indianapolis against Michigan State.

Tyvis Powell Saves the day for Ohio State by intercepting the final play of the game!

As Tyvis Powell walked to the Ohio State

Tyvis Powell continued on page 19

Bedford State of City - Wednesday, January 22, 2014
Catered Elegance on Broadway Ave.

Networking at 11:30AM - Buffet Luncheon at 12 noon
State of City address by Mayor Elect Stan Koci and City Manager Hank Angelo at 12:30PM
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Sophia Gordon, Bedford Resident Turns 100

On Christmas Eve, Sophia Gordon of Bedford, turned 100 years old. The former vaudeville actress can still touch her toes and recently celebrated her birthday with the staff at Marymount Hospital where she has been a patient for more than 20 years. Sister Betty Gulick and other Marymount employees presented Ms. Gordon with a cupcake and birthday song.

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Deer Culling In Bedford Reservation January 21 - March 14

The Cleveland Metroparks will be continuing our deer management program this winter. A portion of Bedford Reservation is within the municipal boundaries of Oakwood, Walton Hills, and Bedford, and a deer herd reduction is planned. From noon to as late as midnight, on several days during the period of January 21 through March 14 the main body of Bedford Reservation will be closed to the public.

The safety protocol that has been successfully utilize by Cleveland Metroparks of the beginning of the program will continue. **Deer will be called** by using highly skilled and trained marksman for the purpose of reestablishment of balanced echo systems. Safety remains the number one goal. Your Police Department will be notified prior to the initiation of specific calling within Bedford Reservation. The reservation will be posted/signed and close completely during the management program. All shots will be fired from elevated truck or tree mounted platforms using noise suppressed rifles. In addition to the posted closure signs, all residents who own property adjacent to Cleveland Metroparks property will be sent a letter informing them of the calling program. As in the past years, venison will be donated to the local food bank. Cleveland Metroparks has worked hard to ensure that the deer management program is safe, humane and effective. **If you have any questions, please contact Brian M. Zimmerman, Chief Executive Officer at 216-635-3295.**

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Extra Cheese $2.75
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& JOJO'S
PINT OF COLESLAW
Additional items $1.80
Extra Cheese $3.20
Not valid with any other offer. Offer valid at participating Gionino's Pizzeria location listed above. Expires 1/31/14 LNV

New Year's Resolutions

By Kelli Kay Perk, Esq. Assistant Prosecuting Attorney

Kelli Kay Perk, Esq.

It is that time of year again, where we look towards the New Year and vow to change unhealthy and destructive habits . If you've been reading my column for a while, you probably know that I am very much in favor of behaviors that will promote lifelong health and wellness. There are some reasons for this. The most important reason is that I hate being sick or hurt. I don't handle illness or pain well at all. In fact, those who know me, know that I am a big baby when it comes to being under the weather. So I try to live my life so I can avoid illnesses and injuries that are avoidable.

The second reason is in my work I see the results of unhealthy living in older adults. I see seniors on oxygen because a lifetime of smoking has damaged their lungs. I see dementia in seniors caused by years of excessive alcohol use. I see mobility problems caused by obesity and inactivity. I see seniors with bone fractures caused by thinning bones. I realize that some illnesses cannot be prevented by lifestyle changes but I hope this article encourages some of you to make changes that will allow you to live a healthier and more pain free life. In my work as the assistant prosecutor who represents Adult Protective Services, the one thing I hear most often from seniors is "I want to remain independent as long as I can." Minor lifestyle changes may indeed help you to do just that.

In case you wonder if I practice what I preach….I do, mostly. I exercise 5-6 days a week, most weeks. I eat plenty of fruits and vegetables. This past year I even gave up eating meat, except for fish. The official name for this diet is "pescetarianism." This diet ensures that I get the protein I need, without the saturated fat that red meat contains. I also became concerned with added hormones and antibiotics that some meat may have. I make sure I get enough sleep. I don't smoke, and I drink red wine a few days a week (lots of antioxidants in red wine.) I use sunscreen when I'm out in the sun. I take vitamins. I try to take time to relax and do things I enjoy. I try to remember to be grateful for all the blessings in my life.

You don't have to be a health nut to make a few small changes to your life. So take out your pen and paper and write down three do-able resolutions. One can be as simple as taking five minutes a day to sit still and just breathe. Another can be to take a calcium and Vitamin D supplement every day. They have those gummy ones now, that are chewable. A third can be to have a meatless dinner one day a week. Small changes, but they could lead to better health and wellness in the New Year! And keep you independent as long as possible.

Kelli Perk is an Assistant Prosecuting Attorney in Cuyahoga County, representing Adult Protective Services, and is Chair of the Consortium Against Adult Abuse.

Luverne Milz Skillicorn

Luverne Milz Skillicorn

Luverne M. Skillicorn, 99, of Bedford, Ohio, died on Sunday December 22, 2013, at Woodside Village, Bedford, Ohio. She was born on **February 22, 1914**, in Bedford, Ohio, in the home her parents built when they married. She graduated from Bedford High School in 1932 and married her high school sweetheart, Earl Skillicorn, who later worked for Ferro Corp. Luverne was an involved member of the **Bedford Historical Society**. Luverne's family roots trace back to the Mayflower and John Alden. It is no wonder she had a keen interest in family history and genealogy, and she enjoyed sharing this with her children and grandchildren.

She was involved with the acquisition of the **Dunham House** in downtown Bedford for the Dunhams were her relatives, as well as the **Hathaways, Collins and Milz**, who were early founders and settlers in Bedford. She was a member of the Bedford Music Club. One of her gifts was her talent for hearing music and then being able to play it by ear on the piano. Because of this, she accompanied many groups.

The most important aspect of Luverne's life was her love of family. She enjoyed playing bridge, hosting book and music club meetings, and visiting with he many life-long friends. Luverne traveled with her husband to such places as Europe and Venezuela. Years later she took her entire extended family to England and the Isle of Man to visit the land of the Skillicorns. Then years later, she repeated her generosity and took the entire family to Germany and Austris to concentrate on the Milz side of her family.

She is survived by her 3 children, **Douglas** (Ruth) of Elyria, Ohio; **Robert** (Judy) of Elyria, Ohio; **Sue** (Bill) Paulus of North Canton, Ohio; by her 9 grandchildren and her 17 great-grandchildren. Her parents, Ivan and Lottie Milz, her husband, Earl Douglas Skillicorn and her brother, Wendell Milz, preceded her in death. Family were received at the **Johnson-Romito Funeral Home**, 521 Broadway Ave, Bedford, Ohio 44146. Burial was made at the Bedford Cemetery.

"CASH MOB" COMES BACK TO SOLON AND ANNOUNCES LOCATION AT EARTH FARE!

The "Cash Mob" is coming back to Solon! You've probably heard about these events in other cities and now it has returned to Solon. The Solon Chamber of Commerce is organizing a cash mob to support and promote one of our local businesses as part of its "Shop Solon First" campaign. This year the location will be Earth Fare.

We invite the community to join us at Earth Fare located at 33321 Aurora Rd. in Solon Shopping Square from 5:00 p.m. – 7:00 p.m. on Wednesday, January 15th. Participants are asked to spend a minimum of $20 at Earth Fare. This event will feature complimentary appetizers and local vendor food samplings, coupons and much more! There will also be a Grand Prize drawing!

Shop Solon First is a coalition of locally minded independent businesses, citizens, and organizations working to promote this vibrant community. It's about fueling the local economy and helping to preserve the unique character of Solon. The goal is to raise public awareness of the overall value offered by local businesses, to demonstrate the economic impact of daily spending decisions, and to nurture and enhance our community of local businesses.

The Hawthorne Valley Youth Council Goes Camping in Central Ohio

by Eboni Akins, HVYC Advisor

The Hawthorne Valley Youth Council spent the weekend at a camping trip weeks ago, in early December. Two delegates from the youth council, Myiah Matlock and Ashlei Meyer, joined more than 60 teens, several adult advisors, and YMCA college staff for a Fall Leadership Training at the YMCA's Camp Willson in Bellafontaine, Ohio. It was a weekend filled with team building and training exercises. Participants traveled to the campsite from areas such as Columbus, Marion County, Tuscawarus County, and other parts of Ohio.

Matlock, president of the HVYC, had an opportunity to experience camping for the first time. "This was my first time coming to cabins, my first time sleeping in bunk beds," she said. It was a Friday afternoon when Matlock and Meyer left Oakwood Village to travel a little more than three hours to Camp Willson. It's located between Columbus and Dayton.

Upon their evening arrival, Matlock and Meyer were assigned to a cabin called "Chippewa," where they bunked with five other females. They had little chance to rest before it was time for all participants to convene in the main conference area, which resembled a spacious multi-purpose room.

And that's where the team building began. The group was welcomed by Charlie Myers, Director for the Ohio YMCA Youth in Government program. He then instructed everyone to participate in an ice breaker. As for its style, well, it was similar to speed dating. That's right, speed dating. It was a clean, friendly, conversation starter and the participants loved it.

Other team-building activities involved a complex floor puzzle using squares and numbers, as well as a blindfold-foam noodle type of game. The foam noodle game unexpectedly progressed into a foam noodle-sword fight. The room was filled with laughter and much action. The activities were successful in loosening up all attendees. Doors opened for bonding and new friendships too.

During their weekend at Camp Willson, the teens had an opportunity to learn the basics of preparing for the Ohio YMCA YIG Conference scheduled for April 2014. You can learn more about the conference at **ohioymcayig.org**. Teens broke off into small groups. They experienced practice writing legislative bills, delivering presentations, and engaging in a mock session of the Ohio House and Senate. In addition, the acting Governor selected her Cabinet. Elections took place for acting positions such as Committee Clerks, Senate Chaplain, and Associate Justices. Teens selected for those positions will carry out their roles at the conference in April.

Myiah and Ashlei

HVYC delegate Ashlei Meyer described her experience at Camp Willson as fun. "The people here are really down to earth. I would like to come back again," she said. One of the teen participants from Cincinnati, who shared the Chippewa cabin with Matlock and Meyer that weekend, had quite a lot to say about being involved in the Ohio YMCA YIG program. "Before, I wasn't involved in the community or politics," she said, adding that in the past, she wanted to leave Cincinnati because it didn't feel like "home." But now, she doesn't want to leave her city because "I'm involved and I know more about my community."

Another teen participant from Cincinnati also shared the Chippewa cabin with the HVYC delegates. She explained the Fall Leadership Training taught her to be "more open-minded." "I met a more diverse group of people than I'm used to. I'm more of a country girl, and I met kids from the city," she said. "I learned that we all have different opinions. You have to find that middle line without stepping on people's toes." The time finally came for the group to say their goodbyes on the last day of the conference. Group photos, hugs, and phone numbers were exchanged among participants. But they knew to look forward to convening again in April 2014.

"I made new friends," said Matlock. "I can't wait until the conference in the spring."

ATTENTION: The HVYC is recruiting students in Bedford, Bedford Heights and Walton Hills! Contact Clerk of Council Debra Hladky for more information: hvyouthcouncil@gmail.com. "Like" us on Facebook! https://www.facebook.com/HawthorneValleyYC

The Bedford Historical Society

The Bedford Historical Society presents it's **January Lyceum Program: The Walhain-saint-Paul Project, a 12th century castle in Belgium.**

Director of the Society, Dana Best-Mizsak will speak about her work in the heart of Belgium excavating the twelfth century site over the past 13 years. **Thursday, January 16th at 7pm in the Maple Heights Library. Formore information, please call 440-232-0796 or e-mail dbestmizsak@bedfordohiohistory.org**

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School safety:
What teachers tell us about your kid's school

by Jim Irvine

Saturday, December 14, 2013 marks the one year anniversary since a coward murdered his mother, stole her gun and her car, then drove to Sandy Hook Elementary School in Newtown, Connecticut, where he brutally murdered his mother, six school employees and 20 innocent children before committing suicide. Buckeye Firearms Foundation recently surveyed school employees to find out what has changed in the year since the Newtown killings. As we have already reported, our survey found that nearly two dozen Ohio schools have authorized individuals such as teachers, administrators and parents to carry firearms in schools. There has been enormous progress toward protecting our kids from mass killings at schools, but not all districts are taking your kids safety and security seriously.

The following information is taken from a survey with over 300 responses. This is not scientific, as the pool questioned is not random. They are all people who applied to be trained to carry firearms in schools. Still, their answers give reason to not only to rejoice at the progress in the past year, but also frustration at how reckless some districts are with your kids lives. Studies say that school is the safest place your child spends time. Fewer children die in schools than in cars, or homes or playing in the street. Schools are safe. But kids spend a lot of time in school, so we need to make it as safe as possible. Of all the ways kids die in schools, violence is the number one cause of death. Children are more likely to die from violence than all other causes of death in school combined. So it is a problem that must be addressed.

When asked if they ever had a concern about someone in or at their school, 20% responded "Yes. One time." Another 31% responded "Yes. More than once." That is a lot of potential problems that your school board, mental health professionals and law enforcement need to be addressing. We'll examine what happens when these concerns are raised in a minute. We asked what schools have done in the past year to improve safety, and the response was mostly positive. 74% had meetings with law enforcement and 56% had meetings with staff. 38% met with other experts and 45% indicated their district made capital improvement in locks, windows, cameras or security barriers. 33% said their district "changed policies that I believe significantly improve safety/security." Those numbers indicate that significant progress has been made.

But there is another side to this coin.

38% of responders said that, "My district had changed policies, but I don't believe they will adequately prevent/stop a killer." That number is probably higher a random poll would return because of the biased pool of responders, but there is no denying that too many schools are not taking safety seriously. Attorney General Mike DeWine produced a three hour DVD and sent it to every school district in Ohio. It did not discuss arming staff, but contained much valuable information on preventing and dealing with active killers. Sadly less than 16% of responders say their district shared this critical information with teachers. Over 20% of responders indicated their district had done nothing to improve safety or security in their school this year.

One of the critical reconditions on the DVD was that schools should have a single person to whom teachers, parents and kids should report concerns about a specific individual. Two thirds of responders say their school has such a person, but sadly one third reported that they don't. If you don't know who that person is at your school, ask. If your district does not have such a person, make them assign someone. It could be the principal, the SRO, the gym teacher or a parent, as long as there is one person that everyone knows to go to with safety concerns. The greatest success story is not the killing that is stopped quickly; it is the event that never happens. Failing to take basic steps to identify and help someone before they commit a violent event is inexcusable.

Getting back to our responders who said they have had real concern about someone in or at their school, 53% said, "The situation required minor intervention, and was resolved." 8% said, "The situation required major/law enforcement intervention and was resolved." Obviously those are the two outcomes we want, but what about the rest of the cases? 6% said no one did anything and another 22% said they were given only lip service. In our tiny sample, there are 5 situations (3%) that are still ongoing. From mass shootings to the Oklahoma bombing to the 9/11 terrorist attacks, there were clues leading up to the event, but there was not enough action on those clues to prevent the tragedy from happening. One wonders how many events are in the planning stages right now, and why schools are not doing a better job addressing these serious issues. Only 9% of responders said their school was very safe and able to deal with any likely scenario. Those results are probably skewed because of our biased sample of people who put a lot of thought into security, but still overstates the readiness of our schools to deal with violence. 40% said their schools are mostly safe. 23% think their schools are mostly safe, but "only because there is not a likelihood of violence at my school." My guess is that most parents and teachers at Sandy Hook felt the same way about their school the morning of the massacre.

Of greater concern is that 23% of respondents "feel vulnerable" and indicate their school should be doing a lot more regarding safety. Another 4% said their school is "unsafe" and their administration "does not take security seriously." On Monday, December 9, the Columbus Dispatch published an article entitled, "Are Ohio Students safe at school?" They found 166 schools buildings that are not incompliance with a requirement to submit a school safety plan to the State Attorney General's office. Others have submitted plans that are poor or incomplete.

As active killer expert Lt. Col. Dave Grossman says, "Denial has no survival value." There are a lot of good neighbors and friends and even teachers who are in denial about violence and school safety. They can still be good friends and teachers. But if your administration is in denial, they are not doing their job. They are failing your kids and must be replaced. Teachers often fear repercussions from bringing up sensitive issues. Their paycheck is dependent on working with their bosses. Parents are in a different situation. The school board, superintendent and other schools officials work for you. They are the ones who should feel uncomfortable if your concerns are not being met. The school is obligated to keep your children safe. It is the parents duty to make sure their school officials are doing everything they can to meet that obligation.

Jim Irvine is the Buckeye Firearms Foundation President, and recipient of the NRA-ILA's 2011 "Jay M. Littlefield Volunteer of the Year Award" and the CCRKBA's 2012 "Gun Rights Defender of the Year Award."

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Debra L. Hladky, CMC Oakwood Clerk Named Clerk of the Year

Debra L. Hladky, CMC, Clerk of Council for the Village of Oakwood, received the coveted "2013 Clerk of the Year Award" from the Ohio Municipal Clerks Association (OMCA).

Mrs. Hladky has been a member of OMCA since 2005 and through the years she has been known as a strong advocate in professional education. She serves the association as a member of the Education Committee since 2012.

Her volunteerism in her community includes the coordination of Red Cross Blood Drives, the Community Emergency Response Team (CERT) having served as its President and as a trainer. She also committed herself to the Community Rain Garden installation project, coordinating and participating in a Rain Barrel Workshop. Mrs. Hladky also coordinated the partnership with River Valley Recycling to bring in dollars for the Hawthorne Valley Youth Council.

Her involvement with the youth of the community extends to the Hawthorne Valley Youth Council (HVYC) previously known as the Oakwood Youth Council (OYC) since its inception. She continues to participate and involve youth in community events. She also works with the HVYC students in creating legislative bills that could change state law and upon completion, transports the students to the annual YMCA's Hi-Y Youth-in-Government Conference along with Council Advisors where students present their bills on the Ohio Senate Floor.

Debra is a member of many professional organizations including the North East Ohio Municipal Clerks Association (NEOMCA) serving as secretary from 2006-2008 and as President since 2009 to the present as well as Program Chair since 2010. She is a member of the International Institute of Municipal Clerks (IIMC) since 2004. She was named Person of the Week by the Bedford Sun Banner in 2009. Ms. Hladky is also a member of the National Association of Professional Women (NAPW) and most recently (2012) was accepted as a member of the National Association of Parliamentarian (NAP).

The Bedford High School PTSA

The Bedford High School Parent-Teacher-Student Association (PTSA) is a nonpartisan and nonprofit organization established in 1940. A PTSA is a type of PTA with students involved. Child advocacy is the primary focus that guides all decisions and programs that we offer. Membership is open to anyone who believes in the mission and purposes of the PTA. All Bedford High School PTSA members automatically become members of both the Ohio PTA and the National PTA.

PTA Mission: The overall purpose of Bedford High School PTSA is to be;

* A powerful voice for all children,
* A relevant resource for families and communities, and
* A strong advocate for the education and well-being of every child.

PTA Values: What PTA stands for;

*Collaboration: We work in partnership with a wide array of individuals and organizations to accomplish our agreed-upon goals.
*Commitment: We are dedicated to promoting children's health, well-being, and educational success through strong parent, family, and community involvement.
*Accountability: We acknowledge our obligations. We deliver on our promises.
*Respect: We value our colleagues and ourselves. We expect the same high quality of effort and thought from ourselves as we do from others.
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*Integrity: We act consistently with our beliefs. When we err, we acknowledge the mistake and seek to make amends.

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*To promote the welfare of children and youth in home, school, community, and place of worship.
*To raise the standards of home life.
*To secure adequate laws for the care and protection of children and youth.
*To bring into closer relation the home and the school, that parents and teachers may cooperate intelligently in the education of children and youth.
*To develop between educators and the general public such united efforts as will secure for all children and youth the highest advantages in physical, mental, social, and spiritual education.
*To establish local PTA's.

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Why Do You Want To Grow?

by Bob Schultek, Professional Sales Trainer

Robert Schultek

Growth is good. Failing to pursue it leads to stagnation and often demise. But what defines growth for your company? Is it revenue growth? Profit growth? Growth in head count?

The choice comes down to understanding what ultimate result you want from your growth. Why do you want to grow?

Companies measure growth in numerous ways. In addition to the metrics mentioned above, there is growth in products or services, market share growth, growth in number of customers served, etc. Sometimes growth is more about focusing than expanding. By concentrating on serving fewer markets and increasing your business with existing customers, revenue and profit can increase.

Before you determine how you want to grow, decide why you want to grow. What benefits do you expect to gain from your growth?

Answering the "why" question often comes back to realizing the true purpose of your business – what difference does your business make? How do you produce quantifiable value for your customers? Without a clear purpose and a simplified growth strategy, you can lose focus and spread your resources too thin. Growing too quickly is as dangerous as no growth – preserving focus is essential.

As an example of "focus," successful sports franchises typically concentrate on the consistency of their performance rather than on winning to grow the value of their franchise. They know that consistency creates wins. They refine their resources to strengthen consistency.

Similarly in business, consistently strong performance in serving customers builds reputations and profitable companies. Consistency propels growth; inconsistency destroys companies. Consistency is grounded in your purpose, goals and behavior. But first, it requires that you know why you want to grow.

What growth rate enables the achievement of your goals with your available resources? How can improved consistency contribute to meeting your growth target?

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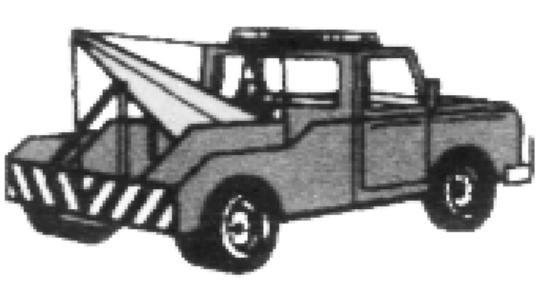

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January 24

Fool Me Once, Shame on You! Fool Me Twice Shame, Shame on Me! Who is Going to Create the Jobs?

By Joseph V. Mestnik, Editor

Joseph V. Mestnik
Editor

Can you really believe sly politicians who have never had to sweat out making a payroll now talking about by law giving everyone "pay equality"! Raise the minimum wage? Why should they worry? It's no sweat off their backs! It's another promise to gain "gullible people's" votes. Let's pay everyone the same amount. Brain surgeons and hamburger flippers should be paid the same. It doesn't matter that a brain surgeon has to be very smart and invest in 12 years of education and years of apprenticeship to cut into someone's head. A hamburger flipper cuts meat with a knife, so that is equivalent to a brain surgeon with a scalpel? Both are alive and their time living is equivalent! What you are hearing from the Washington's brain trust for next season's "political issues" is right out of **Karl Marx, Friedrich Engels, Vladimir Lenin, Leon Trotsky and Chicago's Saul Alinsky.** It's called Communism, Socialism or whatever "ism" you want! America was built on the values of John Locke, "The fruits of a man's labor belong to him." This is called capitalism. Our forefathers, who were willing and often did die for our freedom and capitalism, were all, get this, white Anglo-Saxon Protestant men who knew what Kings and dictators did to ordinary, uneducated people. For Karl Marx, Friedrich Engels, Vladimir Lenin, Leon Trotsky and Chicago's Saul Alinsky, everyone and everything along with imposing taxes belongs to the state! No such radical concept as freedom in kingdoms, fascist, socialist and communist slave states.

If you are not entitled to the benefits from your labor, who is? Why should anyone work? Let's all be on a permanent vacation paid by the government. Do you really believe kings and dictators let everyone have a paid vacation? What is the incentive, when the sly politicians will just tax away the fruits of your labor and give it away to their supportive derelicts who don't contribute to society but rush to the polls to vote for all the promised giveaways? Tax the rich! Tax the rich! This truly has become the promised land of jelly beans and roses!

If you are gullible enough to believe this "pay equality" hogwash, you deserve whatever comes from higher cost for everything, once again, from a bizarre sly politician's promise. Can anyone fall for another gag, "a free chicken in every free pot"! Can you really believe another gag from the same sly politicians who promised a more efficient and better health care program? They promised the Affordable Healthcare Act would reduce costs, lower premiums, insure 30 million uninsured people paid by young healthy people and the overall cost of healthcare would go down! You could keep your doctor, period! You could keep you insurance, period.

Fool me once, shame on you. Fool me twice, shame, shame on me!

Now sly joker politicians and the back-room pranksters, who have never had to sweat out making a payroll are going to force business owners to pay more for labor without any guarantee the business owners will be able to survive! **Who are going to create the jobs?** It's time for sly crafty politicians to quit fooling the people by making promises that they can create something from nothing but their hot air! Perhaps this really isn't hot breath, but rather just stinking flatulence! Sly politicians suffering from gas! I was told a long time ago, when politicians are campaigning and start believing in their own B.S. we are all in trouble. It is worse when gullible people believe them and worse still vote them into office!

Fool me once, shame on you. Fool me twice, shame, shame on me!

Enough is enough already. **Let's start a new day by guaranteeing anyone who goes into business and create jobs net after tax profits of 10%. Everyone is entitled to 10%!. Let's guarantee a business owner will never lose money or fail for starting a business.** I have started businesses and have sweated out payrolls and paying an additional 25% payroll taxes (Workers Compensation, Unemployment, Matching Social Security), paid employee's Medical Benefits and bearing the cost of collecting and filing city, state and federal taxes [the fear of not filing and paying city, state and federal taxes is massive fines or jail]). Trust me on this one, it isn't any fun! Workers and government taxes always get paid first and the owner the very last! I always made sure everyone got paid before I was able to take home a nickel, if that! I knew a lot of startup business owners who would have loved to just have made minimum wage, so they could put food on the table to feed their family. Most small businesses need workers, but are afraid to hire someone. **Most small businesses fail in the first 5 years and the entrepreneurs lose everything and most often go through a divorce and lose their family too! Why risk everything?**

The cost of labor is determined by the free market for employees. Because of recent terrible governmental economic decisions by sly politicians, more and more people are without work and begging that someone will give them a job. The job market is flooded with unemployed and under-employed men and women! Sound familiar? It happened during the 1930's depression. **Business owners risk everything to start a business.** Workers have only their time to give or lose. There is also the risk of employee theft (I experienced this too)! A worker without a job is a consumer going into debt or going nowhere but down! **God bless the entrepreneurs and other business owners willing to take risks, take the plunge and hire people** There are no greater gifts on earth than for an owner of a business giving another human being the opportunity to have a job, be productive and earn a living except the gift of life from God. **The American dream is to someday be rich, retire wealthy, enjoy the fruits of your labor and pass on a better life to your children!** The American promise by our forefathers, who were willing to die for freedom, was and is that government would never stop or get in the way of those with the initiative to be creative. Apparently those in Washington or the Political Parties never learned this chapter in history class.

Commodities - Corn Soybeans and Wheat Prices have experienced a sharp decline.

CORN

Jan 14	-13	H 4.1050	-13	H 4.1050
Feb 14	-11	H 4.1250	-11	H 4.1250
Mar 14	-10	H 4.1350	-10	H 4.1350
Apr 14	-14	K 4.1775	-14	K 4.1775
May 14	-12	K 4.1975	-12	K 4.1975
Jun 14	-14	N 4.2475	-14	N 4.2475
Jul 14	-12	N 4.2675	-12	N 4.2675
Fall 14	-25	Z 4.2700	-25	Z 4.2700
Jan 15	-18	H 4.4450	-18	H 4.4450

SOYBEANS

Jan 14	5	H 12.7625	3	H 12.7425
Feb 14	-4	H 12.6725	-4	H 12.6725
Mar 14	-10	H 12.6125	-10	H 12.6125
Fall 14	-25	X 11.0475	-25	X 11.0475
Jan 15	-15	F 11.2050	-15	F 11.2050

WHEAT

Dec. 13	-35	H 5.7075	-35	H 5.7075
July 14	-30	N 5.8450	-30	N 5.8450

HALLMARK MOMENT IN TIME

By Gloria Terlosky, Walton Hills Councilwomen

It was Thanksgiving Eve 2013, I had just finished cleaning my house, baking the pumpkin pies and putting on the last touches for tomorrows Thanksgiving dinner. I looked at the clock and the hands on the clock told me it was five o'clock, time for me to put MY hands down for the day and go and enjoy the start of the holiday season.

Gloria Terlosky
Councilwoman
Walton Hills

It was a cold, cold November night, the temperature was 24 degree, but the wind chill made you feel like you had just borrowed Rudolph the Red Nose Reindeer's nose. After parking my car I started walking towards the park in the center of Bedford. Each footstep was a crunch, crunch in the frozen show. Passing by the shop windows with all their Christmas displays reminding me of Christmases past and what was yet to come.

I felt at times that I was walking on air, like being transported into another time and place. It was a good feeling, a happy feeling, a feeling of peace. I guess you could say I was engulfed with the spirit of Christmas.

As I walked into the park, I could see people gathering in the back left corner under a big white tent, as I approached the smell of hot chocolate over took my senses. And the sight of those little white powered doughnuts made my mouth water. I stood there in the crowd talking to friends and neighbors sipping my hot chocolate. As I watched tiny like snowflakes of powered sugar nestle on to my jacket. Patiently but anxiously we waited for the count down for the Christmas lights.

I looked around and I thought to myself, there should be movie cameras here. Bedford is the Best Little Christmas Town; it should be the location for one of those Christmas Hallmark Movies they show every Christmas season. I looked to the sky and the snow was falling ever so gently, the kids were running and falling down and making angels in the snow. The lights filtering through the stain glass window of the Old Baptist Church formed a golden hue over the families that came to welcome the season and get a peek of the soon to arrive Santa Claus.

I was surrounded by ALL the ingredients that could make the movie of the week. Families, from different communities coming together, enjoy each other and the season of hope and joy. Hallmark was missing a great opportunity! At six o'clock sharp the switch was thrown, just as the train blew its whistle as it past through town and the whole Christmas town burst into a snow globe of lights. We all clapped our hands in approval but the applause was muffled do to our gloves and mittens but our shouts of enthusiasm warmed our hearts and our bodies.

From there many of us walked up the steps of the Old Baptist Church on the square which has stood proud since the year 1892. While the statue of the Civil War Soldier stood at attention and watched over the crowd for yet another holiday season. I thought about all our men and women in the military all over the world who were watching over us tonight and hoped that next year the world could be at peace.

Sitting in the warm old church we listened to praise and Thanksgiving from different members of the Southeast Clergy Council who hosted the evening and we sang Christmas carols with the choir. Friends of mine sat next to me during the service, I asked them what their plans were for Thanksgiving? And they said they were going over to Garfield Hts. to serve Turkey Dinner to the less fortunate. God Bless Them! They are what the season is all about.

It was a magical time a Hallmark Moment in Time for me. I hope to see you in the crowd next year. And if anyone knows of a movie producer or director, tell them to take a gander at the LITTLE TOWN OF BEDFORD, we even have a train the blows the whistle on cue. Such Fun! My heart felt thanks to the Southeast Clergy Council, the choir, musicians and the City of Bedford for bringing people of different communities together, not just at the holidays but all year long through their Fridates and Festivals, you do the Civil War Statue Proud.

Happy 2014! God Bless America and the little Town of Bedford!

WALTON HILLS 50 PLUS CLUB

by Duke Owens, Publicity

It's hard to believe that Christmas and New Years have come and gone and all that is left are the memories, not to mention a few pounds gained as a memento of all the good eats that were dished up. **The new year is here and the clubs first order of business is the January 20 meeting in the community room at one o'clock.** The guest speaker for this meeting is Stephanie Cummings whose presentation will be on hearing, and if you're not able to hear her then the talk will definitely be for you. Let's not forget our birthday bunch as another year gets tacked on. The lucky five who will be opening gifts and eating cake and ice cream with friends and families are: Roger Fuhrmeyer, Wayne Johancen, Ray Levenduski, Mary Vosgerrichian, and last but not least Joyce Tinter. From all of us to all of you, "HAPPY BIRTHDAY' and may you have many more. As we enter into 2014 may it be a wonderful, healthy, "HAPPY NEW YEAR " for each and everyone.

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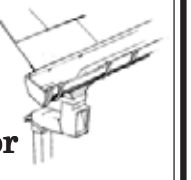

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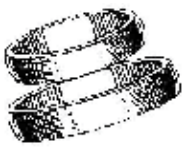

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Obamacare and New Taxes: Destroying Jobs and the Economy

By Curtis S. Dubay

The Patient Protection and Affordable Care Act (PPACA) imposes numerous tax hikes that transfer more than $500 billion over 10 years—and more in the future—from hardworking American families and businesses to Congress for spending on new entitlements and subsidies. In addition, higher tax rates on working and investing will discourage economic growth both now and in the future, further lowering the standard of living.

Summary

PPACA[2] contains 18 separate tax increases that will cost taxpayers $503 billion between 2010 and 2019.[3] Three major tax hikes make up nearly half of the new revenue raised by PPACA:

1.Section 1401 imposes a 40 percent excise tax on "Cadillac" health insurance plans. This new tax will apply to health plans valued in excess of $10,200 for individuals and $27,500 for families. Those thresholds will grow annually by inflation plus 1 percent. The tax takes effect in 2018 and is projected to raise $32 billion by 2019.

2.Section 1411 increases the Medicare Hospital Insurance (HI) portion of the payroll tax. This provision will increase the employee's portion from 1.45 percent to 2.35 percent for families making more than $250,000 a year (and for individuals making more than $200,000). Combined with the employer's portion, the total rate will be 3.8 percent on every dollar of income over $250,000 when the tax hike takes effect in 2013.

3.Section 1411 also imposes a new payroll tax on investment. This tax provision applies the new higher 3.8 percent Medicare tax to investment income—including capital gains, dividends, rents, and royalties—and is scheduled to become effective in 2013. Together, the Medicare tax hikes will raise $210 billion between 2013 and 2019.

Table 1 lists all of the tax increases in PPACA.

Impact

As a result, the tax hikes in PPACA will slow economic growth, reduce employment, and suppress wages. These economy-slowing policies could not come at a worse time. PPACA tax increases will impede an already staggering recovery. They Will Slow Economic Growth and Destroy Jobs . Taxes transfer money from productive private hands to the less efficient public sector. A politicized allocation is less efficient than market-based allocation because political decisions do not consider the highest-value use of resources, while the private sector considers such issues and therefore does a better job of assigning resources where they will contribute the most to economic growth.

The List of the Obamacare Taxes

Description of Tax	Year Effective	Revenue Raised (2010–2019)
Increase Hospital Insurance (HI) portion of the payroll tax from 2.9 percent to 3.8 percent for couples earning more than $250,000 a year ($200,000 for single filers).	2013	$210 billion
Apply the 3.8 percent HI tax to investment income for couples earning more than $250,000 a year ($200,000 for single filers) for the first time.	2013	*
Mandate for individuals to buy health insurance and employers to offer it to their workers.	2014	$65 billion
Annual fee on health insurance providers based on each individual company's share of the total market.	2014	$60 billion
40 percent excise tax on "Cadillac" health insurance for plans costing more than $10,200 for individuals and $27,500 for families.	2018	$32 billion
Impose an annual fee on manufacturers and importers of branded drugs based on each individual company's share of the total market.	2011	$27 billion
Exclusion of unprocessed fuels from the existing cellulosic biofuel producer credit.	2010	$24 billion
2.3 percent excise tax on manufacturers and importers of certain medical devices.	2013	$20 billion
Higher corporate taxes through stricter enforcement by requiring them to report more information on their business activities.	2012	$17 billion
Raise the 7.5 percent AGI floor on medical expenses deduction to 10 percent.	2013	$15 billion
Limit the amount taxpayers can deposit in flexible spending accounts (FSAs) to $2,500 a year.	2014	$13 billion
Reduce the number of medical products taxpayers can purchase using funds they put aside in health savings accounts (HSAs) and FSAs.	2011	$5 billion
Eliminate the corporate deduction for prescription expenses for retirees.	2013	$4.5 billion
Increase corporate taxes by making it more difficult for businesses to engage in business activities that reduce their tax liability.	2010	$4.5 billion
10 percent excise tax on indoor tanning services.	2010	$2.7 billion
Increased penalty for purchasing disallowed products with HSAs to 20 percent.	2011	$1.4 billion
Increase taxes on health insurance companies by limiting the amount of compensation paid to certain employees they can deduct from their taxes.	2013	$0.6 billion
Repeal special deduction for Blue Cross/Blue Shield organizations.	2010	$0.4 billion
TOTAL REVENUE RAISED		$503 billion

* Revenue raised from the application of the Hospital Insurance tax to investment income is included in the $210 billion figure shown above

Sources: Heritage Foundation calculations based on data from the Joint Committee on Taxation.

Table 1 • WM 3100 ☎ heritage.org

They Will Discourage Work and Savings. Congress must levy high tax rates to take more Americans' money, and this has a number of negative implications. Higher tax rates decrease the incentives for individuals to work and save more, both of which are essential for economic growth. Additionally, high rates discourage individuals from working harder and saving larger portions of what they earn. Combined, these two effects impede economic growth and reduce the number of jobs that businesses would have created had tax rates been lower.

They Will Not Reduce Deficits. Higher taxes never close budget deficits because, in the short run, Congress will spend all of the extra revenue it receives from higher taxes. Congress always spends every dollar of tax revenue it raises and however much it can borrow from credit markets. In the long run, the extra revenue will dissipate as individuals adjust their behavior to minimize their tax liability. The only way to close deficits is to cut spending and align it with how much revenue the tax code typically raises.

A New Direction

All tax increases have negative economic effects because higher taxes take resources from the productive hands of the private sector and transfer them to the wasteful hands of politicians. Higher taxes also lessen the incentives for individuals and businesses to engage in activities and behaviors that expand the economy and create jobs.

The tax code is a severe drag on the economy and is badly in need of fundamental reform. Ideally, a revised tax code would adhere more closely to the well-known flat tax. This new tax system would tax all wage and salary income at one rate and provide for only minimal deductions, credits, and exemptions. Tax reform is not an excuse to raise taxes. The new tax code would raise the same amount of revenue as the current system but in a more efficient manner in order to enhance economic growth.

Curtis S. Dubay is a Senior Analyst in Tax Policy in the Thomas A. Roe Institute for Economic Policy Studies at The Heritage Foundation.

Editor's Comment: Now we are starting to see the whole picture. The president is going to pay for all his deficits with the PPACA hidden taxes. What a crock! Now we know why he can't repeal this grab bag of hidden taxes, Didn't I tell you someone was going to pay for all this and it was going to be you!

Center for Healthy Aging at University Hospitals Bedford Medical Center helps older adults live fuller, more independent lives

New program offers senior assessment to identify and manage wellness issues.

University Hospitals (UH) Bedford Medical Center, a campus of UH Regional Hospitals, has launched a new program to help older adults live healthier, more independent lives. The Center for Healthy Aging expands the wide range of services the hospital already offers to the senior community in and around Bedford. "Healthy aging is successful aging," says Anne O'Neill, LSW, Manager, Center for Healthy Aging, UH Bedford Medical Center. "Our primary goal is to provide clinical expertise and education to older persons and their caregivers in a collaborative health care environment to ensure that they are active and informed participants in their own unique aging process."

A critical dimension of the Center for Healthy Aging is the new Senior Assessment Program. It offers people over 65 and their families a resource to identify and manage complex health problems as well as social, emotional and practical living issues. "Our Senior Assessment Program evaluates current and future health concerns an older person might have, as well as their overall wellness," says Taryn Lee, MD, Medical Director, Geriatric Medicine, UH Bedford Medical Center.

The assessment is a consultative service which primary care doctors are encouraged to utilize on behalf of their older patients. Dr. Lee and the team of geriatric specialists at the Center for Healthy Aging provide detailed recommendations for the patient, family and physician to consider and follow up on as they see fit. "Common concerns we assess include memory; mood; decision-making; mobility; sleep and nutrition issues; medication evaluation; safety; and future care planning" says Dr. Lee.

Each senior's assessment is customized to fit his or her unique circumstances and medical history. It encompasses cognitive and physical function and, if needed, a home environment evaluation. "For the cognitive component, a person is assessed by a board-certified geriatrician, or nurse practitioner and social worker," says Kimberly L. Kinder, CNP, CNS, Geriatric Nurse Practitioner at UH Bedford Medical Center. "On site at the Center for Healthy Aging, a physical therapist can evaluate a patient's balance, fall risk and need for assistive devices." If a home assessment is needed, members of the hospital's Occupational Therapy team will conduct an evaluation of the older adult's living environment. "They will recommend possible modifications to their living situation or physical setting to better ensure their safety," says Kinder. "In many cases, home modifications can be made easily and inexpensively."

The new Center for Healthy Aging will add more inpatient and outpatient clinical services in 2014, including an older adult fracture program; a palliative care program; an inpatient unit devoted to the care of older adults; and a senior health clinic offering same-day appointments for minor health concerns. The majority of these senior services are available within the University Hospitals system only at UH Bedford Medical Center.

In addition to its clinical and educational components, the Center for Healthy Aging will also launch Age Well Be Well, a free membership program, in early 2014. "Age Well Be Well will be designed to encourage and empower older adults in our community to socialize and remain connected," says Lori Robinson, Membership and Outreach Coordinator, UH Bedford Medical Center. "We will offer seniors discounts at local businesses, social events, fitness programs and opportunities for local travel."

"The decision to launch a Center for Healthy Aging on the Bedford campus was a strategic one designed to meet a growing need for senior services in our community," says Richard Hanson, President, UH Community Hospitals and Ambulatory Network. "Nationally and locally, patient populations are aging and we want to be prepared to meet the challenge of caring for them – mind, body and spirit."

For more information about the Center for Healthy Aging at UH Bedford Medical Center, the Senior Assessment Program and Age Well Be Well membership, call 440-735-4200. If you would like to arrange an assessment, a physician referral is preferred but not required.

Al Qaeda in Syria acquires Sarin (Poison Nerve Gas): Russia concerned for Sochi Olympics

DEBKAfile Special Report

Chechen ruler Ramzan Kadyrov announced Monday, Dec. 4, the formation of a special unit to deal with "Syrian radicals"- both within the North Caucasus republic and abroad. "Members... will be ready to interfere in the Syrian conflict if authorized by the Russian president." Russian and Syrian intelligence fear al Qaeda in Syria is plotting a spectacular attack on the Sochi Winter Olympics in February, possibly using sarin. This was one of the main topics of discussion between Binyamin Netanyahu and Vladimir Putin in Moscow Nov. 20. According to a report by investigative journalist Seymor Hersh, in an article published in London on Dec. 8, Al Qaeda in Syria has got hold of sarin nerve gas and is ready to use it.

He quoted "a large number of American intelligence officials" who said that "the chemical attack on the eastern Damascus suburb of Ghouta on Aug. 21, in which more than 150 people died, may not have been carried out by Bashar Assad's army but by Jabhat al Nusra [Al Qaeda's Syrian branch]."

The sources quoted by Hersh charged that President Barack Obama and Secretary of State John Kerry knew this and deliberately "manipulated the intelligence."

Editor's Comment: When you can't trust our elected officials to tell us the truth, shoulld we care? You bet your bottom we should and keep their feet to the fire until they do! **The Affordable Care Act is now the biggest, most expensive government lie ever.**

Phil Stevens
Board Member
BCSD

Is Your Student doing well? Communication is the Key

By Phil Stevens,Vice President, Bedford School Board

This is the second year that our Bedford Board of Education has actively engaged in communication with our community residence. Coffee, Conversation, and Communication with the Board of Education has been our slogan and has work well as one of our Board of Education set goals. We as board members take community engagement seriously. That's why you can find two board members once a month on Saturday's from 9am-11am at The Bedford Falls Cafe' 720 Broadway Ave. downtown Bedford.

January 11, 2014 February 8, 2014 March 15, 2014

For additional school information call 440-439-4777

President, Michael Mascali (center left) and CFO Cynthia Sobe (center) are shown with (left to right) Matt Buchotlz, Jim Taliak, Judi Sandbrook and Alisha Caraballo

Solon Chamber Names AMRESCO SOLON Business of the Year

The Solon Chamber of Commerce has named AMRESCO Solon 2013 Business of the Year. The announcement was made at the Chamber's December Holiday and Awards Luncheon. The winner was named for their outstanding contributions to the Solon community.

AMRESCO is a company on the move – growing and investing,double digit growth for many years. They have a strong steady and stable pattern of innovation and growth throughout their history. AMRESCO invested in a new powder manufacturing facility to support growth in the life science business. AMRESCO introduced new products, had developments and released new products throughout 2013 with announcements in March, May, June and in September announced the release of 26 additional new biochemical products to their portfolio. They have also continued to grow and establish additional distributors globally.

Over the past 7 years, AMRESCO has nearly doubled in number of employees (they successfully weathered the storm of the volatile economy with zero employee layoffs) and the business has expanded from 3 buildings in Solon to 5! AMRESCO is extremely active in the Solon Chamber and has been a member for the past 13 years. AMRESCO has had a great presence on the leadership team of the Chamber Board of Directors and continues to participate and sponsor Chamber events.

Also, they are a company who fosters fun in the work environment – contributing to a work/life balance. AMRESCO celebrated another year of being honored with the NorthCoast 99 Best Workplaces in Northeast Ohio award. This makes it 3 years in a row!

We're proud to have them located and growing in our back yard, providing jobs and careers, making significant contributions to their industry through R&D and new product releases. They have an excellent reputation.

Solon Chamber of Commerce Announces 2014 Officers and Board

The Solon Chamber of Commerce Board of Directors has elected the following officers for 2014: Chair, Virginia Schmidt, Commtrol; Chairman–elect, Greg Rosenberg, Business Communication Solutions; Vice Chairman, Robert Beattie MP Biomedicals,; Vice Chairman, Kim Lesch, Action Travel; Secretary, Jennifer Natale, Solon Chamber of Commerce; Treasurer, Kim Zagar, SS&G. Voting took place in December with officers taking office January 1, 2014.

The 2014 Board members include: Brooks Gerbitz, Swagelok; Chet Green, Northcoast Shredding & Record Co.; Tom Griffin, Mayfield Collision Centers; Joe McHenry, Superior Beverage Group; Julie Smith, InterDesign; Julie Zonneveld, Keithley Instruments; Michi Eaton, Quanex Building Products; Bill Oler, Chagrin Safety Supply; Cary Root, Root InfoTech; Judi Sandbrook, AMRESCO; Anita Barnoski, Family Tree Health Care Services; Judy Caine, Prosperity NEO; Susan Drotleff, Adecco; Tom Jackson, Leverity Insurance; Jeanette Knauf, First National Bank; Stephen Fein, Mid America Management; Carol Hawkins, Hawkins Hearing Center and Dan Schuman, Schuman Team – Howard Hanna.

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Fletcher D. Berger continued from page 1

this year. Please be mindful that a renewal indicates that there will be no increase in taxes, merely a continuation of what you already contribute toward our road repair program. Since 2008, your tax contributions total $3,000,000. We used that $3,000,000 and leveraged $14,000,000 worth of roadway revitalization for Bedford Heights. We have revitalized Sunset Drive, Aurora Road, Rockside Road (from Aurora Road to Bartlett Road), Mardale Avenue, Columbia Drive and Perkins Road. In addition to these major road projects, we spent another $850,000 on various road, sidewalk and infrastructure projects throughout the city.

I would like to take this opportunity to thank Mayor Daniel Pocek for his many years of service to the residents of Bedford. Mayor Pocek has been a colleague, friend and supporter and I will certainly miss working with him. I look forward to the opportunity to work with his successor in Bedford, Mayor Stan Koci. Good Luck Dan and thanks for everything!

Giant Eagle Bedford Heights – I want to thank Todd Waldo and Larry Sevich of Giant Eagle for their partnership and presence in our community. On December 20, 2013 they had the grand opening of their new Compressed Natural Gas (CNG) station at their Richmond Road location. Building on its longstanding commitment to improving the communities it services, Giant Eagle is introducing its first private Compressed Natural Gas (CNG) station in northeast Ohio. Conveniently located at its retail support center on Richmond Road in Bedford Heights, the new CNG station allows the company to improve its dedication to operating in a sustainable fashion by increasing the availability of the alternative fuel for its truck fleet. Currently, approximately 20% of Giant Eagle's fleet runs on CNG. According to data from the International Association for Natural Gas Vehicles, CNG reduces particulate matter emissions by 94%, carbon monoxide emissions by 75%, nitrogen oxide emissions by up to 49%, and carbon dioxide emissions by 25%.

Dr. Martin Luther King, Jr. became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. Dr. King organized nonviolent protests in Birmingham, Alabama. King also helped to organize the 1963 March on Washington, where he delivered his "I Have a Dream" speech. There, he established his reputation as one of the greatest civil rights leaders and orators in American history.

Looking ahead to 2014 - Much of my energy, efforts and focus in 2014 moving forward will revolve around (1) the redevelopment of the former Bedford Heights Hotel site (24801 Rockside Road); (2) development of a shared dispatch system to be located in Bedford Heights and encompass Bedford Heights, Bedford, Maple Heights and Garfield Heights. This system will enable each of the communities to be more efficient and reduce costs; (3) add a freestanding pavilion to the Municipal Park Playground area (located behind city hall).

On Saturday, December 21st, we distributed food to needy Bedford Heights residents as part of our FREE Mobile Food Pantry in partnership with the Cleveland Foodbank. The FREE Mobile Food Pantry is for Bedford Heights Residents ONLY, and takes place at the Bedford Heights Community Center (5615 Perkins Road) every fourth Saturday of the month for 2 hours beginning at 9:00am. (first come-first serve/rain or shine). Please, one registration form per household. Residents must meet income eligibility requirements; provide proof of residency and a valid photo ID. The next FREE Mobile Food Pantry is scheduled for January 25th.

343.03 DEPOSITING SNOW ON PUBLIC STREETS - (a) Discharging or depositing of snow by truck, plow, blower, or other snow removal equipment into the roadway is prohibited except for accumulations, which are necessary residuals of street or roadway cleaning operations by the City. (Ord. 77-158. Passed 12-6-77.)

To stay in touch with what's going on in Bedford Heights, visit our website (www.bedfordheights.gov), our facebook page, our city calendar (on our website) or tune in to BHTV Cable Channel 20. We want to ensure that you're informed, involved and aware.

Kevin Hurst continued from page 1

village. This would be part of a job creation tax incentive. Walton Hills also presented Arhaus with several options that would allow the company to construct a larger facility within the Village to accommodate any needed growth, up to a million square feet. Throughout the process, Arhaus expressed optimism about remaining in Walton Hills. Arhaus officials had even gone so far as to place an option on adjacent property which would allow them to expand their footprint in Walton Hills.

However, on Friday, December 6, 2013, the community of Boston Heights notified Walton Hills that they had a pending application for a Community Reinvestment Area agreement with Arhaus. This was the first time that any information regarding Boston Heights and a possible relocation to that community was revealed to Walton Hills; Arhaus had not previously discussed this possibility with our village.

We have retained outside legal counsel to pursue our next course of action. We have also retained help from the state, the county and the Greater Cleveland Partnership, a private enterprise, to determine our options and what the legality is of a company moving while they possess a written agreement with an existing community. This is a process that will take a longer period of time than has been broadcasted. In the meantime, Walton Hills will continue to negotiate with Arhaus. We have a proposed meeting before the end of the year, and are prepared for further negotiations.

The goal of this administration is to find the best and most efficient way to serve the residents of Walton Hills. We take pride in our service and will continue to always remain accountable. The Village is running smoothly, but from time to time unexpected issues and solutions have been developed and managed in a profession manner with open forums and/or meetings. Our long term goals are to continue promoting the features and benefits of living or working here.

Anyone that has been a leader, parent or person with responsibility for a long time knows that as problems arise, there will always be negative comments. As we move forward, you will continue to see that, despite any negative comments, the work of your elected officials will rise to the top. We will utilize the same process that every blue collar and white collar worker uses in America – show up to work every day, continue to be accountable, watch every penny, answer questions and always look for better ways to do our government responsibilities.

The new dispatching, fire and building department services have all improved services and reduced cost for our Village. You can be proud of the work accomplished by your elected officials.

As we closeout 2013, the village maintains a surplus exceeding $500,000. While we plan, prepare and begin 2014, we will continue to work on making Walton Hills the premier Village that it has shown to be once again. God bless you and your family, and may you have a very healthy and prosperous new year!

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Welcome to the Village of Walton Hills web-site!
On behalf of the Mayor, members of Council, Village Hall Department Heads, and all Village employees, we welcome you to the beautiful Village of Walton Hills. We hope you find the information on our website helpful. If you require further assistance or have a comment or suggestion, please contact us at 440-232-7800.

Mission Statement:

- ***To promote and improve the quality of life and maintain the country home atmosphere for the Village of Walton Hills.***
- ***To retain and enhance the safety and services for all residents.***
- ***To preserve and increase the economic and industrial development of the community through positive forward-thinking leadership.***

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Stan Koci continued from page 1

and we are cooperating fully with the county prosecutor's office. I can assure you we will get through this and be a better city for it. The challenge of overcoming the loss of Ben Venue Labs and the potential impact of a 3.3 million dollar loss to our budget is huge. I pledge to do all that we can within our power to help find and facilitate a new owner for that property.

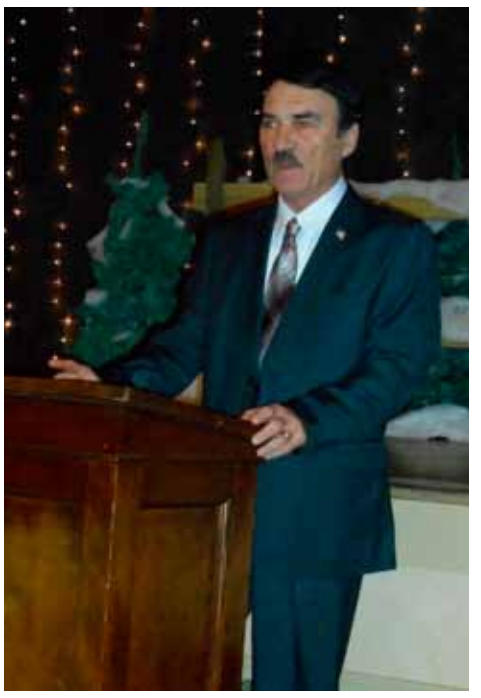
wish to thank retired Mayor Dan Pocek for his leadership and holding together the many personalities on council for his 14 years as mayor and 16 years as a councilman. It is my wish to keep that focus for our new council to work together. I am not looking for a bunch of yes men and women; that would be counterproductive. As I have said many times, the success of our council has been that while we do not always agree, we get along. We decide the merits of issues based on its content and not who brought it to the table. That sense of continuity and commitment will be tested as we face those issues that are of vital importance to our community. We the council have some very tough decisions to make, but we will make them based on what's best for the city.

I challenge our council, administration, and our employees to step up and be a part of a new and stronger city government. I will stress quality, service, innovation and integrity to all of our city leaders and employees. We have challenges, but we will deal with them and move forward.

I want to congratulate Marilyn Zolata on her re-election. Councilwoman Zolata was selected by council to be Bedford's next Vice Mayor. I also want to congratulate Greg Pozar and Sandy Spinks on his re-election and her election to council. I am looking forward to working with them as a team to set a dynamic course for the City of Bedford.

I have a vision for our city, that it will be a vibrant community and a destination for others to come see what a great city Bedford is and what we have to offer. Our greatest asset, I believe, is our location. We are 20 minutes from everywhere. In 20 minutes you can be at some of the best hospitals in the world, you can attend world class museums and orchestras, you can be at an international airport, you can be on a redeveloping lake front, you can enjoy the Metroparks with one of the most beautiful waterfalls right here in Bedford, we have an actual downtown with a deep history where you can shop and dine, a beautiful town commons with activities almost every weekend, a great history and an active historical society, beautiful homes, and most importantly some of the nicest people anywhere. **I will do all that I can to make Bedford the place to be and with your help it will be a place we can all be proud of.**

Bedford Council getting ready to finish out the swearing in ceremony and back to work!



Councilman Greg Pozar thanking voters and also saying the criteria for all decisions should be for the betterment of Bedford.

Councilwoman and Vice-Mayor Marilyn Zolata thanking voters and council for their support. She is looking forward to 2014.

Mayor Stan Koci being sworn in by the former mayor Daniel Pocek

Councilwoman Sandy Spinks, next to her husband Bob, taking the oath of office.

Ask The Dentist

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Jane L. Dodson, DDS
General Dentist

Local Dental Office Joins U.S. Marines in War Against Poverty & Illiteracy on Our Own Soil

Big Town, NY—**Dr. Jane L. Dodson** joined with the U.S. Marines in an all out campaign to attack poverty and illiteracy in our own society through the U.S. Marine Toys for Tots Literacy Program. According to the National Center for Children in Poverty over 16 Million children in the United States live below the federal poverty level. Dr. Jane L. Dodson, serving her community for over 20 years, was quoted as saying, "This is an outrage! Only someone who doesn't care about this city and our children would keep this quiet." "Something should be done about this!"

During a special event and banquet held in Florida honoring the U.S. Military during Military appreciation week commencing with Veteran's Day the U.S. Marines were honored. Also recognized were the U.S. Marine Toys for Tots program and the Toys for Tots Literacy Program.

In 1947, after WW II, Toys for Tots began in Los Angeles when Major Bill Hendricks and a group of Marine Reservist collected and distributed 5000 Toys to needy children.

Then in 2008 in order to do something about illiteracy, the Toys for Tots Literacy Program was launched with the mission to offer our Nations most economically disadvantaged children the ability to compete academically and succeed in life. Big named companies such as The UPS Store, FAO Schwartz, Hasbro, Toys R Us, The Walt Disney Company and many more all joined the fight in supporting the Toys for Tots Literacy Campaign.

Dr. Jane L. Dodson said, "I want to do my part. And I want every American and everyone in this city to know about this program and support it. Look, not only do the Marines give the ultimate sacrifice to protect our freedom, but they are also leading the way in showing us that something can be done about it; something can be done about poverty and illiteracy by everyone pitching in."

During the event presentation, Captain Joseph Draeger of the U.S. Marines said, "Through the gift of a book we can provide the tools needed to help break the cycle of poverty, one child at a time." Dr. Jane L. Dodson said that her colleagues all agreed to support this program, and during the event they raised enough money to help over ten thousand disadvantaged families in the United States!

One member was quoted as saying that it would be un-American not to promote and support this. Dr. Jane L Dodson said that she felt it was her duty to request every media outlet to promote this Toys for Tots Literacy Program—making more people aware of this unhandled pain and suffering of poverty and illiteracy in our own country—we should learn from the Marines! They are demonstrating to us that something can be done about it; despite all odds!

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GLENDALE PARTICIPATES IN HISTORYMAKERS PROGRAM

By Beth Russell, Communication Coordinator

Bedford's Glendale Primary School was chosen to participate in the 4th Annual Back to School with The HistoryMakers program for the third consecutive year. On September 27, more than 500 accomplished African American "HistoryMakers" visited over 25,000 students in nearly 35 states.

Glendale was one of only a handful of Cleveland-area schools chosen to participate, as guest HistoryMaker **Dr. Woodrow Whitlow, Jr.,** spent the day at Glendale. He visited with the children, read them his favorite children's books and talked with them about his successful career as an aerospace engineer and federal government administrator.

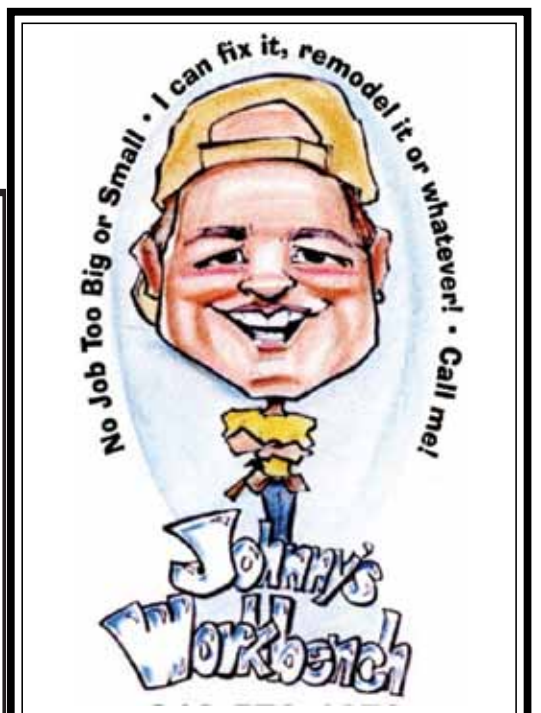
Dr. Whitlow's long career with the National Aeronautics and Space Administration (NASA) began in 1979 when he was hired as a research scientist at the NASA Langley Research Center in Hampton, Va. He rose quickly within the organization and held numerous positions with NASA. Among those positions, he served as Director of the NASA John F. Kennedy Space Center, overseeing launch-related services and activities and as Director of the NASA Glenn Research Center, where he was responsible for organizing and overseeing mission-related activities at the Center. IN 2010, NASA named Whitlow the Associate Administrator for Mission Support at NASA Headquarters.

"We were honored to have Dr. Whitlow as our guest at Glendale for the day," said **Principal Nora Beach**. "This is our third year that we have been involved in this important initiative. The first year we hosted a composer and musician, the second year a civic leader and non-profit executive, and this year, a scientist. The HistoryMakers is an important organization whose members come into the schools to raise awareness about the achievements of local African Americans, and our children benefit from hearing from these role models."

The HistoryMakers is a non-profit institution whose focus is to capture the stories of thousands of accomplished African Americans across all walks of life and to establish a digital archive to be used as an educational resource for students, teachers, scholars, documentary producers and the media. The value of education and commitment to student achievement is at the core of the HistoryMakers' mission.
"Building Tomorrow Together"

Thomas Raynesford Lounsbury
Professor of English
1838-1915

"It never ceases to surprise me at the infinite capacity of the human mind to resist the introduction of useful knowledge."



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Jim Rice, Bedford Elementary Teacher Passed Away November 2013

Jim Rice

James Andrew Rice age 78 of Bedford passed away after a reasonably short illness. He was a devoted husband for 36 years to Kathleen (nee Melling) Rice. dear son of he late Gertrude (nee Cook) and Robert J. Rice, loving father of Lauren (Sam) Motrunecs, Lisa McCoy, Leslie (Fred) Pfaff and David (Stacy) Rice, Brother of R. William (Eileen) Rice, Richard R. (Sandra) Rice, Thomas J. (Barbara) Rice and the Late Jane (James) Gourley and Mary Potter, Grandfather, Uncle and friend of many. Died Wednesday, November 18, 2013.

James was a US Army Veteran, Former Bedford School Teacher, and volunteer for Bedford Historical Society, Meals on Wheels and Hope United Methodist Church. He was an enthusiastic golfer, bowler and fisherman.

Editor's comment: Anyone who knew Mr. Rice thought of him as a friend and if you had experience with him as a teacher, knew he was one of a kind. His dedication to his students can only be said to be incredible. Everyone should have had Mr. Rice for 5th grade. He knew how to work with the children in a very kind, understanding and considerate way. His wife Kathy was also a teacher and like her husband, was always know for her dedication and love of our students. Mr. Rice will sorely be missed.

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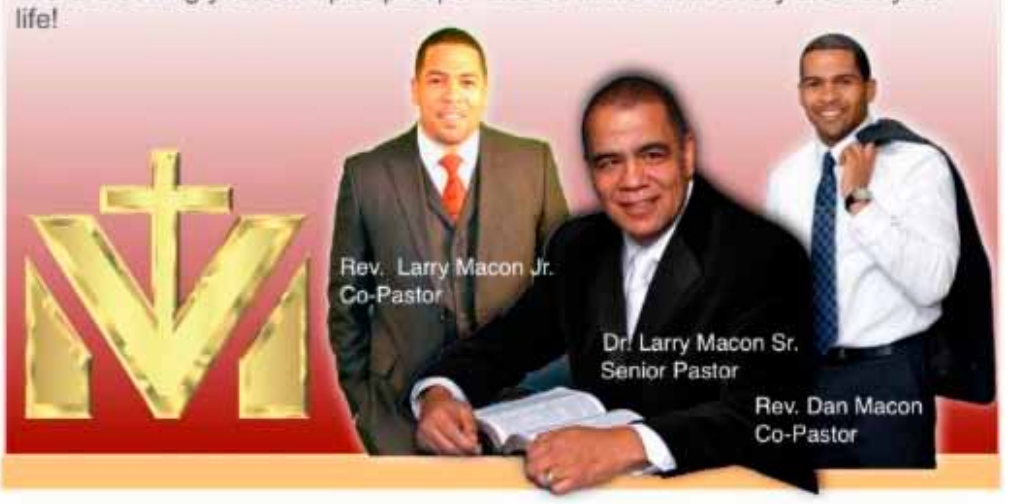
"Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers"
(3 John 1:2, KJV)

In the New Testament, John prayed that we would prosper and be in health "as our souls prosper." One translation says "as you are strong in spirit."

God wants your inner man to be strong and healthy because your internal condition affects your external condition. If you are healthy in your soul, you will be healthy in your relationships, finances and every area. On the other hand, if your internal condition is negative, sour and defeated, then your life will reflect the same thing.

How do you become strong and healthy in your soul? First of all, by making Jesus your Lord and Savior and dedicating every area of your life to Him. Then, as you meditate on and follow His Word, you are giving strength to your inner man. You are programming your mind and heart in the right direction. You are setting yourself up to prosper and be in health in every area of your life!



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Unless you were asleep these past 60 months, everyone now knows the damage the apartments do. Just in the **Bedford School District, they** are costing us for **police, fire, sewage, education, and other school and city services** in excess of **$100,000,000 per year! They help cause the cycle of poverty.**

The entire purpose of **Liberty News** is keep you informed of the situations we face in running our schools, local governments, promote local business and to keep our government officials from repeating the errors of the past that have cost us millions and continue to cost us millions.

It took 22 years to make **Bedford City School District** into a **"World Class School System." Academically, first in the Lake Erie League Schools with winning atlletic programs.** It will take longer than this to fix the damage the apartments create. **But we will start now!**

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Glenwillow Update

By Mark Cegelka

Mark Cegelka
Mayor of Glenwillow

On behalf of Village Council and myself, best wishes to all for a healthy, Happy New Year. We have been very blessed with all the business activity and community improvements last year and we want to share them with you.

As of December, the last home in Glenwillow Place was approved by the Architectural Review Board. This subdivision was started in 2003 as part of the Glenwillow Town Centre Project with 50 new-single family homes. Due to the economy, and the developer's bankruptcy, completion was stalled. Drees Builders purchased the remaining lots and quickly sold them. We are very grateful that the project will now be completed in 2014. Glenwillow Place is a great addition to our community, which is home to many terrific residents.

In the business arena, construction has begun at the intersection of Cochran Road and Emerald Valley. COAX Technology, a manufacturer of electronic circuit boards, is building a new 115,000 sq. ft. building. They are currently located in Solon and will be bringing 200 jobs to our community.

We have made several improvements to the Village's infrastructure with the Pettibone-Richmond Road Roundabout, which has been a major improvement to the traffic flow, especially during rush hour, and the sanitary sewer project in the Pergl Road subdivision, which is now completed.

As Mayor and Village Council, we will continue to work to improve our community in 2014. Please give me a call if you have any questions or ideas for improvements. We would love to hear from you.

State Rep. Anielski Encourages Participation in STEM Educational Opportunities

Marlene Anielski
Ohio State Representative

State Representative Marlene Anielski (R-Walton Hills) is encouraging middle and high school students to participate in two upcoming free STEM educational opportunities.

Cuyahoga Valley Career Center is hosting a STEM Career Showcase on Saturday, February 8th. The event runs from 9:30 a.m. to 11:30 a.m. and is open to all students in grades 7-12 and their parents. Participants will learn why companies seek STEM knowledge and skills, hear from young professionals in the field, and participate in hands-on activities. "Most careers in STEM fields require a college degree, and rigorous coursework in high school is required for collegiate success in STEM majors. It is especially important for students to learn about STEM careers while still in middle or high school, so they can have a sense of what career would be a good fit for them and plan accordingly," said CVCC Superintendent Celena Roebuck. "Participants will gain a realistic perspective and can begin planning their education career path with Cuyahoga Valley Career Center."

The Ohio Board of Regents and The Ohio Academy of Science are hosting a new program where Ohio's high school students will compete for more than $1.6 million in awards and scholarships from a STEM Commercialization and Entrepreneurship Program. The program, titled "Believe in Ohio- Spring 2013 Northeast Ohio STEM Commercialization & Entrepreneurship Forum," will be held on February 22nd at Hudson High School. The Forum begins at 9:30 a.m. and ends at 3 p.m. and is open to students in grades 8-12 with a potential interest in a career in science, technology, engineering, math, or medicine. "The innovation economy of the future will require today's students to develop an entrepreneurial and innovation mindset to create the new products and services of the future. Otherwise Ohio's economic development will stagnate and our best and brightest minds will continue their exodus from Ohio," said John Klipfel, Executive Director, Entrepreneurial Engagement Ohio.

"STEM education is a crucial step in helping to assist with our children's educational future," Rep Anielski said. "I am pleased to have the opportunity to continue working with John Klipfel to explore additional ways as to how we can generate more awareness about STEM education."

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Bedford Wrestling

North Canton Hoover Holiday Tournament

Jairod James and Marquise Copeland both move to 10-0 on the season. Both were crowned champion at North Canton Hoover this weekend, Marquise with 5 wins all by pin and Jairod with 5 dominating victories as well. Placing second was Jon Morgan-Cunningham who now has a record of 9-1. Bedford placed 5th out of 35 teams at this prestigious event and will look to improve with the return of Shawn Williams (state qualifier) and Camryn Hunter (returning starter). The Bearcat Wrestlers will continue their season this Thursday at Kenston, Friday at home for our annual `Krushing Kancer` match against St.John Marshall and at the Nordonia Duals on Saturday. **GO BEARCATS!!!**

Cuyahoga Heights on 12/19/2013.

Bedford (BEDF) 42.0 Cuyahoga Heights (CUHE) 27.0
113: double forfeit. 120: Noah Kadas, CUHE, forf. . 126: double forfeit. 132: Nathan Frye, CUHE, dec. John Williams, BEDF, 5-0. 138: Shawn Williams, BEDF, pinned Nick Frye, CUHE, 2:27. 145: Kevin Anderson, BEDF, forf. . 152: Jairod James, BEDF, pinned Ben Huff, CUHE, 2:43. 160: Anthony Blogna, CUHE, pinned DEANJELIUS BROWN, BEDF, 0:06. 170: William Hopkins, CUHE, pinned Quintin Jenkins, BEDF, 5:50. 182: MIKE SKIZENTA, BEDF, pinned Chandler Holesovsky, CUHE, 1:12. 195: Chris Galaska, CUHE, forf. . 220: Marquise Copland, BEDF, pinned Bryan Jones, CUHE, 5:59. 285: Dwayne Adams, BEDF, forf. . 106: JORDIN JAMES, BEDF, forf. .

Riverside (Painesville) on 12/19/2013.

Riverside (Painesville) (RIPA) 42.0 Bedford (BEDF) 31.0
106: JORDIN JAMES, BEDF, forf. . 113: Christopher Harding, RIPA, forf. . 120: Jesus Pacheco, RIPA, forf. . 126: Zach Van Pelt, RIPA, forf. . 132: Nick Boggs, RIPA, dec. John Williams, BEDF, 7-6. 138: Shawn Williams, BEDF, forf. . 145: Kevin Anderson, BEDF, dec. Michael Person, RIPA, 8-1. 152: Jairod James, BEDF, pinned Thomas Price, RIPA, 1:06. 160: Marshall Jackson, RIPA, pinned DEANJELIUS BROWN, BEDF, 5:24. 170: Zachary Novak, RIPA, dec. Quintin Jenkins, BEDF, 5-4. 182: Frankie McKeon, RIPA, pinned MIKE SKIZENTA, BEDF, 4:22. 195: Chad Ely, RIPA, forf. . 220: Marquise Copland, BEDF, maj. dec. Jacob Militello, RIPA, 10-0. 285: Dwayne Adams, BEDF, pinned John Suba, RIPA, 1:34.

6 Super Snacks for Seniors

by Scott Michaels

Scott Michaels

When it comes to healthy snacks, these six delicious snacks are also "superfoods" – not only are they not bad for you, they have health-boosting properties to boot. Whether you crave something sweet, salty, crunchy, or creamy, there is a superfoods snack for you. Note the serving sizes mentioned and enjoy all snacks in moderation for a healthy, varied diet.

1. Almonds have been shown to lower cholesterol and help maintain a healthy weight. About a ¼ cup of almonds is a beneficial serving. Enjoy them plain or roasted, whole or slivered. Almond butter – just a tablespoon or two – is a healthy treat, too. Try some on a whole grain cracker and a cup of green tea for a late afternoon energy boost.
2. Blueberries are as full of cancer- and disease-fighting antioxidants as any food around. They have been even shown to restore antioxidant levels. Also, like cranberries, they can help prevent urinary tract infections. Fresh berries are delicious all on their own or with a bit of Greek yogurt (see #5). Frozen berries can be used in smoothies or put on top of low-fat frozen yogurt. Use about ½ cup fresh or frozen berries as a serving.
3. Broccoli eaten either raw or lightly steamed contains tons of soluble fiber and antioxidants, as well as folic acid, calcium, iron, and potassium. Broccoli has even been shown to have the power to reduce diabetic damage. Don't throw away the stalk/stem! Cut off the thick, fibrous darker green peel to reveal the tender, pale green vegetable underneath – it has the crunch of celery and a mild broccoli flavor. Try broccoli florets or peeled stems with a little drizzle of soy sauce or a simple dip made from fat-free Greek yogurt (again see #5) – stir in minced garlic and herbs, lemon zest and minced rosemary, or a sprinkle of cumin and cayenne to taste. About ½ cup of florets or peeled stem is a serving.
4. Cherries, tart ones in particular, have similarly insanely high antioxidant levels as blueberries, putting them in the position to fight memory loss, heart disease, and diabetes. They've also been shown to help reduce inflammation, helping alleviate arthritic and gout pain. Fresh, frozen, or dried (unsweetened) tart cherries make a great snack on their own or combined with other nuts (almonds, walnuts, pumpkins seeds) and fruits (blueberries, raisins). Count ½ cup fresh cherries or ¼ cup dried cherries as a serving.
5. Greek yogurt is thick and creamy, high in calcium, of course, and contains good levels of probiotics, which aid healthy digestion. But did you know low-fat and fat-free versions contain twice as much protein as regular yogurt? The texture of Greek yogurt makes it a great snack – especially when topped with dried fruits like blueberries, tart cherries, or raisins – as well as a good substitute for fatty sour cream. Include in it your three servings (1/2 cup each) of low-fat dairy a day.
6. Dark chocolate – saving the best for last. Dark chocolate has tons of antioxidants, magnesium, manganese, copper, zinc, and phosphorous. Look for chocolate that contains over 70% cocoa to get the full benefit of chocolate's antioxidant powers and limit your intake to about an ounce a day.

If you have an aging parent and you're concerned about his or her ability to maintain healthy diet choices, a Home Care Assistance caregiver can help. We are available 24/7 to provide experienced, trustworthy caregivers to help with meal preparation, companionship, activities, transportation, socialization and more. Visit www.HomeCareAssistanceCleveland.com for more information or call us at 440-332-0170.

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One of my biggest tests was exiting the 480 east highway #22, if you've ever used that exit you know your neck has to be able to turn real good to look for oncoming cars, I can now do this with ease. I would like to thank Bedford Chiropractic for such great service, and rehabilitation care. I will recommend Bedford Chiropractic and Rehabilitation to anyone in need.

Thanks Again….. Gary T

Name: Theeotis M.
Illness or type of disability: **1. Extreme pain in the right hip** **2. Leg pain, and pain in back also**

Length of illness and Severity: Accidental fall down multiple steps in October, which caused severe pain and problems standing.

Medications taken and result from them: 2 trips to my regular doctor. 1st trip I was given muscle relaxers and cortisone. 2nd trip to doctor I was given Percocet's and I still felt no relief from my pain.

Past treatments for illness (other than medications) and progress you received from them: I was taking the meds as directed, and doing a few exercises but the pain was just unbearable.

What progress have you made since you started spinal decompression care: I visited Dr. Armin's office 1week after trying meds, April 11th, and had my first session, I began to get some relief that day. I made all my sessions, and was back to work at 80% and shortly after 100%

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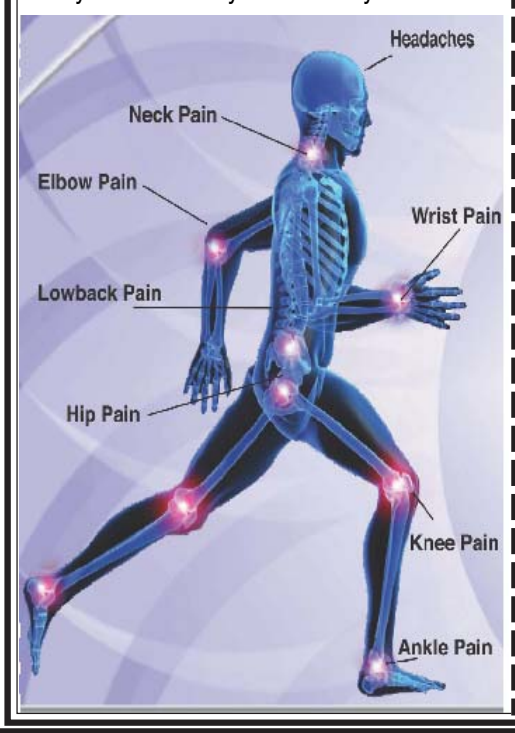

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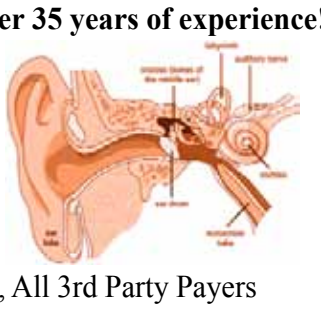

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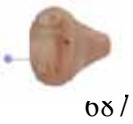

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Walter Genutis continued from page 1

Walter was able to successfully demonstrate his desire to help improve the City of Bedford to his soon to be fellow Council members. He attended Bowling Green University after high school, but soon took on a manager's position with a Falcon Auto and Gas facility on Northfield Road, across from Ben Venue.

He left Falcon to work in production with Ben Venue's many pharmaceutical products. His supervisor was Ronnie Sanda, also a Bedford Graduate in the class of 1961. He was promoted to the quality control department to assure all products met government standards for quality. He retired from Ben Venue after 34 years of service.

Walter is looking forward to working with Mayor Stan Koci and the other members of council. Along with Ward 2 residents he wants to make Bedford a community we can all be proud of.

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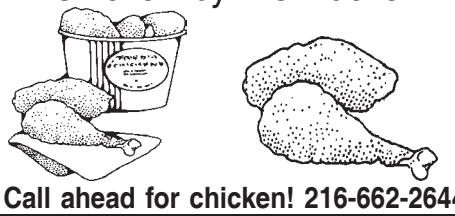

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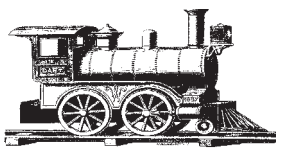

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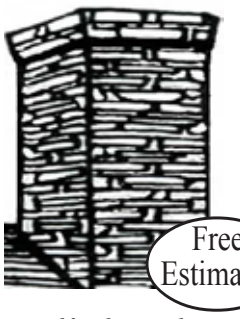

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70 Columbus Rd., Bedford. Jeanne A. Sapir, Branch Manager ~
p 440.439.4997 / f 440.439.5846

Winter Program Guides are now available at the library and by going to http://cuyahogalibrary.org. Look for the Winter Program Guide!

Does your club or organization need a speaker? Please contact us; we would love to talk to your group about books, about what the library offers, and more. Call 440-439-4997 and ask for Jeanne Sapir, branch manager or Paula Brosowski, Adult Department head.

Are you a Facebook Friend? Join The Southeast Library Friends page on Facebook, Check out the Cuyahoga County Public Library on Facebook, and receive news of events and information through Facebook. Also sign up for email alerts!

The Friends of the Southeast Library are looking for you! Consider joining this group of great people who support the library. Call us for more information!

Did you miss the big book sale? No problem! There are always books for sale in the Friends Ongoing Book Sale! Stop in and see the great selections available.

ADULT

BOOK DISCUSSIONS

Afternoon Book Discussion: The Southeast Branch holds a monthly book discussion on the first Wednesday of the month at the library. Copies of the book will be available at the Southeast Branch one month before the meeting: January title: Blood & Beauty: The Borgias by Sarah Dunant. (Note: special date in January)

African-American Authors Book Group: Tuesday, January 28th / 7:00 p.m. Join us to explore all genres of African-American writing. All adults are welcome. We will read African American classics, historical fiction, science fiction, mysteries, autobiographies, nonfiction, fiction and urban fiction. Copies of the book are available one month before the discussion date. January title: The Man Called Brown Condor: The Forgotten History of an African American Fighter Pilot by Thomas E. Simmons.

Creative Writing Workshop: Saturday, January 11th / 2:00 p.m. Have you ever wanted to do some creative writing but you don't know how to begin? In this monthly workshop, you will discover techniques to bring freshness and originality to your writing. Jamie Cole, a creative writer and teacher with the Bedford City Schools, will show you exercises designed to get your brain – and your hand – moving. This is an ongoing workshop, held the 2nd Saturday of each month; you are welcome at all sessions. Registration required.

TEEN

Anime Club: Wednesdays, January 8th & 22nd / 7:00 to 8:30 p.m. (Ages 11 – 18). Join us to play animated Wii™ games, use the Internet and play Yu-Gi-Oh trading card games. Always popular, we sometimes can set up two screens for dual-game play!

Robotix Club for Teens: Thursday, January 30th / 7:00 p.m. (Grades 6 – 12) Join the club to find out how to teach our robots new tricks in the world of Lego Mindstorms®. Program and build robots to master challenges in this monthly robotics program for middle and high school students. Registration required.

Video Game Creation: Hatchling Defender: Saturday, January 25th / 2:00 – 4:00 p.m. (Grades 6 – 12). Explore making your very own video games using GameMaker 8.1 Lite. Create original graphics, import music, and build the video game Hatchling Defender. Registration required.

CHILDREN'S PROGRAMS

Winter Fun: Preschool Story and Craft: Monday, January 6th / 6:30 p.m. (Ages 3 – 5 with a parent/caregiver.) Come in out of the cold and enjoy stories, songs and crafts all about winter. Registration requested.

Twilight Tots: Wednesdays – January 8th, 15th, 22nd, and 29th / 6:30 p.m. (Parents/Caregivers & their children ages Birth - 35 months.) Join us for rhymes, songs, fingerplays, and stories.

Exploration Story Station – Bears: Wednesday, January 15th / 10:00 a.m. (Ages 2 – 5 with a parent/caregiver.) Children will be able to explore and learn through stories and play at hands-on activity stations.

Whooo's Ready for School? Kindergarten Readiness – Shapes: Wednesday, January 29th / 10:00 a.m. to 12:00 noon. Help your preschooler make the transition into their first year of school. Explore hands-on activity stations together. Registration required.

MIXED AGES

Drop-In Enrollment for the Affordable Care Act: Fridays , January 10th, 17th, 24th, and 31st / 11:00 a.m. to 5:00 p.m. The Affordable Care Act includes sweeping changes and a number of options in healthcare coverage. Our Library is partnering with a regional Enrollment Assistance Program to raise awareness, facilitate access and assist enrollment of qualified individuals. Representatives will be at the branches below every week through March, except on holidays*. You may drop in any time during these free sessions.

Conflict is Not a Dirty Word: Monday, January 13th / 7:00 p.m. Conflict is a normal part of everyday life: Our children fight with each other, and we have conflicts with our children. Learn some new ways to think about it and arm yourself with good strategies for managing it when it arises. Registration required.

Tyvis Powell continued from page 1

football team's bus after its 42-41 win vs. Michigan on Saturday, he clutched the regulation NCAA football in his hand.

Almost an hour after the game, he still wasn't letting go of the biggest play of his Ohio State career. The redshirt freshman intercepted Devin Gardner's two-point conversion try with 32 seconds to play, allowing the Buckeyes to escape one of the wildest versions of The Game with a 42-41 victory on Saturday afternoon in Ann Arbor. "When we were in there taking a shower, I was talking to **Kenny** (**Guiton**), and that's when it clicked," Powell said. "That was our season on the line. We had 12-0, the gold pants, chances for the national championship, and it just kind of hit me – wow, I kind of saved the season. All thanks to **Coach Coombs**."

That's right, there was a simple answer for why Powell was where he was on the play, jumping the outside-then-in angle route run by **Drew Dileo** on the right side of the field – he was there because cornerbacks coach Kerry Coombs told him to be there.

All the stories about 18-hour days for coaches seem to make sense when film study yields the result that the Buckeyes got on that play. Through his scouting, Coombs knew that the Wolverines would likely run one of two plays, and when the Wolverines moved Dileo into a three-wideout stack

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10:00 A.M.

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MONDAY 7:00 P.M.-8:30 P.M.
IN THE FELLOWSHIP HALL

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BETH MOORE
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AS OUR WOMEN PRAY & FAST FOR
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7TH THRU 12TH GRADE IN THE YOUTH CENTER

EVERY SATURDAY
MEN'S BIBLE STUDY
IN YOUTH CENTER AT 9:00 A.M.
ALL MEN WELCOME

"Genius Materials" on the International Space Station

If you have a smartphone, take it out and run your fingers along the glass surface. It's cool to the touch, incredibly thin and strong, and almost impervious to scratching. You're now in contact with a "smart material."

Smart materials don't occur naturally. Instead, they are designed by human engineers working at the molecular level to produce substances made-to-order for futuristic applications. The Corning Gorilla Glass that overlays the displays of many smartphones is a great example. It gets it toughness, in part, from "fat" potassium ions stuffed into the empty spaces between old-fashioned glass molecules. When the molten glass cools during manufacturing, dense-packed molecules solidify into a transparent armor that gives Gorilla Glass its extraordinary properties.

With proper coaxing, molecules in microgravity can assemble themselves into forms with surprising properties. A new ScienceCast video explores the possibilities. Play it
Around the world, designers are working on other smart materials such as alloys that can change shape on demand, plastics that heal themselves when ruptured, and fluids that obey magnetic commands to flow or stiffen under computer control. "One of the great challenges in creating a smart material is arranging the molecules," says Eric Furst of the University of Delaware. "They're so small!"

Furst wants to create a new class of materials, beyond smart. "We need 'genius materials'--materials that arrange themselves," he says.

The research to accomplish this is already underway on the International Space Station. Furst is the principal investigator of an experiment called InSPACE-3. In the microgravity of Earth orbit, vials of fluid mixed with very small 'colloidal' particles (about a millionth of a meter in diameter) are exposed to magnetic fields. Magnetism is switched on and off again very rapidly. This jostles the particles, causing them to bump together and self-assemble into microscopic structures that currently no supercomputer can predict. "Astronauts enjoy watching this process in action through microscopes," says Furst. "Because the samples are backlit by a green lamp, they sometimes call it the 'green blob experiment.'"

Furst recently won an award from the American Astronautical Society for his work on InSPACE-3. A Quicktime movie (31 MB) of the InSPACE-3 "green blob" experiment. Play it"I'm excited," he continues. "Just by toggling a magnetic field, we're learning how to take any kind of microscopic building blocks and get them to spontaneously form interesting structures."

Recently, observers have seen the colloidal particles forming long fibrous chains. Furst speculates that these could lead to materials that conduct heat or electricity in one direction only. The experiment has also yielded crystalline structures that the team is just beginning to investigate.

The fluids underlying these tests are themselves very smart. They are called magnetorheological or "MR" fluids because they harden or change shape when they feel a magnetic field.

If you own a sports car or a Cadillac, you might have MR fluids in your shock absorbers. The stiffness of magnetic shocks can be electronically adjusted thousands of times per second, providing a remarkably smooth ride. Similar but more powerful devices have been installed at Japan's National Museum of Emerging Science and China's Dong Ting Lake Bridge. They're there to counteract vibrations caused by earthquakes and gusts of wind. Some researchers have speculated that MR fluids might one day flow through the veins of robots, moving artificial joints and limbs in lifelike fashion.

Furst and colleagues are using these fluids as a laboratory for studying self-assembly. MR fluids are, by definition, responsive to the magnetic nudging that sets self-assembly in motion. Furthermore, in space the particles don't sediment out due to gravity. "We can study the full 3D evolution of the material," he adds.

Varying the shape of the colloidal particles, the cadence of magnetic toggling, the temperature of the fluid and other factors will allow researchers and astronauts to further explore the frontiers of self-assembly.

Touch the surface of your smartphone again. Maybe that's just the beginning.

Brandon's Place, continued from page 1

networking opportunities and a place to sit and have a cup of coffee while your kids are participating in our programs.

In the last 6 months we have had terrific success in gaining support from the community and local area businesses. Our largest success to date is the in-kind-donation we received from Home Depot in Chardon. They supplied a large list of building materials including part of the labor to build out 750 square feet of unfinished space on the 2nd level of our center to accommodate our Sensory Center. The labor was not requested in the original proposal and was a huge surprise. The Snavely Group of Chagrin Falls, also worked with Home Depot to provide the additional labor to help renovate the space. Many other businesses in the community donated labor and material as well to finish our Sensory Center. With these generous in-kind-donations, it allows Brandon's Place to provide a warm and inviting center for our families.

The Sensory Center provides recreational programming for individuals with autism and their families to use in a safe space under trained supervision. Additionally, we offer special age specific events in this space to allow individuals with autism to socialize and interact.

Just a few of the programs you can expect to see at Brandon's Place are Yoga, Art Therapy Group and Social Clubs. For a full list of programs and services we offer please visit our website at www.brandonsplace.org

We have an upcoming bowling fundraiser on Sunday, January 26, 2014 at Roseland Lanes in Oakwood Village. This is our first major event and we welcome your support in an effort to continue charging nominal fees for all of the wonderful recreational programming we offer at our center. If you'd like to participate or sponsor our event please visit http://brandonsplace.org/bowling-fundraising/

Stop and visit us and receive a tour of our Center on Monday's 3:30-6:00 and Thursday's 10:00-4:00. No appointment necessary. We are also available by phone Monday-Friday 9-5 at (440) 232-9906. We look forward to seeing you!

Dr. Dereck Armin

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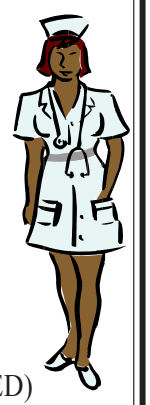

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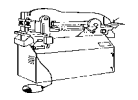

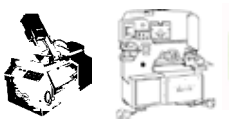

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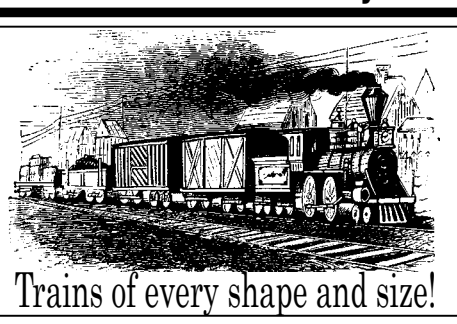
1. **Love God with all your heart and soul and**
2. **Love your neighbor as you love yourself**

Only God can guarantee heaven. Not an Alla that wants innocent people murdered!

Christianity is a religion of love & peace.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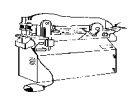

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Fascinating "nitty gritty" on the weapons, tactics, and results of our guys in Afghanistan as well as those of the enemy. The identity of the enemy is very interesting.

This email is from a Marine who's in Afghanistan; his buddy Jordan provides many of the details. No politics here; just a Marine with a bird's eye view opinion.

US Weapons: The M-16 rifle: Thumbs down. Chronic jamming problems with the talcum powder like sand over there. The sand is everywhere. Jordan says you feel filthy 2 minutes after coming out of the shower. The M-4 carbine version is more popular because it's lighter and shorter, but it has jamming problems also. They lack the ability to mount the various optical gun sights and weapons lights on the picatinny rails, but the weapon itself is not great in a desert environment. They all hate the 5.56mm (..223) round. Poor penetration on the cinder block structure common over there and even torso hits can't be reliably counted on to put the enemy down.
1) Random autopsies on dead insurgents show a high level of opiate use.
2) The M243 SAW (squad assault weapon): .223 cal. Drum fed light machine gun. Big thumbs down. Universally considered a piece of sh-t. Chronic jamming problems, most of which require partial dis-assembly (that's fun in the middle of a firefight).
3) The M9 Beretta 9mm: Mixed bag. Good gun performs well in desert environment; but they all hate the 9mm cartridge. The use of handguns for self-defense is actually fairly common. Same old story on the 9mm: Bad guys hit multiple times and still in the fight.
4) Mossberg 12 ga. Military shotgun: Works well, used frequently for clearing houses to good effect. (Great weapon - I used these when transporting prisoners.
5) **The M240 Machine Gun**: 7.62 NATO (.308) cal. belt fed machine gun, developed to replace the old M-60 (what a beautiful weapon that was!) Thumbs up. Accurate, reliable, and the 7.62 round puts 'em down. Originally developed as a vehicle mounted weapon, more and more are being dismounted and taken into the field by infantry. The 7.62 round chews up the structure over there.
6) **The M2 50 cal heavy machine gun**: Thumbs way, way up. "Ma Deuce" is still worth her considerable weight in gold. The ultimate fight stopper - puts their dicks in the dirt every time. The most coveted weapon in-theater.
7) **The .45 pistol**: Thumbs up. Still the best pistol around out there. Everybody authorized to carry a sidearm is trying to get their hands on one. With few exceptions, one can reliably be expected to put 'em down with a torso hit. The special ops guys (who are doing most of the pistol work) use the HK military modeland supposedly love it. The old government model ..45's are being re-issued en masse.
8) **The M-14**: Thumbs up. They are being re-issued in bulk, mostly in a modified version to special ops guys. Modifications include lightweight Kevlar stocks and low power red dot or ACOG sights. Very reliable in the sandy environment, and they love the 7.62 round.
9) The Barrett .50 cal sniper rifle: Thumbs way up. Spectacular range and accuracy and hits like a freight train. Used frequently to take out vehicle suicide bombers (we actually stop a lot of them) and barricaded enemy. It is definitely here to stay.
10) **The M24 sniper rifle**: Thumbs up. Mostly in .308 but some in 300 win mag. Heavily modified Remington 700's. Great performance. Snipers have been used heavily to great effect. Rumor has it a marine sniper on his third tour in Anbar province has actually exceeded Carlos Hathcock's record for confirmed kills with OVER 100.
11) **The new body armor**: Thumbs up. Relatively light at approx. 6 lbs. and can reliably be expected to soak up small shrapnel and even will stop an AK-47 round. The bad news: Hot as hell to wear, almost unbearable in the summer heat (which averages over 120 degrees). Also, the enemy now goes for head shots whenever possible. All the BS about the "old" body armor making our guys vulnerable to the IED's was a non-starter. The IED explosions are enormous and body armor doesn't make any difference at all in most cases.
12) Night Vision and Infrared Equipment: Thumbs way up. Spectacular performance. Our guys see in the dark and own the night, period. Very little enemy action after evening prayers. More and more enemy being whacked at night during movement by our hunter-killer teams. We've all seen the videos.
13) Lights: Thumbs up. Most of the weapon mounted and personal lights are Surefire's, and the troops love 'em. Invaluable for night urban operations. Jordan carried a $34 Surefire G2 on a neck lanyard and loved it. I can't help but notice that most of the good fighting weapons and ordnance are 50 or more years old! With all our technology, it's the WWII and Vietnam era weapons that everybody wants! The infantry fighting is frequent, up close and brutal. No quarter is given or shown.

Bad guy weapons:
1) **Mostly AK47's**: The entire country is an arsenal. Works better in the desert than the M16 and the .308 Russian round kills reliably. PKM belt fed light machine guns are also common and effective. Luckily, the enemy mostly shoots like sh-t. Undisciplined "spray and pray" type fire. However, they are seeing more and more precision weapons, especially sniper rifles. (Iran, again)
2) **The RPG**: Probably the infantry weapon most feared by our guys. Simple, reliable and as common as dogsh-t. The enemy responded to our up-armored Humvees by aiming at the windshields, often at point blank range. Still killing a lot of our guys..
3) **The IED**: The biggest killer of all. Can be anything from old Soviet anti-armor mines to jury rigged artillery shells. A lot found in Jordan 's area were in abandoned cars. The enemy would take 2 or 3 155 mmartillery shells and wire them together. Most were detonated by cell phone and the explosions are enormous. You're not safe in any vehicle, even an M1 tank. Driving is by far the most dangerous thing our guys do over there. Lately, they are much more sophisticated "shape charges" (Iranian) specifically designed to penetrate armor.
Fact: Most of the ready made IED's are supplied by Iran, who is also providing terrorists (Hezbollah types) to train the insurgents in their use and tactics. That's why the attacks have been so deadly lately. Their concealment methods are ingenious, the latest being shape charges, in Styrofoam containers spray painted to look like the cinderblocks that litter all Iraqi roads. We find about 40% before they detonate, and the bomb disposal guys are unsung heroes of this war.
4) **Mortars and rockets**: Very prevalent. The soviet era 122 mm rockets (with an 18 km range) are becoming more prevalent. One of Jordan 's NCO's lost a leg to one. These weapons cause a lot of damage "inside the wire." Jordan 's base was hit almost daily his entire time there by mortar and rocket fire, often at night to disrupt sleep patterns and cause fatigue (It did). More of a psychological weapon than anything else. The enemy mortar teams would jump out of vehicles, fire a few rounds, and then haul ass in a matter of seconds.

Afganistan continued on page 24

District Governor Elect of District #6630, Mike Davanzo Visits Bedford Rotary

Mike Davanzo and Amy DiMarco

The Bedford Rotary was honored to have District Governor Elect of District #6630, Mike Davanzo join the club at its weekly meeting on Tuesday, November 19.

Mike will begin his service to the district which is comprised of 88 clubs on July 1, 2014. One of his many goals is to promote Rotary and all of the great things Rotarians in this area and around the world do every day for the betterment of others.

Mike was born in Youngstown, Ohio. He attended Kent State University to pursue his interest in Classical Languages. At Kent, he majored in Latin. Following graduation from Kent, he shared his love of the classics with students at Medina High School. While at Medina, he helped to establish soccer as a varsity sport and became its first coach. He then went on to become the school's director of athletics.

Mike joined the Medina Sunrise Rotary Club in 1996. Among the offices he held were the vice president and president positions. In addition, he was the vocational chair, scholarship chair, liaison to the Medina Interact Club, and newsletter editor. He has also served at the district level on the finance committee and board of directors. He has attended many conferences, including the international conference in New Orleans. Mike is committed to Rotary!

The Bedford Rotary is thrilled that Mike will be leading our district in 2014-2015.

Ohio Assisted Living Association awards Sister Regina Kusnir with the 2013 Excellence Award

By Ida Stanley

Sister Regina Kusnir, SC Director of Pastoral and Special Ministries at Light of Hearts Villa has been chosen for the 2013 Honoring Excellence Award by the Ohio Assisted Living Association (OALA). The OALA called for nominations of individuals in the assisted living profession within the following categories: Community Director/Administrator; Nurse-RN, Nurse-LPN; Caregiver; Activity Director; Community Relations/Marketing Director; Food Service Director; Housekeeping and/or Maintenance; and Other. Requirements for nominees are those individuals who have demonstrated outstanding vision, innovation, leadership, compassion, creativity, talent or effectiveness in their position.

When Light of Hearts Villa (LOHV) Executive Director Elizabeth Hickle gathered her operations team last week, she was excited to share the news with her team and present Sr. Regina with her award. On the agenda were the normal operational agenda items. But a particular bullet read: Special Announcement.

As Betty approached the special announcement agenda topic, she spoke of sheer admiration and a true heartfelt nomination that depicts the love, devotion and caring for the elderly that can only describe the work of Sister Regina. In nominating Sister Regina, Betty praised her as a true "quintessential Nun bringing a sense of respect and dignity for everyone." Sister Regina wears many hats, not only is she responsible for providing leadership for our Chapel, but she also chairs the LOHV annual Fall Fest that successfully raised over $40,000 this year. Her dedication of caring for the elderly, sick and less fortunate has lead her to the creation of Seton Safety Net- a food pantry service for seniors in the community who are in need of non-perishable food items and gift cards for local grocery stores.

When asked about receiving this award, Sr. Regina responded, "God gives each of us awards all the time, it's our responsibility to recognize them. Everyone here pulls together; this is how the light of hearts shines among the residents at the Villa."

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Bedford Varsity Basketball 2013-2014

1/11/2014	2:00 PM	Euclid HS A-Euclid HS
1/15/2014	7:30 PM	Shaw HS H-BHS Main Gym
1/18/2014	2:00 PM	Lorain HS H-BHS Main Gym
1/22/2014	7:30 PM	Warrensville Heights HS A-Warrensville Heigh
1/25/2014	2:00 PM	Cleveland Heights HS H-BHS Main Gym
1/29/2014	7:30 PM	Parma HS A-Parma Sr HS
2/1/2014	2:00 PM	Maple Heights HS A-Maple Heights HS
2/5/2014	7:30 PM	East Technical HS H-BHS Main Gym
2/8/2014	2:00 PM	Warren Harding HS A-Warren G. Harding HS
2/15/2014	2:00 PM	Euclid HS H-BHS Main Gym

Bedford's Varsity Wrestling

1/11/2014	10:00 AM	13th Joe Searcy Memorial Tournament H-BHS Main Gym
1/15/2014	TBA OHSAA	State Duals A-Maple Heights HS
1/18/2014	6:00 PM	Willoughby South HS A-Willoughby South HS
1/22/2014	TBA	OHSAA State Duals A-Maple Heights HS
1/24/2014	TBA	St. ignatius, Mentor and Walsh Jesuit HS A-St. Ignatius HS
2/1/2014	9:00 AM	Lake Erie League Tournament A-Maple Heights HS

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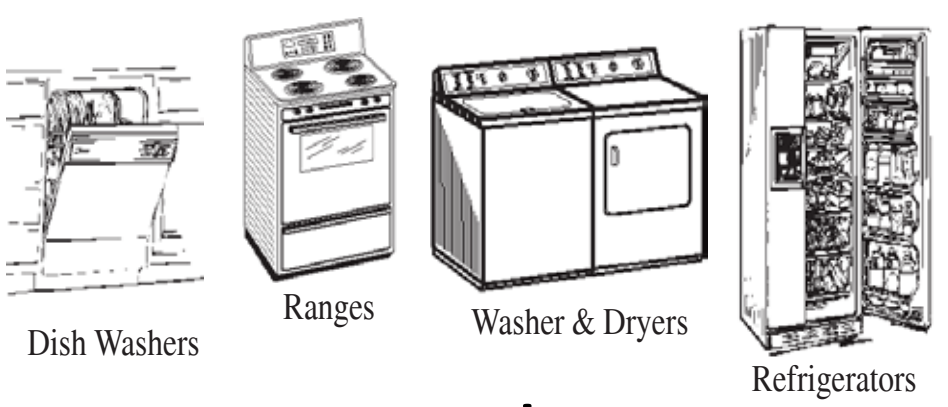

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Islamic Jihad on Christian Nuns: A History

By Raymond Ibrahim on December 4, 2013 in Islam, Muslim Persecution of Christians

Yet another phenomenon with a long paper trail in Islamic history has just taken place, even as the Western "mainstream"—little acquainted with true history or reality—dismisses it as an aberration. Asia News has the details:

Islamist rebels have kidnapped a group of nuns from the Greek Orthodox monastery of St Thecla (Mar Taqla) in Maaloula [an ancient Christian community where Christians were earlier forced to convert to Islam or die]… "Armed men burst in the monastery of St Thecla in Maaloula this afternoon [Dec. 2]. From there, they forcibly took 12 women religious," Mgr Zenari said …. Neither the nuncio nor the Greek Orthodox Church know [the] reason behind the kidnapping.

The "reason behind the kidnapping"? Sexual abuse and rape certainly should not be discounted, as these have been the lot of thousands of women abducted by U.S.-sponsored "freedom fighters" in Syria. Indeed, a new report issued by the National Reconciliation Commission in Syria states that some 37,000 women have been raped since the war started.

To keep the jihad in Syria alive, pro-war Islamic clerics have issued any number of fatwas, or Islamic rulings, permitting sexually-frustrated, female-deprived rebels to rape women. Most of these are based on the simple fact that Islam permits jihadis, based on the example of their prophet, to copulate with any captured woman—or, in the words of the Koran, "what your right hands possess" (see "The Jihad on Christian Women: Abduction, Rape, and Forced Conversion," pgs. 186-199 in Crucified Again for detailed information).

One cleric permitted the abduction and rape of any Syrian woman, provided she is not Sunni. Yet apparently because there are still not enough women for the jihadi hordes, many of whom are foreigners—one Christian child was recently raped by 15 men before being killed—Sunni Muslim women are also being targeted through sex jihad fatwas.

So would such jihadis and their clerics have any special respect for Christian nuns?

The fact is, raped nuns is a phenomenon that goes back centuries. According to Muslim historian Taqi al-Din al-Maqrizi (1364-1442) during his raids on Egypt, Caliph Marwan II (r.744–50) "made captive a number of women from among the nuns of several convents. And he tried to seduce one of them." The account describes how the enslaved nun tricked him into killing her, by claiming she had a magic oil that make skin impenetrable: "She then took some oil and anointed herself with it; then stretched out her neck, which he smote with the sword, and made her head fly. He then understood that she preferred death to defilement."

Writing in the 10th century, the Coptic chronicler Severus ibn Muqaffa records that "the Arabs in the land of Egypt had ruined the country…. They burnt the fortresses and pillaged the provinces, and killed a multitude of the saintly monks who were in them [monasteries] and they violated a multitude of the virgin nuns and killed some of them with the sword."

After the Islamic conquest of Constantinople in 1453, according to eyewitness accounts, "Monasteries and Convents were broken in. Their tenants were killed, nuns were raped, many, to avoid dishonor, killed themselves. Killing, raping, looting, burning, enslaving, went on and on according to tradition."

Such is history—expunged as it is in the modern West, even as it repeats itself today. Thus, in August 2013, after torching a Franciscan school in Egypt, "Islamists," in the words of the AP, "paraded three nuns on the streets like 'prisoners of war'" and "Two other women working at the school were sexually harassed and abused as they fought their way through a mob." Indeed, the rise in attacks on Christian nuns throughout the Islamic world further demonstrates that they are no more inviolable than other "infidel" women:

- Somalia: In response to Pope Benedict's historical quotes which, like so many other things—including teddy bears—so enraged the Islamic world, Muslims in Somalia shot Leonella Sgarbati—a 66-year-old nun who had devoted 30 years of her life working in Africa—in her back. Her last words before dying in hospital were: "I forgive; I forgive."
- Pakistan: In September 2012, gunmen on motorbikes dressed in green (Islam's color) opened fire on the St. Francis Xavier Catholic Cathedral in Hyderabad, murdering at least 28 people. Their immediate target was a nun, Mother Christina.
- Libya: In February 2013, after the fall of Col. Gaddafi, Islamic rebels threatened Christian nuns into fleeing the nation. They had been there since 1921, focused primarily on helping the sick and needy.
- Philippines: In an article discussing a Christmas Day church bombing in a Muslim-majority region, we learn that the jihadi group responsible "has been blamed for several bomb attacks on the Roman Catholic cathedral in Jolo since the early 2000s and for kidnapping priests and nuns."
- Guinea: In June 2013, during a mob-led frenzy, Christians and their churches were savagely attacked in the Muslim-majority nation—with some 95 Christians slain and 130 wounded—including "the quarters of the nuns, [which] was looted before being torched."

The above examples come from five countries that have little in common with one another—neither race, language, culture, nor economics—only Islam.

That alone should say something. But no matter. Far from discussing Islamic history and doctrine, and how they tie to current events, the predominant Western mentality simply dismisses Muslim violence as the West's fault, or, in the recent words of ex-nun Karen Armstrong, "We did this." Armstrong—who quit the nunnery only to engage in pro-Islamic mummery—insists that what's needed is for us to focus more on "Muslim pain, Muslim suffering."

Such, according to the leftist mentality, are the "real" reasons why, wherever Muslim-majorities live near non-Muslim minorities, from the dawn of Islam till today, the latter are under attack.

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Pope prays for 12 nuns abducted in Syria by rebels

By NICOLE WINFIELD Associated Press

Pope Francis called Wednesday for prayers for 12 Orthodox nuns who were taken by force from their convent in Syria by opposition fighters. Religious officials in the region have said the women were being held against their will, but a Syrian opposition activist said they were merely taken away for their own safety. Francis didn't call for their release but appealed for prayers from the crowd at the end of his general audience in St. Peter's Square. "I invite everyone to pray for the sisters of the Greek Orthodox monastery of Santa Takla in Maaloula, Syria, who were taken by force by armed men two days ago," he said. "Let us continue to pray and to work together for peace."

The abduction has added to fears that hardline Muslim rebels trying to overthrow President Bashar Assad were increasingly targeting Christians. Rebels previously kidnapped two bishops and a priest. Syria's minorities, including Christians, have mostly sided with Assad or remained neutral in Syria's civil war, fearing for their fate if the rebels, increasingly dominated by Islamic extremists, come to power. Christians have accused radicals among the rebels of abusing residents and vandalizing churches after taking Christian towns.

A Syrian opposition activist claimed the nuns were taken for their own safety from the convent because of heavy clashes nearby. However, rebels were refusing to provide evidence of the nuns' safety, said the activist, who goes by the name Amer and often reports on rebel activity in the area. Rebels of the al-Qaida linked Nusra Front took the sisters to the nearby town of Yabroud, where they were placed with a Christian family, he said. "They are being taken care of," Amer said, adding that his information came from friends close to the rebels holding the nuns.

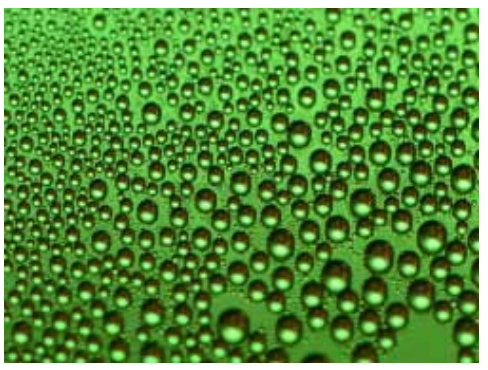
However, a nun in a nearby convent insisted the women were being held against their will. Stephanie Haddad, deputy of the Greek Orthodox Saidnaya Convent, told The Associated Press that she spoke to the nuns on Tuesday night, from the house in Yabroud. She said rebels guarding them kept promising they would be released soon, "but nothing in certain."

Syria's Greek Orthodox Patriarch, John Yazigi, pleaded for the release of the women on Tuesday. Maaloula is a Christian village that rebels recently overran. The town was a major tourist attraction before the conflict began. Some of its residents still speak a version of Aramaic, a language spoken by Jesus.

Albert Aji in Damascus, Diaa Hadid in Beirut and Daniela Petroff at the Vatican contributed to this report.

Improved hydrophobic materials boost power plant efficiency

Researchers at Massachusetts Institute of Technology, Cambridge, say they found a way to improve the efficiency of steam condensation—the key to worldwide production of electricity and clean water. It has been known for years that making steam-condenser surfaces hydrophobic could improve the efficiency of condensation by causing the water to quickly form droplets. But most hydrophobic materials have limited durability, especially in steamy industrial settings. The new approach to coating condenser surfaces should overcome that problem, according to researchers.



The covalent-bonding process the team developed is significantly more stable than previous coatings, even under harsh conditions. Tests of metal surfaces coated using the team's process show "a stark difference," says Kripa Varanasi, professor of mechanical engineering. In tests, the material stood up well even when exposed to steam at 100°C in an accelerated endurance test. The coating can easily be applied to conventional condenser materials—typically titanium, steel, copper, or aluminum—in existing facilities, using a process called initiated chemical vapor deposition (iCVD). For more information: Kripa Varanasi, 617/324-5608, varanasi@mit.edu, http://varanasi.mit.edu.

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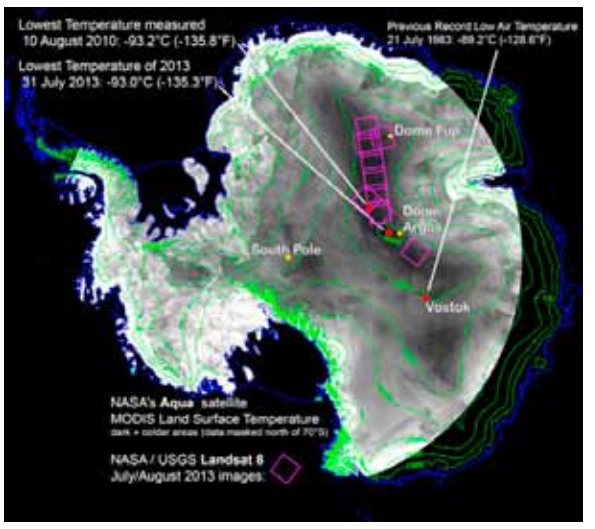
The Coldest Place in the World

What is the coldest place on Earth? It is a high ridge in Antarctica on the East Antarctic Plateau where temperatures in several hollows can dip below minus 133.6 degrees Fahrenheit (minus 92 degrees Celsius) on a clear winter night. Scientists made the discovery while analyzing the most detailed global surface temperature maps to date, developed with data from remote sensing satellites including the new Landsat 8, a joint project of NASA and the U.S. Geological Survey (USGS). Ted Scambos, lead scientist at the National Snow and Ice Data Center in Boulder, Colo., joined a team of researchers reporting the findings Monday at the American Geophysical Union meeting in San Francisco.

Researchers analyzed 32 years' worth of data from several satellite instruments. They found temperatures plummeted to record lows dozens of times in clusters of pockets near a high ridge between Dome Argus and Dome Fuji, two summits on the ice sheet known as the East Antarctic Plateau. The new record of minus 136 F (minus 93.2 C) was set Aug. 10, 2010. That is several degrees colder than the previous low of minus 128.6 F (minus 89.2 C), set in 1983 at the Russian Vostok Research Station in East Antarctica. The coldest permanently inhabited place on Earth is northeastern Siberia, where temperatures in the towns of Verkhoyansk and Oimekon dropped to a bone-chilling 90 degrees below zero Fahrenheit (minus 67.8 C) in 1892 and 1933, respectively. "We had a suspicion this Antarctic ridge was likely to be extremely cold, and colder than Vostok because it's higher up the hill," Scambos said. "With the launch of Landsat 8, we finally had a sensor capable of really investigating this area in more detail."



With remote-sensing satellites, scientists have found the coldest places on Earth, just off a ridge in the East Antarctic Plateau. The coldest of the cold temperatures dropped to minus 135.8 F (minus 93.2 C) -- several degrees colder than the previous record. Image Credit: Ted Scambos, National Snow and Ice Data Center

The quest to find out just how cold it can get on Earth -- and why -- started when the researchers were studying large snow dunes, sculpted and polished by the wind, on the East Antarctic Plateau. When the scientists looked closer, they noticed cracks in the snow surface between the dunes, possibly created when wintertime temperatures got so low the top snow layer shrunk. This led scientists to wonder what the temperature range was, and prompted them to hunt for the coldest places using data from two types of satellite sensors.

The coldest place on earth is in the East Antarctic Plateau, but not at the highest peak. Rather, the coldest spots develop just downhill from a ridge that runs from Dome A to Dome Fuji. MovieThey turned to the Moderate Resolution Imaging Spectroradiometer (MODIS) instruments on NASA's Terra and Aqua satellites and the Advanced Very High Resolution Radiometer (AVHRR) on several National Oceanic and Atmospheric Administration satellites. These sensitive instruments can pick up thermal radiation emitted from Earth's surface, even in areas lacking much heat.

Using these sensors to scan the East Antarctic Plateau, Scambos detected extremely cold temperatures on a 620-mile stretch of the ridge at high elevations between Argus and Fuji, and even colder temperatures lower elevations in pockets off the ridge. Then, with the higher resolution of the Thermal Infrared Sensor (TIRS) aboard Landsat 8, the research team pinpointed the record-setting pockets.

The team compared the sites to topographic maps to explore how it gets so cold. Already cold temperatures fall rapidly when the sky clears. If clear skies persist for a few days, the ground chills as it radiates its remaining heat into space. This creates a layer of super-chilled air above the surface of the snow and ice. This layer of air is denser than the relatively warmer air above it, which causes it to slide down the shallow slope of domes on the Antarctic plateau. As it flows into the pockets, it can be trapped, and the cooling continues. "By causing the air to be stationary for extended periods, while continuing to radiate more heat away into space, you get the absolute lowest temperatures we're able to find," Scambos said. "We suspected that we would be looking for one magical site that got extremely cold, but what we found was a large strip of Antarctica at high altitude that regularly reached these record low temperatures."

This narrated animation shows the process by which the coldest place on Earth develops its extreme low temperatures. Play it

The study is an example of some of the intriguing science possible with Landsat 8 and the TIRS instrument, which was built at NASA's Goddard Space Flight Center in Greenbelt, Md. Since its launch Feb. 11, Landsat 8 has captured approximately 550 scenes per day of Earth's land surface. USGS processes, archives and distributes the images free of charge over the Internet. "With Landsat 8, we expect to see more accurate and more detailed maps of the landscape than we've ever been able to see," said James Irons, the mission's project scientist at Goddard. "If change is occurring, I think we'll be able to detect it earlier and track it."

Researchers also are eager to see what new results come out of Landsat 8, both from icy plateaus and Earth's warmer regions. "What we've got orbiting Earth right now is a very accurate and consistent sensor that can tell us all kinds of things about how the land surface of Earth is changing, how climate change is impacting the surface of Earth, the oceans of Earth, and the icy areas of Earth," Scambos said. "Finding the coldest areas on Earth is just the beginning of the discoveries we're going to be able to make with Landsat 8."

Editor's Comment: If Global warming was indeed a fact because of human activity, then why are the lowest temperature being recorded in August 2010. One other consideration about warming, our rovers on Mars with no human activity are showing a warming trend there as well. The common factor is the sun. We now know the sun energy output varies slightly from year to year, but a very small change makes a big difference. The sun, our star, loses 4 million metric tons per second to shine the way it does. That's a bunch by any standard.

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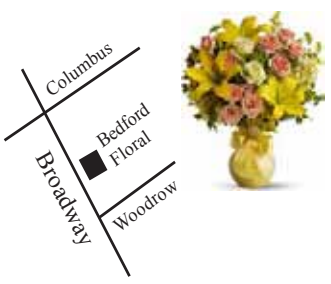

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Afganistan continued from 21

Fun fact: Captured enemy have apparently marveled at the marksmanship of our guys and how hard they fight. They are apparently told in Jihad school that the Americans rely solely on technology, and can be easily beaten in close quarters combat for their lack of toughness. Let's just say they know better now.

Bad guy technology: Simple yet effective. Most communication is by cell and satellite phones and also by email on laptops. They use handheld GPS units for navigation and "Google Earth" for overhead views of our positions. Their weapons are good, if not fancy, and prevalent. Their explosives and bomb technology is TOP OF THE LINE. Night vision is rare. They are very careless with their equipment and the GPS units and laptops are treasure troves of Intel when captured.

Who are the bad guys? These are mostly "foreigners," non-Afghan Arab Jihadists from all over the Muslim world (and Europe). Some are virtually untrained young Jihadists that often end up as suicide bombers or in various "sacrifice squads." Most, however, are hard core terrorists from all the usual suspects (Al Qaeda, Hezbollah, Hamas etc.). These are the guys running around murdering civilians en masse and cutting heads off. **The Chechens** (many of whom are Caucasian) are supposedly the most ruthless and the best fighters. They have been fighting the Russians for years. The terrorists have been very adept at infiltrating the Afghan local govt.'s, the police forces and the Army. They have had a spy and agitator network there since the Iran-Iraq war in the early 80's.

Bad Guy Tactics: When they are engaged on an infantry level they get their asses kicked every time! Brave, but stupid. Suicidal Banzai-type charges were very common earlier in the war and still occur. They will literally sacrifice 8-10 man teams in suicide squads by sending them screaming and firing AK's and RPG's directly at our bases just to probe the defenses. They get mowed down like grass every time (see the M2 andM240 above). Jordan's base was hit like this often. When engaged, they have a tendency to flee to the same building, probably for what they think will be a glorious last stand. Instead, we call in air and that's the end of that more often than not. These hole-ups are referred to as Alpha Whiskey Romeo's (Allah's Waiting Room). We have the laser guided ground-air thing down to a science. The fast mover's, mostly Marine F-18's, are taking an ever increasing toll on the enemy. When caught out in the open, the helicopter gunships and AC-130 Spectre Gunships cut them to ribbons with cannon and rocket fire, especially at night. Interestingly, artillery is hardly used at all.

Fun facts: The enemy death toll is supposedly between 45-50 thousand. That is why we're seeing less and less infantry attacks and more IED, suicide bomber sh-t. The new strategy is just simple attrition.. The insurgent tactic most frustrating is their use of civilian non-combatants as cover. They know we do all we can to avoid civilian casualties and therefore schools, hospitals and especially Mosques are locations where they meet, stage for attacks, cache weapons, and ammo and flee to when engaged. They have absolutely no regard whatsoever for inflicting civilian casualties. They will terrorize locals and murder without hesitation anyone believed to be sympathetic to the Americans. Kidnapping of family members, especially children, is common to influence people they are trying to influence but can't reach, such as local govt. officials, clerics, tribal leaders, etc. The first thing our guys are told is "don't get captured." They know that if captured they will be tortured and beheaded on the internet. They openly offer bounties for anyone who brings in a live American serviceman. This motivates the criminal element who otherwise don't give a darn about the war. A lot of the beheading victims were actually kidnapped by common criminals and sold to them. As such, for our guys, every fight is to the death. **Surrender is not an option.**

The Afghani's are a mixed bag. Some fight well; others aren't worth a damn. Most do okay with American support.

Finding leaders is hard, but they are getting better. Many Afghani's were galvanized and the caliber of recruits in the Army and the police forces went right up, along with their motivation. It also led to an exponential increase in good intel because the Afghani's are sick of the insurgent attacks against civilians.

Morale: According to Jordan, morale among our guys is very high. They not only believe that they are winning, but that they are winning decisively. **They are stunned and dismayed by what they see in the American press, whom they almost universally view as against them.** The embedded reporters are despised and distrusted. Our guys are inflicting casualties at a rate of 20-1 and then see lies like "Are we losing in Afghanistan" on TV and the print media. For the most part, our guys are satisfied with their equipment, food, and leadership. **Bottom line though, and they all say this, is that there are not enough guys there to drive the final stake through the heart of the insurgency, primarily because there aren't enough troops in-theater to shut down the borders with Afghanisan and Pakistan.** The Iranians and the Syrians just can't stand the thought of Afganistan being an American ally (with, of course, permanent US bases there).

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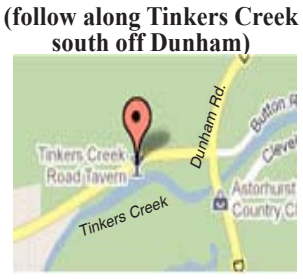

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Christmas Holiday, Islamic Horror

By Raymond Ibrahim on December 24, 2013 in Muslim Persecution of Christians

As Christians in the West go to church and worship during this Christmas season, it is well to reflect on how these two simple acts—going to church to worship—can be life-threatening for Christians in the Islamic world, especially on Christmas. The following excerpt from my book, Crucified Again: Exposing Islam's New War on Christians (pgs. 42-45), provides a glimpse of the horrors and humiliations Christians throughout the Muslim world can be exposed to whenever they try to meet and worship in church on Christmas and other Christian holidays. One can only hope—perhaps in vain—that this coming Christmas does not add new victims to the list.

Christians in the Islamic world today are suffering attacks motivated by the very same diabolical animus as a thousand years ago under Hakim [Egyptian caliph who ordered the destruction of reportedly 30,000 churches in the 10th –11th century]. Proof of this is that some of the most terrible assaults occur precisely on Christian holidays—Christmas, Easter, and New Year's Eve (which is a major church day in the Middle East). And no wonder, considering that some Muslim clerics insist that "saying Merry Christmas is worse than fornication . . . or killing someone."

After some fourteen centuries of church attacks and other persecution—punctuated by a brief Christian Golden Age—Egypt's Copts began the new year in 2011 once again under assault, at one of their largest churches: during midnight Mass in the early hours of January 1, 2012, the Two Saints Coptic Church in Alexandria, crowded with hundreds of Christian worshippers, was bombed, leaving at least twenty-three dead and approximately a hundred injured. According to eyewitnesses, "body parts were strewn all over the street outside the church. The body parts were covered with newspapers until they were brought inside the church after some Muslims started stepping on them and chanting Jihadi chants," including "Allahu Akbar!" Witnesses further attest that "security forces withdrew one hour before the church blast." And a year earlier, Muslims shot and killed six Christians as they were leaving church after celebrating the Coptic Christmas Eve midnight Mass in Nag Hammadi.

December 25, 2013, was called Nigeria's "blackest Christmas ever." In a number of coordinated jihadi operations, Reuters reported, Islamic terrorists bombed several churches during Christmas liturgies, killing at least thirty-eight people, "the majority dying on the steps of a Catholic church after celebrating Christmas Mass as blood pooled in dust from a massive explosion." Charred bodies and dismembered limbs lay scattered around the destroyed church. This attack was simply a reenactment of Christmas Eve one year earlier, in 2012, when several other churches were set ablaze and Christians were attacked, also leaving nearly thirty-eight dead. There was no reprieve for Nigeria's Christians when the next religious holiday came; some fifty Christians were killed "when explosives concealed in two cars went off near the Assemblies of God's Church during Easter Sunday services" in April 2013 in a predominantly Muslim region. According to the pastor, "We were in the Holy Communion service and I was exhorting my people and all of a sudden, we heard a loud noise that shattered all our windows and doors." December 25, 2013, saw a repeat of the last few Christmases: in two separate attacks, Islamic gunmen shot and killed twelve Christian worshippers who had gathered for Christmas Eve church services, including one church's pastor.

The violence in Indonesia, which has the largest Muslim population in the world, was not so bloody, but Muslims' hostility was equally clear. In December 2012, more than two hundred Muslims threw rotten eggs at nearly one hundred Christians desiring to hold a Christmas Mass in empty land outside Jakarta, since their church, the Philadelphia Batak Protestant Church, had been illegally closed. A photographer saw angered Muslims—men, women wearing the hijab (the Muslim headscarf), and children—blocking the road and hurling rotten eggs at those attempting to worship. According to the Reverend Palti Panjaitan, the incident followed a Christmas Eve attack when "intolerant people" threw not only rotten eggs but also "plastic bags filled with urine and cow dung" at the Christians. "Everything had happened while police were there. They were just watching without doing anything to stop them from harming us."

The attack was a repeat of what had happened several months earlier, during an Ascension Day church service in May 2013. Then some six hundred Muslims threw bags of urine, stones, and rotten eggs at the same congregation. The mob also threatened to kill the pastor. No arrests were made. The church had applied for a permit to construct its house of worship five years ago. But pressured by local Muslims, the local administration ordered the church to shut down in December 2009—though the Supreme Court recently overruled its decision, saying the church was eligible for the permit. Regardless, local Muslims and officials demand the church cease to exist.

In the Philippines, during Mass on Christmas Day 2010, a bomb exploded inside a packed Catholic church in the "Muslim-dominated" island of Jolo, injuring six worshippers including the priest. The bomb was planted by the al-Qaeda-linked Abu Sayyaf group, which according to the Daily Mail "has been blamed for several bomb attacks on the Roman Catholic cathedral in Jolo since the early 2000s and for kidnapping priests and nuns."

While many more examples of church attacks on Christian holidays could be given, the four examples above demonstrate an important point. Egypt, Nigeria, Indonesia, and the Philippines have very little in common. These countries do not share the same language, race, or culture. What, then, do they have in common that explains this similar pattern of church attacks during Christian holy days? The answer is Islam. All four countries have large Muslim populations.

If Islamic jihadis target churches during Christian holidays, Islamic governments exploit the law to oppress Christian worship during those same holidays. For example, in December 2011 in Iran, several reports appeared indicating "a sharp increase of activities against Christians prior to Christmas by the State Security centers of the Islamic Republic." Local churches were "ordered to cancel Christmas and New Year's celebrations as a show of their compliance and support" for "the two-month-long mourning activities of the Shia' Moslems" (activities which culminate with a bloody exhibition of self-mutilation and flagellation during Ashura). Two days before Christmas 2011, state security raided an Assemblies of God's church. Most of those present, including Sunday school children, were arrested and interrogated. Hundreds of Christian books were seized. As one reporter put it, "Raids and detentions during the Christmas season are not uncommon in Iran, a Shi'a-majority country that is seen as one of the worst persecutors of religious minorities."

Indeed, such oppression of Christians during Christmas is not uncommon throughout much of the Islamic world. In Iraq, some Muslim school teachers in Mosul's elementary and high schools scheduled exams on December 25, 2012, forcing Christian students to attend school on Christmas Day and miss Christmas Mass, "even though authorities had identified the 25th of December as an official holiday for Christians." In December 2011 in supposedly moderate Malaysia, priests and church youth leaders were required to obtain "caroling permits" by submitting their full names and identity card numbers at police stations—always a harrowing experience—simply to visit their fellow church members and sing carols like "Joy to the World" and "Silent Night." In Pakistan in 2011, Christians lamented that "extreme power outages have become routine during Christmas and Easter seasons." In Indonesia, December 2011, after "vandals" decapitated the statue of the Virgin Mary in a small grotto days before Christmas, the "embattled" church of GKI Bogor, another Christian church that local Muslims want eliminated, was forced to move its Christmas prayers to a member's house after Islamic groups warned Christians not to meet at the site of the church.

Editor's comment: When Serbia was destroying mosques and killing Muslims, the United States launched a bombing campaign that destroyed a good portion of Serbia, but when Christian Churches are being destroyed neither the media nor the United States gives as much as a mention. Let us all pray for these poor innocent souls being murdered.

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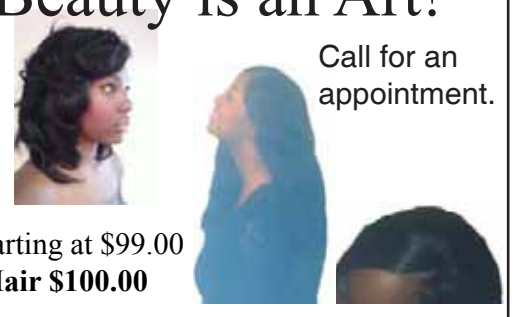

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Oats

American Association of Cereal Chemists International

You might want to consider trading in your sugary breakfast cereal for a bowl of oatmeal. New research suggests oats deserve the status of a "super grain" and are loaded with vitamins and nutrients that make them a superfood.

According to research presented at a meeting of the American Association of Cereal Chemists International in Albuquerque this week, oats can play an important role in improving diet quality and boosting health. Yi Fang Chu, a PepsiCo nutrition specialist, presented new studies showing oats are a nutritious whole grain packed with phytonutrients and antioxidants — including carotenoids, tocols (Vitamin E), flavonoids, and avenanthramides. "The polyphenols, avenanthramides, are unique to oats and have been widely used in skincare products because of their anti-inflammatory and anti-itching effects," said Chu. "As scientists continue to link inflammation to chronic diseases, they are also investigating whether bioactivities produced by the polyphenols in oats can be as beneficial from within the body as they are on the skin."

Chu noted oats contain more than 25 different biologically active nutrients. "Compared to the bioactive compounds identified in other grains — like wheat and rye — oats may be more bioavailable and possess more anti-inflammatory properties," Chu said.

In addition, oats and oat products meet the minimum levels of oat beta-glucan required by the U.S. Food and Drug Administration for them to carry a health claim for cholesterol-lowering benefits. Studies also suggest oats can enhance satiety and may also help reduce the risk of other chronic conditions.

Editors Comment: I began eating oatmeal and reduced my cholesterol number by 55 points. My doctor friend, Stanley L. Fox, said after just three days of eating oats will do this. To keep you cholesterol low you need to continue a regimen with a regular eating of oats.

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Detroit Police Chief to Citizens: Arm yourselves Former Gun-Control Advocate Changes Tune in Combating Crime

If more citizens were armed, criminals would think twice about attacking them, **Detroit Police Chief James Craig** said Thursday. Urban police chiefs are typically in favor of gun control or reluctant to discuss the issue, but Craig on Thursday was candid about how he's changed his mind. "When we look at the good community members who have concealed weapons permits, the likelihood they'll shoot is based on a lack of confidence in this Police Department," Craig said at a press conference at police headquarters, adding that he thinks more Detroit citizens feel safer, thanks in part to a 7 percent drop in violent crime in 2013.

Craig said he started believing that legal gun owners can deter crime when he became police chief in Portland, Maine, in 2009. "Coming from California (Craig was on the Los Angeles police force for 28 years), where it takes an act of Congress to get a concealed weapon permit, I got to Maine, where they give out lots of CCWs (carrying concealed weapon permits), and I had a stack of CCW permits I was denying; that was my orientation. "I changed my orientation real quick. Maine is one of the safest places in America. Clearly, suspects knew that good Americans were armed."

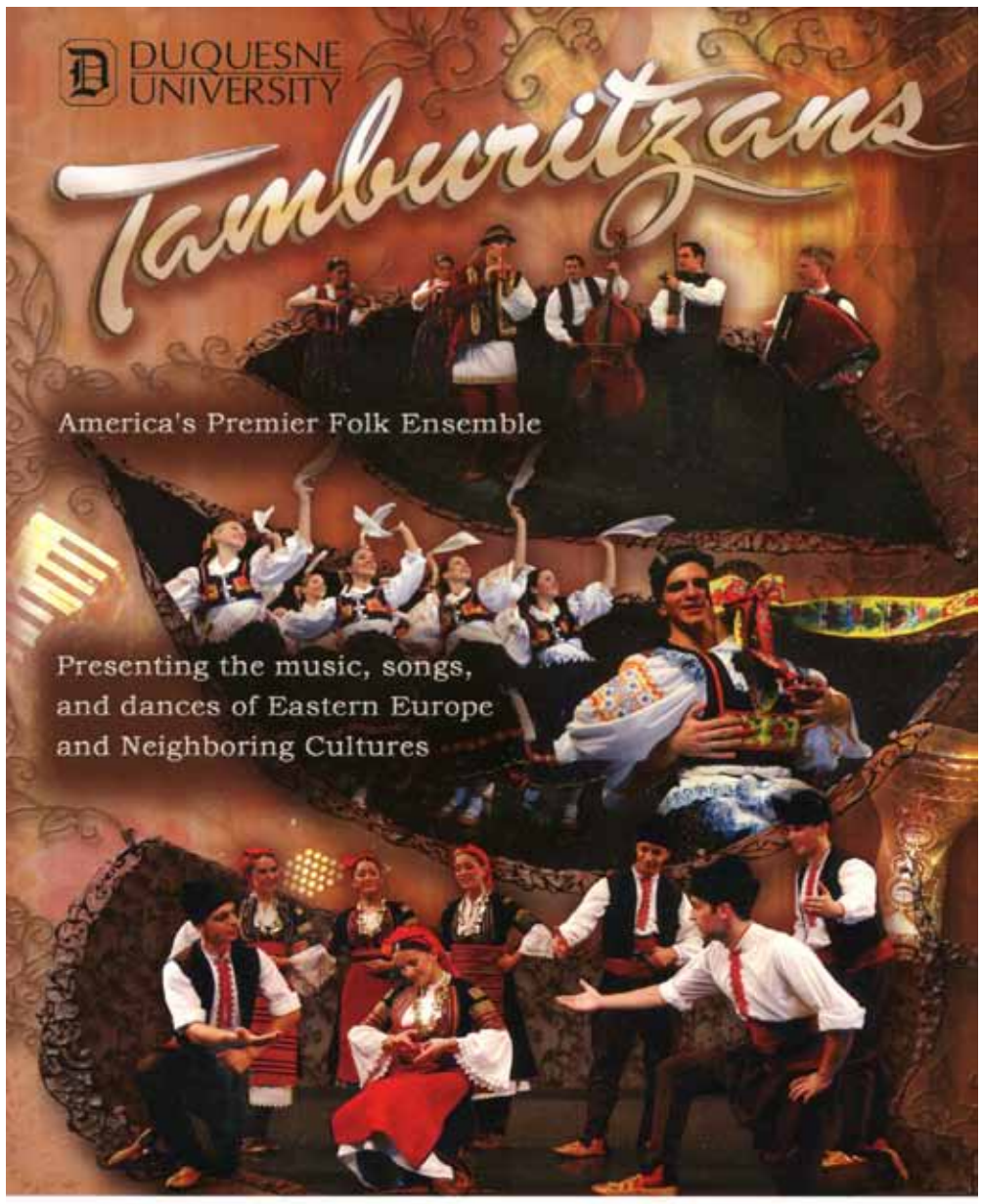
Craig's statements echoed those he made Dec. 19 on "The Paul W. Smith Show" on WJR (760 AM), when he said: "There's a number of CPL (concealed pistol license) holders running around the city of Detroit. I think it acts as a deterrent. Good Americans with CPLs translates into crime reduction. I learned that real quick in the state of Maine."

Rick Ector of the Firearm Academy of Detroit, which teaches gun safety classes, said Craig's comments are unusual for a police official. "It's a huge, radical departure for the police chief to say good people should have access to firearms," said Ector. "I'm not ready to say he's pro-gun just yet, but it's vastly different from what police chiefs have said in the past."

Michigan Association of Chiefs of Police director Robert Stevenson agreed. "A lot of police officers have no problem at all with law-abiding citizens having guns," Stevenson said. "I think it's probably like the citizenry: Some are for it, some are against it. But most police chiefs don't want to talk about the subject. "It's a divisive issue, and a lot of times chiefs are reluctant to get in the middle of those debates. Gun control, the death penalty — most chiefs try to stay out of those discussions. Craig speaks his mind; you've got to give him credit for that."

According to a March 2013 anonymous poll of 15,000 officers by the law enforcement website policeone.com., almost 90 percent of the respondents believed casualties would be decreased if armed citizens were present during shooting incidents, while more than 80 percent supported arming teachers who were trained with firearms. Although Craig said more responsible gun owners would likely lower crime, in the past he also has called for a ban on assault weapons, regulating high-capacity magazines, tighter restrictions on Internet ammunition sales and more stringent background checks for merchants who sell firearms at gun shows. Detroit police have reported 73 justifiable homicides in the city since 2011. The number in 2013 was 15, down from 25 the previous year.

Most of those cases involved citizens who defended themselves by killing criminals. Among them: 77-year-old Willie White, who in March 2012, fatally shot a man who'd broken into his northwest Detroit home. Prior to the incident, White's home had been broken into several times. The break-ins stopped after he killed the 18-year-old intruder, he said. "I think these criminals would definitely think twice if they knew more citizens were armed," White said. "I know it stopped them from breaking into my place."



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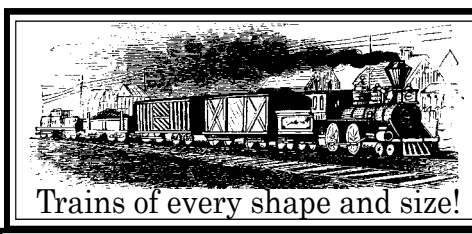

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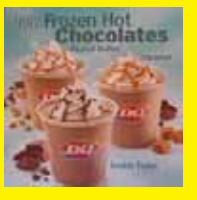

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