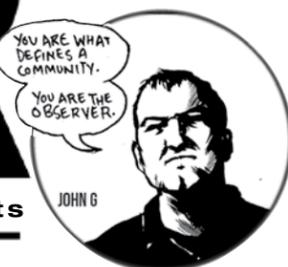


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★★★ OHIO CITY | TREMONT ★★★

# OBSERVER

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VOLUME 1, ISSUE 4, JULY, 2016

## Dogs Are Bringing Positive Change to Cleveland

BY TATIANA ROBERTS

If you are looking for another reason to love Cleveland, or need your faith in humanity restored, then check out the City Dogs Program of Cleveland Animal Care and Control. This misunderstood kennel is making waves with our Chief Animal Control Officer, Ed Jamison, as our pack leader. He recently received the 2015 Bright Ideas Award by the Michigan Partnership for Animal Welfare/Michigan Association of Animal Control Officers during the Great Lakes Animal Welfare Conference. The City Dogs Program isn't just a "bright idea," it is a beacon of light in the darkest mindset of how most people view shelter dogs and pit bull mixes, to be specific.

As a newer volunteer, I must admit that this shelter has changed my life. For me it is an emotional roller coaster of worrying about those pups, then becoming overly extatic when they find their homes. It

is incredibly rewarding to get to bond with and learn about these dog's personalities. They truly are all so special and I can honestly say there is a dog for every type of person at this shelter, if just given a second chance.

Most of the kennel's positive productivity is done by the volunteers. There are those of us who walk dogs no matter what the weather, an events team who takes pups to local businesses to show the general public how amazing our dogs are, the Kong Team, who get to stuff chew toys with treats and surprise our pups, and the social media gurus who take to their computers to promote and network these fantastic pups! There's always room for more volunteers in all these areas, so please check out the City Dogs Cleveland Facebook page to find important dates such as new volunteer orientations, or where the next meet and greet will be.

I know you've been thinking about adding a new family member to your pack, so please

stop down to the kennel! It is located at 2690 West 7th St., in Cleveland, just off I-490 by Steelyard Commons. Check us out on Petango, or even just email us at [citydogs@city.cleveland.oh.us](mailto:citydogs@city.cleveland.oh.us) and let us know what kind of pup you're looking for (mellow couch potato, hiking buddy, running partner, etc.).

You can even see our dogs participating in the kennel's newest addition: play groups! This amazing organization called Dogs Playing for Life, which specializes in socializing and evaluating shelter dogs, has come to teach our city dogs how to be dogs again! Adoption ambassadors can now confidently let adoptors or fosters know if a particular dog is social with other dogs or not. This is probably my favorite new addition. There's nothing better than watching a once depressed dog frolicking with his or her dog friends in the yard. It is truly pure joy!

Cleveland is a constantly changing and growing city.



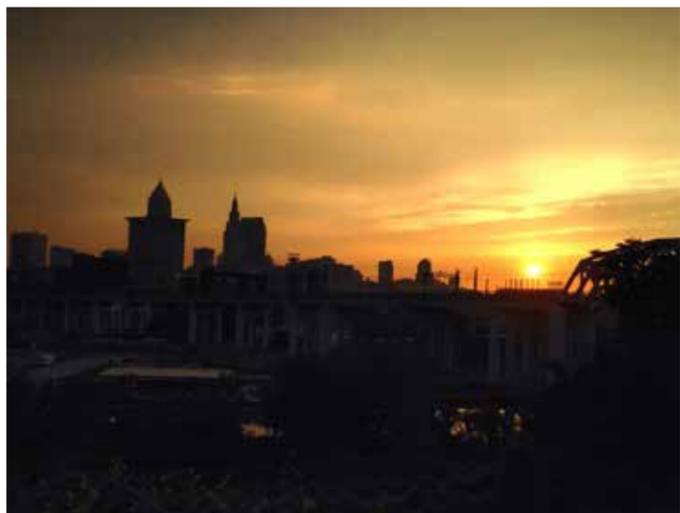
Michigan, a model pup for City Dogs Cleveland. Photo by Tatiana Roberts

It is evolving quickly, and as responsible and intelligent humans it is our duty to change and evolve with it. Please adopt shelter pets instead of supporting breeders; please spay or neuter your pet for your pet's

health and to help reduce the overpopulation of forgotten animals; and please consider volunteering or fostering if you cannot commit to the long term care of your companion.



Springing to life at Kentucky Gardens. Photo by Samantha Nagy



The sun sets over our "forest city". Photo by Samantha Nagy

## Gardening as Meditation

BY SAMANTHA NAGY

At 6:00 AM on any given day, I'm cruising up the Franklin Avenue hill from Tremont watching the sunrise over Cleveland, while passing the impressive Ohio City Farm. This routine is never boring, instantly inspiring me before arriving at 38th Street, Kentucky Gardens. The rich history of this specific land makes my heart flutter even more. Starting out as the city's first water reservoir upon settlement, this corner has only ever provided sustenance to the people; first with water, then with organic food. The Reservoir had 50-foot walls and a promenade for walking, sounding a lot like a date spot to watch the sunset over the lake. The city outgrew the reservoir, and eventually depression times encouraged the Board of Education for Cleveland to use the location to teach horticulture. Victory gardens sprang up during WWII. Self-sufficiency has such a rewarding feeling of empowerment, and I feel

it resonate on these grounds. To make things a little more localized and pure, I get most of my seeds from the Cleveland Seed Bank. Seeds are free and already adapted to our region. I'm quite privileged to have such wonderful resources.

No chemicals are necessary, because Mycorrhizal fungi are my favored fertilizer. Think of this mycelium as the Internet of the soil. All plants communicate and receive the transfer of nutrients through it, making this incredible network my number one growing tip. Inoculate your soil and next, try to embrace spiders. I delight each time I see a weaver or jumper because we have an alliance where they eat pesky bugs, and in return I let them live without fearing them. I spotted several large webs this morning and chose to walk around, leaving the orbs intact. They're really saving me time and effort, after all. Praying mantises also eat bothersome insects and are highly revered. The best gift I've received this year was a

hatching mantis egg case from my neighbor gardener. It was wonderful to see hundreds of mini mantis dispersing to benefit my agenda. Even with the pest assassinating assistance of spiders and mantises, sometimes there are battles in my kingdom. Slugs and flea beetles will always invade with enormous appetites. They could eat a whole plant if I allowed them, nibbling it down to a wee stem. I try to respond peacefully with a couple of my favorite tricks. I border the base of delicate baby plants with copper wire, causing any slug crossing to get an electroshock. Plants becoming lacy with bite holes get a light misting of neem oil, making them undesirable to insects. Neem also tastes bad to humans, so I only use it until fruiting begins and never on tender greens or lettuces. Diatomaceous earth dusting is better for the leafy or tender crops.

Bees are kept on top the

CONTINUED ON PAGE 6

# NEIGHBORS FROM ACROSS THE GLOBE



A group of brand-new Clevelanders poses together as part of their ride around with Cleveland Cycle Tours. All photos in this article courtesy of the Catholic Charities MRS office.



Employees of the Diocese of Cleveland's Migration of Refugee Services go on a tour with some new Clevelanders, courtesy of Cleveland Cycle Tours.

## Welcoming Ride Around the West Side

BY REID FITZGERALD

On Wednesday, May 18th, a group of newly-arrived Clevelanders received a pedal-powered tour of the Westside Market District and Tremont. The springtime cycle-tour was generously provided by Cleveland Cycle Tours, a small, family-owned business in the Duck Island neighborhood, located at 2135 Columbus Road. The pedal-car's passengers were an eclectic group of newcomers, though not the young professionals showing up for Cleveland's craft brew scene and low cost-of-living that you might expect to see on a party-bike. In fact, the lei-wearing, smile-bearing young adults were a group of refugees.

The refugees represent both a tumultuous climate of persecution in their countries of origin, such as the Democratic Republic of Congo, Myan-

mar and Somalia, as well as a climate of compassion in Cleveland. The pedaling participants were resettled locally by the Diocese of Cleveland's Migration and Refugee Services (MRS). The Catholic Charities' MRS office is the largest resettlement agency in Cleveland, providing housing, employment, legal services, and ongoing case management to more than 300 refugees each year. Cleveland Cycle Tours owners, Michael and Carol Stanek partnered with MRS to give refugees an opportunity to get outside, into the community, and to experience some of the best Cleveland has to offer.

The eager riders were accompanied by Cleveland Catholic Charities staff and Mike Reiling, a retired theology teacher and now captain and tour-guide for many such outings. The tour offered the young

refugees many novel sights, sounds, and smells as the group disembarked from the 15-seat party-bike to take a walking tour of the historic Westside Market. The ensemble wandered the brightly lit lanes, climbed to the observation deck, and spoke with produce vendors outside. All made sure to stop and smell the blooms at the Paradise Flower Market before heading across the Abbey Bridge for a view of the Downtown skyline that is now their own. A picnic turned dance party at Lincoln Park finalized the day's

adventures before the tour concluded back on Columbus Road.

For more information about Cleveland's refugee community and how to get involved, contact the Catholic Charities MRS office at 7800 Detroit Ave, 216-939-3737. MRS can also be followed at [www.facebook.com/ccmrs](http://www.facebook.com/ccmrs).

More information about Cleveland Cycle Tours can be found online at [www.bikecct.com](http://www.bikecct.com) or by phone at 440-532-9995.



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Alternative Media by and for the People

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\*\*\*OHIO CITY | TREMONT\*\*\*  
**OBSERVER**

**COMICS PAGE**

by John G

FROM HUMBLE BEGINNINGS YOU DO YOUR BEST TO LIVE YOUR LIFE.

YOU WORK HARD, YOU TRY TO STAY HONEST. "SUCCESS" MEANS SOMETHING PARTICULAR TO YOU.

BECAUSE PLANS FALL THROUGH. THINGS SEEMINGLY WITHIN REACH ARE JUST OUTSIDE YOUR GRASP. SO THERE YOU ARE, ALONE, CURSED BY THE RAYS OF THE MID-DAY SUN.

DEFEATED BY THE OPPRESSIVE SUMMER HEAT.

YOU NEVER COMPLAIN. YOU DON'T ENGAGE IN SELF-PITY. YOUR MOVE IS TO QUIETLY RETREAT HOME.

A PLACE BEHIND WALLS YOU BUILT. A PLACE TO SLEEP. PERCHANCE TO DREAM. IN DREAMS YOU ARE REDEEMED YOUR WORLD, RECONCILED.

ONE OF THOSE WALLS HAS A DOOR, A MEANS OF EGRESS. ON THE OTHER SIDE YOU HAVE A NEIGHBOR.

DON'T LET PROXIMITY FOOL YOU. HOWEVER OFF YOUR EQUILIBRIUM, THERE'S SOMEONE WHO CAN RELATE.

ready?

hell yeah.

OUT THE DOOR THE SUN FLEES WEST. THE ATMOSPHERE FORGIVES. UP THE STREET- THE AXIS POINTS OF THE MIDWEST. THE ATMOSPHERE BELIEVES.

YOUR NEIGHBOR YOUR GUIDE. KNOWN ASSOCIATES, FRIENDS, FRIENDS-OF-FRIENDS, STRANGERS. THE BARMAN KNOWS YOUR BEVERAGE.

YOU CONFESS. UNTIL THIS MOMENT YOU PAID NO MIND TO YOUR HEROES' QUEST. IN THIS FINALS MOMENT YOU BEGIN YOUR INITIATION AND INVESTMENT.

A FORCED GAME SEVEN. A SERIES TIED. BACK FROM DOWN THREE TO ONE. THE ODDS ARE AGAINST YOUR HEROES. HISTORY IS AGAINST THEM TOO. "NEVER BEEN DONE BEFORE". YOU CAN NOT WIN. NOT AGAINST SO PRIVILEGED AN OPPONENT. NO ONE COULD.

HOWEVER. YOUR HEROES? THEY'RE CAVALIER. THEY DON'T CARE ABOUT ODDS, THEY DON'T CARE ABOUT WHAT'S BEEN DONE BEFORE. AND FOR THAT... AND IN THAT... YOU BELIEVE.

YOU START TO FORGET THE FALLEN PLANS, THE DISCREPANCY BETWEEN YOUR REACH AND YOUR GRASP. YOU FORGET YOU'RE CURSED AND PAST DEFEATS. YOU LOOK AROUND, YOU ARE NOT ALONE.

AND NEITHER ARE YOUR HEROES, BECAUSE YOU BELIEVE.

THE GAME IS ENTHRALLING. NEITHER SIDE EVER HAS THE UPPER HAND. YOUR INVESTMENT GROWS AS ALL AROUND YOU THE STAKES ARE APPARENT IN THE HOLLERS AND EXCLAMATIONS OF YOUR COMPATRIOTS AND FELLOW BELIEVERS.

BETWEEN THE SHOTS AND CLOCKS THERE'S MEANTIME. IN THAT TIME, WITHOUT YOU KNOWING, YOUR WALLS ARE BREACHED. YOU CONVERSE WITH YOUR NEIGHBOR. UNEARTHING MULTITUDES OF OVER-LAPPING COMMONALITIES.

CONNECTION AFTER CONNECTION. IT'S AS IF YOU GRANTED YOUR DEFENSES TO YOUR HEROES, YOU DON'T NEED THEM. MUTUAL POINTS OF INTEREST AND ADMIRATION.

SWISH

SIMULTANEOUSLY YOUR HEROES ASCEND. IT'S A CONTEST- A JAMMER IMBUED WITH SIGNIFICANT MEANING. YOU CAN'T HELP BUT CONSIDER THE CONTEXT. WITH BAITED BREATH. JUST LIKE EVERYONE ELSE.

FOR 90 SECONDS, THEN THE LAST MINUTE ALL THINGS ARE POSSIBLE, VICTORY, DEFEAT, VICTORY. A THREE POINT DAGGER AND EVERYONE JOINS THE EDGE. THIS IS HAPPENING.

YOU KNOW IN THE BACK OF YOUR MIND IT STILL MIGHT NOT... BUT IT DOES!

YOUR ENTIRE CITY GOES BALLISTIC WITH RAW, UNCHECKED HUMAN JOY, ALL WALLS DELIBERATED. NEIGHBORS, FRIENDS, STRANGERS NO MORE.

YOU FEEL IT UNDENIABLE IN THIS MOMENT. YOU'VE BEEN REDEEMED. THIS IS THE RECONCILED WORLD. THIS IS WHAT YOU BELIEVE IN.

YOU ARE CLEVELAND.

## OPINION | RECIPES

# Real Recipes for Real People

BY BRUCE GROSSMAN

Here's a chance for you to eat my words, here's an example of what I call authentic food. With permission, I am reproducing the Pineapple Delight Icebox Cake, Three Bean Salad, and Beef Quickie recipes from the 1974 Ladies Guild of St. Christopher's Church Cookbook. Have your can opener at hand, because this is convenience food. But keep in mind we have to eat during the winter, and even the indigenous people of Ohio did not winter here, but migrated to what is now called the Carolinas. We can be thankful for pasteurization and canning, but note that the cake recipe calls for raw eggs. So don't use any from our industrial farms, they are not safe raw.

We like "authentic" food because it makes us feel authentic, but when did we lose our sense of authenticity? Perhaps at Big Chill" moment of entering the job market, when we ourselves found ourselves hawking ourselves as so many commodities and so many brands.

If anyone is curious as to what I like to eat, my favorite is lentil and sausage stew. Just chop up a lot of onions and celery and sausage and cook them with the lentils. There's nothing better. Another favorite is combining canned tuna, canned peas, and mayonnaise for the best ever tuna salad. But I too like to impress people on occasion. Try toasted wheat germ instead of bread crumbs for oven fried chicken. For a barbecue, try wrapping fish fillets in banana leaf envelopes instead of foil. Your social standing is guaranteed to go up!

## PINEAPPLE DELIGHT ICEBOX CAKE

1/2 lb. sweet butter  
1 pt. whipping cream (half for filling & half for frosting)  
3/4 lb. powdered sugar  
Small can of crushed pineapple  
4 eggs separated  
1 large sponge cake or 3 oz. ladyfingers  
1 small bottle maraschino cherries

**FILLING:** Cream butter, sugar, add egg yolks, one at a time. Beat until fluffy. Then fold in stiffly beaten egg whites.

Line a large mixing bowl with wax paper. Put in a layer of split ladyfingers, or thin slices of cake on bottom and sides of bowl.

Add layer of filling, layer of crushed pineapple, layer of diced cherries, layer of whipped cream. Continue this procedure until final layer is cake. Cover with wax paper. Chill 24 hours.

Remove from bowl by inverting on large plate. Cover with 1/2 pint whipped cream. Dot with cherries. Slice and serve.

\*\*\*\*\*

## THREE BEAN SALAD

1 can green beans  
1 medium onion, sliced  
1 can yellow beans  
1 medium green pepper, sliced  
1 can kidney beans

Marinate overnight in:

2/3 c. vinegar  
1 tsp. salt  
1/3 c. oil  
1/2 tsp. pepper  
3/4 c. sugar

Serves 6-8

\*\*\*\*\*

## BEEF QUICKIE

1 1/2 lb. good beef stew meat  
1/2 can (soup can) red wine (Chianti or Burgundy)  
Salt.  
Garlic salt  
Chives  
1 can mushroom soup

Combine right in casserole, meat, soup, and wine. Sprinkle salts and chives all over and mix. Cover and bake at 300 degrees for 3 hours, adding a little more wine, if needed, to make a good gravy. Serve with parsleyed or buttered noodles.



Celebrating the Cleveland Cavaliers winning the 2016 NBA Championship on Detroit Ave. Photos by Adam Jaenke

## Game 7: Cudell

BY NICK KRASTAS

It is well past dark on a Sunday and the neighbors shout in joyous unison. They boom with sudden exuberance like the bottle rockets that reveal our homes in quick flashes of white. Dogs bark; families spill out onto front porches. They had been huddled in living rooms, some three generations deep. Unblinking, breathless. Fists clenched in hopeful anxiety. Now their hoots turn into words brimming with shaky laughter.

It is because of the unthinkable. The Cleveland Cavaliers, in Game 7. Down to the wire. The curse has been lifted. Perhaps the children will learn of such hexes as ancient history. May they grow up in times of prosperity.

I've made a home of this street for three years, the Cudell neighborhood a few more, Cleveland my entire life. I've never felt such widely communal joy. Not out loud, anyway.

What I have always felt, though, is a closely knit and humble community. Kids who drag a basketball hoop onto the street to play pick-up games between cars. Latin music on weekends and Good Humor jingles in summer. Rusty trucks rattling around for metal scraps. Hip-hop thumping from idle sedans. Feral cats in overgrown empty lots. Young families, retirees, and quick turnover renters. A corner store like a fraternal order.

But minutes from here, two years ago, a cop killed a young black boy named Tamir Rice. This was his neighborhood, too. He was playing at Cudell Recreation Center at the time. He too, loved basketball. I remember the sorrow and rage that gave way to a squelching

sense of defeat. A belly-up feeling that has often come to define this city. But this sinking sensation wasn't due to something trivial like a buzzer-beating jumper or fumbled pigskin. It was a child killed, and a sick system that justified his death. It was a lack of justice and the sad realization that this wouldn't be the last time.

I remember, the following summer, when his family released doves in his name. Twelve. One for each year he had. I think of him when I hear the kids on my street laugh and play. Chasing ice cream trucks with classmates seated on bicycle handlebars. I imagine some were his peers. Or might have been.

As a white individual, I won't claim to have felt the hurt, the distrust, or the anger in the same way that much of my community has. I am not the individual to best sum up this pain. Nor am I, a fair-weather sports fan, the individual to best sum up the full adrenal joy of watching the Cavaliers win their first championship.

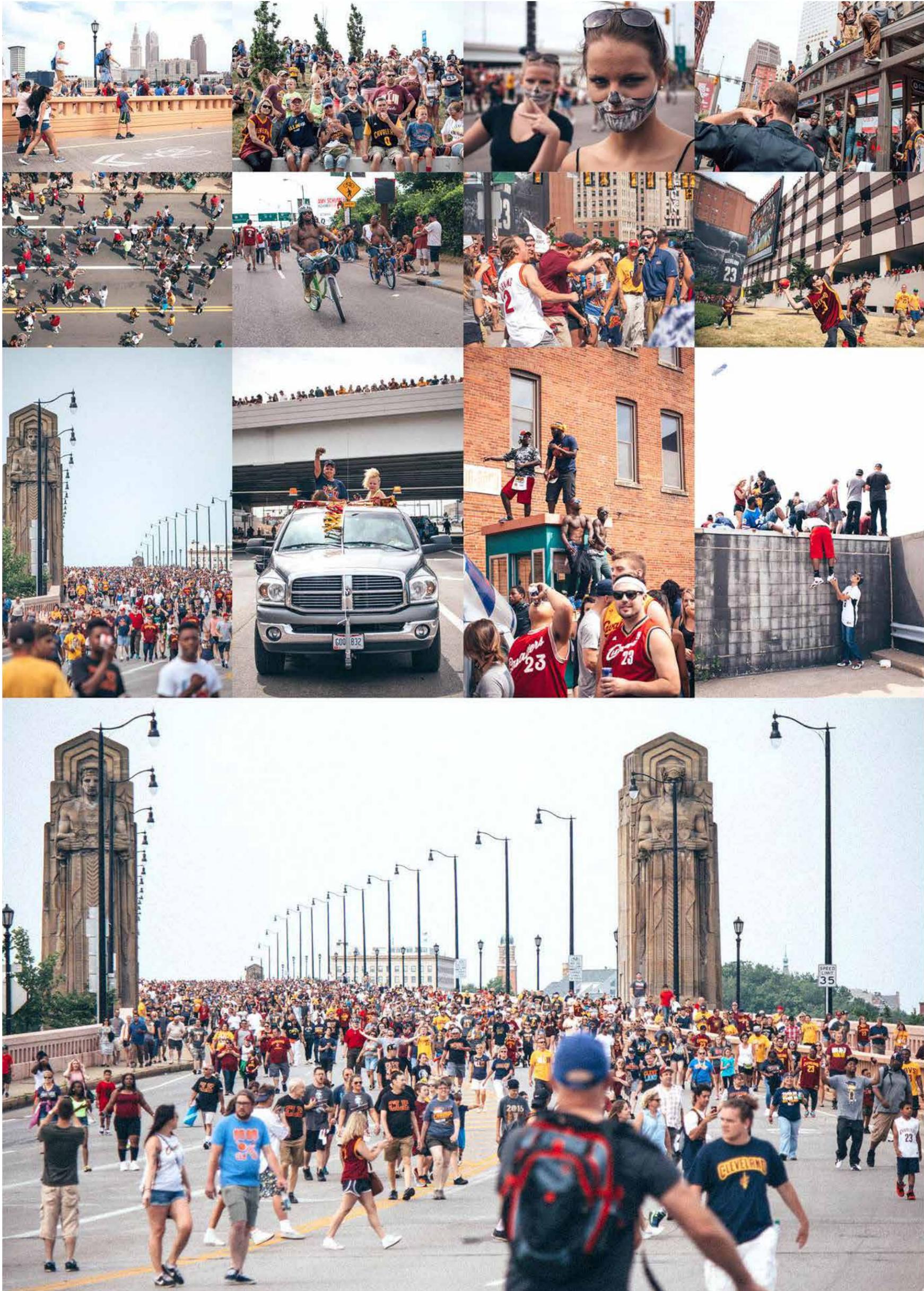
By no means do I hope to draw substantial ties between these two wildly disparate events. For nothing can mend the hurt caused by Tamir's death, least of all a basketball game.

But on the night of Game 7, I sit on my front porch and listen. I don't cheer as my neighbors do; after all, this hasn't been my fight, so this isn't truly my victory. Instead, I soak up the sounds and quick flashes of white as tires spin smoke through a tunnel of celebration. I laugh with burning cheeks and it has very little to do with basketball. I watch Cudell smile, a smile long overdue, and I am thankful for that.



Magical views of Lake Erie at Edgewater Beach. Photo by Todd Feichtmeier

# PHOTO BLOG: CLEVELAND CAVS, 2016 CHAMPIONS



PHOTOS AND WORDS BY ADAM JÄENKE

On Wednesday, June 22nd the pulse of Cleveland was higher than usual but the city was in its best health in decades. Around a million people converged on the streets of downtown and beyond to celebrate our first

championship that most of us, young and old, had never witnessed before. Simply put, it was a beautiful thing. As someone who has never followed sports too closely, it was a humbling moment to observe the joy and excite-

ment that permeated the streets of our city. A patchwork of people, all ages, colors, sizes, and backgrounds were finally unified in our little corner of the world. I would've never guessed that this is what it would take, but I'm

grateful that it was the case. It was singular moment, far removed from the beatings Cleveland has taken throughout the years. This wasn't just a win for LeBron and his crew, it was a win for all of us. I'm pretty sure we deserved it.

## GOOD LIVING

# Gardening as Meditation

CONTINUED FROM PAGE 1

Kentucky Gardens field house, so I must invite them down to pollinate with a diverse array of flowers. I strive to keep my relationships symbiotic. I'm happy if they're happy. Night crawlers and red wiggler worms are fed vegetable scraps in my kitchen so they can supply me with castings to use as "black gold" fertilizer. I use companion plant groundcovers instead of mulch to keep moisture in the soil, prevent bad weeds, and overall increase yields. This method keeps every inch of soil alive. Some of my favorite combinations are spicy nasturtium flowers around the cucumber family, oregano around my pepper patch, and Purslane wherever it pleases. Purslane indicates rich soil, brightens up a boring salad and has a shallow root system so it won't disturb the intentionally planted crop. I will let deeper rooting good weeds grow in appropriate places such as dandelion, plantain, mullein and borage to use medicinally. Yarrow is planted next to my lavender and other apothecary herbs to increase the production of essential oils. There are only two weeds that seem to have no use and I have to continuously pull out. Mugwort propagates from any part of the plant, and bindweed's roots can go 20 feet deep so tilling is in vain.

At least I don't have to worry much about deer or small mammals at Kentucky Gardens, because the whole corner of the block is fenced in. On the other hand, my backyard in Tremont has five menacing groundhogs governing my planting decisions, but I've still found lots to eat outside my kitchen window. I treat knotweed shoots like asparagus and can't get enough garlic mustard pesto. Pansies have a slight wintergreen flavor that I love with dessert, and mulberries become more exciting

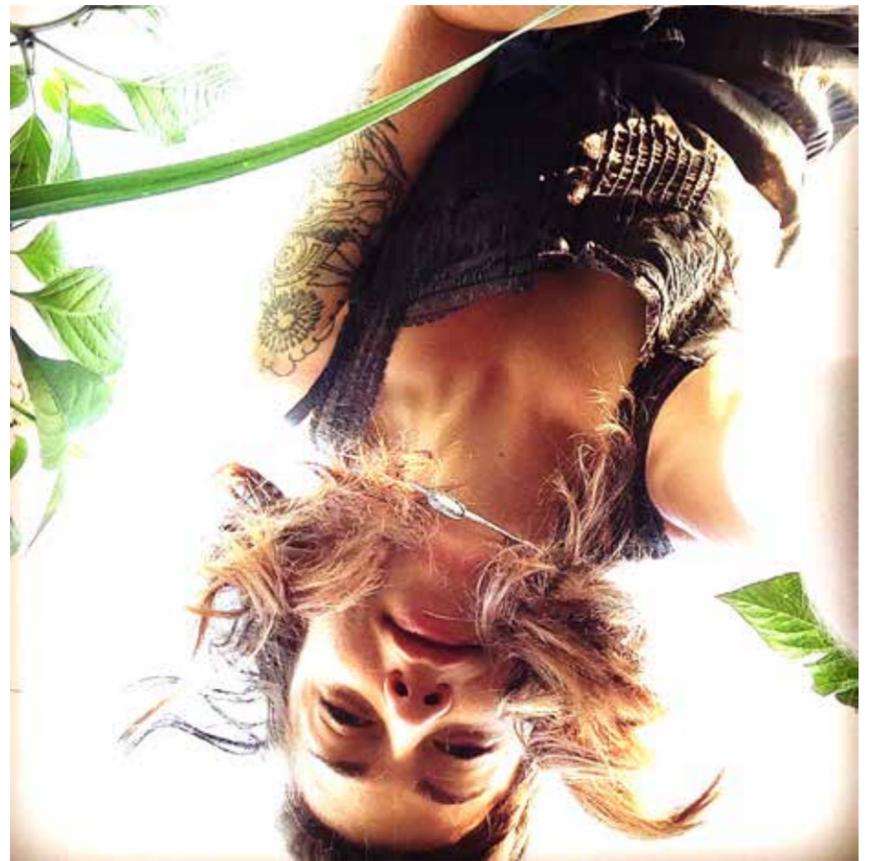
when made into a shrub for cocktails. I'm constantly foraging, as long as the land is unsprayed and I have permission (respect our parks.) In July I look forward to wild foods such as chanterelle mushrooms, sumac, and raspberries. Fall will lead to tapping birch trees, collecting walnuts and "chicken of the woods" mushrooms. I will continue to fish perch and walleye throughout the summer and hope to get a deer come the full moon in November. In the winter I will still be enjoying garlic, squash, potatoes and sundried veggies that I intentionally guided into creation. I see food everywhere I look, so much that I couldn't begin to list it all.

Growing, finding, and making food in the city has been a magical experience for me. Harvesting hundreds of pounds of colorful, nutrient dense food is only a secondary reward to my labor. No matter how intense life can be, when I take a few steps into nature, I begin to feel amazing. Time at the garden is never a waste, even if I just stop by to eat lunch under the apple trees. I will always walk away with greater knowledge and clarity, continuously receiving lessons in patience and improvisation. Fellow gardeners share their wisdom, plus I learn from my mistakes and observations. Gardening enhances mindfulness. When I'm tending, it is a moving meditation. I follow my breath and focus on being present in that exact moment. It's a kind of yoga, especially when I throw some goddess squats in while planting.

For more information about how to enjoy Kentucky Gardens, go to [www.kentuckygardens.com](http://www.kentuckygardens.com), attend the new gardeners meeting early next year at Carnegie West Library, or email [samm.nagy@gmail.com](mailto:samm.nagy@gmail.com).



The literal fruits of labor. Photo by Samantha Nagy



From the vantage point of all the plants! Photo by Samantha Nagy

# Keeping Cool in Cleveland

BY STACEY PICKERING

Okay, I admit, I'm sitting in the comfort of my air-conditioned house as I write this. But this is the first time in my adult life I have enjoyed this luxury, and as someone who gets wilted, withered, and sometimes surly in the heat, I have spent years searching the holistic world for remedies and recipes to keep my cool.

I come from a frugal family, so I guess it's in my (BOILING!) blood to seek out the cheap solution first. Which is why I am always so pleased to find that the most helpful aid for many ailments is not only cheap, but FREE! Yes, I've said it before and I'm saying it again: WATER! Staying hydrated is the most important factor in maintaining balanced wellbeing in the heat. And don't just drink it—surround yourself with it! Swimming, cool showers, and sprinklers are all good ways to sooth the scorch. And if full-on submersion is not your cup of tea, simply dipping or soaking your feet in cool water can lower your body temperature immensely.

Which brings me to my next recommendation: vegetal & herbal

coolness enhancers. It's amazing what a few crushed mint or basil leaves in your drinking or soaking water will do to bring down the heat, and eucalyptus and lavender essential oils are two more soothing soak additions. It's also refreshing to make a cool compress with a washcloth soaked in these solutions and placed on your face or neck. Adding fresh lemon or lime juice, or a pinch of sea salt, adds electrolytes and increases hydration. Slices of cucumber are cooling and anti-inflammatory, and in my opinion, make magic happen in any beverage, and can also be enjoyed as a sea-salted snack.

Some other foods that hydrate & can help lower body temperature are:

\* Melons, especially watermelons, as they are high in water content and also contain plenty of vitamins and minerals.

\* Leafy greens. They contain loads of water and nutrients, boost the immune system, and help the body

detox. Spinach, arugula, kale, oh my!

\*RADishes! These underrated little gems not only provide loads of vitamin C and antioxidants, and are alkalizing, they are also fuschia and magenta in color!!!!!! as well as being high in water content and potassium, and adding a pleasantly spicy kick to any salad. I cannot say enough about how much I love this vegetable.

\*Spices. No joke, adding warming spices is a way of making yourself more comfortable in the heat by bringing your internal temperature to a place that matches the external temperature more, thus reducing your body's feeling of resistant imbalance. This is why spicy foods are eaten in so many hot regions of the world. Try adding cayenne, chili flakes, or ginger to your food or drink. See what ya think!

Last but not least, here's a rad dish to bring to summer picnics:

## Cool Cucumber Combo

Serves 8

### Gather:

3-4 medium cucumbers (organic please! Give yourself and your friends more love & less weird wax)

2 radishes (please assume organic from this point until end of recipe, and into infinity)

1 red bell pepper

1 red onion, or 4 green onions

½ bunch, or 1 C fresh cilantro, or basil, or combination

1 tsp ground or whole seed coriander

zest & juice of 1 lime

¼ c rice or apple cider vinegar

1 tsp sea salt, or to taste

1 Tbsp honey (optional)

1/8 -1/4 tsp red chili flakes

### Make:

Use a fork to carve stripes along the length of cucumbers, or peel in stripes. This helps make them more

CONTINUED ON PAGE 11

## OHIO CITY FOOD

## Ohio City, a True “Food Oasis” and the Mirage of Authenticity

BY BRUCE GROSSMAN

We are truly blessed for food here in Ohio City. Besides Dave’s supermarket and the West Side Market, we have farmers markets, neighborhood gardens, church food pantries, and numerous eateries. We even have secret neighborhood treasures like La Borincana, the Global South mart on Fulton at Chatham where one can buy “cow skin” and “burnt goat” as well as a myriad of hot sauces and curry powders (tell Ricky, the owner, I said Hi). Contrast this with the stories one reads of neighborhoods with no local food outlet except a drug store, and one is both grateful for our abundance and appalled at what others lack. In a way, it is the story of advanced capitalism where the problems of production have been conquered, but distribution, “not so much.” It is important to remember that this came about in Ohio City not by the sole machinations of some invisible hand, but also by the foresight and hard work of City planners, “Third Sector” non-profit corporations, traditional charities, and countless citizens acting as citizens. For example, there is now a brand new food program whereby Ohio Direction Card users will receive bonus redeemable food purchase tokens for every dollar spent shopping at participating farmers markets. This is good for poor people, but also nurtures the farmers markets movement, fostering it as well as encouraging poor families to spend more money on fresh fruits and vegetables instead of convenience food.

But also, here in Ohio City, not only do we have an abundance of food, but we tend to overintellectualize it. This too is keeping with trends of post-modernism. For example, the local library, Carnegie West, where I am writing this, now has on prominent display “Fed, White, and Blue -- Finding America with My Fork.” Here in Ohio City, we are looking for more than just America, we are seeking the whole world on a fork, and even more than the whole world; we are on a culinary pilgrimage for “authenticity,” and our own inner essences. Who said Ohio City wasn’t a fun place to live?

Authenticity is a slippery concept. Especially where “authenticity” is something to be consumed. Here we enter the territory of magical thinking, where to consume authenticity somehow makes one

authentic. And it is interesting and ironic that the opposite of authentic is pretentious, because the one great claim made against the connoisseurs of the authentic is that they are pretentious. Hi-Ho! You can buy “authentic street food” from The Flaming Palm food truck, but you can’t buy authentic street cred.

Actually, I would like to here dispense with any post-modern irony, snarkiness, cynicism, or nihilism. I am sure that the readers of this publication are already well aware of the quixotic and commercial nature of authenticity in a disneyfied America. Myself, I am such a skeptic and doubting Thomas that I won’t even buy “organic” produce if I can’t see worm holes. Rather, I would like to take the contrarian position that there is authenticity to be found in food, chefs, food writers, the common folk, and even the hoi polloi like you and me.

It is a truism that authenticity comes from the bottom, if not from the soil or the people of the soil, at least from the simple struggling folk. But in this age of abundance and mass media, maybe the folk aren’t that connected to the soil, aren’t struggling, or aren’t that simple after all. It is scandalous how the working class no longer is a good role model for the urban elite. Today, the “real people” discuss McDonalds, Burger King, and Wendy’s as if they were “regional cuisines” such as Piedmontese, Umbrian, or Tuscan. So be it. Still, great cuisines have always evolved from poverty cooking (cuchina povera) and the “people.”

For example, consider the humble and pricey spinach noodle. That is a case of kneading a vegetable into a dough because otherwise there would be not enough vegetable to go around for everybody. So too is meat added to sauce to make meat sauce, in order to extend it. Or consider the wok (and the French saute pan), a means of quick cooking and preserving firewood. Necessity has been the mother of invention and good eating. And this brings us to that other great source of authenticity, mother and grandmother, and an era when even the most liberated woman still knew how to cook.

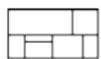
Just as it seems McDonalds and Taco Bell has corrupted the folk, and we too must suffer, so “convenience” food has invaded the home.

Nevertheless, we should be proud that Cleveland’s greatest celebrity chef is Chef Boy-Ar-Dee (Hector Boiardi) and that our Stouffers sets the standard by which all macaroni and cheese must be judged (just as we should be proud that America defeated the Nazis on an army fed Spam and Baby Ruth Bars). The trouble with grandma’s cooking wasn’t that she never tried, it’s that we are now appalled with the food science of the men in the white lab coats, the men of Monsanto, who evolved from synthetic carpets and floor wax to genetic engineering and seed monopoly and monoculture. It’s just that grandma’s ingredients just weren’t good enough. Still, there is a certain nostalgia attached to white bread and yellow mustard. I have read from our food fascists (sorry, I mean fashionistas) that a Southern Bar-B-Q is not authentic unless one serves spongy white bread, and neither is is Cubano sandwich authentic unless the mustard is neon yellow. Hi-Ho! Nevertheless I think grandma’s recipes are well worth exploring. Here we are lucky to have the Unique Thrift Shop on Lorain, where the urban archeologist is able to unearth such gems as the 1974 Ladies Guild Cookbook of St. Christopher’s Church of Rocky River. Those (now) grandmas and great-grandmas were proud of their “Pineapple Delight Icebox Cakes,” “Three Bean Salads,” and “Beef Quickies.” And rightly so. I would even call these “heirloom recipes.” In case you’re interested in out-snobbing the snobs, imported German yellow mustard is available at Hansa Haus on Lorain.

But can authenticity come from “above?” What about our chefs and food writers? I think so. Tom Harlor of Le Petite Triangle is inspired by his vision of a culinary France,

and even though I have never been to France, I am impressed by Tom as a trained artist and an interpreter of good food. Actually, one of my favorite cookbooks is “French Cooking for Americans” (1946) by Louis Diat. It’s original title was “My Mother’s Cooking.” Mr. Diat was the head chef of the New York Ritz-Carlton for four decades and was America’s celebrity French chef before Julia Child. Here Mr. Diat teaches America the “poverty cooking” of central France and totally demystifies it in the process. And there is Karen Small of The Flying Fig, who years ago I read was inspired by the books of another French chef, Madeleine Kamman, and a general love of cookery. Ms. Kamman’s style can be pretty involved and we are lucky to have Karen do the work for us. And then there is America’s own James Beard, who deserves food immortality if for no other reason than stating that when he makes bechamel sauce he uses black pepper because he thinks black pepper tastes better than white pepper, and who cares if white sauce has little black flecks in it. Now folks, that’s authenticity!

Now that’s authenticity, because ultimately authenticity must be authenticity to oneself. And for that reason I will recommend one more cook book, Edward Espe Brown’s “Tassajara Cooking” (1974). This is an American hippie cook book from a California Zen Monastery. It is vegetarian, and teaches how to cook directly from one’s self without recipes and experiencing food in all it’s primordial thusness. Just like the journey of a thousand miles begins at your feet, authentic cooking, the journey of a thousand meals, begins at your stove. And here in Ohio City, one has all one needs to begin.



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## OHIO CITY | TREMONT

# Neighborhood Leadership Development Program Seeks 2016 Applicants

BY SANDRA KLUK

In 2006, the Jack, Joseph and Morton Mandel Foundation, along with former Cleveland Mayor Michael White, established a leadership training program for engaged neighborhood leaders. The Neighborhood Leadership Development Program (NLDP) is a free, 15 session community engagement training program for residents of Cleveland, and its inner ring suburbs, who are working on projects within the City of Cleveland and who are determined to make a positive impact on their communities.

After the application process, 20 committed individuals are chosen for the program year. NLDP participants and graduates have many interests and are working on a wide variety of issues to improve life in their communities.

Jonathan Rivera, a resident of the near West Side, and a recent NLDP graduate, is one such person. Jon is a first generation college graduate. He

earned his Bachelor's degree in Media and Communications with a focus in Marketing from Bowling Green State University

He credits his education to opening many doors throughout his life, and has found his passion in working with first generation college students and their families to help them produce similar opportunities. While working for Cleveland Municipal School District, he played a significant role in increasing the Hispanic graduation rate by 23%. Jon has worked with Cleveland's inner city youth for over 10 years and has facilitated many projects that include reconditioning a youth recreational center in his old neighborhood, mentoring, crisis intervention, and sponsoring out of state exposure trips and youth lock-ins. Recently he led a sock drive that raised over 1000 pairs of new socks for people in need. In 2014, Jonathan was recog-



Jonathan Rivera

Photo courtesy of Maria Kaiser

nized for his leadership efforts with an "Excellence in Education" award from University Hospitals and The Hispanic Roundtable.

Rivera credits the Neighborhood

Leadership Development Program with providing him with many skills to help in his work with youth. "NLDP made me believe in myself. They taught me to create balance in these programs and to see how they can all be interconnected to strengthen youth. I learned how to work better with people and network to get things done. It showed me that leaders are diverse and that everyone has to be given the opportunity to show what they can do. I would recommend that people go to the website and look at what the program offers."

The 15 sessions take place on Saturdays at Trinity Commons at 2230 Euclid Avenue beginning August 27. The deadline for applications is AUGUST 1. For more information and an application, visit [www.nldpcleveland.com](http://www.nldpcleveland.com) or call 216-776-6172.

## Understanding "True" City Living

BY ERIKA DURHAM

My first exposure to an internet "crime watch page" happened when a friend told me he had been banned from the Ohio City Crime Watch page on Facebook, for poking fun at the naivete of many of the contributors. Hearing his description of the page, I assumed he was exaggerating based on the absurdity of the stories, until I had a look at it on my own. It was everything he had said...and more.

I should stop here quickly to state that I can see the advantages and benefits of an online forum for crime watch in the year 2016. People who live in the city who also happen to be internet savvy (and have access to the internet) may be grateful to have a quick way to communicate with their neighbors and to stay in the loop. However, herein also lies a major issue presented by the internet: it has been shown over and over again already that the internet prevents people from developing community; it stands in the way of people getting to know each other face to face.

Why does that matter so much? The answers to that question exist

plainly on the Ohio City Crime Watch page. Post after post displays residents accusing strangers in their neighborhood of "possibly" committing crimes. There are countless posts speculating on hearing gunshots. There is an infamous post (at least among my friends) in which a woman writes that there were people talking loudly on her street at night while she was trying to sleep. Instead of going outside and asking them to quiet down, she posted, and was advised to "call the police and tell them you saw something shiny", as a way to get the cops to show up more quickly. Falsely accuse a person with a loud voice of carrying a gun.

When you know the people in your neighborhood, by actually getting to know them in real life, you get to a point where you know who is normally around and who is an outsider and may cause trouble. In the case of the city at least, the "people in your neighborhood" include the people who normally pass through or hang around. Get to know them too. It's the same concept behind "beat cops", know your surroundings

well enough that it's easy to tell when something is off. And it certainly can't hurt to know better the people who you're relying on to help keep your particular neighborhood safe.

Another low point displayed on the page is the incessant whining about residents of the city having their lives disrupted by life in the city. Kids running through yards, chickens getting loose, people lighting off fireworks long into the night around the 4th of July, construction workers doing their jobs and therefore making loud noises. All of this makes me wonder, why did some of these people move to the city in the first place? Were they not aware that cities are loud places to live? That they get dirty often? That there's lots of people around and usually in close quarters? That there's crime? That you should be more careful in a city than you might have been in a suburb or rural area?

Sprinkled within all of this are meaningful posts, neighbors helping neighbors find a dog who ran away, witnesses coming forward to help someone catch a hit and run perpe-

trator, follow ups on developing crime in the neighborhood, and a naturally occurring catalogue of serial crimes (such as the car wheel thieves and the rashes of carjackings), that help neighbors know what to look out for and have more specific tools for safety.

Ultimately, I'm for the crime watch pages, but I could see them being much more useful to those who participate in them if a little more common sense was exercised. Those pages don't exist with a goal to make people too afraid to leave their houses, they exist so that people can learn how to navigate their neighborhood better.

I think we should all be getting outside and meet the people around us, as a form of both building our communities as well as protecting them. We shouldn't be naive about where we live. We shouldn't walk around alone at night. We all know crime still occurs even when we're being careful, but it certainly helps to keep the incidents down. Living in the city can be really fun and exciting, but just remember it comes with a lot of baggage.

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OHIO CITY | TREMONT ARTS



The exterior of doubting thomas gallery, with James Jenkins in progress on his mural. Photo by Diane Collins

# In Due Time...Finally

BY DIANE COLLINS

Born and raised in Connecticut, artist James Jenkins spent much of his adult life in New York City and Portland, Oregon. Fifteen years ago he settled in Cleveland and his introduction to our city, its artists, and the crazy, [often] disappointing urban dynamics that seemed to define Cleveland.

As plans to redress Doubting Thomas Art Gallery at 856 Jefferson in Tremont took shape back in February, in lieu of a (hopefully) exciting summer venue, gallery owner 'dr. teresa' approached James. She asked him to consider taking his soup can guerrilla art project, which many experienced back in 2011 and 2012, and present (the soup can) in a more solid format with recognition on the outside of the building. The wall on which Mr. Jenkins has painted his mural faces the Tremont Public Library and Professor Ave.

Instantly, his "soup can" became an interesting work in progress. While work continued on the front wall and inside the gallery, James painted. Stop-

ping to talk with interested onlookers and dealing with the elements of nature, James continued to work laboriously on the wall.

How surprised James was when the "phrase" aka the "flavor" of the soup that he and 'dr. teresa' had decided upon... EXPECT A MIRACLE... had become synonymous with our Cleveland Cavaliers (you can't have a miracle without CLE).

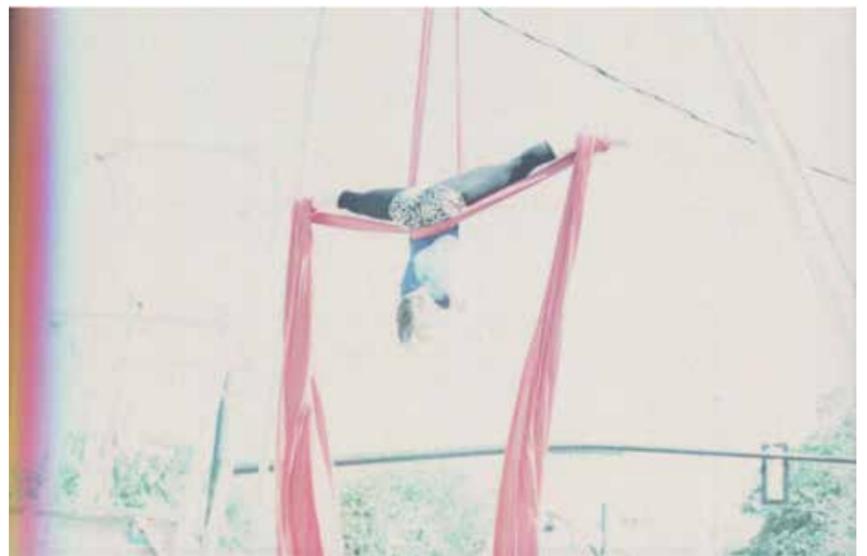
When I excitedly told James how awesome the timing was with our basketball team (he had admonished me for leaving the June Walkabout Tremont event early so I could go home to watch the game), he explained that all his "soup can messages" were to, and about, Cleveland. After admitting to me that he hadn't followed basketball since the days of Michael Jordan and the Bulls, he also remarked that being part of the positive attitude the city exudes makes him finally feel welcome. Mr. James Jenkins considers his soup can mural a gift to the city. We thank him for becoming part of our city's renaissance.



James Jenkins's Soup Can Mural, not quite finished. Photo by Diane Collins

# Waterloo Arts Fest

PHOTOS BY TODD FEICHTMEIER



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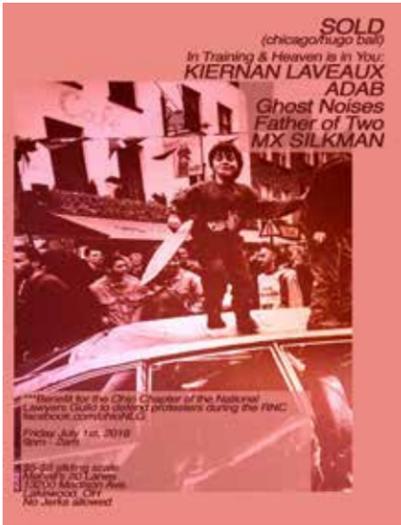
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# CALENDAR

**JULY 1  
CALENDAR FEATURE**



**Dance Away the RNC**  
9:00 PM at Mahall's 20 Lanes  
Local DJs from In Training and Heaven is In You collectives will join forces with Chicago DJ SOLD this Friday July 1st to raise money for the Ohio Chapter of the National Lawyers Guild, based here in Cleveland through Case Western University.

All money raised at the dance party held at Mahall's 20 Lanes will go towards defending activists who may be arrested for protesting during the RNC, or defending human and free speech rights during the convention.

**JULY 3**

**Cleveland Shakespeare Festival**  
7:00 PM at Lincoln Park  
The Tragedy of King Richard II adapted and directed by Doug Farren.

Performances begin at 7pm and are free to the public. Please bring a blanket or a chair to sit.

**JULY 5**

**Read to the Beat**  
10:15 AM - 11:15 AM at Carnegie West Branch Library  
The Music Settlement's music based literacy program for pre-K children. Includes clapping, rhyming, and singing.

**JULY 6**

**Read Up! Rise Up! CLE Summer Reading Club**  
1:00 PM - 2:00 PM at Carnegie West Branch Library  
Learn about Cleveland cultural institutions and enjoy fun crafts and activities.

**JULY 8  
CALENDAR FEATURE**



**Future Now: A Photographic History by Kevin McCann**  
6:00 PM - 10:00 PM at Loop in Tremont  
McCann is known for his amazingly detailed shots, often in fisheye lens, of local Cleveland punk bands, especially at Now That's Class. The art show will feature a local DJ

& light refreshments, as part of the July Walkabout Tremont. The show will be on display until August 10th.

**Walkabout Tremont**  
6:00 PM - 9:00 PM throughout Tremont  
Walkabout Tremont expands the event's focus with music, street entertainment, local history, restaurant and bar specials, and pop-up tents featuring art and artists from within and outside Tremont.

**JULY 10**

**Taste of Tremont**  
12:00 PM - 8:00 PM on Professor Ave. in Tremont  
Enjoy good food, music, and people.

**JULY 12**

**Read to the Beat**  
10:15 AM - 11:15 AM at Carnegie West Branch Library  
The Music Settlement's music based literacy program for pre-K children. Includes clapping, rhyming, and singing.

**JULY 13**

**Read Up! Rise Up! CLE Summer Reading Club**  
1:00 PM - 2:00 PM at Carnegie West Branch Library  
Learn about Cleveland cultural institutions and enjoy fun crafts and activities.

**JULY 15**

**Family Yoga Night**  
7:15 PM - 8:15 PM at Vision Underground  
Near West Recreation and Vision Yoga & Wellness are teaming up to offer family yoga nights on Fridays throughout the summer! The cost per session is \$10/family. You can sign your family up by calling Keri Palma at 216-781-3222 x 108

**JULY 16**

**Personal Essay Writing Workshops with Literary Cleveland**  
10:30 AM - 12:30 PM at Carnegie West Branch Library  
Learn how to turn your memories into stories in a supportive, collaborative environment that offers writing exercises and feedback.

**JULY 17**

**Circle the City with Love**  
1:00 PM on the Lorain-Carnegie and Detroit-Superior Bridges  
The mission of Circle the City with Love: Cleveland 2016 is to infuse a spirit a spirit of love, peace, and compassion, bringing positive

energy into our city, our country and our world. Span both main bridges hand to hand, Lorain Carnegie and Detroit Superior just as the RNC begins in Cleveland. Registration required. Look for posting at the Tremont Public Library.

**JULY 19**

**Read to the Beat**  
10:15 AM - 11:15 AM at Carnegie West Branch Library  
The Music Settlement's music based literacy program for pre-K children. Includes clapping, rhyming, and singing.

**JULY 20**

**Read Up! Rise Up! CLE Summer Reading Club**  
1:00 PM - 2:00 PM at Carnegie West Branch Library  
Learn about Cleveland cultural institutions and enjoy fun crafts and activities.

**JULY 22**

**Canopy Presents: The Artwork of Victor Melaragno**  
6:00 PM - 10:00 PM at Canopy

**JULY 27**

**Museum Without Walls**  
11:00 AM - 2:00 PM at Carnegie West Branch Library  
The Children's Museum of Cleveland educators will host a fun day of Shakespeare at the library: fairy face painting, decorating 16th century styled paper dolls, building a theater with blocks, and decorating a take-home journal.

**Read Up! Rise Up! CLE Summer Reading Club**  
1:00 PM - 2:00 PM at Carnegie West Branch Library  
Learn about Cleveland cultural institutions and enjoy fun crafts and activities.

**RECURRING EVENTS:**

**Tremont Farmer's Market**  
Tuesdays from 4:00 PM - 7:00 PM at Lincoln Park

**Tuesdays in Tremont**  
10% of your purchase supports the 2016 Arts in August program by dining at these restaurants on the following Tuesdays:  
July 5th: Grumpy's Cafe  
July 12th: The Clark Bar

**Ohio City Stages**  
Wednesdays in July 7:00 PM - 9:00 PM at West 29th and Church St.  
Cleveland Museum of Art sponsored, free outdoor world music.



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RNC 2016

# Looking Forward to the RNC

BY BRUCE GROSSMAN

On Thursday, June 30, there was a public meeting on what to expect for the upcoming Republican National Convention (RNC) at the Urban Community School on Lorain Ave. at 48th St. It was hosted by new Third Ward Councilman Kerry McCormack, who greeted the eighty people who attended at the door, shaking hands, and looking just like a young Kennedy with blue blazer, tie, tan pants and a good head of hair. The public itself was dressed more casually, and had a demographic which could have been mistaken for Republican Party stalwarts-- about ninety percent were white, about ten percent black, and I didn't notice any Hispanics, there was an even division between men and women. They were "mature," and if not rich, at least comfortable in life, and likely mostly Democrats.

Besides Councilman McCormack, the main speaker was Second District Commander Thomas Stacho, as well as Eric Johnson from the RTA. The main topics were parking, transportation, and convention security. I would say that the main concern of this particular gathering was parking in the neighborhood, which is understandable, given that they were more homeowners than activists. As far as parking goes, it may be a bit of a mess in that we are expecting 50,000 out of towners (a large proportion of which will be news media members), and that a car may be parked unmoved for three days before being towed, or as Commander Stacho said, "71 hrs and 59 minutes." The

Commander himself appears beefy, friendly, polished, and definitely on the ball. I would have him lead my team. All the Commander could advise was to protect your personal parking place the best you could. The situation may be worse for owners of private parking lots, because here one must have the required postings, warnings, and a private towing company willing to do the towing. The Commander noted that since new legislation, it is much harder to find towing companies willing to do this, as their liabilities have increased in the event of error.

The Lorain Carnegie Bridge will be closed to cars and bikes during the RNC. Anyone will be able to walk on the bridge's sideswalks, but the street of the bridge is reserved for organizations ("protestors") who have parade permits. As of June 30, only five organizations have parade permits. Tower City will be open, the rails will be running, but buses will be rerouted, although details have yet to be determined.

The Commander is determined that traffic will generally flow smoothly, and that protestors will not be allowed to obstruct intersections. On general security, the Commander stated we will be "tripping over cops." By this, he means that every neighborhood will be patrolled at 115% staffing, and that Cleveland police will be supplemented by the addition of 2,600 policemen from across the country. These police will be under the com-



The Q Arena, the temporary home of the 2016 RNC. Photo by Jon Nix

mand of the Cleveland police, but will be wearing their regular out of town local uniforms, and will not respond to mere misdemeanors. The Event Zone, the heightened security zone around the "Q" Arena, has not exactly been determined yet, but will be the distance of "a baseball throw" away from any point from the arena (personally, I hope hope for an Albert Belle distance). Two closed jails have been reopened for the occasion, and there will be enough jail room for 525 arrests over a 24 hour period. The Commander noted, however, that 800 arrests per day were reached at the Minnesota convention.

Councilman McCormack noted that many bars will be serving alcohol until 4:00 A.M. and be open around the clock. No bar that requested this special event licence was denied. As far as guns go, the Commander stated that Ohio is an "open carry state," but hoped that firearms were not prominently displayed.

Stay connected for updates: @RNCinCLE @Kerrymccormack1 @CLEpolice @OhioCityTweets



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# Keeping Cool in Cleveland

CONTINUED FROM PAGE 6

digestible and it looks fancy. Cut into ¼ inch thick half moons and place in mixing bowl. If the salad is going to sit around for a while, you may want to cut in half lengthwise first and then scrape out seeds to avoid watery salad. You can use the seeds for cooling blended drinks.

Dice or cut into long thin strips peppers, radishes & onions. Dice fresh herbs. Add to bowl.

Whisk or blend remaining ingredients (but keep chili flakes whole & add at end if blending). Pour mixture over vegetables and coat evenly.

Share with people you love. Chill out. Enjoy!

Stacey is a Reiki, Reflexology, & Polarity Therapy Practitioner, as well as a Detox/Lifestyle Coach & Personal Nutritional Chef. She also loves to dance, climb trees, sing, read, write & rollerskate!

CLEVELAND METROPOLITAN SCHOOL DISTRICT

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**Garfield** • 3800 W. 140th St., Cleveland, 44111

**Miles Park** • 4090 E. 93rd St., Cleveland, 44105

**Patrick Henry** • 11901 Durant Ave., Cleveland, 44108

**Robinson G. Jones** • 4550 W. 150th St., Cleveland, 44135

### Year-round enrollment sites:

**Cleveland Metropolitan School District Office**

1111 Superior Ave. E., Cleveland, 44114

Monday through Friday • 8:30 a.m. – 4:30 p.m.

**Thomas Jefferson International Newcomers Academy**

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- Proof of address



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