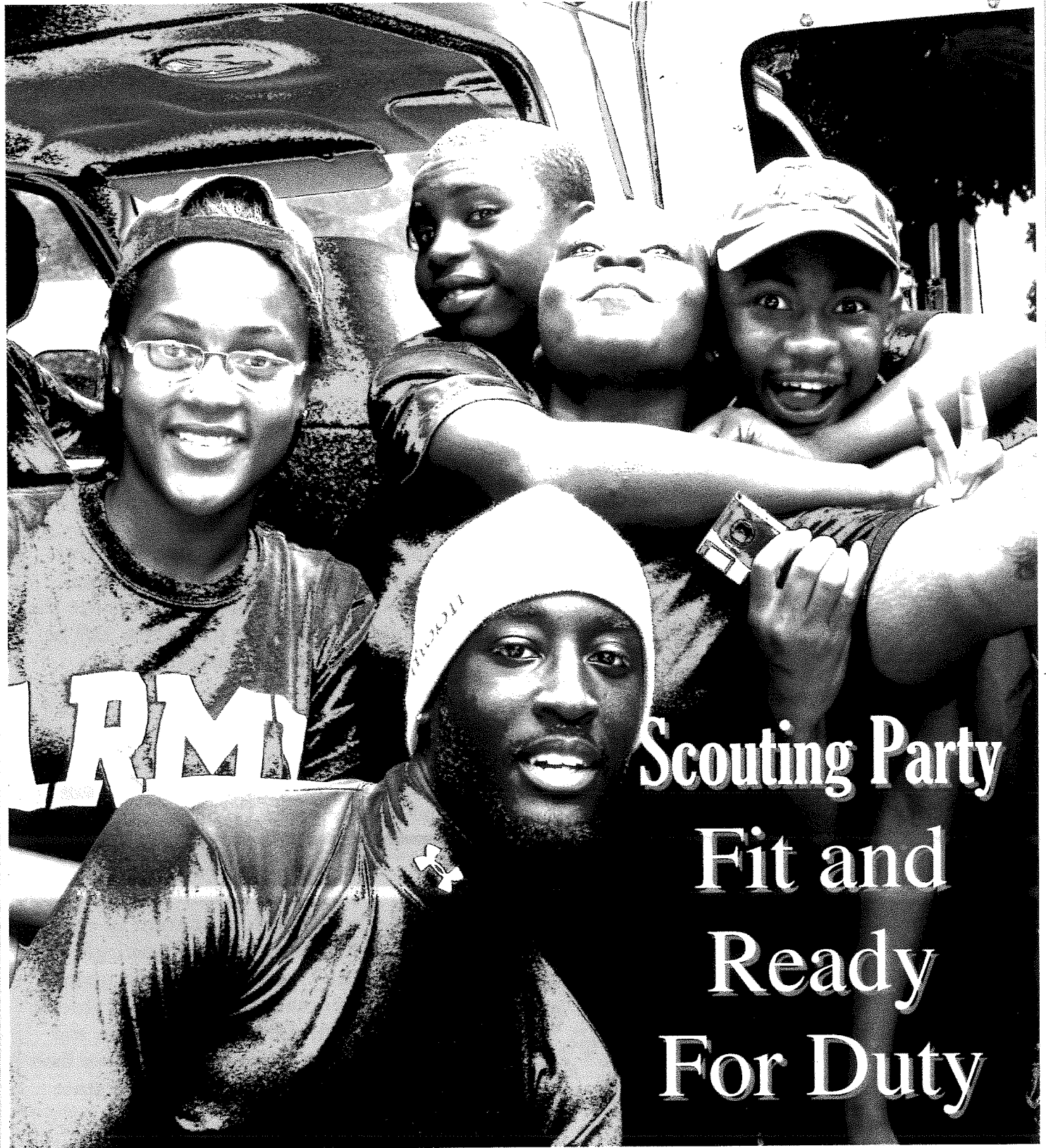


# Through The Window

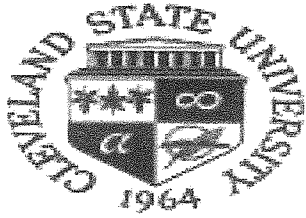
The Magazine of the *Let It Ride* Program



Scouting Party  
Fit and  
Ready  
For Duty

# Cleveland State University

*engaged learning™*



## Cleveland State University Mission and Vision Statements

### **Mission**

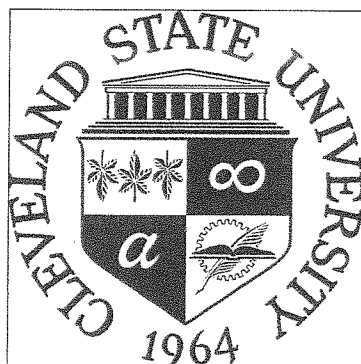
Our mission is to encourage excellence, diversity, and engaged learning by providing a contemporary and accessible education in the arts, sciences, humanities and professions, and by conducting research, scholarship, and creative activity across these branches of knowledge. We endeavor to serve and engage the public and prepare our students to lead productive, responsible and satisfying lives in the region and global society.

### ***Vision***

We will be recognized as a student-focused center of scholarly excellence that provides an accessible, engaged and exceptional education to all. We will be a place of opportunity for those who seek truth, strive toward excellence and seek a better life for themselves and for their fellow citizens. As a leader in innovative collaboration — both internally and externally — with business, industry, government, educational institutions and the community, the University will be a critical force in the region's economic development. We will be at the forefront of moral, ethical, social, artistic and economic leadership for the future and embrace the vitality that comes with risk. We will be the strongest public university in the region and be known for our scholarship and diversity in service to students and to our community.

### **CSU Diversity Action Plan**

CSU is recognized locally and nationally as a dynamic institution that takes its urban mission seriously. CSU embraces diversity as a multifaceted concept beyond representational diversity and encourages tools for diversity on campus and engaging a leads to personal and institutional embraces inclusion, recognizing the in-tural diversity, as well as the bene-academic environment.. In order for and sustain diversity and inclusion the heart of our University's mis-entire campus community must fo-as a public university and share



identifying and assessing di-campus-wide conversation that change. The university em-trinsic value inherent in cul-fits wrought by a multicultural the University to build upon as both a fundamental value at sion, vision, and practice, the cuses on the challenges we face with the nation and the state.

LET IT RIDE

# Through The Window

The Magazine of the *Let It Ride* Program

*Through The Window* is  
published quarterly by:  
Cleveland Treatment Center

1127 Carnegie Ave  
Cleveland, OH 44155  
(216) 861-4246

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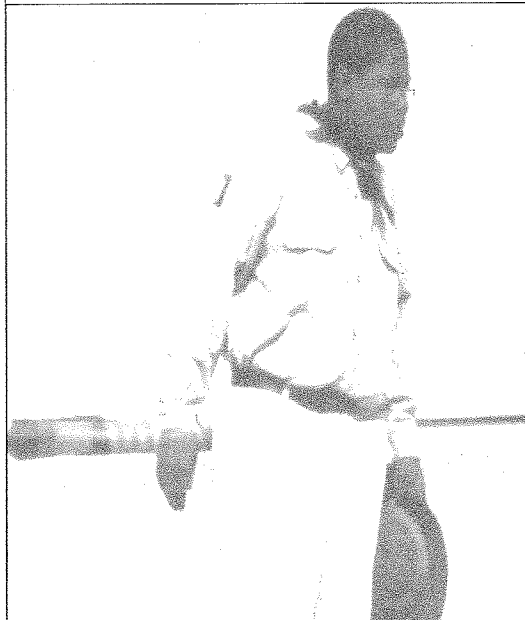
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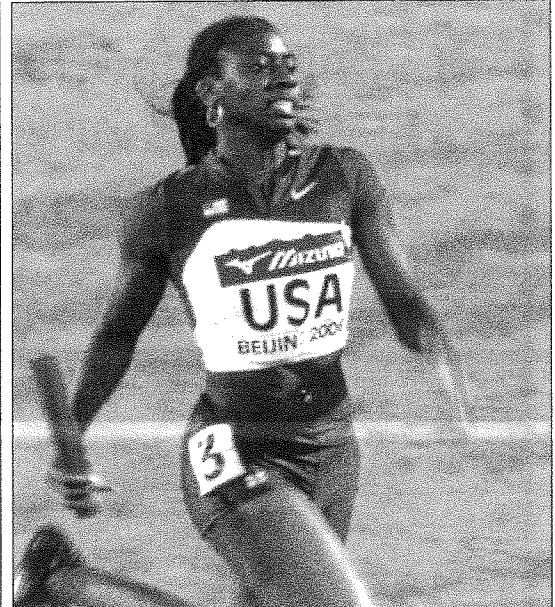
## IN THIS ISSUE



**Browns Community Corner: A Preseason visit to the Browns practice facility in Berea, Ohio. Page 15**



Theater Group mounts a production that explores the proud history of Buffalo Soldiers. Page 13



World Class Athlete Legend Return to Inspire Let It Ride Youth. Page 14

# Do you know someone thinking about suicide?



For help call:

216-623-6888

If you are thinking about suicide,  
tell someone and get help immediately.

If you suspect that a friend or family member is  
thinking about suicide, or you need additional  
information, call Cuyahoga County's  
24-Hour Suicide Prevention Hotline:  
216-623-6888.



Rev. Charlotte Still Noble  
Board Chair

William M. Denihan  
Chief Executive Officer

Editorial/Opinion



# Floating, Not Sinking

By Isaiah Polk

**A child is fishing at a small lake with his friends. While they are fishing a mysterious man comes along. He asks the children if they want to have fun. One of the kids follows the man into the water.**

The boy does not resurface. One after another they followed the first boy because they think its fun. Eventually, only one of seven boys remains on shore. He has to decide if he wants to follow his friends and the mysterious man or to remain on shore and keep fishing. In some ways we are all that boy on the shore. Many times having to choose to lead or follow.

I decided a long time ago that I did not want to be a follower and do drugs, alcohol and other negative stuff. Drugs are a struggle a majority of children will have to face sooner or later. It can be hard

for kids to get away from drugs; however, there are some places that try to make it easier. Using fishing as an alternative to drugs and alcohol can help individuals with their choices about being involved with negative behavior. Fishing is a great alternative because it relieves stress, it is fun, it replaces idle time and it is a great distracter.

I wish the world was a drug free place where kids did not have to worry about drugs, but that is not how the world is. Drugs are everywhere and people everywhere are endorsing them.

Drugs kill hundreds of thousands of people every year. Fifty percent of all driving fatalities are due to drunk driving. About 53,800 people die from second-hand smoke annually. There are 43 cancer causing compounds in cigarettes. Drugs also lowers a person's immune system, which could leave the body open to diseases and

harmful germs. Alcohol and drugs cause many diseases, such as emphysema, lung cancer, oral cancer, liver disease, short term memory loss, and others.

I am currently employed at the Cleveland Treatment Center as an intern and a member of the *Hooked On Fishing, Not On Drugs* program. I have witnessed people working to overcome addictions.

Fishing is just one alternative to drugs and alcohol, there are hundreds of different alternatives; for example playing basketball, football, boxing, video games, music, working and reading. I like to play sports and listen to music, but I also enjoy reading and playing video games. I think *Hooked On Fishing, Not On Drugs* is a great program that does great things, but it is not the only answer to staying above the influence of drugs and alcohol. I hope in the future there will be more drug prevention programs like *Hooked On fishing, Not On Drugs* so kids will have an opportunity to escape drugs and negative surroundings.

Fishing is a fun-filled activity that has been around for thousands of years. It wasn't until the I.G.F.A (International Game Fish Association) was founded, that fishing became an official sport. Since then fishing has become a hobby for many people. There are many fishing seasons because fish bite year round. Fish come in all shapes and sizes. There are over 24,500 species of fish and more are being discovered. Bait and fishing gear, just like fishing, come in all shapes and sizes. Fishing really is an enjoyable.

# Letters to Mr. Oatman

## A Journey to the Metroparks

**M**y name is Marcus Duckworth. I am 14 and I recently finished The Let It Ride Program. I did a lot of things this summer. We went to the Cleveland Metroparks. I also met a lot of people who I would have never met if I had not come to this program. We had a lot of fun times and laughed a lot.

—Marcus Duckworth

## Friendships Made at Let It Ride

**I** love this program. Let It Ride has allowed me to meet new people and now I have a lot of friendships. I have bonded with a lot of staff. I also like going on field trips . . . I love getting paid for what I do.

—Kaiona Hall

## A Visit to the Cleveland Brown's Training Camp

**I** like this program because you do things that you wouldn't do on a regular basis. I like camping. We meet some of the Cleveland Brown's players. Being here helped me grow. It also takes my mind different places, and makes me think of different things I can do with my life. The bosses and supervisors are good. They inspired me to want to do something when I am finished with school.

—Joenet Brooks

## The Buffalo Soldiers Reborn

**I** liked the Let It Ride Program. It was cool going to the Metroparks and acting in The Secrets of the Buffalo, the Let It Ride play. I also enjoyed working with CSU Professor John Ban, in video technology. The paper work sucked but I got it done though I hated writing the essays.

—Kyle Kushen

## Met Some Nice Folks

**O**ne thing I liked about this program was the staff because they were nice and never gave up on helping us.

—Jerard Rood

**B**eing an intern at the Cleveland Treatment Center was a funny time. Hearing the complaints, the laughter, the awwws, from the essays. What I will take out of this program was the resumes, the length and reason of a cover letter. I will also take out being on time.

—Carlos Brown

## A Poem for the Program

**L**ong hours, early mornings  
Like school, motivation  
Oh . . . No, not another essay . . .  
. . . What we do is what we do  
And we do it well  
Succeed, succeed

Success, success  
The changes, the changes  
Break through  
Break through  
Breakthrough

—Desmond Wilson

## Learning to Work

**A**t this program I gained work experience learning about the basics that comes with having a job; like resumes, dress codes and cover letters. I got to go to CSU and learn about video and cameras. I experienced what it was like to go to work for eight hours. I really liked the checks.

—Melanie Smith

## Enjoyed My Time At CTC

**I** loved the time that I was here even though Mike was on my back everyday about acting. But I have learned a lot from the five weeks that I was here. "If they don't care about you and your well-being they wouldn't say anything to me." I just love waking up in the morning and seeing smiles on the faces of somebody that cares about me, so I love everybody that gave me love.

To the whole CTC crew, love from Devante Harris.!!!

—Devante Harris

*Continued on page 6*



# THE FACTS

**TRAINING:** The fact is the U.S. Army has guaranteed training of choice.

- \*Valuable, marketable and accredited training in over 150 career fields that lasts a lifetime
- \*Receive free leadership training that today's employers demand
- \*Valuable experience that you can offer potential employers
- \*Most Army jobs will directly transfer into civilian careers
- \*State and local jobs give veterans preference for hiring

**EDUCATION:** The fact is the US Army offers the GI Bill which will pay up to \$49,248.00 for college or technical training.

- \*100% Tuition Assistance
- \*\$83,448.00 Army College Fund when combined with GI Bill \$49,248.00
- \*\$65,000 Student Loan Repayment
- \*Benefits can be used for any state or private nationally accredited institution
- \*Free college credits for your Army training and experience

**ADVENTURE:** The fact is the Army is an adventure in itself

- \*All Army jobs offer a certain degree of challenge and excitement.
- \*Parachuting/Skydiving
- \*Mountain Climbing
- \*Scuba Diving

**MONEY:** The fact is the Army offers guaranteed pay and entitlements

- \*30 days vacation with pay every year
- \*\$400,000 dollars in life insurance
- \*Fastest promotion system of any service; the higher your rank, the higher your pay
- \*Free uniforms and an annual uniform maintenance allowance
- \*Never worry about lay-offs
- \*Cash enlistment bonuses up to \$40,000
- \*Unlimited sick leave

**SERVICE TO COUNTRY:** The fact is the United States Army is an all volunteer force with over 231 years of service in the defense of our country.

- \*Oldest branch of service.
- \*Largest branch of service
- \*A proud legacy of more than 231 years
- \* Seven Army Values
- \*Pride and Distinction
- \*Patriotism
- \*Giving something back

Continued from page 5

### A Letter of Thanks

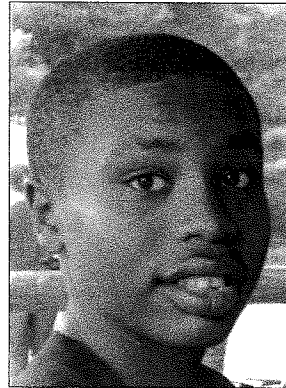


By Carlos Brown

**T**hank you in advance for being a pusher and a driver. Sorry that I didn't listen to your instruction and the mean things I said in the past, and behind your back. I always thought you were a nice guy, I knew you couldn't be a pushover. I also have noticed that you always wear black, for I assume that is your favorite color. Thank you for giving me the correct steps in writing a cover letter and a resume. Also for saying that my Hispanic essay was crap, but Dr. Gosselin thought it was pretty good, after her reading it. I did get over it after at the end of the day. Thanks for yelling at me when I didn't listen when Dr. Gosselin tried to get her point across to me. I believe that the good Lord sent you. You have helped me understand that I am smart, I just have to apply myself. That is why I am writing this letter to get my point across. I am much better when it comes to writing letters, than saying it in words out loud. So I hope that you take this letter and accept as my thanks Mr. Oatman

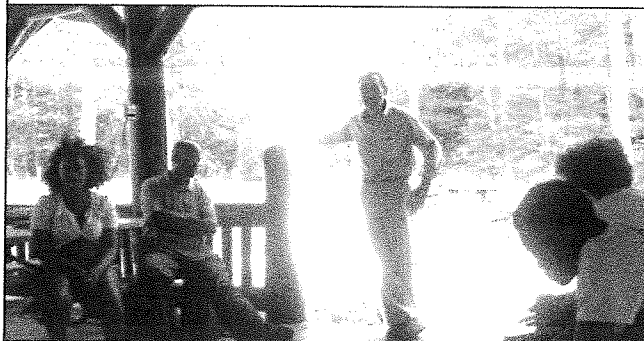
### The Trust to Follow By Desmond Wilson

Once again this summer I had the opportunity to train with the Institution of Creative Leadership. I participated in some rather interesting and thought provoking activities at Brecksville Reservation. This training was different, it meant more to me. Unlike

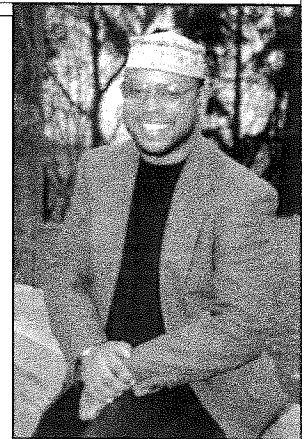


last summer, I now hold a leadership position in the creative writing track. Ok back to the story, the goal for the day was "team building". The activities seemed to be centered on the principles of leadership, building team work, and encouraging cooperation. These are definitely areas that people have room to improve and will benefit greatly from the teachings. One of the activities had each team formulate a plan to relocate a pretend bomb from one place to the other using only ropes. We were successful because I found a way to loop the ropes together and then we twisted and squeezed them tight enough to grab a hold of the bomb. I know I'm not bragging but things are what they are. It was tough getting my team to see me as a leader. Its funny how these little challenge games teach you how to listen and consider the ideas of others. Last summer I was a little silly, played and joked at the

Continued on page 24



*Let it Ride Participants learning the finer points of leadership.*



### Institute For Creative Leadership

**T**he Institute for Creative Leadership is one of the region's - and nation's - oldest and most respected training organizations that has pioneered and advanced an experiential approach to facilitate learning around teambuilding, leadership, diversity, and personal/group effectiveness.

### Institute for Creative Leadership

3630 Fairmount Blvd.  
Cleveland, OH 44118

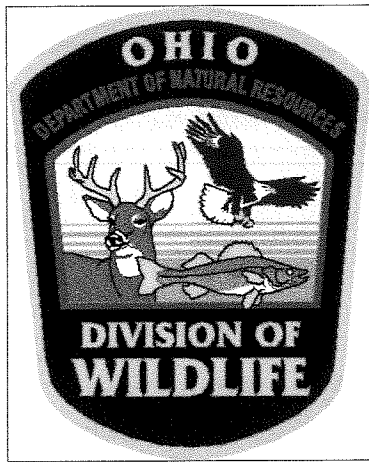
Phone: (216)932-3785

[www.instituteforcreativeleadership.org](http://www.instituteforcreativeleadership.org)



# Free Workshops Available to Become A Certified Fishing Instructor

## *Passport to Fishing Workshops*



Any adult, group, or conservation club who has a sincere interest in taking kids fishing should consider becoming a certified Passport to Fishing instructor, according to the Ohio Division of Wildlife. Free workshops are available through the Division of Wildlife throughout the State of Ohio. Passport to Fishing qualifies individuals to become Division of Wildlife certified fishing instructors, similar to a hunter education instructor.

Passport to Fishing was developed by the U.S. Fish & Wildlife Service and adopted by the Recreational Boating and Fishing Foundation. Workshops teach volunteers the basics of fishing and how to run a four-station fishing program with a fishing event. These instructors then go back to their communities, with a written curriculum and training aids, to teach youngsters and beginning anglers the basics of fishing.

By becoming a certified instructor, you will not only be able to help in reconnecting students with the outdoors, but you will also have the skills and resources to help you do it in a more successful way. Resources available include grants, equipment, brochures, and training. To register for a workshop, please call 1-800-WILDLIFE or (614) 265-6539. For additional class information, visit

[www.wildohio.com](http://www.wildohio.com).

For Further Information Contact:

**Eric Postell, Outdoor Skills Administrator, Division of Wildlife**

**614.265.6322**

**-or-**

**Ken Fry, Wildlife Communication Specialist, Division of Wildlife**

330.245. 3030

## LET IT RIDE

### Outdoor Skills

# Fun On the Water? Sure, But Safety First

**F**rom the back upstairs conference room of the Cleveland Treatment Center a shriek pierced through the noon time air.

"I got it, I got it," said Let It Ride participant Devante Harris. With a wide pumpkin grin carved into his face, Harris excitedly waves around a crumpled sliver of pink paper. "I got it, I got it. I got my boating license." For two days, Harris, along with a room full of Let It Ride students have been diligently listening and learning the rules of the water way in the form of OBEC (Ohio Boating Education Course). The class which is taught by certified OBEC instructors Case Manager Tony Franklin and Training Officer Ron Lemieux is a comprehensive eight-hour course on boating rules, safety and general knowledge.

"It is a pleasure to teach boating education safety onsite," said Franklin, "It allows us to reiterate the importance of safety while making the course interesting and exciting." Although the course was comprehensive, the participants managed to stay engaged.

"I really had fun with it," said Carlos Brown, who passed his boating exam with

flying colors.

"It's a great course," said De-sharee Wilson, "I wish I had taken this when I first started boating. Because of the amount of outdoor skills that Let It Ride/Hooked on Fishing, Not on Drugs participants engage in, the OBEC course is a good fit.

"Having become a certified OBEC instructors, myself along with Ron Lemieux can now offer free classes onsite. This is clearly a program highlight," said Franklin, who continues to be amazed at the fact that these are not only accessible but affordable. Franklin and Lemieux sent out special thanks to Mary Hughes, the Educational Grant Coordinator of ODNR, Division of Watercraft. Hughes manages the Boating Safety Education Grants, one of which was awarded to Cleveland Treatment Center.

*For more information on scheduling class at the Cleveland Treatment Center please contact: Ron Lemieux (216) 861-4246 x 248*



*Ron Lemieux imparting the finer points of boating safety*

## What Is OBEC?

**O**BEC is Ohio's official boating education

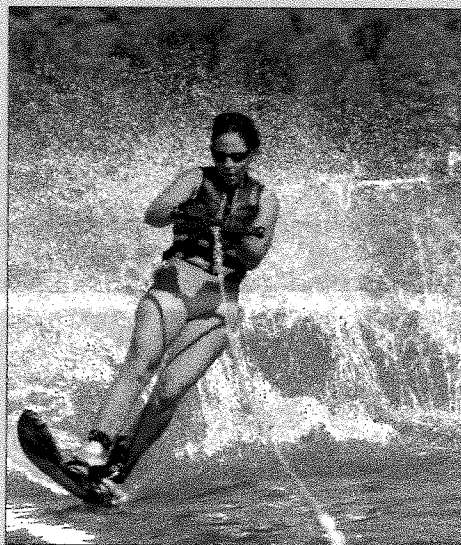
course. This standardized 8-hour course is approved by the National Association of State Boating Law Administrators and is offered throughout Ohio to supplement other boating education opportunities. Course content focuses on Ohio and Federal boating laws including equipment requirements, operating laws, rules of the road, and buoy systems, plus topics of risk management, basic safety practices, and survival in emergencies.



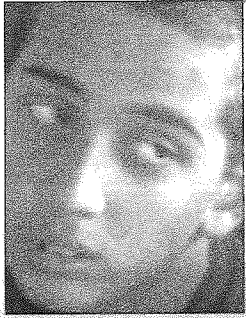
## What if I want to Become an Instructor?

**A**ctually becoming an instructor is not as difficult as one might think. To become a certified OBEC instructor: Go to: [www.dnr.state.oh.us/watercraft/OBECInstructor/tabid/.../default.aspx](http://www.dnr.state.oh.us/watercraft/OBECInstructor/tabid/.../default.aspx) Then Download and print out the Instructor Applicant Packet [PDF; 258K]. Be sure to review the "Minimum Qualifications" and "Duties and Responsibilities," then complete the steps required to apply.

For more information, contact the Watercraft Public Information and Education Section at (614) 265-6652.



**Ohio Watercraft Mailing Address:** - 2045 Morse Road - Building A - Columbus, OH 43229

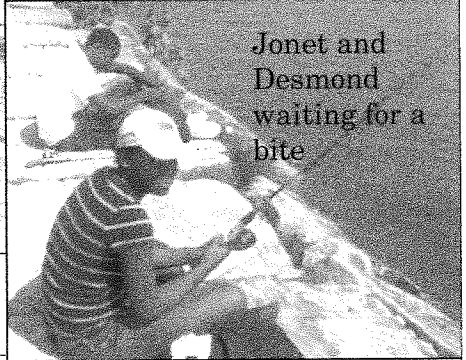


Hector Wildwood Icebreaker



# Summer Ice Breaker at Wildwood

Summer Program Kicks Off Fishing At Local State Park



Jonet and Desmond waiting for a bite

## Sitting On the Dock of the Bay

Youth Discovers that fishing is passport to finding peace

By Hector Santiago

**W**ith a peaceful gaze settling over my face I drew my rod back and confidently cast. With a soft plink, my lure and weight broke the top skin of water.

Fishing is a relaxing way to enjoy life, as a member of the Hooked On Fishing, Not On Drugs program, I attended the summer icebreaker at Wildwood State Park.

For me, using fishing as an alternative to doing drugs is a great thing. The staff at Let It Ride have noticed a difference in me and are very pleased with how I'm doing. Case Manager, Tony Franklin, who was at the event is my witness, that I caught the biggest fish. HOFNOD, has been a positive force that has changed my life. This program helps people avoid the negative consequences I believe fishing plays a role in recovery and prevention because it is a good alternative to drugs because fishing is so peaceful. My decision making and the way I deal with problems have

great improved. I definitely deal with stress better.

Since being introduced to the program. I have really taken to fishing. I am like a fish in water. I love it and have become very knowledgeable about aquatic habitats. So much so that I have assisted staff in teaching casting. I have really great casting skills, According to Case Manager, Michael Oatman. Mr. Oatman told me that I have shown much growth in the program.

"And it's been nice to be involved in something that I'm good at," said Mr. Oatman.

### Passport to Fishing

The Passport to Fishing program is operated by the Ohio Department of Natural Resources Outdoor Education Section, and is part of the Aquatic Education Program. Children aged 17 and younger may participate, although those 16 and older must purchase fishing licenses if the event includes fishing in public waters. Certified instructors oversee volunteers who teach children the basics of casting, fishing knots and rigging, fish habitat and handling, and local information for anglers. For more information please contact:

By Jonet Wilson

**I**n the Northern Collinwood Area near Euclid, Ohio. Wildwood State Park features: fishing, picnicking, camping, bike riding and boating. Let It Ride took a group to Wildwood for a day of fun and fishing.

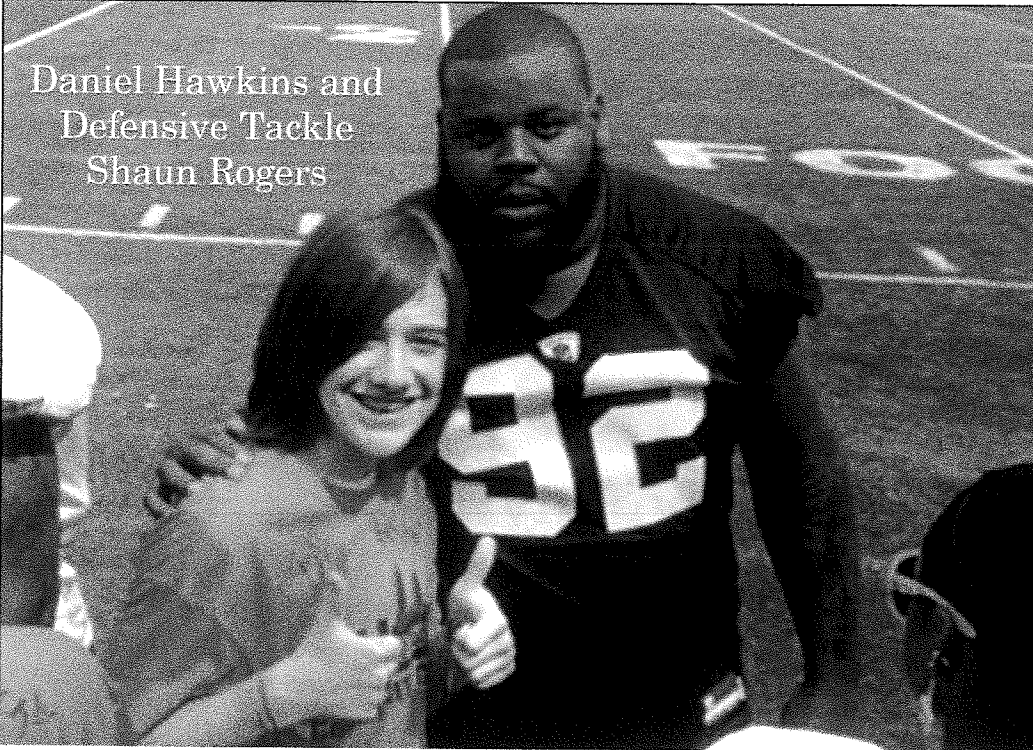
"I can't wait till summer gets here. I can't wait to start working," said Desmond Wilson, Let It Ride Participant, in anticipation of the upcoming Summer program. Using up to date equipment and the skills learned in the Passport to Fishing Program, the participants thoroughly enjoyed their time at Wildwood and used it as an opportunity to unwind before the work began for summer.

"We like to use fishing as an icebreaker for the kids to unwind and build relationships before we get into the heart of our program, which can be fairly intense once it begins," said CTC Executive Assistant, Sue Templar, of the yearly ice breaker, "We kind of see it as the calm before the storm."

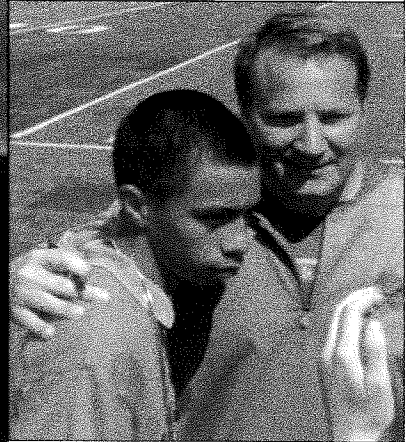
See Passport To Fishing Story Pg 13

# Sports

Daniel Hawkins and  
Defensive Tackle  
Shaun Rogers



Mr. Oatman and Kaiona  
breaking it down



Kaiona Gives Eric  
Mangini a little  
coaching advice

## Community Corner

### Cleveland Brown's Training Camp

By Derrick Cunningham

**T**he Let it Ride program took a trip to the Cleveland Brown's Training Camp in Berea, Ohio. Prior to leaving the Cleveland Treatment Center Mr. Oatman and the other staff members gave us a few rules they wanted us to follow. The main rule was to watch our language. We had our marching orders and were now ready to roll.

We left on our amazing journey to the Berea training camp at 11:00am. We were loaded into different cars. The sight of all the anxious faces and smiles so wide was amazing. It was

really a sight to behold. As we drove out there we found ourselves playing silly little games to pass the time. Nothing seemed to work, the car was unbearably hot and then the person I was riding with got lost. I thought it

*"I'm gon be back when I come back," said Shaun Rogers.*

was the end, we thought we'd never make it. I felt like everything was crashing down. We called some of our colleagues for assistance. This proved to be valuable as they were able to lead us back in the right direction.



Trying to beat the heat



Cleveland Brown's players signing autographs for Let It Ride youth.

Continued from Page 16

## LET IT RIDE



Jeffery hanging out with Browns receiver Muhammad Massaquoi



Massaquoi, Chris and Devante Styling and Profiling

*Continued from Page 15*

The Let it Ride program took a trip to the Cleveland Brown's Training Camp in Berea, Ohio. Prior to leaving the Cleveland Treatment Center Mr. Oatman and the other staff members gave us a few rules they wanted us to follow. The main rule was to watch our language. We had our marching orders and were now ready to roll.

We left on our amazing journey to the Berea training camp at 11:00am. We were loaded into different cars. The sight of all the anxious faces and smiles so wide was amazing. It was really a sight to behold. As we drove out there we found ourselves playing silly little games to pass the time. Nothing seemed to work, the car was unbearably hot and then the person I was riding with got lost. I thought it was the end, we thought we'd never make it. I felt like everything was crashing down. We called some of our colleagues for assistance. This proved to be valuable as they were able to lead us back in the right direction.

As we pulled into the parking area, all you could here were fans cheering, I saw people expressing there love for the Browns, many team jerseys, baseball

caps, I mean it was a beautiful sight to see. We got lost again trying to find the right gate to enter. The sun was very hot and beaming on my face. I looked down to get the sun out of my eyes, when I lifted my head up there was a lady at the door greeting me with free pretzels, water, and a complimentary t-shirts. I smiled

a big smile. I also said thank you and begin to walk towards the bleachers to find my seat. There were smiles on all the kids' faces. The parent's and adults were also smiling because the children were happy. You should have seen the kid's faces as the players approached the field. The Browns treated this as if it was a real game. They had music from these real loud concert speakers and it was perfect, like nothing I ever seen. It was peaceful and we got a chance to meet the players and get autographs.

"I gon be back when I come back," said Shaun Rogers so to someone who asked when he would come off injured reserve. This was one of my

happiest days. I will never forget this experience. I had so much fun. We all had a great time. I am glad the Let It Ride program at CTC let us visit the Browns training camp. Thank you CTC.



*Kenny Blair Trying on a Brown's Helmet*

## LET IT RIDE



# Simply Magnificent

*World Class Athlete and a Coaching Legend Return to Inspire Let It Ride Youth*

**T**here is a certain way in which a great athlete walks into a room that is unmistakable.

With a confident, yet humble swagger, Jessica Beard floated into the upper conference room of the Cleveland Treatment Center, the lean muscles in her powerful legs flexing almost casually.

“How is everyone doing,” said Beard, 21, dressed in casual shorts and tee shirt. Every eye turned, and despite the fact that most were not familiar with her amazing story of accomplishment, instinctively they knew that someone truly special had entered the room. “Who is that,” one female stu-

dent offered.

“This is Jessica Beard,” said legendary Cleveland Heights track coach Claude Holland, who Beard regards as a father. Holland coached Beard in his summer program, the Rebel’s Track Club. Smiling ear to ear, Holland lovingly introduced this Euclid High School graduate to the assembled students. Beard is a world champion gold medalist who has been featured in Sports Illustrated.

Jessica Beard started running in the fourth grade and never stopped. Beard is a record breaking athlete with a string of accomplishments who cur-

## JESSICA BEARD

**Event:** 400m

**Height:** 5-8

**Weight:** 130

**PR:** 50.56 (2009)

**Born:** January 8, 1989 in Cleveland, Ohio

**Current Residence:**

College Station, Texas

**High School:** Euclid HS

**College:** Texas A&M '11

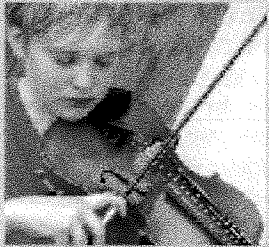
**Career Highlights:** 2009 World Outdoor Championships 4x400m relay gold medalist; 2009 NCAA Outdoor runner-up; Two-time World Junior 4x400m gold medalist; 2008 World Junior silver medalist; three-time USA Junior champion Beard claimed runner-up honors at the 2009 NCAA Outdoor Championships in a personal best 50.56 and followed it up with a third-place finish at the 2009 USA Outdoor Championships... won the 400-meter state title four straight years and chopped 2.54 seconds off the state record, dropping it to 51.63... won the silver medal at the 2008 IAAF World Junior Championships... Started competing in track at age 16... Psychology major.



*Continued on Page 18*



We've all seen the statistics about the value of arts education. Children do better in school and score higher on tests, young professionals are more likely to be financially successful, and adults are more creative and productive workers.



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## No Trace To be Found

Experiencing the Joy of backpacking while leaving a very light footprint in woods

By Desharee Wilson

**On** July 16th, 2010 the Cleveland Treatment Center went backpacking with Youth Outdoors. Instructors Joe, John and Kathy who demonstrated to students of Let It Ride how to backpack and how to survive in the wilderness. Without doing harm or damaging nature.

On the first day of the camping trip we packed our bags with; cloths, hygiene products, gas tanks and tent equipment. We walked a good two miles to set up our camp site for that night. Then we filtered water from a nearby creek by taking some water from the creek and pouring it into a bucket, from there we pump the creek water through a purified tub and created clean drinking water.

Day two we woke up and prepared breakfast for every one; we made muffin cakes (they are just like pan cakes but better). We also ate fresh fruits such as apples, oranges and pears. After that we continue to hike through the sun, mud, and all you could imagine. We had to carry nearly 40lbs on the trails for miles and miles. Despite some bumps and bruises everyone made it through the hike like a trooper.

The last and final day we were on a shorter trail. It felt good to know what we had accomplished. I know that the other felt the same as well. When it was time to return home, everyone loaded up the van with various gear. On our way back home Joe bought everyone some ice cream. To top off a truly wonderful trip. In the three days I had been gone, I learned how to adapt to natural surroundings and also how to respect nature. Like all things responsible, no trace camping has a few rules:

**Step One** Think ahead about things that could cause problems (like a person forgetting medication that then requires a fast exit, the need to pack a small fire extinguisher, or a weather extreme). During this planning process, please make sure you're obeying the sites rules in terms of what you bring and how many people are in your party. Also think about planning your meals so that you use the least amount of ingredients and have a way of cleaning up after yourselves effectively. Finally, know in advance what each person in your party is responsible to bring and make sure that happens. **Leave no trace camping** means simply that. Leaving no trace that you were ever there.

**Step two** is finding the right campsite. The more durable the land (like previously cleared sites with hardened soil), the less likely it is that you'll kill any vegetation. This also makes for a very sound camping area so it's win-win. When walking, sticking to trails also preserves greenery. If you cannot find hard packed soil, then move your tent every day to keep from creating that human space. Don't forget that "**leave no trace**" also means avoiding putting holes in trees, or moving a big rock for your convenience when setting camp.

**Step Three** is have a way of removing your wastes. Meal planning will help with the amount of garbage you'll have to take back out with you. If you have contaminated water (like with dish soap) it should be disposed far away from running water that could be damaged. If possible pack biodegradable (green) soap. Similarly with human waste, if you can't get back to a camp toilet please dig a hole in the ground that's away from running water and cover it. This helps keep water from being tainted by bacteria because it will decompose properly under the soil. **Leaving no trace** covers biological waste too folks!!

**Step Four** is to avoid being a collector. There are many lands on which it's illegal to gather items that you find, like an arrow head. You want to leave "**without a trace**" that means leaving what was there when you arrived just as it was. Take pictures; they last longer!

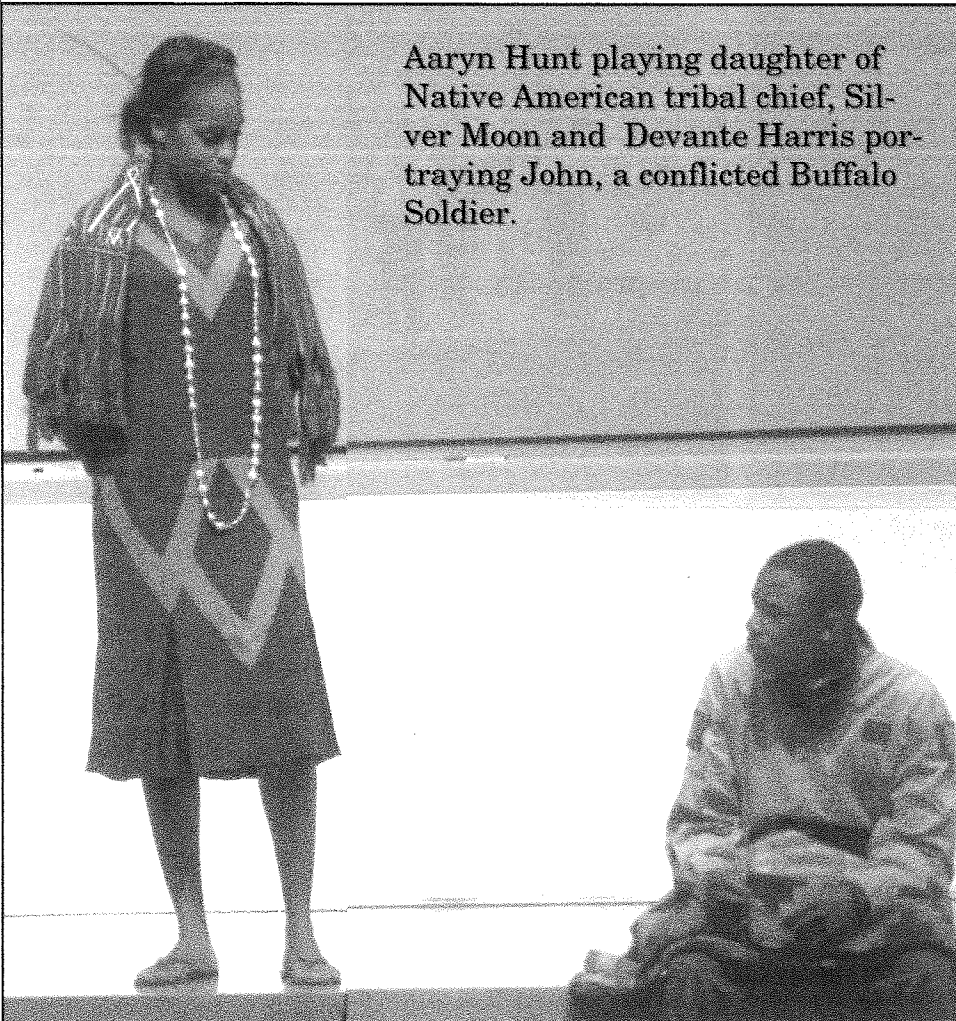
**Step Five** Be very **careful with your fire**. If you're traveling in warm weather you may not need one at all – just bring a camp stove and a battery operated lantern to provide a place to cook and lighting. The lantern offers an additional safety margin vs. fire and is very lightweight. If you must build a wood fire, try to use only wood that's already been downed, and make sure to follow all **safety protocols for fire building**. You want to make sure that you do leave a trace of forest behind rather than wreaking havoc with your campfire.

Lastly remember to be considerate of animals and humans alike. Wild animals are WILD animals. Keeping your distance is wise, and if you're not interrupting their natural movements you're honoring the "**leave no trace**" **camping** code. As for humans, remember that your party may not be alone out here. Try to think about your noise levels and act accordingly

The principles of "Leave No Trace" were developed in response to concerns that the increasing number of human visitors to previously uninhabited (or lightly inhabited) wilderness areas would destroy the very characteristics that make them attractive, and irreparably harm native species.



Theater



Aaryn Hunt playing daughter of Native American tribal chief, Silver Moon and Devante Harris portraying John, a conflicted Buffalo Soldier.



## The Story of the Buffalo Soldiers

*The History Behind the Play*

**T**he nickname was given to the "Negro Cavalry" by the Native American tribes they fought; the term eventually became synonymous with all of the African-American regiments formed in 1866.

Sources disagree on how the nickname "Buffalo Soldiers" began. According to the Buffalo Soldiers National Museum, the name originated with the Cheyenne warriors in the winter of 1867, the actual Cheyenne translation being "Wild Buffalo." Other sources assert that Native Americans called the black cavalry troops "buffalo soldiers" because of their dark curly hair, which resembled a buffalo's coat.

During the American Civil War, the U.S. government formed regiments known as the United States Colored Troops, composed of black soldiers. After the war, Congress reorganized the Army and authorized the formation of two regiments of black cavalry with the designations 9th and 10th. All of these units were composed of black enlisted men commanded by both white and black officers.

These included the first commander of the 10th Cavalry Benjamin Grierson, the first commander of the 9th Cavalry Edward Hatch, Medal of Honor recipient Louis H. Carpenter, the unforgettable Nicholas M. Nolan and the first black graduate of West Point Henry O. Flipper

## SECRETS OF THE BUFFALO SOLDIERS REVEALED

Let It Ride Students examine the struggle of the legendary African American Military unit.

**F**ew legends loom larger in American history than the story of the Buffalo Soldier. These heroes of the wild west, were fearless warriors who helped American expand into the western territories and later became the country's first park rangers and conservationist. These complicated

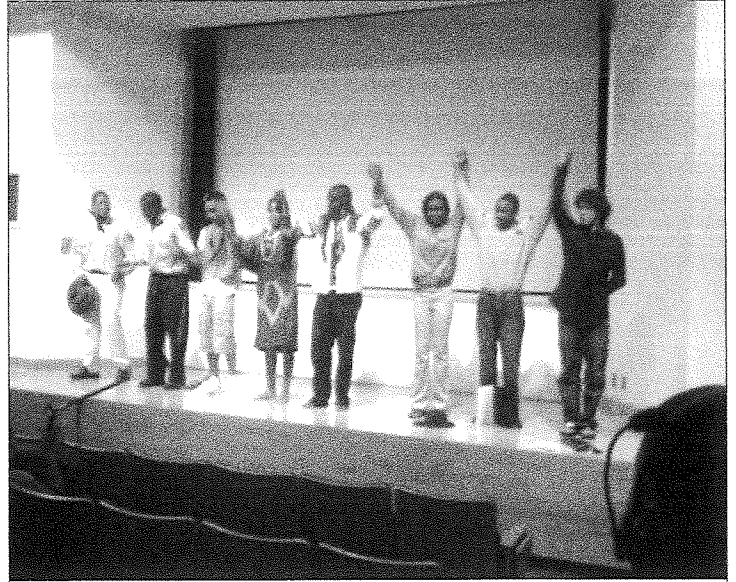
figures that are the basis of the summer drama performance, *Secrets of the Buffalo Soldiers*, by the Let It Ride theater program.

"I like being a Buffalo Soldier because they were brave and courageous," said Derrick Cunningham, who worked on the production. Star Devante Harris also found that

## LET IT RIDE



Margy Hass, the Director of  
Secrets of the Buffalo Soldiers



*The cast of Secrets of the Buffalo Soldiers*

he had a strong identification with these rugged soldiers.

“Ya these dude was cool,” said Devante’s whose, character John is torn between his love for Indian Silver Moon, and his responsibilities as a Buffalo Soldiers. The Buffalo Soldiers often protected the white settlers as they begun to move west in search of land, which of course put them in conflict with the Native Americans already living on the land. Performed at Cleveland State University this complex drama explored the terrible discrimination that Buffalo Soldiers face. Often times they lived in rat infested barracks, had improper rations and were not well respected among their peers.

“The level of discrimination they faced was amazing said Director Margy Haas, who was amazed at depth of performance these young actors were able reach, “This is a good bunch.” In addition to the historical information about the Buffalo Solders, the play also touched upon the fascinating tale of Cathy Williams, a woman who served over two years as a Buffalo Soldier and when undiscovered until she was injured in the line and duty and unmasked by her doctors as a female.

Secrets of the Buffalo Solders also features a very touching love story between John, a Buffalo Soldier and Silver Moon, the daughter of a tribal chief. In an age where entertainment has become somewhat disposable this thoughtful

pace pounding drama left the audience with many things to think about. Margy Hass who directed the piece has had many years of experience found the experience inspiring. In fact, in the world of theater this type of hands on direction has become her calling card.

Come to any Let It Ride drama rehearsal and there in the back can be heard a soft, but resilient voice slowly reassuring or sternly prodding the actors on stage. The voice is the voice of Margy Hass, the Director this years drama production, “Secrets of the Buffalo Soldiers.”

“I find their story endlessly fascinating,” said Hass who did hours and hours of endless research about the topic. “They were just so strong,” said Hass, who has worked with Beck Center’s Educational Outreach Program for the last fifteen years, teaching playwriting at the Cleveland Treatment Center, Lorain County schools, Cleveland schools and Ursuline College. She has several published and produced plays to her credit including *Texaco Star*, *The Missing Choir of Soda Springs*, *Buccaneers of Tortuga* and *Sacred Hearts*. She has also written several short works including *Chilly Dog and Other Plays*, a published anthology of one-acts. Margy is an active member of the local community theatre scene, working both as an actor, instructor and board member of Clague Playhouse in Westlake, Ohio.

# A Star Is Born

## Isaiah Polk Steals the Show in *Secrets of Buffalo Soldier*



*Continued from page 17*

rently attends Texas A&M, one of the most powerful track programs in the country.

“It has an environment I can excel in because others in the program have the same eagerness as I do,” said Beard of the track program at Texas A&M. Because of her success, Beard has become a world traveler; venturing to China, Poland and Germany at various meets. Beard believes that the international travel has made her a more well rounded individual.

“It allows me to work with different people in the world. And I get to work with different cultures” said Beard, who admits that when she first came to Texas A&M she got caught up in the social side of college and was

less vigilant about her academics.

My freshman year,” said the college junior, “we went out a lot and my grades began to suffer. My mom was really on me. On my progress report I had C’s.” Beard took on this challenge and explained to the assembled students how she had to buckle down and bring her grades up if she was going to accomplish her goals

“I am almost done with school,” said Beard, flashing a shy smile. With her grades back to stellar levels and a string of track accomplishments in her rearview, Beard is close to graduation and eyeing the up-coming Olympics as the next stage on which to dazzle and impress.

“She’s something,” said

*Continued on page 21*

**In** the middle of a rehearsal for “Secrets of the Buffalo Soldier,” an actor forgets his lines in a pivotal scene.

From across room a voice matter of factly repeats the actor’s line. All eyes turn and settle on Isaiah Polk, with no script in his hand, who is standing in the wings waiting to enter the scene. The embarrassed actor, who has not yet learned his lines, says:

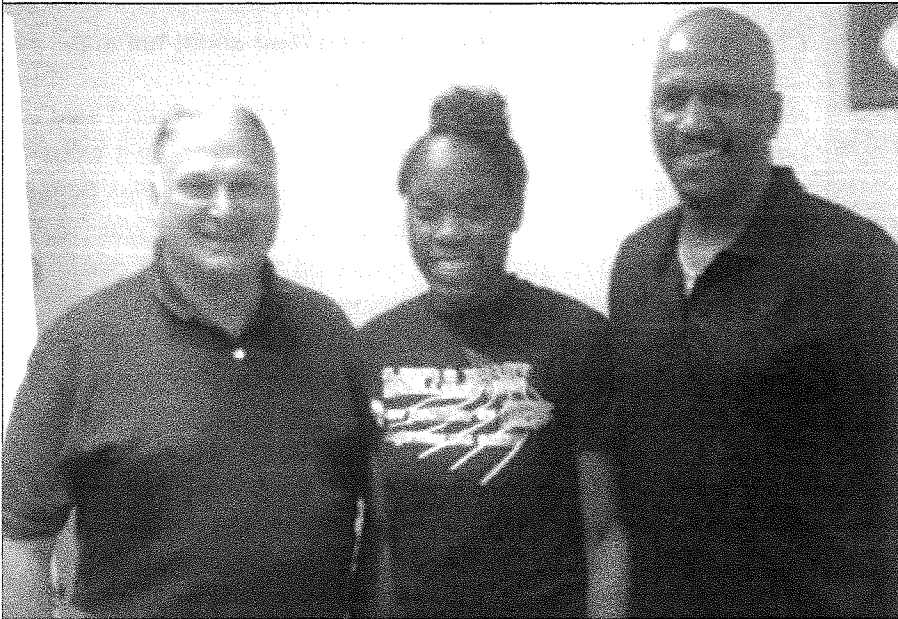
“You know my lines Isaiah?” Without missing a beat, Isaiah responds, “I know all the lines. And indeed he did. With a natural facility for language and strong physical presence, Polk was captivating as Charles, the embittered Buffalo Soldier in *Secrets of the Buffalo Soldier*.

Although fairly new to the stage. Polk managed to impress all that worked with him.

“Isaiah is amazing, his voice, his movement are good,” said Margy Hass, the Director of *Secrets*. According to Hass, Polk is a natural born actor



**LET IT RIDE**



4H Instructor Joe DiJocimo, Jessica Beard and Coach Holland

*Continued from page 20*

Coach Holland who is nothing short of a legend in the area of track and field. Holland, who is in the Ohio Hall of Fame for coaching, talked about how determination and work ethic helped to lift him out of a life quiet desperation. He believes that these are just a few of the traits that helped transform him into a successful coach and mentor.

“I don’t come here for money, I wouldn’t take any money to do this,” said Coach Holland about the inspirational speeches he often delivers to young people. Coach Holland retired for several reasons, family, his yearning to just be a track fan, but foremost of all the reasons was his wish to reach kids in a different ways. Standing in the back of the room, his arms crossed and his keen gazed fixed on a video of Jessica

Beard who ran with his summer camp, The Rebels. The video showed a nip and tuck race in which Beard and another run traded positions in the front of the back. Battling as both women neared the finish line. In the end, Beard lost the race by the whisper of an eyelash. Coach



Kyle and Coach Holland

Holland, still smiling said, “She’s a fighter. See? She’s a fighter.” This small clip was not only revealing in Beards warrior nature, but revealing of the man that helped to shape her. For him its not just about winning but about

how one goes about their business.

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*Reflections on a Hall of Fame Career*

**Claude Holland’s Career Coaching Highlights at a Glance**

Won State Championships with two different schools (*John Adams High School and Cleveland Heights High School.*)

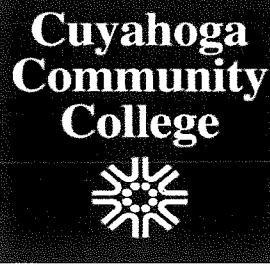
Won four Lake Erie League Championships

Won 10 Senate Athletic League championships

Was a three-time State Championship runner-up

was named in 2008 as the Nike national high school coach of the year

In 2008, Holland and was inducted into the Ohio Association of Track and Cross Country Coaches Hall of Fame.



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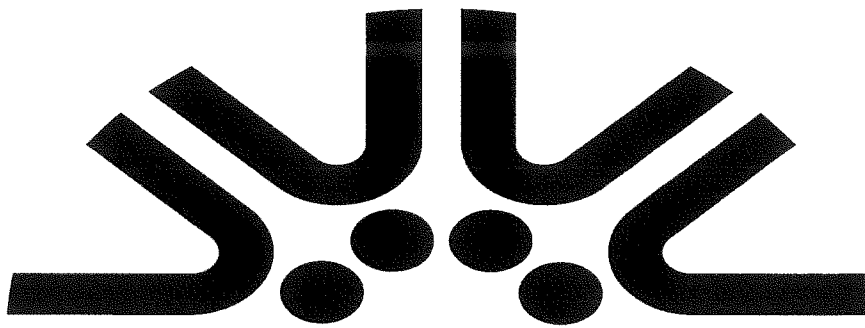
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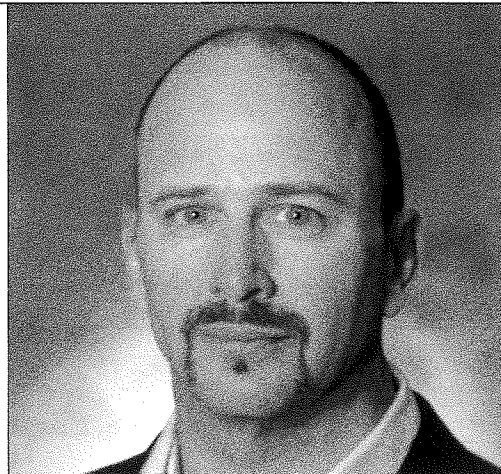


## Bridging the Technology Gap

### No "Flash" in the Pan

Fontana Distribution Donates Portable Hard Drives

By Derrick Cunningham



### The Music Man

Music Executive Takes Interest  
in Helping Young People

**T**here are few men in the music business who have been as successful as Ron Spaulding, President of Fontana, which is the distribution arm of The Universal Music Group. Fontana provides sales and marketing support to a roster of different labels and artists.

"Being a part of Fontana has been one of the most personally rewarding and professionally fulfilling experiences of my career," Ron Spaulding was quoted as saying on the PR Newswire. Case Manager Tony Franklin knows, Spaulding well and admires his commitment to community outreach.

"I consider Mr. Spaulding as not only a colleague and a mentor. And whenever I have asked for his assistance with youth programming he has come through time and time again," said Franklin who believes that Spaulding has a passion for community outreach.

"Any time Fontana can get involved with the advancement of youth we take pride in those opportunities and support them at the highest level," said Spaulding.

**T**his summer, through the generous donation of Ron Spaulding, President, of Fontana Distribution. Every Let It Ride student was given a portable hard drive with neck strap to save all of the program's written work.

"Man, these are nice . . . Especially because we didn't have to pay for them," said Devante Harris, with a laugh. Portable hard

drives, which are also known as "flash" and "jump" drives are fast becoming a standard tool for the modern-day student. There was a time when you had to be rich if you owned one. Jump drives can store written documents, MP3 files or legal documents and everything in between. They are inexpensive as well. Everyone from businessman to school kids has one.

# REVIEWS



## BODIES . . . THE EXHIBITION

By Carlos Brown



The penis contains tissue which carries seminal and other fluids like urine out of the body. The testes are where testosterone and the sperms are produced. The Spermatic cord carries the sperm out of the testes. The male and female combine to produce 46 chromosomes. The males' sperm holds 23 chromosomes and the egg holds 23 chromosomes which the newborn can hold 46 from the total of each person. The chromosomes are 0.005 inches in diameter and in weight. An egg is .00511 inches and the sperms are .00196 inches long. The male and female reproductive systems are responsible for the creation of a child. The sperm

**W**OW, that is incredible," I said as I walked around the Bodies Exhibit. The male reproduction and the female reproduction system, and the video of the creation of life were very exciting. The male and the female reproduction systems are what help create the beautiful

**"The male and female combine to produce 46 chromosomes."**

life of a child. The Reproductive system of the female includes the ovaries, the uterus and the vagina. The ovaries contain more than 250,000 ova or eggs. The ovaries release an egg every 28 days which causes women to have their period this is called ovulation. The uterus is the site where a fertilized egg implants and develops. The Vagina captures the sperm and allows access to the uterus and the uterine, and the vagina allows the women to push out the child, during childbirth. The male reproductive system contains the penis, testes and the spermatic cord.

and the eggs are united together to cause who and what we are today. What I learned at the Bodies Exhibit helped get understanding about the male and female reproductive systems and the sperms' and the eggs' information.



By Ciedric Nelson

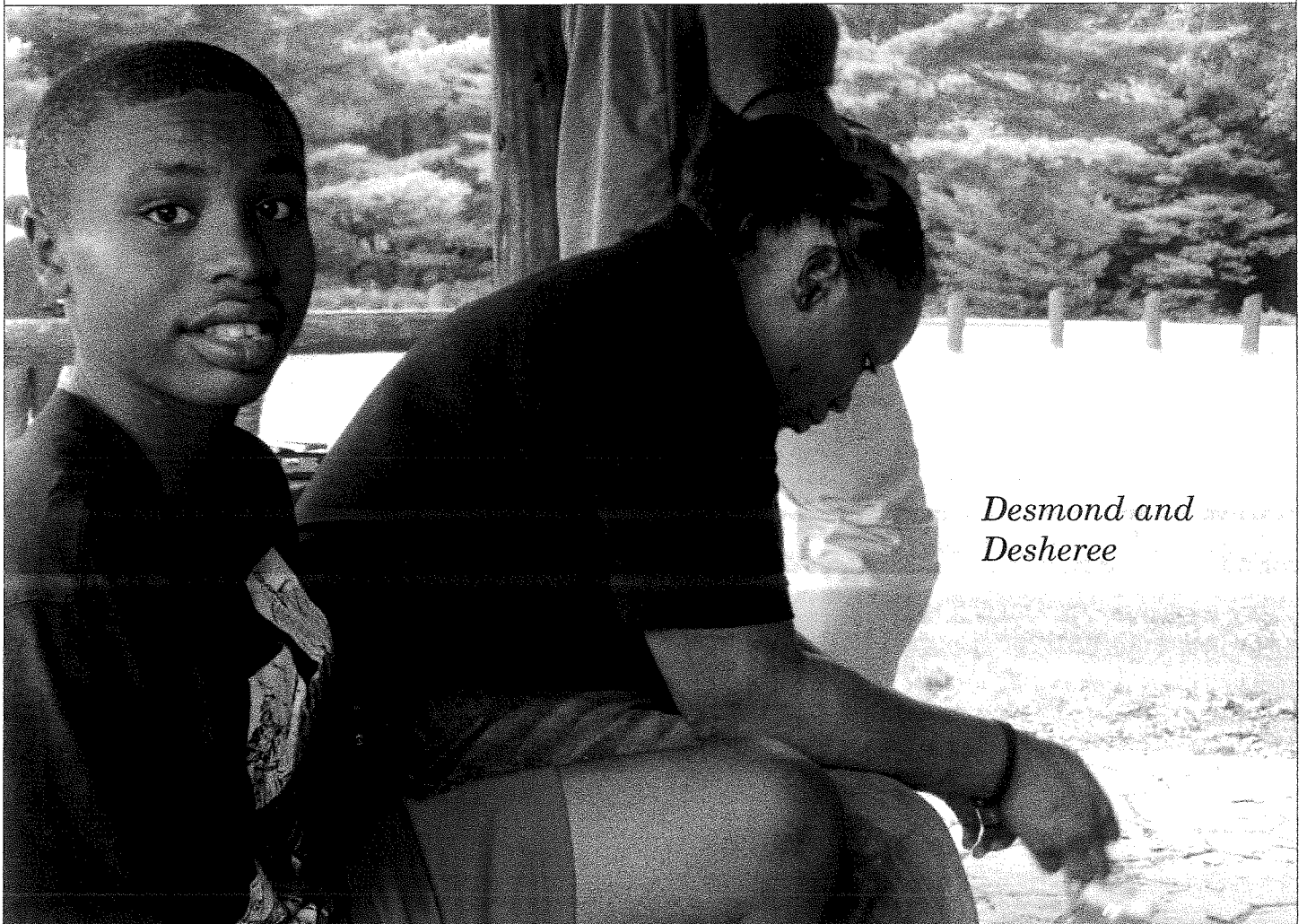
The movie Jonah Hex was a very awesome experience. The theme of Jonah Hex is kind of tricky. The movie easily could have simply been about good versus bad or bad versus bad, but it was deeper than that. Some of the themes in the movie are Jonah Hex and the Underworld. The United States of America is at risk. Will the collision of Jonah Hex and Underworld save the country?

Jonah is an ordinary soldier that fought for what is right. Salen, the hero of Underworld, was also fighting for what he thought was right. These two characters are not angels. They have their own traits that set them apart, but Jonah and Salen were experts at killing people. The question is, why do they kill people? In both movies both families were murdered. What are two common reasons why these characters were on the move like cheetahs chasing prey. Now people, the two characters both had one arch enemy and were fighting for the greater good to save something very important. Yes! We did it!

*Continued from page 8*

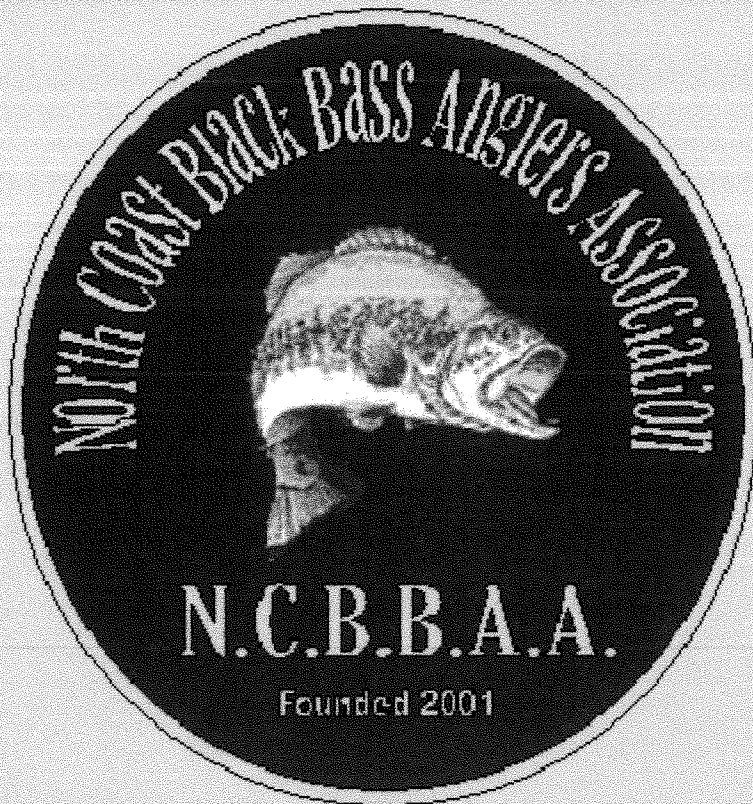
wrong time and wasn't very focused. My favorite game from the day was a listening activity along the same lines as "Simon Says." Everyone got in a large circle and Gary, one of the leaders from ICL, got into the middle of the circle. Gary then pretended to have a samurai sword in a holster on his hip. When he pulled the sword from its sheath, he could do one of two things. He could either scream "Cut you High" and make a slicing motion head high towards the group, or he could scream "Cut you low" and make a slicing motion at the feet of the group. The challenge was that depending on which action Gary chose, the kids and staff all had to listen and react by either jumping over the imaginary sword when Gary swung it low, or duck to avoid the imaginary sword when Gary swung it high. As we got more used to the game, Gary increased the tempo of his swings. The game was a huge hit, we spent the rest of the day laughing and repeating Gary's oriental accented screams. The best part about the day to me, was when

my team and I worked together on the various challenges assigned to us. The part that was most dissatisfying to me is when we had to climb up a muddy hill. After that my new shoes were all muddy and on top of that the weather was humid and caused me to sweat. As a leader that's not cool. I was just not enjoying this trip in the beginning. The hike was long and muddy, so it felt a little uncomfortable at first but I passed through the trail pretty quickly. I admit that I learned something new. The weather was nice and hot and the sun was out. What made me laugh was when the two instructors were doing a role play; they were demonstrating how to do the exercise that was assigned at that time. My overall experience of this trip was enjoyable and taught me how to work as a team and gain trust in others. I think the activities that day were worthwhile because they taught us skills that are important in the workplace such as listening, focusing, cooperation, teamwork, and leadership. I hope we remember these important lessons and take something from the activities and implement it into both their academic and personal lives.



*Desmond and  
Desheree*





### **North Coast Black Bass Anglers Association**

**Bio:** Established in 2001 as a local sportsman's organization for African American anglers who wanted to enter the world of tournament bass fishing, the NCBBA has emerged as one of Ohio's finest federated bass fishing chapters. Most recently the NCBBA was selected as chapter of the year by the Ohio Bass Federation from a group of 60+ clubs for their extensive community service, conservation and youth projects.

Members of the NCBBA come from diverse backgrounds with unique and varied skill sets that make them a well respected and well oiled machine. The NCBBA leadership and

members have networked with organizations such as The Northeast Ohio Regional Sewer District, Lake Erie Marine Trades Association, The Consortium of African American Organizations (CAAO), The Ohio Department of Natural Resources Division of Wildlife and Division of Watercraft, The Greater Cleveland Sports Fishing Commission, as well as numerous churches, civic groups, and conservation organizations.

These collaborations continue to result in outdoor, wildlife, and conservation experiences for thousands of youths and adults each year.

For more information please log onto [www.ncbbaa.org](http://www.ncbbaa.org)

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# Saddle Up



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**First Run Printed at  
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## **The Cleveland Treatment Center**

### **Mission Statement**

The Cleveland Treatment Center is a comprehensive, community-based, not-for-profit drug and alcohol treatment agency committed to providing services which are supporting, preventing, and advocating a nature for both people and agencies in the community needing services. It is our goal to

facilitate and foster the emotional and physical health, growth, and development of those through projects and services which are both restorative and remedial in nature.

Cleveland Treatment Center has been accredited by CARF for the following programs: Opioid Treatment - Prevention/Diversion Alcohol and other Drugs/Addictions (Adults) An agency funded by the Center for Substance Abuse Treatment, the Ohio Department of Alcohol and Drug Addiction Services, and the Alcohol, Drug Addiction and mental health

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