

Carolyn Hastings is a writer, blogger and unabashed Cleveland fan whose work has appeared on CavsNews, Cavs Court, Sports Diva, Women Like Sports and NESW Sports. She writes a daily love letter to the Cleveland Cavaliers on her Cleveland.com blog, And One. When she's not standing on the coffee table shouting encouragement during Cavs games, Carolyn is wondering why no one ever mentions Frank Basloe, the Waterloo Wonders, the Cleveland Rebels or the Akron Firestone Nonskids. And when she's not watching basketball, writing about basketball, talking about basketball, or reading about basketball, Carolyn enjoys inhaling outside of Breadsmith on Detroit, wandering the Mohair aisle at River Colors Studio and staring at the river-which-is-so-rocky.