

# THE LAKEWOOD OBSERVER

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## Lakewood Library Continues Countdown To Grand Gala:

# “First Signs of Spring” Pool and Picnic Party

by Emma Sleva

The Lakewood Public Library Foundation celebrates the “First Signs of Spring” at the Lakewood High School natatorium on Saturday March 31 from 4:00 to 6:00 p.m. “First Signs of Spring” is specially designed with a fun family open swim and tasty indoor picnic to help the Lakewood Public Library Foundation raise funds for public art. “We hope the families of Lakewood will take this opportunity

to enjoy the facilities of the Lakewood High School pool while helping the library raise funds for public art” said Mike Callahan, Aquatics Manager for the Lakewood Community Recreation and Education Department. Mike was instrumental in obtaining the support of the Recreation Department who has collaborated in this effort by donating the pool facilities. (www.lakewoodrecreation.com) By making your family’s donation of a new toy, movie, game, craft kit, cash or gift card valued at a

minimum of \$15 dollars to the silent auction planned for Library’s opening Gala; you can enjoy swimming and a complimentary picnic dinner. The Lakewood Public Library was ranked the number one library in the country in its population category in the 2006 Hennen’s American Public Library Ratings. The Library will add to its notoriety as a first-class institution when the new addition, designed by Robert A.M. Stern, opens in June. Upon completion in early 2008, the renovation will expand Lakewood Public Library by about nine times its original space, allowing for an increase from 53,000 square feet to 93,000 square feet. Once the project is completed, the public will enjoy expanded space for public technology, children’s services with an organic learning area, a quiet room, an auditorium which includes a stage, as well as a Grand Reading Room and galleries to display art. The library is enthusiastic about this addition as it will expand the services available to loyal patrons and the surrounding

public. More so, it will provide visitors with the opportunity to view the exquisite art adorning the walls of the New Grand Reading Room. Already, internationally famed artist, Richard M. Haas, has been commissioned to enhance the New Grand Reading Room with two murals that will capture the essence of Lakewood’s civic spirit and enhance the features of the neo-classical interior. In order for public art to be acquired, appropriate funds must first be raised, thus the library is hosting an auction at its “Be the First to See the Best” Gala. This auction cannot be made possible without help from the businesses and citizens of Lakewood in gathering items and monetary contributions to provide items for bidding. Lakewood families are encouraged to support this endeavor by bringing child-friendly items and/or monetary gifts to Lakewood High School on Saturday, March 31st. H2O students, Mary Beth Donahoe, Connor Meehan, Far-

continued from page 2...



Some of the trustees take one last quick peek at the unfinished walls, and admire the amazing design work of Robert A.M. Stern. Jeff Endress, Scott Kermode, Suzanne Metelko and Ken Warren take in the grandeur at the center of the library.

## Local Student Receives Eagle Scout Award

by Liz Sweo

Tom Sweo, 18, of Boy Scout Troop 82 was honored at a special Eagle Scout ceremony on March 11 at Our Lady of Angels Church. Receipt of scouting’s highest award requires the attainment of 21 merit badges, service as a troop leader and completion of a major community service project.

Sweo’s service project took place at Our Lady of Angels Kindergarten/Primary Auditorium. Leading 22 scouts and adults, he scraped layers of paint, deglossed and painted the walls of the auditorium. The project took 256 man-hours to complete.

Sweo became a Cub Scout with Pack 268, chartered to St. Mark Church, as a Tiger in the first grade. He continued through scouting as a Wolf, Bear and Webelo, earning the Arrow of Light—the highest award in Cub Scouting. Sweo then crossed over to Boy Scout Troop 82, chartered to Our Lady of Angels Church, where he has served as patrol leader, scribe, guide, instructor, assistant senior patrol leader and senior patrol leader. He plans to continue with the troop as an assistant scoutmaster. For the past two summers, Sweo has worked at Beaumont Scout Reservation. This summer at camp, he will be the director of Eagle Quest, the

program for first year scouts.

A senior at Lakewood High School, Sweo will graduate this spring. He plans to study Education—Integrated Language Arts at Ashland University, Ohio University or Ohio State University in the fall.

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## Events & Notices

The Lakewood Observer is pleased to publish Notices on a first-come first-serve basis. Please be patient with us as we have a limited amount of free space available for these items. All notices must be submitted through the Member Center at [www.lakewoodobserver.com](http://www.lakewoodobserver.com)

# You're Invited to Dinner and a Show



Dinner Is Served.

by Sarah Gallovic

Tired of eating the same old boring dinner every single night, perhaps while parked in front of the T.V.? Looking for a change? How about a delicious homemade spaghetti dinner, and instead of watching bad T.V., enjoy a wonderful live production of Oliver?

And just when it seems like it can't get any better, at the same time, you will be benefiting lonely animals in need! If this sounds too good to be true, then boy have we got the ideal "night out" planned for you!

H2O, "Help to Others", the LHS Barnstormers Drama Club, and the LHS Music Department are teaming up to help the APL and the Lakewood Animal Shelter. H2O service learning program, sponsored by the City of Lakewood, Department of Human Services, Division of Youth, will be serving a delicious spaghetti dinner in the East Cafeteria at Lakewood High School from 5 until 7 p.m. on Saturday, April 28th. All proceeds from the dinner will benefit the APL and the Lakewood Animal Shelter. Tickets to the H2O Spaghetti Dinner are priced at \$6.00 for adults and \$3.00 for children six years old and under. Also, on April 26, 27, and 28 at 8 p.m., the Lakewood High School Barnstormers and LHS Music Department are presenting the

Broadway hit, Oliver, in the Lakewood Civic Auditorium. This musical, featuring lots of talented young actors, musicians and vocalists, is a must see for young and old alike. Seating for Oliver is reserved at \$6.00 per ticket. Believe it or not, there's more. A special deal awaits you! If you decide to make Saturday, April 28th the ideal evening by attending the spaghetti dinner AND the production of Oliver, you will save \$1.00 off the price of each adult ticket to the spaghetti dinner AND \$1.00 off each Saturday night Oliver ticket.

If you are interested in taking advantage of this once in a lifetime offer you can download "Dinner and a Show" order forms at Lakewood Division of Youth's website: [www.ci.lakewood.oh.us/human\\_youth\\_main.html](http://www.ci.lakewood.oh.us/human_youth_main.html). For more information about the spaghetti dinner, the musical Oliver, or to request ticket order forms for either event, please contact H2O at 529-4173. The deadline for ordering tickets to "Dinner and a Show" or H2O's spaghetti dinner is Monday, April 2, 2007. Don't miss out on a fabulous show and "Food, Glorious Food!"

### Library Gala continued from page 1...

heen Naeem, Emma Sleva and Lauren Smigelski as well as others are also joining in this collaborative effort by donating their time to help with the PR for this event, to collect the attending family's donations and to help serve the picnic to the families attending. It is a wonderful opportunity for the entire family, so come enjoy an after-

noon of swimming and a picnic dinner. Join the Lakewood Public Library Gala Committee, the Lakewood Board of Education, the Lakewood Community Recreation and Education Department and H2O, and "Be the First to See the Best." Come along, and help the library in its effort to enrich the new addition with art for all to cherish.

## Rummage Sale April 12-14 To Benefit Leukemia & Lymphoma Society

by Dee Krupp

During the last year and a half, I have become very interested in walking for the benefit of my health. Now I am trying to combine my walking efforts with a health improvement for individuals with leukemia, lymphoma, Hodgkin's disease and myeloma.

Every five minutes, someone in the United States is diagnosed with leukemia, Hodgkin or non-Hodgkin lymphoma or myeloma. My own battle with non-Hodgkin lymphoma in 1998 motivates me to support the Leukemia & Lymphoma Society, as do my six-year-old honoree Nicholas Zwiericki, who is bravely battling leukemia, and Nikki Kukwa, who lost her battle to leukemia in 2006 at age 22.

By raising funds to support the Society, I will become a member of the "Team In Training" program. The program will offer professional coaching,

### Looking For Peace Sam Observes UFO



Denise Strzelczyk of Channel 19 Action News interviews Sam Phillips at Phoenix Coffee Shop about the UFO Sam captured while at the Peace Vigil. We have seen the video, and it is weird. Video will be on the Observation Deck by Tuesday.

guidance and a great support system to provide encouragement as I train for a half marathon (13.1 miles) on June 3, 2007. A half marathon is known as a test of endurance and strength of will; for those struggling with leukemia or lymphoma, it is no less taxing.

A Rummage Sale will be held April

12-14 from 9:00 a.m. until 4:00 p.m. at Grace Presbyterian Church (1659 Rosewood Ave. on the corner of Hilliard and Rosewood) in Lakewood to help raise money for the Leukemia & Lymphoma Society. In addition to baked goods, there will be loads of household items for sale, including appliances,

### Cross Point Church to host free 3-on-3 Basketball Tournament

The 3-on3 basketball tournament is open to participants ages 16 – adult. The tournament will be held at Lakewood High School in the North Gym on Saturday, March 24, beginning at 11:00 am. The

event is free and prizes will be awarded. The winning team will receive Cavs tickets. Registration is requested by March 23. Please call Todd Calaway at 216.390.0573 for information or to register.

### Baby Bargain Bonanza sponsored by the Lakewood Early Childhood PTA

The Lakewood Early Childhood PTA has been organizing the Baby Bargain Bonanza for the Lakewood community for over 20 years. The Baby Bargain Bonanza is a sale with the long tradition of quality gently used kids' clothing from birth to size 14/16, baby and kid's furniture, baby equipment, toys, books, games and puzzles, maternity clothing, and much more.

The spring sale will be held Saturday April 21, 2007 from 9am-1pm at the Lakewood High School East Cafeteria, at 14100 Franklin Blvd... Admission is \$5.00 from 9-10am and \$1.00 from 10-1pm. Parking is free.

For more information contact 226-9001 or visit our website at [www.lkwdpl.org/ECPTA](http://www.lkwdpl.org/ECPTA).

### Lakewood Youth Master Plan Schedule

The purpose of the Lakewood Youth Master Plan is to provide the community with the opportunity to come together to create a strategic plan that focuses on four areas: Health & Safety, Families, Education and Recreation. The Youth Master Plan will be used by the city, schools & youth-servicing organizations to plan for programs and services for youth and their families.

Meetings will be held on the

Wednesdays listed below from 6:30 to 8:30 pm at Lakewood High School, Learning Resource Center. Refreshments will be provided.

**March 21, 2007**  
**April 4, 2007**  
**April 18, 2007**  
**May 2, 2007**  
**May 16, 2007**  
**May 30, 2007**  
**June 13, 2007**



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# City Council

## In March It's The Budget

Stan Austin

In March, it's all about the budget. Concurrently, council maintains its regular business and conducts budget hearings. At the March 5, 2007 meeting Mayor Thomas George and a unanimous council endorsed the upcoming Lakewood Schools bond issue which will appear on the May ballot.

Jay Foran who has headed up the committees that have supported the school reconstruction efforts explained that this bond issue will continue the process begun two years ago. Mayor George said "we have to continue to invest in our schools to keep Lakewood the city we want to live in."

Combining the topics of schools and the May ballot, member Ryan Demro (ward 2) presented to the clerk of council initiative petitions which would make a change in the city charter. Currently, no employee of the Lakewood City Schools can be a member of Lakewood City Council. Demro, who is a teacher and has been teaching in schools outside of Lakewood, felt that that restriction should be eliminated.

The most recent charter review commission reviewed that issue at length and decided that the potential for conflict was too great. Specifically, the interests of the schools and the city could be at odds. Also, the possibility of conflicts with voting parents of children in the class of a teacher/councilmember may raise problems. For

these reasons the charter review commission declined to recommend any change in the charter on this issue.

Nevertheless, Demro and his supporters circulated petitions to put the issue on the ballot. Once presented with a sufficient petition council must act to put that issue on the next regularly scheduled election, in this case May. If council does not act in a timely fashion, state law forces the schedule which would end up in a special election costing \$65,000 to conduct.

In a committee of the whole meeting council called itself into emergency session and after suspending the rules voted to put the issue on the May ballot.

In the annals of political folklore somebody once said budget making is like making sausage—you don't want to see what goes into it. To extend the metaphor, there are still entrails remaining from last years budgeting. A working relationship between the administration and council in last year's budget hearings had deteriorated to some degree. Council members Nickie Antonio (at large), Mary Louise Madigan (ward 4), and Demro felt it would be worthwhile to have outside consultants review the process and goals of council and the administration and also present a plan for better communication between the two branches.

To achieve that end the Center for Nonprofit Policy and Practice of the Maxine Goodman Levin College of Urban Affairs at Cleveland State University was hired. Jennifer Alexander and Susan Freimark of the Center conducted the study and presented their final report. The entire report can be read on the city website but a quick summary points from the expected call for better communication between the city and citizens to more cooperation between council and the administration.

What was apparent, however, was the miscommunication, mistrust, and misunderstanding that went into the production of the report. Fifty minutes were spent, primarily by Demro, questioning Ms. Alexander as to whether the administration sought to sabotage the effort. Alexander refused to take the bait and avoided what might be perceived as loaded questions.

Madigan indicated that she

thought this report would be the equivalent of a five year plan and was disappointed that that initial charge to the consultants wasn't clear.

Antonio recognized that the consultants had many "bosses" and no clear direction.

With this demonstration of frustration and confusion on the part of council Demro asked if the problems could be avoided with a city manager form of government. Although Alexander could have pointed to council's admittedly unclear directions as an example of what a city manager form of government might look like she declined by simply saying, "I won't go there."

Finally, as part of this year's budgeting, Mike Summers who is chairing The Citizen's Financial Advisory Group outlined his committee's findings on the current city budget and future budgets. The group offered clear guidelines and processes which it felt were necessary to meet a potential structural imbalance in the city finances.



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# Lakewood Public Library

## Friends of Library Must Sell All Books!

by Ben Burdick

The Friends of Lakewood Public Library are planning one last Spring Book Sale before leaving their basement home for the rest of the Library's expansion and renovation project. Lakewoodites who would like to thank the Friends for all the good work they do supporting the

Library and sponsoring the popular concerts, lectures and films held there can do so by buying up every last book, magazine and movie in the place—and save the volunteers the trouble of moving the leftover inventory across town.

The sale begins Friday, March 30, 10:00 a.m. to 8:00 p.m., and concludes on Saturday, March 31, 9:00 a.m. to

5:00 p.m. For those of you who just can't wait, a Member's Preview Presale will be offered to members of the Friends on Thursday, March 29 from 6:00 p.m. to 9:00 p.m. If you are not already a member, you can purchase your membership at the door for a small donation.

After the Spring Book Sale, the Friends are tentatively planning on

moving their operations to the old Lake Erie Screw building just south of Madison Park on Athens Avenue. Sales will resume in the new facility every six weeks beginning in August. Then, sometime in early 2008, the Friends of Lakewood Public Library will return home to set up shop in the new and expanded Main Library.

## Big Changes Ahead for Computer Center

by Ben Burdick

With demand for public access to the Internet ever on the rise, the Lakewood Public Library's Madison Branch will triple the size of their Computer Center in the months ahead. By the time summer rolls around, as many as thirty computers will be made available for browsing the Internet, checking e-mail and using popular office programs.

"The expansion comes just in the nick of time," explains John Guscott, manager of Electronic Services, "The

Madison computer project will help ease the transition of the Technology Center at the Main Library when we move into the new building."

The increase in the number of computers is the first for the Madison Branch since the Dennis G. Fedor Computer Center opened in December 1996 with ten stations.

Part-time assistant Ryan Churchill doesn't know yet whether he'll be working at the Main Library, transferring to the Madison Branch or splitting his time between both. "I just can't wait to get my hands on that new hardware!"

## This Is Your Planet On Pollution

Mon., March 26, 7 pm

Lakewood Democratic Club hosts a Movie Night: Al Gore's "An Inconvenient Truth" Lakewood Public Library, Main Branch Auditorium. Admission is free. Feel free to bring a friend along--or meet new ones there! We'll learn about the impact of air pollution on global weather patterns and melting polar ice caps. Find out what you can do to help! <http://www.lakewooddemocrats.com/RSVP>: tom@lakewooddemocrats.org.

### Library Events Calendar

#### Business Book Talk With Tim Zaun And Friends

Attention movers and shakers! This business book club will keep you up-to-date on the latest ideas floating around in the business world and put you face-to-face with like-minded Lakewoodites. Refreshments will be provided!

#### *The 8th Habit: From Effectiveness to Greatness* by Stephen R. Covey

The famed author of *The 7 Habits of Highly Effective People* returns with a new, distinct 8th habit needed to succeed in today's new world economy. A multimedia presentation sent to us by the author will enhance the evening's discussion. **Thursday, March 22 at 7:00 p.m. in the Main Library Auditorium**

#### The Lakewood Public Cinema

Digitally projected masterworks roar to life in stereo sound. Don't be late or you'll miss the cartoon! Bring your own candy, popcorn and pop—and bring a friend! Call 226-8275 ext. 127 for the titles. We can't name these movies. (Just ask the lawyers!) We can, however, describe them...

**Screwball Mystery featuring implied romance, overt drinking and lots of quipping. Friday, March 23 at 7:00 p.m. in the Main Library Auditorium**

**Whip-cracking Western with the Duke in a cataclysmic, cattle-driving classic. Saturday, March 24 at 7:00 p.m. in the Main Library Auditorium**

#### The Tracy Marie Duo

With bad boy bassist Mike Barrick in tow, Tracy Marie fills our auditorium with her powerful voice and warms us with her original, soul-searching songs. Presented by the Friends of Lakewood Public Library. **Sunday, March 25 at 2:00 p.m. in the Main Library Auditorium**

#### Jackie Warren

Cleveland's first lady of jazz plays the prankster on our Steinway grand piano. The joke's on you if you can't make it! Presented by the Friends of Lakewood Public Library. **Sunday, April 1 at 2:00 p.m. in the Main Library Auditorium**



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# Lakewood Health News

## Trans Fats :

# Why You Should Care, and What to Watch For

by Annie Stahlheber

We've all been learning about trans fats in recent months. Food companies are announcing proudly that their products are now "trans fat free". The City Council of Cleveland wrote legislation to possibly ban trans fat in the cities' restaurants. Restaurants around the country are announcing they are "trans fat free", or will be soon. Many people are still confused as to why trans fats are the new nutrition dilemma.

**Why You Should Care: Because trans fats can kill you!** Despite hundreds of medications, medical procedures, and medical research, heart disease remains the number one killer in the United States. When you get your cholesterol checked, you'll receive a bunch of numbers, including your total cholesterol, LDL (low density lipoprotein) level, HDL (high density lipoprotein) level, and the LDL/HDL ratio. A high ratio, along with high total cholesterol, increases the risk for heart disease.

The types of fats we eat affect our blood cholesterol levels. The LDL cholesterol is what many describe as "BAD", and the HDL cholesterol is what we know of as "GOOD". Trans fats, when compared to saturated,

polyunsaturated, and monounsaturated fats are the worst for your blood cholesterol level. Unsaturated fats tend to lower the harmful LDL cholesterol levels, leaving the beneficial HDL level the same. Saturated fats tend to raise the LDL, but leave the HDL alone. Trans fats not only increase the harmful LDL, but decrease the protective HDL. Trans fats have also been shown to increase inflammation (tiny tears in the artery walls), which raises the risk for heart disease.

**How much trans fat should we be limited to?** The American Heart Association recommends we consume no more than 1% of our daily calories from trans fat. That means the person who consumes an average of 2000 calories a day should limit trans fat intake to 2.2 grams per day. The average adult female should consume about 1500 calories a day, limiting trans fat intake to 1.7 grams per day.

**What foods contain trans fat?** Trans fats exist in very small amounts naturally in some dairy and meat products. Evidence is still lacking to tell us if naturally occurring trans fats are as harmful as "manmade" ones. The main source of trans fat in the American diet is found in processed foods, including baked products, margarines,

shortening, snacks, candies, etc. On the ingredient list of food products, trans fats are found in food that contains hydrogenated (partially or fully) oils. The United States Department of Agriculture now requires the amount of trans fat to be put on nutrition labels. Any food product containing .5 grams of trans fat or more per serving must list the amount (if a product contains .5 grams, the label would list it as containing 1 gram trans fat).

**What if the nutrition label says "trans fat free"?** Many consumers see the new green "trans fat free" labels and believe the item should be healthy, but "trans fat free" can be deceiving. Any label that says trans fat free may actually contain 0 to .4 grams of trans fat per serving. The key words here are per serving. Americans typically eat larger portions than nutrition labels list as a serving. Here's an example: a food product says "trans fat free", and the label says it contains 0 grams trans fat per serving. Included on the ingredients list is hydrogenated soybean oil. We can assume the food contains about .4 grams of trans fat per serving. If we consume 2 servings of the food, we have eaten about .8 grams of trans fat, and if we have 3 times what the label lists as a serving, about 1.2 grams (that's almost the daily limit for a person on a 1500 calorie diet from one food item). If we choose a few of these "trans fat free" items containing hydrogenated oils, we have likely exceeded the safe limit for trans fats.

Even more startling is the realization many food products advertised to children contain more than the recommended limit in just one serving. Vanilla wafers cookies, for example. The average 4-year-old child consumes around 1000 calories a day. One serving of Keebler's Vanilla Wafers contains 3 grams of trans fat. Over the course of a day, that 4-year-old may be eating way more than the recommended limit of trans fat, and starting to damage their arteries at that young age.

**So, what's a health conscious consumer to do?** The best advice in general is to avoid processed food. Eat the way our grandparents ate. Most meals were homemade, and seasoned using spices

and herbs from the cupboard. Dining out was a luxury. Restaurant meals are tricky - right now, ingredients are not required on menus, but they must provide nutrition information if you ask. Be a conscientious consumer and ask what type of oils they use. Most restaurant desserts, including cakes, pies, cheesecakes, etc., are very high in trans fats, so do your homework before you splurge; split dessert with a friend or family member.

When grocery shopping, avoid foods that list hydrogenated or partially hydrogenated oils as ingredients. Go for whole foods rather than processed: potatoes rather than potato chips; fruit rather than fruit snacks; boiled brown rice rather than pre-seasoned boxed rice. Check all labels - you may be surprised that some foods you never would have expected to contain trans fats do. Bread, for instance. It's difficult to find commercially prepared bread that doesn't contain hydrogenated oil. Many food manufacturers are switching to healthier options now, as a result of consumers' demand. The Breadsmith in Lakewood provides nutrition information for all their breads, and they do not use hydrogenated oils. Better yet, make your own bread and baked products, avoiding shortening and margarine. Use butter or oil, depending on the recipe. Rather than eating margarine on vegetables, try olive oil with herbs and spices. Instead of margarine or butter on toast, try natural peanut butter.

It can be difficult to make healthy diet choices. Trans fats are one of many food compounds in the news lately that have caused "nutrition confusion." Three main guidelines are valuable tools to a healthy eating style: 1. Eat lots of plant foods (whole grains, fruits and vegetables). 2. Avoid processed foods. 3. Eat more meals at home. Be a scrupulous label reader, and ask about food you order in a restaurant. Good luck with becoming trans fat free, your arteries will thank you.

Annie Stahlheber, MS, RD, LD, CSN is a Registered Dietitian specializing in preventive health, wellness, and sports nutrition. See <http://nutrainer.googlepages.com>.



### 2007 OPERATION PAINTBRUSH PROGRAM

The City of Lakewood offers a free exterior paint and labor program to Lakewood homeowners who qualify based on federal income guidelines.

You may qualify based on the following criteria.

No. of Household Members	Maximum Household Income
1	\$21,500
2	\$24,550
3	\$27,650
4	\$30,700
5	\$33,150
6	\$35,600

- All applicants listed on title must reside on the property. Total household income determines eligibility.

- If you own and reside in a single or two-family house in Lakewood, we invite you to apply.

APPLICATIONS CURRENTLY BEING ACCEPTED.

OTHER RESTRICTIONS APPLY

PHONE 529-5906 FOR ADDITIONAL INFORMATION

Division of Community Development, City of Lakewood  
12650 Detroit Avenue

[www.ci.lakewood.oh.us](http://www.ci.lakewood.oh.us) – Applications are also available online.



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# Lakewood Hospital News

## Lakewood Hospital Hosts Official Check Presentation for the Cuyahoga County Board of Health to Continue Tobacco Control Programs

The Cuyahoga County Board of Health through the work of the Cuyahoga County Comprehensive Partnership for Tobacco Reduction (the Partnership) announced March 9 they are the recipients of funding for local tobacco control programs from the Ohio Tobacco Prevention Foundation (OTPF). This new grant will continue to fund high quality prevention and cessation assistance services throughout Cuyahoga County. An official check presentation was held at Lakewood Hospital on Monday, March 12 at 10:30am.

The Partnership will receive funding through December 2007 totaling \$717,438 to continue tobacco control programming. According to the 2003-2005 Cuyahoga County Behavioral Risk Factor Surveillance Survey there are areas in the City of Cleveland that have a current tobacco usage rate of 36.5%, well above the state (25.9%) and national rate (20.9%)

"If it were not for the support of our State lawmakers, we would not be able to continue these programs that impact so many lives in a positive way," said Terry Allan, Commissioner for the Cuyahoga County Board of Health. "These funds show the Ohio Legislature's commitment to reducing the negative impact of tobacco



left to right: Nickie J. Antonio, Council member at large, City of Lakewood, Senator Dale Miller, Jack Gustin, president of Lakewood Hospital, Terry Allan, Health Commissioner, Cuyahoga County Board of Health, Mary Ann Marsal, Respiratory Therapist and coordinator of Tobacco Reduction program, "Freedom from Smoking" at Lakewood Hospital, Dottie Buckon, director of Human Services, City of Lakewood.

on the health or wealth of the state. Programs like ours have played a significant role in Ohio's changing culture and the reduction of tobacco use, especially in Cleveland and Cuyahoga County."

OTPF's grants support tobacco use prevention and cessation services in local communities statewide. The 50 community grants recently awarded by the OTPF Board of Trustees totals over

\$12 million and are for one year.

Lakewood Hospital, a Cleveland Clinic regional hospital, was chosen as the host for this check presentation. The hospital has shown a strong commitment by providing smoking cessation programs to the community, such as the American Lung Association's Freedom From Smoking Adult Cessation Program, since 1999. In addition, the Cleveland Clinic Health System implemented a smoke-free campus policy on July 4, 2005.

Since 2002, Lakewood Hospital's Freedom From Smoking program has been supported by grants received from the Cuyahoga County Board of Health through the Ohio Tobacco Prevention Foundation. This year the hospital's grant award was increased due to the continued success of Freedom From Smoking program over the years.

"We are dedicated to health, wellness and the prevention of disease," says Jack Gustin, president of Lakewood Hospital. "According to the Centers for Disease Control and Prevention, smoking and second-hand smoke are the country's most preventable causes of death contributing to more than 440,000 deaths each year. I am proud to say that Lakewood Hospital has

made it apart of its mission to help those who need assistance in improving their health by quitting smoking through vital programs like Freedom From Smoking. Thanks to our highly skilled and passionate health care providers like Mary Ann Marsal, who started and continues to offer the hospital's smoking cessation classes, we have helped improve the quality of life of many over the last eight years."

### About the Cuyahoga County Comprehensive Partnership for Tobacco Reduction

The Partnership is comprised of over 15 agencies that come together to serve the residents of Cuyahoga County with youth prevention activities, like stand Teams, curriculum delivery in the schools, and high quality adult cessation programming for free or at low-cost at various locations throughout the county. In addition to these critical programs, the partnership incorporates crucial surveillance and evaluation of programming to ensure the effectiveness and need of the project's activities in the target areas.

### About the Ohio Tobacco Prevention Foundation (OTPF)

The Ohio Tobacco Prevention Foundation (OTPF) was created by the Ohio General Assembly in 2000 and is funded with monies secured from the national Master Settlement Agreement (MSA) between tobacco companies and 46 states. OTPF is charged with reducing tobacco use among Ohioans, with an emphasis on youth, minority, and regional populations, pregnant women and others who may be disproportionately affected by the use of tobacco. OTPF programs include the distribution of community grants, the operation of the Ohio Tobacco QUIT LINE at 1-800-QUIT-NOW, and stand, Ohio's tobacco use counter-marketing campaign. For more information on OTPF, go to [www.otpf.org](http://www.otpf.org). Or visit OTPF's youth web site at [www.standonline.org](http://www.standonline.org) or the Ohio Tobacco QUIT LINE web site at [www.ohioquits.com](http://www.ohioquits.com).

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Dr. Borsellino completed his residency at the Cleveland Clinic, Department of Neurosurgery and has special interest in the treatment of degenerative spine disease, complex spinal instrumentation, brain and spinal tumors and general neurosurgery.

Dr. Borsellino is welcoming new patients. His office is conveniently located at the Lakewood Hospital Professional Building, Suite 330, 14601 Detroit Avenue, Lakewood. For appointments, call 216.529.7110.

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Family Medicine



**Janelle Henning, M.D.**  
Family Medicine



### Your Life is Our Life's Work.

## Lakewood Business News

### Secret Shopper:

# Natures Bin - Where You Are What You Eat

Justine Cooper

You are what you eat! Isn't that the scariest thing your mother ever told you? I used to think I would wake up one day in the shape of an Oreo cookie, my favorite childhood snack. I didn't realize the truth in her statement until years later. What you eat directly affects how you feel, how you look, and how long you may live.

Because my quest is to live long and live to the fullest, I cannot ignore one of the most basic elements to living - food. My Secret Shopper pick this week, **The Nature's Bin, at 18120 Sloane Ave.** (216-521-4600) is no secret to many. As for me, it had been months since I shopped there. Recently I returned and couldn't believe it took me so long between visits. It is no surprise that the atmosphere in an organic store is light. It is not my imagination; the people who are drawn to a healthier lifestyle are genuinely happier and friendlier. It makes sense; you are what you eat. If you are loaded down with processed carbohydrates and hydrogenated oil, you really don't feel much like smiling. I know, I have been there.

This week's feature on Nature's Bin is not intended to wake up the "health nuts". They are already wide awake, living life to the fullest. It is intended for those who are curious. Those who tip toe back and forth between health and habit; who have not yet committed fully to a healthy lifestyle, but are trying with baby steps to make the cross-over. People like me. People who really want to give their children the best start they can in life, but just need a push now and then.

Nature's Bin is just the push we need. Often we justify not buying healthier or organic foods because they "cost more". Well, they may in a traditional grocery store, but they actually



don't if you visit The Bin. Apples were .69 a pound in the winter! Fresh whole grain bread was comparable in price to processed packaged bread. The selections were diverse, and all were good enough to put into your body and your child's body, with no worries.

How many of you caffeine hounds switched at one point to decaf only to discover the chemicals used to make decaf were worse than caffeine? At Nature's Bin you can get freshly ground naturally decaf and still maintain your health. My favorite part of the store is the prepared food counter where you can pick up a variety of items; including fresh soups, vegetarian dishes, and other tasty entrees without the hydrogenated oil that is linked to various health problems. You won't find a counter with cold cuts because they are filled with nitrates which have been linked to cancer. You will find margarine made with cold pressed healthy oils versus solid trans fat. I could go on with all the fresh purchases you can get for affordable prices, but I invite you to check it out yourself.

It took years for the FDA to update the food requirements for children and adults, to tell America what so many already knew; that bread should be whole grain and rice should be brown, that oil should come naturally, not from processes that cause health risks and block arteries. The mayor of New York impressed me more than any politician ever has when he announced that no kitchen in that city would be allowed to serve food with hydrogenated oil. **I am sure that not all shared in my celebration, but let's face it, there is a certain irony in the fact that many support legislation to ban smoking in public places, but turn around and feed their children processed food with an oil linked to cancer and other health ailments.**

This is not a judgment, as I have been there, and will have days when I am there again. Now I no longer have to spend long minutes reading food labels. At Nature's Bin I don't have to read any labels - their food is not filled with high fructose, hydrogenated oil, or poisons. You may be surprised to discover, as I was, that items such as granola bars and whole grain cereal bars contain high fructose syrup and hydrogenated oil. At Nature's Bin they won't. You can even get healthier pop tarts and chips that are almost good for you. Many are not aware the FDA allows packaged foods to claim "no trans fat" if they contain .5 or less per serving. But, how many of us eat only one serving of chips or other snacks? If hydrogenated oil is listed in the ingredients, it is unhealthy.

After closely scrutinizing data from scientific studies and reviews, many European countries have either banned hydrogenated and partially hydrogenated oils altogether or have instituted future dates for elimination of their use in foods. **These government actions concerning the trans fatty acids (hydrogenated and partially hydroge-**

**nated oils) is directly related to studies that link trans fatty acid (hydrogenated and partially hydrogenated oil) consumption from processed foods to the development of diabetes, cancer and cardiovascular disease.**

Hydrogenation of oils, with removal of essential fatty acids, is used in the food industry for the sole purpose of prolonging the shelf life of processed foods (to maximize profits). Production of partially hydrogenated fats began early in the 20th century and increased steadily until about the 1960s, as processed vegetable fats displaced animal fats in the diets of most people in industrialized countries. The initial motivation was lower cost, but health benefits were later purported.

I do recognize that larger chain grocery stores are beginning to offer a small organic section as they realize the need, but my hope is that one day that all food sold is organic. My hope is that the government will go a step further and limit food stamps to 90% fresh foods and 10% junk. Why? Because the children deserve that and it could change their lives. If you think organic food costs more; think about the medical bills for high blood pressure, diabetes, obesity, heart ailments, clogged arteries, and cancer. We have become a country that is quicker to disperse medication for children with hyperactivity disorders than to attempt changing dietary habits, or combining the two. What chance does a hyperactive child have, starting his day with high fructose syrup as the first ingredient listed in his breakfast? **When the blood sugar escalates and then rapidly plummets, how can any of us look sane and calm?**

I encourage you, if you are teetering, to try Nature's Bin for your next shopping trip. Change starts slowly, and balance is necessary. But the balance between mind, body and soul is necessary for living life to the fullest. Isn't that our main purpose here, to live life to the fullest? There are no guarantees in life; we all know of people who lead a healthy life and are struck with illnesses. Still, we have choices. "We cannot choose how or when we will die, but we can choose, every single day, how we will live." (Stephen Biko-S. African activist). Live healthy and long, and give that to your children!

**If you have any questions or comments on hydrogenated oil or eating healthier, please visit our new Holistic/Wellness Section on the Observer Deck at [Lakewoodobserver.com](http://Lakewoodobserver.com). For nutritional ideas and recipes, please visit Chef Geoff!**

## Holistic Healing & Wellness Section

The Lakewood Observer is excited to introduce its new "Holistic Healing and Wellness Section" which will run once a month. This section will cover a variety of holistic health issues, both alternatives to traditional medicine as well as treatments that work with traditional medicine. The objective is to

expose practices that may help provide a healthier and happier life. We anticipate that articles will be submitted by a variety of practitioners involved in the areas of Whole and Organic Foods, Reiki and other energy healing, Visualization, Meditation, Yoga, Massage Therapy, Pilates, and Spiritual Practices

  
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## Chef Geoff

# Chef Geoff's Vegetarian Escapade

Jeff Endress

I must preface this column with a strong disclaimer: I have always enjoyed eating meat. In my mind, there's nothing quite as satisfying as a thick, juicy medium-rare steak, sizzling hot off the grill. With that in mind, I'd like to talk about a little experiment that I'm about to perform on myself (and, to some degree, on my family).

This experiment is fueled, primarily, by ongoing discussions of renewable food sources. This led, perhaps inevitably, to some examination of the vegetarian lifestyle, as vegetable food sources are the epitome of renewable food. There are essentially two types of vegetarians: vegans, who eat no animal products whatsoever, and ovo-lacto vegetarians who eat eggs and dairy products. Many people consider those who eat no meat with the exception of fish to be vegetarians as well, but these people can accurately be referred to as pescatarians. There are any number of reasons why people choose to enjoy a vegetarian lifestyle, but there appears to be three main motivations.

First of all, a proper vegetarian diet is simply healthier than one which contains animal fat. The myriad of health problems from which Americans suffer are often related to poor diet. And, in many cases, the chief culprit in that diet is cholesterol, which is, of course, the result of animal fat. Thus, the burger, ribs, and steak can be held at least partly responsible for the issue of cholesterol-related maladies, like heart disease. A vegan diet, by definition, removes the intake of animal fat. How-

ever, even an ovo-lacto vegetarian will consume substantially less animal fat than his carnivorous counterpart.

The second reason is one of morality. Many people feel that the act of killing animals for food is morally wrong. Their arguments and concerns become even more compelling when one takes into account the industrialization of farming. There is public outcry over the manner in which these animals are treated, as recently graphically presented in a number of hidden camera exposés or on the PETA website. Those who opt for the vegetarian lifestyle on a moral basis still reap the benefits of a healthier, low cholesterol diet.

The remaining reason is, in my view, a combination of economic and social concerns. It takes a tremendous amount of resources to produce meat for our table. In point of fact, the energy expended for fuel, fertilizer, irrigation, and elimination of other potential crops to produce the bushels of corn in order to feed the Black Angus which will eventually show up as a steak on my plate represents a net loss. If the vegetable product was used directly to feed humans or other products were farmed instead, it would go farther than the beef which was fed on the corn. Thus, the concern is one wherein people must ask themselves if creating a loss on the production balance sheet makes sense, especially given the rising number of famines across the globe. As with those who undertake the life-

style out of moral concerns, those who move in this direction as a result of these socioeconomic reasons still have a healthier diet than most.

From a personal standpoint, I would rather take on the burden of downsizing meat portions and getting exercise to deal with the health issues. Likewise, from the moral standpoint, it is not my personal belief that there is anything immoral about being in the same circle of life as are other carnivores (or omnivores). I must admit that the cruelty issue has given me pause on occasion, but there are always free-range chickens, grass-fed beef, and similar happy animals which, while no less dead than the industrial-raised animal, were presumably more content while they were alive. The motivation for my experiment is the mathematical stupidity of using more food product to produce less. It seems to be the opposite of a renewable food source - an intentional depletion, purposefully investing more resources to produce less food.

Those of you who have followed my culinary ramblings know that I'm not hesitant to add a new food to my diet. I have what might be referred to as an adventurous palate. I enjoy trying new dishes, preparations, and foodstuffs. Many times I find I really

enjoy the addition, sometimes not. In many cases, the additions become standards in my repertoire. But, generally, I've always changed my palate through addition. This time, however, I'll attempt an addition by subtraction.

And so, I announce that on March 20, 2007, I am making a fairly major, if temporary, change. To better understand what it is to be a vegetarian, for the next several weeks, I will strive to be an ovo-lacto vegetarian. I will add to my diet by the subtraction of meat in it. And, because it would be far too easy to simply subsist on omelets supplemented by Boca Burgers, it is my intent to continue to be one who eats to live, rather than lives to eat. Rather than looking towards dinner with a trepidation and a "what, no steak again" attitude, my attempt will be to use this as an opportunity to seek out dishes and recipes that are not a part of my usual mix, but ones that, hopefully, will become a regular part of the meal repertoire.

And, my dear readers, I want to take you along as the experiment proceeds. I will be posting, in the Chef Geoff section of the Lakewood Observer Observation Deck, some daily ramblings and thoughts, my food intake, and recipes tried as this experiment progresses. Please feel free to add your own advice and insights as my culinary journey continues.

## Dining In The Wood: Thai Hut

by David Lay

In October 2005, Lakewood dining institution Chinese Village became Thai Hut, with new owners Bunphen and Bunphor Sornlai transforming the Chinese/Vietnamese standby into an authentic Thai oasis seemingly overnight. Similar to Chinese Village, most of their business is lunch and dinner takeout, but the dining room can comfortably seat about 30.

Nearly one and a half years later, they are enjoying an expanded menu, and an ever-expanding clientele: there are plenty of options for diehard Thai foodies, as well as neophytes. Appetizer-wise, their Thai Rolls (\$4), crispy spring rolls stuffed with chicken and mixed vegetables, with their sweet-and-sour sauce accompaniment, are a sure temptation for the tastebuds. Their chicken coconut soup, known as Tom Kha Kai (\$2.75), is a large portion, defying the small price.

The crispy Pad Thai (\$7.95) is an interesting take on the gateway-to-Thai-cuisine dish, with pan-fried noodles combined with chicken, shrimp, peanuts, egg, and bean sprouts. There are plenty of options for those leaning toward the adventurous side, with Beef Panang (\$9.95), Pad Kee Mow (\$7.95) and Fisherman's Fury (\$13.75)

cranking the heat. Those with sensitive stomachs, don't worry; they can make it as mild (or as hot) as you'd like.

Their Mix-and-Match section is a build-your-own affair, with several meats, as well as tofu, shrimp, and scallop adding to the mix. Combine that with several vegetable and sauce choices, and you've got yourself a custom meal. Combined with white rice and four curry choices, prices range from \$8 to \$12.95.

Vegetarians, never fear: Thai Hut aims to please, with 15 choices sure to please your palate. It's a nice mix of spicy and non-spicy dishes, with standouts such as the Tofu Erawan (\$8.95) and Vegetable Curry (\$8) next to more traditional dishes as the Vegetable Pad Thai (\$6.95).

The dining area is comfortable, the staff is extremely polite, and helpful to those new to Thai cuisine. They even have gifts for sale: some imported from Thailand, as well as some items made by the Thai Hut staff.

For those looking for excellent Thai food, but don't want to travel to Ohio City or even Beachwood, give Thai Hut a shot.

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## Lakewood Schools

# A Procrustean Bed in the Learning Resource Center

by Gordon Brumm

Ancient Greeks told the story of a big bad fella named Procrustes who lured people into his establishment and invited them to lie on a special bed, which he said would surely fit them. Little did they know why it would fit: If the guest was too long, Procrustes would cut off his (or her) legs. If the guest was too short, Procrustes would stretch him out. From this tale comes the term "Procrustean bed," meaning a procedure or principle that requires exact conformity to a predetermined standard – a sort of strait jacket.

The term came to mind as I was sitting around a table in the high school's Learning Resource Center (aka Library, to those of a certain generation) with a dozen other participants in the Education Action Team of the Youth Master Plan (YMP) program. This program is sponsored by the Department of Human Services and is administered by the Center for Community Solutions. (It is the second attempt to create a YMP, the first having foundered in a sea of confusion about ends and means.)

The Mission Statement is "To develop a plan to foster successful and well-adjusted youth and families." I had joined primarily because I had a set of ideas in mind concerning education, and this effort seemed the best – perhaps the only – way in which they could be implemented

At the first session of the program, we were given our marching orders. The program would cover four areas – Education; Families; Health and Safety; and Recreation – with an Action Team for each. (As mentioned, I chose the Education team.) The process would be as follows: After scrutinizing the Environmental Scan (social and economic data about the city), we would conduct a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis, after which we would deal with Critical Issue Questions, Goals and Strategies, an Action Plan, and a Communications and Monitoring Plan, all this taking place through 11 meetings ending in June.

It was during the SWOT analy-

sis that I began entertaining thoughts about the Procrustean Bed. Our task was to list as many items as possible in each category (Strengths, Weaknesses, Opportunities, Threats) in the first session, and then in the second session to prune each category down to the three most important.

I'm not against structured thinking – as anyone who knows me can attest – but as our discussion proceeded, it seemed clear that the structure of the SWOT analysis didn't match up well with some of the ideas coming out of our group.

For one thing, the SWOT categories weren't well defined, so some ideas were difficult to place. For example, what is the difference between a weakness and a threat? Which category does standardized testing belong in? (It was listed as a weakness, though as something impinging on the schools from the outside, it seems more like a threat.)

And what is the difference between a strength and an opportunity? After the first meeting, the program administrators made up a chart with the ideas from that meeting placed in the four categories. Under "Strengths" we find: "Many opportunities: diversity, YMCA/YWCA, Library, Pools, . . ." So what are these things -- are they strengths, or are they opportunities? Likewise, what are enrichment programs? (It seems to me they constitute a strength, but they were listed as Opportunities.)

More important, some items brought up in discussion deserve to be discussed for their own sake even though they fall outside the categories. The most important, to my mind, is homework. This is a hot topic currently, due to attacks by education critics such as Alfie Kohn. And of course it is a crucial element in children's educational lives. The controversy does not resolve around a simple yes/no or good/bad distinction. Rather, criticism is found on three levels: 1) All homework is bad. 2) Homework is OK in general but is too often abused (e.g. given in excess). 3) The homework assigned is too often dull and unproductive; i.e., more creative homework is needed. This last criticism could lead to a more general discussion about schoolwork in gen-

eral, its purposes and its methods. One of the members of the Education team, Kristine Pagsuyoin, is somewhat of an expert on the subject of homework, having investigated it as part of her advanced-degree program.

With regard to Lakewood, one of the other participants claimed that homework is not a problem to be considered because none of the parents have complained about it, but Ms. Pagsuyoin said that on the contrary there are a number of problems with homework in the Lakewood schools, such as gross inconsistencies among teachers with regard to the amount of homework assigned. So there is much to discuss, and a thorough examination of the subject might yield great benefits for the school system as well as putting Lakewood in the role of educational pacesetter. But despite having everything going for it, the subject didn't appear on any of our lists because it didn't fit into any category.

Another subject that didn't make the cut is that of grade-level differentiation, i.e., the need to differentiate between one set of grade levels and another regarding curriculum and other features. This obviously holds true in the case of homework, and bears study. But like homework it didn't make the cut. It was respectfully saluted and then dropped.

(The point that I was most interested in – lack of a program to inculcate critical-thinking and reasoning skills -- did appear on the Weaknesses list, miraculously).

As you can tell, there are a lot of good minds in the Education group, and a lot of good ideas coming out of those minds. The question is whether these good ideas can be harvested and put into practice. I sometimes think that the city could have saved a bundle of money by simply hiring four very good teachers, four provocative vacuums (that is my definition of a good teacher) who would draw out the best that is in our minds.

A different approach might be more helpful. I'm thinking in particular of a straightforward means-ends approach. This would begin with a listing of ends (basic ability to read and write and calculate; citizenship skills and knowledge of history; ability to succeed in the information-tech world; etc., etc., as well as improvement of the Lakewood "brand"), and proceed to the devising of all the innovations, changes, and new projects that will help achieve those ends. In this way, no good idea need be left out, and discussion of issues such as homework would have a well-respected place on the agenda.

However -- regardless of what has or has not happened so far, the YMP program is not predestined to remain bound in a Procrustean bed. After all, SWOT was the prompt that stimulated the good ideas I have mentioned, plus others.

A brilliant educator named Vygotsky brought forth an idea that came to be called "scaffolding." The idea is that students should be given the assistance and intellectual tools needed to build their own views of the world and their own ways of thinking, after which the assistance – the scaffolding – can be taken away and the students left to develop on their own. Perhaps the SWOT analysis is our scaffolding and after a certain point we will continue on to develop our own ideas. And then, I hope, we can implement those ideas. That is where the Center for Community Solutions could provide some real help.

UPDATE, March 7 meeting: We proceeded according to the game plan, our task being first to perfect the "Critical Issue Questions" (derived from the topics that made it through the SWOT analysis) and then to put each of these 15 questions into one of seven categories apparently fashioned with an eye toward implementation (e.g. "Community Engagement, Participation and Support," "Parent/Family Engagement, Participation and Support" . . .). Though the categories were ill-defined and overlapping, we managed to pigeon-hole all the questions.

As we massaged the questions we could see that some of the most important of them require analysis and specification. (E.g., what are the different adverse effects of poverty? What are the various challenges of diversity?). This step, we hoped, would occur somewhere down the line.

But in the two subjects mentioned and a few others, at least, we are dealing with important topics. Extensive examination of these topics and formulation of an action plan could yield commendable results – if the plan is implemented. And we were told by the director that implementation is to be our all-important last step. Stay tuned.

Final note: On March 9, Lakewood got a black eye in the form of a PD story about a lawsuit over alleged bullying of a middle-school student. We missed that problem entirely.

For those who would like to see how it all turns out, and perhaps contribute to the process, the Action Teams meet on alternate Wednesdays. For further information, call the Department of Human Services at 529-6685.

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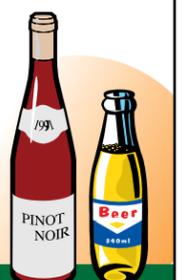
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# Lakewood Sports

Play Ball!

## LHS Rangers Swing into Baseball Season

by Ivor Karabatkovic

Dust off the old cleats and break in the new leather glove; its baseball time in Lakewood. The Rangers are aiming high and expecting great success on all levels this season. The varsity squad has ten returning seniors and plenty of talent to fill in every position on the diamond.

The Rangers started working on skills early, with a brand new fall development program lead by senior Rob Pecl. Players from all levels worked on fielding, batting, conditioning and pitching for eight weeks. The seniors were in charge of running the program because by rule coaches are not allowed to coach players in the off-season.

"The fall development program helped out a lot of guys," head coach Jerry Gruss said. "We never had that before and a lot of players made a stride." An average of twenty-five players showed up voluntarily to get in six hours a week of extra practice. In total, over 50 hours of extra practice was achieved, leaving the Rangers better and more solid at every position.

One fresh face which benefited from the fall development program was junior Matt Kenney. Matt has improved his hitting and pitching greatly over the past six months, and is fighting his way into a prominent role on the varsity team. Senior Adam Hrdlicka has been pitching phenomenally in the off-season. The coaches hope he continues to pitch as excellently into the season.

Another improvement over the off-season is senior Alex Botsch. A catcher in his past three years of Ranger baseball, he has evolved into a utility guy who can play the outfield, infield and behind the plate. His hard work in the off-season has paid off; the amount of his playing time will increase significantly this year.

"Fifteen hours a week of hitting and mechanics sums it up," Alex explained. "I focused mainly on hitting, but I did a ton of catching work in the off-season too," he continued. His versatility is just what the team needs because the starting line-up will change on a weekly basis.

With ten seniors to work with, the varsity team is overloaded with experience and talent. The team will have pitching ace Tim LaBar throwing on the mound and playing at shortstop. Senior Taylor Kraus will call the games behind the plate, and Alex Botsch will fill in when Taylor plays infield. Senior Adam Hrdlicka will return to his spot playing in right field and senior Paul



Coach Giberson works with the outfielders during practice at CSU Krenzler Field

Barney will play in left field. Look for Rob Pecl to get some time at designated hitter and at first base, and Zach Toole will play in the outfield.

The Rangers also have a very favorable schedule this year. With twenty-seven games scheduled, only five are away games. Beating the rival Mentor Cardinals is on the top of senior Taylor Kraus' to-do list for the season. The LEL rivals split two games last year. Baseball critics in the Greater Cleveland area are hyped for a great match-up this year. All non conference games will be played at Lakewood Stadium. "I'm looking forward to all of the games," said coach Giberson, "espe-

cially the first one." The first game will be held on March 26th, against Avon.

The first tournament of the season is the Al Gruss/Tony Dibiasio Early Bird tournament which will be on March 30th and 31st. St.Edward, Holy Name, Midpark and host Lakewood will battle it out for some great early season action. All teams are playoff caliber teams, so the tournament will be full of excitement.

Another game to watch is the April 2nd game against the Rocky River Pirates. Former Ranger Ted Brink will look for an opportunity to pitch for the Pirates against his old team which will be a great match up.

"It'll be nice. Ted's a good pitcher," coach Gruss said. "I'm sure there's nothing more that Ted would like than to beat his old team." The Pirates shouldn't be counted out, especially in a game like baseball. "It all comes down to pitching," coach Giberson says.

The Rangers will also have a very strong JV team this year. The program is overflowing with talent and JV coach Chris Lamphear loves every minute of it. "We should win at least twenty games this season," he said. Freshmen, sophomores and some juniors will make up the JV lineup, and every player has had experience playing at a fast pace.

The Rangers are destined to make it deep into the playoffs this year. Look for senior Tim LaBar to pitch at a college level and a high octane offense that will be ready to explode at any moment. Defensively, the rangers have no weaknesses. Calling the plays and running the whole show will be up to the very dedicated and hard working coaching staff of Coach Deanovic, Coach Kam-mock, Coach Lauren, Coach Giberson, Coach Lamphear and Head Coach Jerry Gruss. In four years, the coaching staff has turned the Lakewood baseball program into a powerhouse in the LEL. They started building the foundation to a great team when this year's seniors were young freshmen. Now they are ready to win the Lake Erie League.

## Asian Martial Arts Center Opens in Lakewood

by Bob Ignizio

Asian Martial Arts Center owner and instructor Kamille Louis has been practicing the martial arts for 30 years, and teaching them for 17. Now he has opened his own studio here in Lakewood at 18522 Detroit Avenue with the mission to "...provide superior quality training in both external and internal martial arts so that students of all ages, gender, ability levels, and backgrounds can lead more fulfilling lives through the benefits acquired from regular practice." The Center offers classes in Kung Fu for kids, and Kung Fu, Kali, Kickboxing, and Tai Chi for adults.

People sometimes have the misconception that the martial arts are just about fighting. However, Kamille says, "Martial arts is for everybody. It's not just about fighting. It's also about self-confidence and teaching respect and discipline. It's about improving yourself not just physically but men-



Sifu Kamille Louis (center) instructs student Casey Smierciak with the help of Dominic Ochoa, during his Kids Kung Fu Class.

tally. Mind, body, and soul all together. The fighting is only one element. It's a whole way of life." Even older people can benefit from the martial arts by taking a class in Tai Chi, where the emphasis is on health.

As for why he picked Lakewood for

his studio, Kamille says, "I just liked the area. It's a progressive area. I have some friends who live here, and also some students live here. There's a lot of different kinds of people and ethnic communities. I just saw a lot of opportunity for growth in the area."

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# Lakewood Observer

## Legal Aid Returns to Lakewood

by Katie Collin

The Volunteer Lawyers Program of the Legal Aid Society of Cleveland is pleased to return to Lakewood on **March 31** for its second Brief Advice and Referral Clinic. This clinic will take place from **9:45 a.m.-12:00 p.m.** at **Barton Center**, located on the Ground Floor of the Westerly Apartments at **14312 Detroit Avenue**.

"The Barton Community Center is proud to be involved with the terrific program of legal advice provided by the Volunteer Lawyers Program," says Curt Brosky, Managing Director of the Lakewood Senior Citizens Service Corporation.

"The nonprofit Barton Center has been collaborating with other community organizations for the past 45 years. While our focus is to improve the quality of life for senior citizens, this free program from Legal Aid will benefit community residents of all ages. We encourage our Barton Center members and Westerly residents to take advantage of this professional legal advice that is being offered at no cost."

At the clinic, volunteer attorneys from the law firms of Weston Hurd LLP and Porter Wright Morris & Arthur LLP

will provide brief advice on civil legal matters, such as bankruptcy, contracts, problems with public benefit systems and issues particularly relevant to the senior community, including powers of attorney and living wills. Those interested should bring all relevant paperwork to the clinic with them.

Legal Aid provides free, high quality legal services to those unable to afford private counsel in Northeast Ohio. The 45 staff attorneys service an area with approximately 300,000 eligible clients. Today, Legal Aid manages more than 8,500 civil cases annually, helping 21,000 individuals.

The Volunteer Lawyers Program was organized in 2005 to supplement the work of the Legal Aid staff and to improve the lives of indigent individuals in Northeast Ohio. Founded in 1905, Cleveland's Legal Aid is the fifth oldest organization of its kind in the United States. For further information, please call Legal Aid at (216) 687-1900 or visit its website at [www.lasclv.org](http://www.lasclv.org).

Parking for the Barton Center event is available in the adjacent parking lot at 14400 Detroit Avenue. The Barton Center main entrance is located behind the Westerly, down the Westerly driveway to the lower level.

## The League Of Woman Voters

League Town Hall Travels "The Road To Independence: Government Gates And Roadblocks"

The League of Women Voters-Cuyahoga Area, Lakewood Chapter, invites the public to a Town Hall meeting titled, "The Road to Independence: Government Gates and Roadblocks," which will focus on entitlement programs, the agencies that administer them, and how transparent and accessible they are. It is set for Thursday, March 29, 2007, 7 Pm to 9 pm, at the Women's Pavilion, Lakewood Park

### SPEAKERS:

Nina Lalich, M.A., Research Analyst at the Center on Urban Poverty and Social Change, Case Western Reserve University

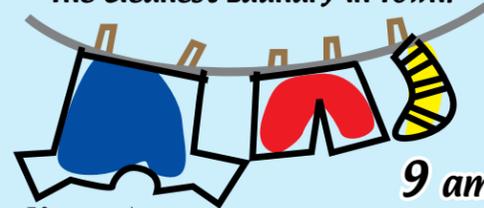
Dr. Kate A. Foley, Director of Student Services, Lakewood City Schools

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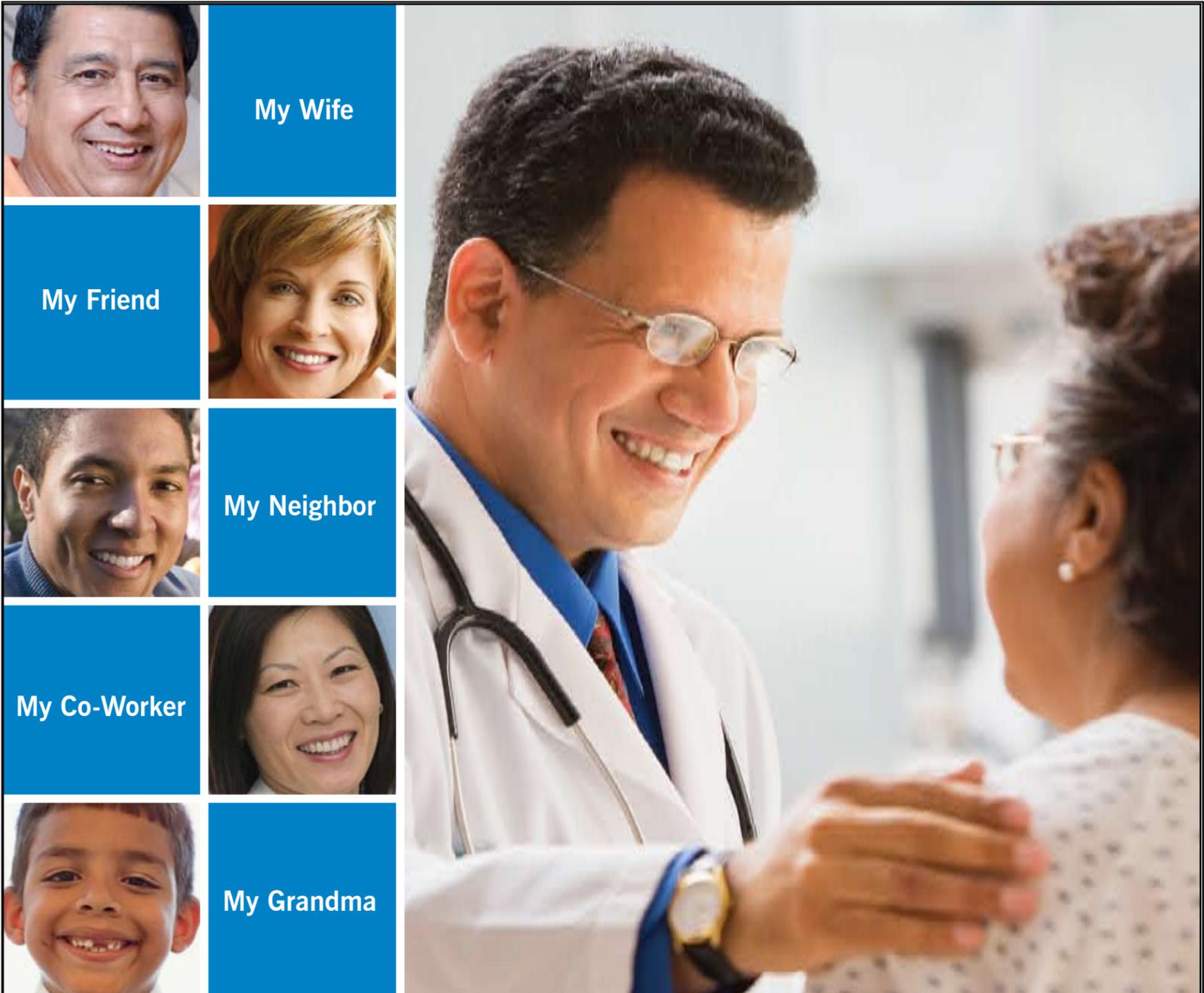
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## Lakewood Perspective

# Responsibility - And the Reason I Write

Bret Callentine

I didn't want to do this. I had a nice little article all planned out (a dash of political rhetoric, a handful of sarcasm), but then it happened. I opened up the local news website to find the City of Lakewood smack dab in the middle of yet another controversial lawsuit.

The parents of a child who has been bullied are suing the school district.

Well, if you've learned anything about me from the short duration of my column, you should know two things: 1) I'm strongly opinionated, and 2) I rarely keep my thoughts to myself. But, the reason this story struck me so hard was that it instantly brought me back to an earlier time.

When I read about this case, I was reminded me of one of the defining moments of my life. Coincidentally, it was my first foray into the print editorial. Several years ago, before 9/11, before terrorism ruled the day, the news focused on the recent rash of school and workplace incidences of violence. Unfortunately, this also marked a time of personal loss for me, as late one fall afternoon I received a call that I both expected and feared. While the country sought answers to several community tragedies, I sought solace for a personal one. But, in the late hours of the night, these two seemingly divergent issues came together in a singular form of expression. For whatever reason, at that moment, I felt compelled to write. Written well before the existence of the Lakewood Observer, I submitted the following piece to several different newspapers. While I received notes of thanks for the submission, to my knowledge, nowhere has this letter ever seen print.

However, with my personal apolo-

gies for waxing nostalgic, I'd like to re-submit what I believe most accurately describes my thoughts regarding the timeless issues that reflect this recent litigation.

(The following article was written more than five years ago, so please forgive the dated references)

An open letter to my family, friends, neighbors, and community:

Dear friends,

I lost my grandfather this past Saturday. At a little after three in the morning, Seattle time, he lost his personal battle with cancer. He wasn't a politician, a celebrity, or even a well-known local figure. And, although on the surface this loss to our family may not seem too profound in the larger scheme of things, I fear that the death of this one man represents the continuation of a losing trend in an ongoing war of numbers through population and its effect on our country's proud moral heritage.

To me, my grandfather represented a nearly pure model for life. He was proud, passionate, responsible, respectful, well spoken, dignified, and loving. I don't mean to suggest that he was perfect - like all men, he made his share of mistakes. I also don't mean to put him on a pedestal; he didn't discover a new vaccine, build a better mousetrap, or even break any long-standing sports records. His great contribution was in the example he was to all who knew him.

I greatly fear that a way of life, a code of ethics, and a moral foundation is dwindling in this country, marked by the loss of one virtually unknown man. My grandfather taught me many things, but the greatest lesson I learned was that of responsibility. "If you hit your

thumb, you don't blame the hammer or the board, the fault lies with the fool who missed the nail." All too often, people are hesitant, if not fearful, of taking responsibility for their actions, or lack thereof. This past week alone has brought about several more cases of workplace shootings and school violence, prompting another round of intense debate over "responsibility."

Unfortunately, for whatever reason, in this case, most of the discussion focuses on the inanimate object, the gun. And, if it's not the gun, it is most certainly blamed on an egregious oversight by some faceless set of contributors: the laws, the system, the schools, the police, the government, or even just the community at large. As if by spreading the blame over some wide array of determining factors we somehow resolve the problem.

It is the denial of responsibility that is the problem. If I take a gun and kill someone, it is my fault. I am responsible for my own actions and should be held accountable. That part is the easiest, but often times the most overlooked. But, it doesn't stop there. While it's hard enough to take responsibility for our own actions, we must also take responsibility for how our actions affect others. The most tragic loss is often the one that nobody cared prevent. Is it not the parents' responsibility to teach their children the value of life? Is it not a coworker's responsibility to acknowledge a possible problem? If a friend isn't the one to intervene when they see a situation developing, then who? These questions are the ones that we should be answering, but, instead, we deny our responsibility to the point that our courts are overflowing. Our judicial system was established to settle honest disputes of ownership, exchange, and interpretation. Instead, due to our overwhelming irresponsibility, we use it more to place blame and extol recompense. It boggles the mind to consider how many court cases are brought about by the proclamation of irresponsibility: "Oh yeah? Prove it!"

But, my grandfather's lesson in accountability didn't stop there. He taught me the responsibility of taking

action. I vote as often as I can, but not before becoming as knowledgeable as possible on each subject and the consequences of each choice. He taught me to speak out when I disagree and to hold my tongue when my opinion is not at issue. I learned that if you don't agree with the way a company does business, it is your responsibility to take your business elsewhere. If we continue to buy into a concept, practice, or product that we believe is inadequate, we have no right or reason to believe it will change.

My grandfather was not a special breed, he was not a martyr to some lost cause - he was just another man born of a generation where responsibility was a way of life. A generation that finds itself dwindling in number and declining in its ability to continually strengthen the positive moral standing of this country. He, like so many others, taught by example to stand up for who you are and what you believe in, to never shirk responsibility, and to beware the standards you demand from others yet cannot meet yourself. Although he will be missed, it is not my goal to seek comfort or condolences. Instead, I take this opportunity to remind those around me to heed the lessons learned and the ideals established by our ancestors. Neither be quick to dismiss or to follow blindly. Rather, take the time and the responsibility to understand the consequences of your actions on all those around you.

In honor of my grandfather,  
Sincerely,  
Bret A. Callentine  
Lakewood, Ohio

I don't know the particular circumstances surrounding the events in question in this latest lawsuit... nor do I need to. Without having been personal witness, I can tell you that tragedies such as this can easily be prevented. Not through the punishment of any one individual, but, rather, through the cessation of inaction of everyone even remotely involved.

All that is necessary for evil to triumph is for good people to do nothing.

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# Pulse Of The City

## The Last Laugh: An Encounter with Esteban

Gary Rice

There's no doubt in my mind that the guitar has become THE representative instrument of our times. I seldom go down Detroit or Madison Avenues without seeing someone toting a black guitar bag. Guitar-accompanied music wafts from the doors of homes, coffee houses, churches, and bars around Lakewood virtually around the clock. Whether your taste in music runs to rock, folk, jazz, country, or classical, the sound of the guitar will be there helping to mark the pulse of this city.

Not too long ago, I was tootling along the aisles of a local music store when I saw a rather attractive black acoustic dreadnaught-style guitar. (These were so-named after British battleships around WWI, due to being oversized, compared to parlor guitars.) As I walked over to it, it was apparent that the instrument was an Esteban. As I had not closely examined one of these imported guitars before, I decided to take a look. This one even had Esteban's autograph in the soundhole of the guitar.

For those of you who have been hiding under a rock, Esteban is the shades-wearing, high-profile, Spanish-hatted man in black appearing on TV shopping shows and on a well-known insurance commercial. Esteban is known for selling inexpensive guitars and educational packages on TV and on the net. Unfortunately, Esteban's colorful presentation and sales techniques may have caused some in the guitar community to regard him as a bit cartoonish.

Even I chuckled when I saw the guitar. Then, on a whim, I bought it. The store wanted very little for it, and it even turned out to have a great lightweight nylon/foam semi-hard case with a bunch of Esteban's educational materials included!

Gary Rice, "Guitar Tech to the Stars," playing an inexpensive Esteban? That might be good for a laugh. Little did I know that the laugh would be on me.

Now for any of you who know me, you know there are two subjects I feel very strongly about: the importance of young people's education, and people overcoming adversity in their lives and thereby achieving success. In my quest to learn more about this man and his guitar, I learned much about life, as well.

Stephen Paul was an eight-year old son of a Pittsburgh area steelworker when he picked up his first guitar. Although largely self-taught, the young man had a tremendous quest for knowledge about his instrument.

Graduating from Carnegie-Mellon University in 1972 with a dual degree in Guitar and English Literature, Stephen wanted to learn more about the guitar. It was his greatest desire to be able to study under Andres Segovia, the late, great Spanish Maestro of classical guitar.

Unfortunately, these learning opportunities were generally handled through referrals and master classes. Admission was secured through connections that Stephen did not possess. Through sheer tenacity, Stephen



photo by Robert Rice

Gary with Esteban guitar

secured master classes with Segovia, and later, private lessons after Segovia himself tested Stephen with a number of compositions carefully chosen by the Maestro.

Stephen studied under Segovia from 1974 to 1978, when Segovia gave Stephen his endorsement. While with Segovia, the Maestro referred to Stephen as Esteban. Stephen then began to tour around 1978. A year later, he lost the ability to play due to severe damage to his left arm and hand from an accident involving a drunk driver.

After a 10-year hiatus from the instrument, he resumed playing in 1990. He has since dedicated his life to enriching the lives of children through the magic of the guitar. Also, he has returned to the concert stage and soon plans to open a show in Las Vegas. His passionate CDs, as well as his famous guitars and lessons, are available on his website: [www.estebanmusic.com](http://www.estebanmusic.com).

In our e-mails, Esteban and I discussed our mutual interest in helping children to learn skills that they can apply. Esteban wrote: "My calling is to educate children and adults in music, and furnish them with inexpensive good quality guitars." Esteban continued that he wanted to get the kids away from nasty video games, TV, and excessive computer use. Of course, I agree with this completely!

He also thanked me for being what I was (a retired special ed. teacher) and for making a difference. He also wrote that I sounded like an awesome brother in music.

Well Maestro Esteban, I will certainly try to be that brother, both to you and to those who need reminding that there are no limits to what determination to succeed can achieve.

Oh yes, that guitar? Let's just say that I am honored to have and to play

an Esteban guitar. This guitar is really nice! Even the bridge was shaped in the professional manner of a thousand-dollar acoustic, thus making intonation and playability out of this world! My cousin in Pennsylvania has a vintage flattop worth thousands, and he, too, loves his Esteban guitar for much of his work. I've already used this inexpensive but very nice guitar in a number of public performances.

Stephen's instructional stuff is great too. His acoustic case is my favorite, hands down, of ANY acoustic case that I have ever owned, regardless of price!

I would encourage all of you to explore the passionate magic that is Esteban. Anyone who values learning and the overcoming of adversity would be inspired by this man. No less important, of course, is the tremendous talent that ripples from his hands in the presentation of beautiful music.

So yeah, the laugh was on me! I learned so much from my encounter with this gentle soul filled with the love of learning and the heart of a champion. May your music reach all the way to Heaven, Maestro Esteban. From that lofty place, I know in my heart that Segovia beams down upon you with great joy.

An earlier version of this article was used in the Folknet publication CONTINUUM.

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## Minding The Issues

# The French Revolution, Iraq and the Lessons of History

Gordon Brumm

First there was moral clarity. From moral clarity came self-righteousness and supreme self-confidence. Then came arrogance, and out of arrogance came the waging of aggressive war.

Such is the story of the wars of the French Revolution and Napoleon, as told in a recent book by David Bell, titled *The First Total War: Napoleon's Europe and the Birth of Warfare as We Know It.* The book's themes are summarized in two articles, in the *New York Times Magazine* of February 4 and the *New Yorker* of February 12.

Bell points out that in the century or so prior to the French Revolution, warfare was relatively restrained. Wars during that period were bloody enough, to be sure, but they were waged in pursuit of limited aims and in accordance with aristocratic guidelines that downplayed bloody mass encounters.

Enlightenment thinkers during this time wanted to progress even further. They saw war as unnatural, and they proclaimed the ideal of universal, absolute peace.

This ideal was taken up by the French Revolutionaries in the National Assembly, who renounced aggressive war in their "declaration of peace."

Nevertheless, Revolutionary France was surrounded by enemies. If they were not defeated, the Revolutionary government and all its gains would be lost.

So the moral imperative was clear: France's republican government was the one truly and absolutely just government. It must be defended by whatever means necessary.

Furthermore, republicanism was the natural form of government, desired by all peoples. Therefore France's armies, upholding republican

government, would be greeted as liberators by the inhabitants of any nation they moved against. And that would be the end of warfare.

So, convinced of their righteousness and supremely confident of victory, the French armies waged war to preserve republicanism in France and to spread it throughout Europe. Their absolute ends called for absolute means to achieve those ends. The Revolutionary government inaugurated mass conscription and mobilized the entire country for battles that would be far bloodier than those of the previous century, because they were confident that – in the words of one of their generals – "This war will be the last war."

But of course it was not the last war. The wars continued. Soon Napoleon took charge, first as Revolutionary

general and then as Emperor. For over 20 years France engaged in total aggressive warfare, marked by atrocities not only in Spain, Italy and other foreign countries, but even in France itself, against those – most notably in the Vendée region – who rose up against the Revolution.

The quest for total peace had brought total war in its most horrific form.

Does this sound familiar? It should

Remember "moral clarity?" Remember how the Bush administration gloried in it as they declaimed against terrorism ("You're either with us or against us!")?

You can see where Bush's moral clarity has led us merely by reading the newspapers. But it's worthwhile to see the parallels between his unilateral adventurism and the French Revolution.

There are differences of course – for example, the Iraq War is being fought by paid professionals, not by conscripts. And Bush is no Napoleon. But there are also striking similarities; for example, Robespierre (before he became the villain of the Terror) pointed out that "No one loves armed missionaries."

We find the same self-righteousness and supreme self-confidence ("It will be a slam-dunk") in both cases. We find the same arrogance toward the opinions and customs of the rest of the world. We find unintended consequences in both cases.

The French Revolution is a cautionary tale; would that the Bush administration had heeded it.

And for the future, there are clear lessons as we prepare to junk the Bush administration and formulate a wiser, more justifiable foreign policy. Be skeptical of moral clarity. Beware of absolutes. The world is a complex place, not amenable to the black-white thinking that absolutes present to us.

And especially, throw aside unilateralism for once and for all. There are two reasons to cooperate with the other nations of the world. One is practical and superficial: We need their help.

The other reason is more profound: We must avoid the self-righteousness, the fatuous over-confidence, and the arrogance that tends to accompany our preeminent position in the world. We need a moral compass, and the most effective moral compass is that provided by other nations.

Think of Afghanistan and think of Iraq. The world's compass needle pointed toward the former, away from the latter. Think how much better off we would be now if Bush had followed in that direction.

The desire for multilateralism may seem to be mere liberal sentimentality until we look at history. The French Revolution gives us a solid example of the perils that lie along the path of solitary arrogance. The same lesson has unfolded in Iraq. We need to take it to heart.

## The Buck Stops Here

# The Flats are No Longer the Flats

Robert Buckeye

"Here, I am talking of a space, of moments and discontinuities." – Walter Benjamin.

My brother (who was later to teach math at Lakewood High School) worked at Republic Steel in the Flats. I saw him at work once on the graveyard shift where he cut up ingots as large as boxcars – hickies they were called – with acetylene torches. Fiery, hellish flames shot into a dark sky. Soot and sweat caked on the faces of workers who moved slowly, deliberately, as if in some kind of trance. Those who had worked for ten years or more, he told me, looked twenty years older than they were.

"visit the/radioactive red BETHELAM steel sign/looking for Jesus." – D. A. Levy.

One night drinking in a Flats bar

near the mouth of the Cuyahoga, a friend of mine and I wrote down on bar napkins what we thought life was about. We were young. We were full of beer. Outside, a man was murdered. Those at the pool table did not look up. A guy down the bar nodded at us. He understood why someone might put down on bar napkins the meaning of life or be murdered outside. It was the Flats.

"race downtown to the Cuyahoga disguised as the Ganges/and build an instant funeral pyre." -- Levy. ukanhavyrfuckinciti bak was the title of one of his books.

"I would like to know too the source of the deep rage than runs through this story like a razor-edged wire," Charlotte Pressler writes of those of her friends who formed rock bands in Cleveland at the end of the sixties, one of which became Pere Ubu. "It was a desperate stubborn refusal of the world, a total rejection; the kind of

thing that once drove men into the desert, but our desert was the Flats."

"In great cities," Benjamin adds, "there are countless places where one stands on the edge of the void."

"In the Flats where the coke cars line up on the railroad tracks and the gas flames come out from under the ground," Dave Thomas, lead singer for Pere Ubu, explains, "it's just acres of flame coming out of the ground, and green smoke. The Clark Bridge is surrounded by blast furnaces. The sky goes green and purple. It wasn't only Cleveland as a particular location, but to get a perspective you need to be able to see these views."

"We understood the relation of sound to vision. You'd go by the steel mills and there was this very powerful electrical feeling, combined with a particular sound in the air that conjured up a whole set of visions with it. The original idea was to make sound stimulate the imagination: we always saw what we did in very visual terms. In the end, we almost transposed the guitar and bass functions. We were aware of this."

"You had everything," someone says to Susan Street, the journalist protagonist of Julie Birchill's novel, *Ambition*. "Poverty, provincialism, no friends in high places. Everything to kick against."

A friend of mine in Lakewood, who ran an after-midnight, call-in, radio talk show, must have heard these things.

The Flats are no longer the Flats. "If we were never there," Greil Marcus writes of Peter Schneider's *The German Comedy: Scenes of Life After the Wall*, "we cannot be here." As if the Flats we take the train through today can displace the one that is history, our history.

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## Lakewood Arts

*Better Late Than Never:*

# Bob Ignizio Looks Back at 2006 in Film

Yes, I realize these kinds of articles are supposed to come out in January. But since I'm not a "real" film critic who gets into press screenings for free, I don't get to see a whole lot of movies first run in the theater. Like many of you, I expect, the vast majority of my film watching experience takes place at home. That means I'm just now getting close to caught up on all the movies I wanted to see last year. And there are still about a dozen movies from 2006 that I would have liked to have seen before writing this. So if you're wondering why Pan's Labyrinth or Letters From Iwo Jima aren't mentioned here, for example, it's because I haven't seen them yet.

Okay, so let's start with the good. For me, the best movie of the year was **Babel**. It's a complex, serious film that weaves together 3 seemingly unrelated stories to show both the positive and negative that can happen when different cultures interact, in particular through the barriers created by language. It's sort of like **Crash** if **Crash** hadn't been so simplistic and trite.

My number two film for the year is **Dreamgirls**. If there was a more genuinely entertaining movie last year, I don't know what it was. Normally I'm not much for musicals, but this one really pulled me in. The music is great, and Jennifer Hudson gives an amazing performance. Best supporting actress? What were they thinking? She owns this movie. The other actors are in top form as well, and director Bill Condon now has two classics to his credit (the other being **Gods and Monsters**).

In at number three is **The Proposition**, a gritty, violent, and moralistic western reminiscent of Sam Peckinpah's work, notably **The Wild Bunch**. I say this is a western, but it's actually set in Australia's equivalent of the Wild West. The excellent screenplay by singer/songwriter Nick Cave gives his protagonist a seemingly impossible choice: kill one of his brothers to save the life of the other.

My number four pick is **V For Vendetta**. This is probably the most subversive "popcorn movie" to come out in quite a while. While you can certainly enjoy it as a straight up action movie, even the least attentive viewer can't help but pick up on the film's message about the danger of too much government control. Even with his face covered for the entire film, Hugo Weaving gives the character of V depth and emotion, and Natalie Portman finally gets a role to sink her teeth into after the fluff of the Star Wars prequels.

And at number five, I picked **Borat**. It's a gleefully offensive comedy that doesn't know the meaning of good taste. And yet, beneath the grotesque spectacle and political incorrectness, **Borat** also works as a smart and biting satire. It's definitely not for the kids or the easily offended, but what can I say? I laughed loudly and often the first time I saw it in the theater. I just watched it again on DVD, and it was still funny.

Rounding out my top ten are the following films: 6. **The Descent**, 7. **Bubble**, 8. **United 93**, 9. **Flags of Our Fathers**, and 10. **Beowulf and Grendel**.

I'd especially like to give some attention to **Bubble** and **Beowulf and Grendel**. I doubt many people have seen either of these films. They don't have big stars and they didn't get much publicity when they came out. The characters in **Bubble** truly feel like real people, and I found the story about how the loneliness of one of them leads to a shocking and senseless act compelling. **Beowulf and Grendel** is just a very well-made return to sword and sorcery cinema in the vein of the first Conan movie.

And now for the truly awful. The remake of **The Wicker Man** starring Nicholas Cage has to be one of the most amazing train wrecks I've seen in years.

Director Neil Labute (**In the Company of Men**, **Nurse Betty**) can't help himself from returning to his obsession with misogyny, in the process removing everything that made the original **Wicker Man** such a classic. The only saving grace is that parts of the movie are so bad, they're funny.

Other cinematic stink bombs to avoid like the plague: **See No Evil** (A close runner up for worst of the year), **Basic Instinct 2**, **The Black Dahlia**, **Freedomland**, **Ultraviolet**, **An American Haunting**, **Looking For Comedy in the Muslim World** (I can only assume they didn't find it), **Pirates of the Caribbean: Dead Man's Chest**, and **The Hills Have Eyes**.

### Concert Calendar

**The Hi Fi Concert Club** (11729 Detroit Avenue, Lakewood, OH):  
*Friday March 30th* - Be sure to put on your denim and leather for Judas Priest tribute band Resurrection. More bands TBA. Doors open at 8pm.

**The Phantasy Niteclub** (11802 Detroit Avenue, Lakewood, OH):  
*Saturday March 24th* - Starloft presents a night of hard-hitting rock with Signal 30, Watson 387, Patrick Davis, Moment of Truth, and Moondog. This is a 16 and over show and starts at 8pm. Admission is \$7 for 21 and over, \$10 for 16-20.

**The Winchester Tavern** (12112 Madison Avenue, Lakewood, OH):  
*Friday March 23rd* - It's a benefit for the Boys Clubs. The bands playing will be Rebel Girl (recent winners of "Best Punk Band" in the Free Times), The Velvematics, and legendary Akron punk rockers High Plains Drifters. All Ages. Show starts at 9:30. Admission is \$8.

*Saturday March 24th* - The Winchester welcomes legendary guitarist Alan Holdsworth. Holdsworth has been wowing music fans with his incredible playing since the seventies when he played in progressive rock outfits like Tempest, Soft Machine, and Gong. Holdsworth has also released numerous solo albums, mainly in a jazz/fusion style. The Doug Johns Duo opens the show. All ages. Show starts at 9pm. Admission is \$20.

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# Lakewood Observer

## Lucinda B. Einhouse Beck Center New President And CEO

The Beck Center for the Arts announced today the appointment of board member Lucinda B. (Cindy) Einhouse as its new President and Chief Executive Officer.

Einhouse comes to the Beck with an educational background in music and theater, more than a decade of senior management expertise, and over 25 years of experience in fund raising including training, organizing and motivating high-level community and business leaders as fund raising volunteers.

Over the past five and a half years, as Director of Development at the Cleveland Institute of Music (CIM), she managed a campaign that raised over \$40 million for the Institute's expansion project, and approximately \$1.8 million annually for endowment, annual fund and other special projects. Prior to CIM, Einhouse was Regional Development Director for the Department of Institutional Advancement at the Cleveland Clinic Foundation and worked nearly 15 years with Playhouse Square Foundation.

"I have been a resident of Lakewood my entire adult life, and throughout that time have been aware of and appreciated the Beck Center," said Einhouse.

"We are very fortunate to have recruited someone with such extensive management experience and broad



The Beck's New President and CEO, Lakewood's Cindy Einhouse.

knowledge of and involvement in the community," said Unger. "In Cindy Einhouse we have found a person whose abilities, infectious passion for arts education and performance, and commitment to quality programming make her uniquely qualified to provide the leadership needed to achieve the organization's goals."

Born and raised in Cleveland, Einhouse graduated magna cum laude from Kent State University with a B.A. in Music. She holds a master's degree from Cleveland State University with a concentration in management. Einhouse and her husband, Tom, live in Lakewood with their two boys, Ben and Tim, who have taken music and art classes at the Beck for many years.

Cindy's leadership, is needed for the Beck Center to thrive as one of Cleveland's major arts organizations."

Currently, the Lakewood Animal Hospital has five one week old stray kittens that need a foster home. Their mother had to be put to sleep, and they are now orphans. For the next six to seven weeks, these kittens need a home environment to grow up in until they can be adopted out. Since these kittens don't have their mom, hands on care from their human caretaker is needed. If you have questions about the care they need, the staff at the Lakewood Animal Hospital can answer them at 226-0400. If you are interested in fostering, please call Catherine Butler at (216) 221-7953. The Citizens Committee for a Lakewood Animal Shelter (CCLAS) will reimburse expenses.

## Anyone need a Friend?



Hi, my name is Sambucco. I am a gorgeous black cat with green eyes. I was rescued by a nice lady when the temperatures were bitterly cold in January. At first I was very frightened and wouldn't let anyone touch me, but the lady was so nice that eventually I warmed up to the idea of being held and pet. You know, I really started to like it! Now I just want to sit with someone and snuggle while they watch TV. I would like

to play with that special someone too.

Unfortunately, there are already a few cats in this house who don't like me, so I need another home. I am still shy at first and get scared easily, so I need someone who is gentle and patient but I will reward your patience with lots of affection and loyalty.

I like my name, Sambucco, since I think it makes me sound exotic and mysterious, but I will answer to just plain "Sammy". I'm named after the Italian licorice flavored liqueur, Sambucca, but my name ends with an 'o' since I'm a boy. Oh yeah, speaking of that, the only complaint I have about this nice lady is that she "fixed" me and got me stuck with needles to get something called "shots".

I would so like to have a home of my own where I can feel comfortable without these other cats giving me dirty looks. If I sound like someone you would like to have as a friend, please call the lady. I think her name is Jill. 216-221-3707

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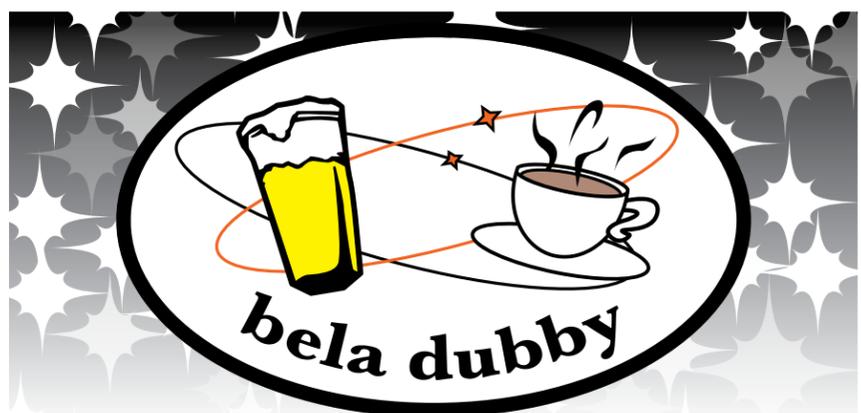
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# Lakewood Real Estate

## Noting our Neighborhood

### Is it a case of mistaken identity?

by Maggie Fraley

Unfounded negative talk can sometimes evolve into exaggerated rumors. In real estate, rumors may make Lakewood seem like the Britney Spears of Cuyahoga County. But look closer at the facts to reveal a case of mistaken identity.

According to the US Census Bureau, Ohio grew 1.1 percent from 2000 to 2006. Compared to Arizona (+20.2 percent), Florida (+13.2 percent), California (+7.6 percent), and Kansas (+2.8 percent) that population growth is quite flat. Simultaneously (or subsequently) private businesses decreased by 4.8 percent. Cuyahoga County had a population drop of 56,814 between 2000-2005. Fewer people mean fewer housing needs.

Although all five of the Westshore communities have seen home sales slow down, with 1,758 sales in 2006 compared to 1,938 in 2005, Lakewood remains a vital community, recording 29.6% of those sales, which doesn't include multi-family investment

properties. One rumor heard is "nothing is selling in Lakewood." Facts from the multiple listing service show in 2006, 522 homes sold in Lakewood, ranging in price from \$15,900 for a smaller condo to a dozen fantastic homes listed at \$500,000 or more. Topping that list is an \$800,000 beachfront colonial in Clifton Park, an area listed in the National Register of Historic Places. And there's everything in between--condos, doubles, converted doubles, and homes of almost every size and style. These Lakewood homes sold for an average of 95.3 percent of asking price, which exceeds the county average of 94.3 percent.

There's something for everyone as the 522 new homeowners demonstrated when they chose Lakewood for their next home. In its 5.6 square miles with 69 acres of parks, neighbors can walk to award-winning libraries, theatre or galleries, plus shopping and restaurants to suit every taste.

Is it a case of mistaken identity? Believe the facts, not the rumors.

## Realty Reality:

### Questions from our Observer Readers

by Maggie Fraley

(The Reverend) David M. Bargetzi asks "It is revealed to me that there is a property easement on the lot I just bought. What are easements, should I worry?"

This interesting question is answered by our guest expert, Bill Craighead, President of Residential Sales for Cleveland Home Title who responds:

An easement is the right of a non-owner to use your land for a designated purpose. It is an interest in land owned by another that entitles its holder to a specific limited use, such as laying a sewer, putting up electrical power lines, or crossing the property. The three types of easements found are: Utility, Right of Way and Set Back Lines.

The home owner need not be worried, but be aware if and what easements may exist on one's land. Benefits and Burdens run with the land, what you obtained when you acquired the property from the previous owner passes to you. Anyone purchasing property that has an area that can not be built on as a result of an easement should be made aware of prior to time of closing. In addition, an individual owning land should be aware if they are granting access to another by way of a Right of Way Easement to an adjacent property.

Although ownership rights of property are lessened by an easement, society at large benefits due to the additional freedom of movement provided.

## Living On Mars

by Val Mechenbier

Contrary to popular belief, Mars Avenue was not named for our neighboring planet. Mars Avenue was named for an early resident named Mars Wagar. According to Margaret Manor Butler's Romance in Lakewood Streets, Mars purchased land in the heart of Lakewood in 1820 for \$7.00/acre, and was the first to build a stone house on

Detroit Avenue. At that time, stone was plentiful and quarried locally, and with Mars' home as an example, log cabin owners along Detroit gradually replaced their homes with similar stone houses. All have been torn down with the exception of the Oldest Stone House at Lakewood Park. Learn more about stone homes and the Oldest Stone House by visiting [www.lakewoodhistory.org/oshhist.htm](http://www.lakewoodhistory.org/oshhist.htm).

### Lakewood Real Estate Information

(According to Multiple Listing Service)

by Andy Tabor

FEBRUARY	2006	2007
Residential Closed	25	36
Residential Pending (Under Contract)	3	32
Multi-Family Closed	11	10
Multi-Family Pending (Under Contract)	0	6

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