

THE LAKEWOOD OBSERVER

Your Independent Source For Local News And Opinion – An Official Google News Source

Volume 4, Issue 6, March 18, 2008

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Lakewood Board Of Education Approves

New Labor Contract For Lakewood Teachers

In a special Board of Education Meeting on Tuesday, March 17th, the Lakewood Board of Education approved a new contract for the Lakewood Teachers Association. The two-year contract will go into effect on August 1, 2008 and will terminate on July 31, 2010.

According to treasurer Rick Berdine, the new contract will not result in cost increases, due mostly to attrition through retirements. Board president Charles Geiger added that the school board and administration have worked diligently to ensure fiscal responsibility through the development of the new budget, staying within the limits of a

Dan Slife
Lakewood Observer Editor

five-year financial projection.

The new contractual agreement was reached through a collaborative bargaining process known as Interest Based Bargaining (IBB). Through this process, representatives of the administration and LTA came to a tentative contractual agreement which was then presented during this special meeting for final approval.

According to the Federal Mediation and Conciliation Service, an “independent agency whose mission

is to preserve and promote labor-management peace and cooperation” on behalf of public and private organizations, Interest Based Bargaining “may offer parties more flexibility than traditional bargaining, not locking them into predetermined issues and bargaining positions. Instead, the process begins with understanding the problem and identifying the interests that underlie each side’s issues and positions.” By way of this process, “agreements tend to address issues in

more depth than those reached using traditional techniques because they are the result of a process aimed at satisfying mutual interests by consensus, not just one side’s interests at the expense of the other. And because negotiators are dealing with each other on a different level, the results usually go beyond immediate issues to address longer term interests and concerns.”

Both Geiger and superintendent David Estrop extended their appreciation for the work of both the LTA and representatives of the administration. The new, 250-page contract was approved by a unanimous vote.

6th Annual Cardboard Boat Regatta Definitely Not A Sinker

by Jessica Newell

“Aaaaw!” The sound of many disappointed spectators filled the natatorium as another boat sank to the bottom of the pool. But this wasn’t just any boat. It was one of the 46 boats created by physics students and clubs from Lakewood High School for the 6th annual Cardboard Boat Regatta. The boats were constructed out of only a double layer of cardboard and clear packing tape. Over 150 physics students had been working hard for 6 weeks to create these boats, and the afternoon of March 12th would be the day to show off what hard work they had done.

“Boats in the water!” Said Mr. Hille, one of the three physics teachers working on the event. His was the voice heard over the loudspeaker all afternoon, announcing heats and increasing the wariness of the jittery mariners. Heat after heat of nervous students put their cardboard creations into the pool and hoped that the contraptions wouldn’t take on water before they entered. “You may now enter your boats!” A few students laughed and moaned as they put their feet into the boats, realizing that their vessel might not make it past the starting wall. Others entered slowly and carefully, and with the help of their teammates, waited for the “Go!” to push off the wall and really trust their hard work not to get them soaked.

Physics students weren’t the only ones sailing that afternoon. The Barnstormers, the Latin Club, the “Ragtags”, the Eaters of Lakewood, and a few miscellaneous crews all built boats to race. The entire school was notified about the event about a week after the physics students, so they only had 5 weeks to

build a legal and suitable boat. “I didn’t think we would have enough time to put together a good boat, but we ended up building a solid, amazing boat.” Said Jenyth Rosati, a crew member on the Phantom of the Opera themed boat, created by the Barnstormers.

How did these physics students figure out how to get their cardboard boats to float? In class, they learned about buoyancy and Archimedes Principal, which is the relationship between buoyancy and the displaced fluid. What students had to do was weigh their boats, paddles and sailors, then convert that weight into grams. Next, they had to figure out the volume of the boat that they were about to create. They then took the weight divided by the volume, and as long as the percentage was between 40 and 60, their boat had a pretty good chance of floating. The next task was to

make it across a 25-yard pool.

“Well, at first my teammates and I thought that one layer of cardboard would hold up pretty well, but a few days before the Regatta actually took place, we decided that two layers of cardboard was in need,” said Maureen Grauel, a junior from Mr. Hille’s class. “After making it across the pool my teammates and I were really relieved. We were really nervous that we were going to sink, or worse not be able to get off of the pool wall, and getting across, well, we were really happy!” she exclaimed. “When Bridget and I first stepped into the boat, we were so scared it was just going to collapse. But, as I said before, that thing was solid! And it was smooth sailing all the way to the other side.” Said a relieved Rosati.

The hard work of four groups paid off as they made it to the 13th

heat of the race. This was the proving ground, the ultimate test of their boat building skills. These four teams with the best times out of all overall heats raced one last time to determine the final placing. Coming in first from heat 7 was Joey Novel, Felipe Drummond (a foreign exchange student attending Lakewood this year), John Flood, and Van Hernlund with a time of 21.8 seconds. In second from heat 4 was Tony Gray, Ardit Shehaj, Tim Kubow, and Brendan Delaney. In third from heat 6 was Jessica Parks, Katie Parks, Angel Edwards and Robert Packard. Finally, in fourth from heat 9 was Melissa Baccellieri, Kendel Miller, Leon Mengri and Ledio Agaj. This is not to exclude the work of all of the other students, and while the Regatta might have been a sinker for some of their boats, it definitely was not for the fun!



Judge (Dr.) Peter Demjen from Grand Rapids, MI, by way of Miskolc, Hungary on the right, visits Judge Pat Carroll at Lakewood’s City Hall.

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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

Lakewood/Rocky River Rotary Honors Outstanding Career And Tech Ed Students



by Larry Faulhaber

At a recent meeting, the Lakewood/Rocky River Rotary Club recognized 21 students of the West Shore Career and Technical District, which is headquartered at Lakewood

High School. District Program Coordinator, and Rotarian, Nancy Jo Ralls, gave background information on each student, and told why they were selected as the outstanding student in their specialty. The honorees were Kevin Knab in Accounting and Financial Services;

Brittany Parks, Auto Maintenance; Shawn Buehner, Auto Technology; Evan Sorger, Biotechnology; Wayne Burke, Business Management; Emily Stephenson, Career Paths to Teaching; Grace Gilbertson, Ashley Strodbeck, Matt Brannon, and Crystal Walker, Community Based Training at Bonne Bell, Lakewood Library, Lakewood Family Y, and Rae-Ann Retirement Communities; Brannon Mencke, Computer Aided Drawing; Matt Milovanovic, Construction Trades; Raisa Tillo, Culinary Arts; Diane Woodward, Early Childhood Education/ Senior Services; Alexander Colvin, Electronic Technology; Vanessa Packhard, Health Careers Technology; Jocelyn Lash, Interactive Media; Nadia Derezić, Medical Office Management; Sean Murphy, Networking; and Brittany Bir, Service Occupations Training.

These students will also be recognized at an assembly at Lakewood High School, in May. The Rotary Club will

present plaques and savings bonds to each student. The District's goals are to infuse technology into curriculum and meet industry standards, to offer a variety of career training opportunities, to partner with post secondary educational institutions to create pathways to foster life-long learning, and to offer direction and specific competency needs that are required in business and industry. This just one of the programs of the Lakewood/Rocky River Rotary Club that assists students in reaching their career goals. Scholarships will be given for students in speech, music and art contests in the spring, as well as \$8,500 in college scholarships. The Lakewood/Rocky River meets Mondays at Noon at Umerley Hall, behind Rocky River City Hall, and its companion the Sunrise Club, meets Wednesday at 7:15am, also at Umerley Hall.

LECPTA Presents: Neil Zurcher - Ohio Road Trips For Families With Young Children

by Delaney Gilliland

The Lakewood Early Childhood PTA is proud to announce an upcoming event that is sure to be enjoyed by all. As the snow melts and the days get longer, are you starting to think about your family's summer road trips? There are great memories just waiting to be made along the open roads of Ohio. Before you make your plans, come hear Neil Zurcher, travel author and long-time TV travel reporter (you may be familiar with his "One Tank Trips" series), who

will present Ohio Road Trips for Families with Young Children. Discover the best, most unusual, and most kid-friendly places to visit in all of Ohio. Even if you grew up in the Buckeye State, you will leave with new ideas about where to take your family for some fun.

Neil logged more than a million miles on Ohio's roads over 25 years as a TV travel reporter. He was the original host of the "One Tank Trips" travel report, which aired on Cleveland television and has since been imitated in other television markets throughout the US.

Following the program, Mr. Zurcher will be on-hand to sign copies of his books, available for purchase that evening.

The program will be held on Monday, March 31st from 7:15 p.m. to 8:15 p.m. at Taft Elementary School's gymnasium (13701 Lake Avenue). This event is FREE and open to the public, so pull up a chair and walk away with some great travel ideas for your family. This event is sponsored by the Lakewood Early Childhood PTA, a local organization dedicated to enhancing the quality of life for families with young children.

Run With The Cops

by Stan Austin

For the second year in a row, the West Shore SWAT is sponsoring a 5K (3.2 mile) run. Race day is Sunday, May 18. SWAT Commander and Lakewood Police Officer Pat Fiorilli said, "Our first race last year was a great success. We raised over \$4,500, which went to the Ohio Chapter of Concerns of Police Survivors [COPS]."

Ohio COPS assists the surviving families of officers killed in the line of

duty with peer support to help rebuild their shattered lives. The group holds an annual picnic, Blue Light Memorial Dinner and assists surviving families during National Police Week. Furthermore, Ohio COPS also provides travel assistance to the National COPS hands-on programs such as COPS Kids Camp, Outward Bound Adventure and various retreats.

Fiorilli pointed out that the money raised last year came from generous

sponsorships of local businesses and individuals. The Lakewood Observer is a proud sponsor of this event and will have articles highlighting sponsors in the next few issues.

In addition to the 5K run, a one-mile run/walk is being added this year for those who wish to participate at a shorter distance.

The run is in Westlake at the Westlake Holiday Inn. Entry blanks and all race details can be found at Geiger's Sporting Goods, First Federal Savings and Loan or at www.hermescleveland.com.

Save The Date!

7th Annual Lakewood Hospital Ambulance Chase

by Kris Griesmar

Donald Martens & Sons presents Lakewood Hospital Foundation's 7th Annual Ambulance Chase on Sunday, May 4, 2008. Dust off your shoes and step into Spring at the 7th Annual Ambulance Chase 5K Race/Walk

and 1.5 Mile Walk at Lakewood Park. Pre-registration is \$17 before April 25th - \$20 thereafter and on race day. Teams of 10 or more are encouraged and registration is just \$14 per person on the team. All pre-registered participants will receive a long-sleeved t-shirt along with a goody bag and post

race refreshments. Proceeds from the Ambulance Chase will benefit a variety of Lakewood Hospital programs and services. For more information, please call 216.529.7009 or visit www.lakewoodhospital.org/foundation or www.hermescleveland.com. Join us for this fun filled community event!



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Lakewood Hospital News

“What Characteristics Should A President Have?”

The following quotes are from children ages 4 – 5 who are in the Pre-K class at Lakewood Hospital Child Care Center:

“The President should be a boy. He should be nice. He should say “hi.” He should wave. He should smile. He should say “good-bye.”

-Alex, age 4

“The new President should be a girl. She should be happy. The President should visit us...our house and our school. She should make new rules about our school. She should look like a mom. She should have a baby. She should have two kids. She should have a 4 year old girl and a 6 year old boy.”

-Katie, age 4

“It should be an old man. He should travel to Disneyland. He should be nice. He should let children eat at Disneyland.”

-Michael, age 4

“A President should be like the old one with a black beard and the really tall black hat. He was Abraham Lincoln. I like my Presidents like that. Everybody voted for him. I voted for him, too! He was kind. He even let all the people vote for him!”

-Deirdre, age 4

“The new President should be a big sister. They are good because they help mommies. It’s good to help mommies. Some mommies need extra help. Some need help with shopping.”

-Ava, age 4

“He should be like Abe Lincoln...I liked him! The President should be sweet. He should give things to us!”

-Sarah, age 5

“We need someone that’s nice. Maybe he could do magic tricks or something.”

-Ben, age 5

“The new President should be like a teacher. She could be like a new teacher for the world. Teachers are so nice, so the President should be nice. She should share. She could read stories. She could help us. She could make new rules. She could go on planes to talk to new people. Sometimes, she’ll have to go on busses. She’ll have to do stuff like help people and make rules. The new President should look like a mom. She should wear a dress. She should have a mom and dad and a grandma and a papa. They should all live with her. They should live in our state of Ohio.”

-Abby, age 4

“I don’t know, but I want to see a good one! Before I go to bed, I like to play Wii®. Will this President let me play? Will this President let me take toys to bed? I’d like to see a President let me watch TV in my bed at night and not turn it off all night!”

-Joshua, age 5

“The new President should care about everybody. He should care about ninjas.”

-Peter, age 4

“George Huntington was a good President. The new President should be like him. He saved people. The new President should be a boy. He should be nice to me.”

-Robbie, age 4

“I would like a baker. He should give me food. He needs to work. Maybe he could work where my daddy works. My dad works in a building.”

-Matteo, age 4

“The President should have a computer. The President should have a pet. The President should have some cookies. I want him to have a nice car.”

-Ryan, age 4

“The President should be nice. He should be able to take care of people every single day. He works every day. He lives in a big, white house by “Cory in the House” kid from TV.

-Savannah, age 5

“I want him to save my people. He should be like Superman. I want him to be kind. He should be like Batman and save the world. Spiderman saves the world from the Green Goblin, so the President should too!”

-Sean, age 4

“Somebody like Abe Lincoln. He should have an American hat. He should be cute like George Bush. He should own a sun hat. He should have an American mom. He should have a boy and a girl; and the President should be a girl! She



should have a girl named Gabby. She should be gentle.”

-Gabby, age 4

“It should be a girl. She should be pretty. She should wear a dress; a bracelet and necklace; and dancing shoes, too! She should be nice.”

-Charlotte, age 4

“He should give people jobs. The President should give people jobs that they like. He should be nice. He should live in Ohio. I think it would be best if he lived here.”

-Trevor, age 4

“He should be a gentle person. He should be happy. I want the President to be happy.”

-Hayden, age 4

“I think a President should be smart. He has to answer a lot of questions. He should have clean clothes on. He should be healthy. He should brush his teeth. He should drink enough fluids. He should walk his dog. He should take care of his dog and feed his dog.”

-Aiden, age 4



Lakewood Hospital Digestive Health Center Promotes Colorectal Cancer Awareness Month – Are You At Risk?



14519 Detroit Avenue
Lakewood, Ohio 44107

lakewoodhospital.org

Colorectal cancer, if caught in the early stages, can be curable.

Lakewood Hospital Digestive Health Center offers an expert team of physicians and nurses who will answer your questions and assist in scheduling your colorectal screening, including colonoscopy. A physician referral may be required.

To schedule your appointment, contact the Digestive Health Center at 216.227.2576, Monday – Friday, 8:00 a.m. to 3:00 p.m.

Are you at risk?

- Men and women age 50 and older
- Family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Family history of inflammatory bowel disease, ulcerative colitis or Crohn’s disease
- Family history of inherited colorectal cancer
- Those who use tobacco are obese and/or sedentary

Lakewood City Council

Tony Beno Recognized (And The Art Of Resolutions)

by Stan Austin
City Council Reporter

Several years ago Dennis Albrecht assumed the position of City Engineer for Lakewood. One of his first major tasks was to implement an objective, engineering based evaluation of all the city's streets. This evaluation was then used to rank the streets so that repairs and rebuilding could be prioritized. It also made street repaving less subject to politics and more responsive to actual needs. Albrecht was able to bring his background at the Ohio Department of Transportation (ODOT) to bear on this project. Albrecht will be returning to ODOT to assume a major supervisory position.

But, before leaving Albrecht completed another major project for the city, which will have impact far into the future: using model ordinances, state and federal regulations, and soil erosion data to write an ordinance that was reviewed by the committee of the whole

Dever, who chairs that committee reported on storm water management. In Northeast Ohio over 100 communities are impacted by the federal Environmental Protection Agency's Phase II Storm Water Regulations. State and federal regulations derived from the Clean Water Act require Lakewood to develop a Storm Water Management Program.

According to the committee's report

the intent of the ordinance is to establish technically feasible and economically reasonable standards to achieve a level of storm water management and erosion and sediment control that will minimize damage to public and private property and degradation of water resources. It will require owners who wish to develop or redevelop their property to minimize sediment runoff, which is created through construction excavation, from entering the City's sewers and eventually Lake Erie or the Rocky River. In addition this ordinance will require property owners to leave in place controls that favorably impact the quality and quantity of storm water runoff after construction.

To achieve the above goals the committee has sent to council an ordinance which outlines permit and fee structures to meet those mandates and clean water goals.

Did you ever actually read a resolution or proclamation? You know, those fancy documents with all the “whereases” and “therefores” and a fancy city seal at the bottom? Who writes these creeds anyway? At this meeting, council recognized Tony Beno who retired from his post as Public Works Director. The resolution that was passed captures the Tony Beno known by many Lakewood citizens.

Resolution

Whereas, Anthony Beno was appointed Director of Public Works of the City of Lakewood in 2004, and

Whereas, Anthony Beno started work in the City in 1977 at the Refuse Department working his way to Public Works Director by way of Foreman, Unit Manager in Building Maintenance, Operations Manager in Parks, Division Manager in Public Works, and

Whereas, during his tenure as Public Works Director, Anthony Benobly and adeptly applied his many years of experience and acute understanding of Lakewood's complex infrastructure to oversee one of Lakewood's most expansive building booms, and

Whereas, Anthony Beno's tasks swung daily from great to small, whether it meant dispensing directives during a waterline break or dispensing paper towels in Lakewood Park, he approached each with equal vigilance, and

Whereas, when his position called for him to attend various and countless formal meetings with business executives, governmental officials, attorneys and other big shots, Anthony Beno held to his signature no-nonsense, down-to-earth style which endeared him to the employees he supervised, because he never forgot where he came from, and

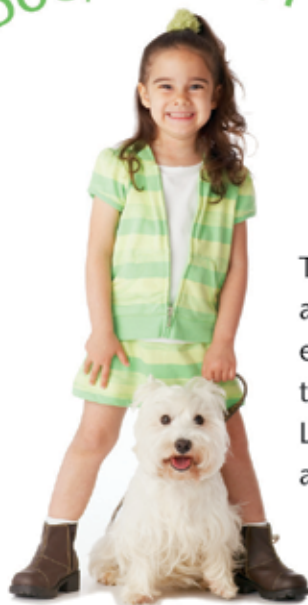
Whereas, Anthony Beno cannot be separated from his proud, Slovak heritage, which has been reflected in his many years of hard work in the City of Lakewood and is also represented in his love for family and friends and his loyalty to Lakewood, now, therefore

Be it resolved (with closing legalisms).

The resolution passed unanimously.

One of the luxuries of the Lakewood Observer is that we can dwell on some of the more esoteric but important aspects of city government. Resolutions and proclamations are part of the necessary glue that holds a community together and they truly express a city's appreciation.

To the question of who writes these: Was it a collaborative effort on the part of members of council and coworkers? Perhaps that and a strong dose of the wit and keen eye of the Clerk of Council Mary Hagan.



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Lakewood Public Library Events Calendar

Sunday with the Friends
Ohio's Katrina: The Great Easter Flood of 1913
They called it the Great Dayton Flood, but the entire Midwest from Pittsburgh to St. Louis was nearly washed away. Three months of rain fell in four days, turning the lowlands of Ohio into a veritable inland sea. Local author, Trudy E. Bell, recounts the whole story from the first drop of rain to the innovations in flood-control technology and disaster relief that followed. The author will have books to sell to interested audience members. Cash only, please.
Sunday, April 6 at 2:00 p.m. in the Main Library Auditorium

Lakewood Historical Society
Ohio in the Civil War Mark Holbrook of the Ohio Historical Society takes an in-depth look at the pivotal role Ohio in the War Between the States with stories of Buckeyes who made a difference as soldiers, politicians, writers and more.
Thursday, April 3 at 7:00 p.m. in the Main Library Auditorium

Lakewood Public Cinema: Star Dust Memories (1980) Directed by Woody Allen PG. Woody Allen plays a serious film director stick at a retrospective of his past hits with fans who wonder why he doesn't do comedy anymore. Charlotte Rampling co-stars as one of the most beautiful women ever put on film. It's a comedy, but it is his most serious and meaningful film as well?
Saturday, April 5 at 6:00 p.m. in the Main Library Auditorium

Family Weekend Wonders: Make the library a part of your family weekend time with programs featuring stories, activities, music and crafts for children. Our staff will provide materials and ideas for families wishing to continue reading and storytelling at home. The programs are free and there is no need to register in advance. Choose the day and time most convenient for you.

Upcoming Themes:
March 21, 22 Animals of the Desert;
March 28, 29, 30 Elves, Fairies and Gnomes

Day and Time
Friday 10:30 a.m., 2:00 p.m., 7:00 p.m.
Saturday 10:30 a.m., 2:00 p.m., 4:00 p.m.
Sunday 2:00 p.m.
In the Madison Branch auditorium

Homework ER: for students in kindergarten through eighth grade. Need a little extra help with your homework or just want a cool place to work? We transform part of the library into the Homework ER with helpers and a cart full of resources. Homework ER will be closed for school holidays and vacations. No need to register. Tuesday, September 4, 2007 – Friday, May 23, 2008. Monday-Thursday, 3:00 p.m.-5:00 p.m. at the Madison Branch

Four O'clock Club: for students in kindergarten through eighth grade. Join the Club! Come for a different activity each weekday. No need to register.


| DAY | TIME | ACTIVITY |
|-------------------------------------|------------|-----------|
| Make-It-Take-It (craft day) | Mondays | 4:00 p.m. |
| Marvelous Mysteries (surprise day) | Tuesdays | 4:00 p.m. |
| Twist, Shout, Act It Out | Wednesdays | 4:00 p.m. |
| Games Galore (game to play or make) | Thursdays | 4:00 p.m. |
| Make-It-Take-It (craft day) | Fridays | 4:00 p.m. |

Tuesday, September 4, 2007 – Friday, May 23, 2008At the Madison Branch

Hogwarts Games: a book discussion program for students in the fourth through eighth grade. Discuss events that have taken place during Harry Potter's time at Hogwarts and compete in activities to see which house will win the prestigious House Cup. All seven of J.K. Rowling's Harry Potter books must be read before the program to participate. To register, stop in the Madison Branch or call (216) 228-7428.

| | |
|--------------------|---|
| Thursday, March 20 | <i>Harry Potter and the Chamber of Secrets</i> |
| Thursday, April 3 | <i>Harry Potter and the Prisoner of Azkaban</i> |
| Thursday, April 17 | <i>Harry Potter and the Goblet of Fire</i> |
| Thursday, May 1 | <i>Harry Potter and the Order of the Phoenix</i> |
| Thursday, May 15 | <i>Harry Potter and the Half-Blood Prince</i> |
| Thursday, May 29 | Summary of the first six books |
| Thursday, June 5 | <i>Harry Potter and the Deathly Hallows</i> |

7:30 – 8:30 p.m. at the Madison Branch



Fady Nageeb, M.D.

- Degree: Ain Shams University Faculty of Medicine, Cairo, Egypt
- Fellowship: Cleveland Clinic, Cleveland, OH
- Internship and Residency: Ain Shams University Hospitals, Cairo Egypt

Lakewood Hospital and Westlake Medical Center


Welcome Fady Nageeb, M.D.

Dr. Nageeb is part of Cleveland Clinic's comprehensive pain management program, one of the largest programs in the nation. His specialties include back pain, abdominal pain, CRPS/RSD and regional anesthesia. Patients can also find the widest range of care in Northeast Ohio right here, with services that include psychiatry, physical therapy, medication management and integrative medicine.

Call today to schedule an appointment.
Lakewood Pain Management Center
14519 Detroit Avenue
216.529.PAIN (7246)

Westlake Pain Management Center
805 Columbia Road
440.835.8233

clevelandclinic.org/painmanagement



Letter To The Editor

Proposed Cuts Appalling

I am appalled by the proposed cuts to our city services in Lakewood. I have been a property owner in Lakewood for over thirty years. I have also owned property outside of Lakewood and had dealings with the county health and building departments. On the city level I receive one on one contact, with the county I was lost in the crowd. It is comforting to have city inspectors to keep me informed and prevent health and safety issues before they occur.

The Department of Human Services/Division of Health provides education, prevention and intervention when necessary. The Building Department has always been a watchdog to keep our properties in good repair. The Inspectors are doing what it takes to keep up Lakewood's property values. If you have a question or problem you can get an answer from a person who knows our community and who most probably knows you.

Lakewood is an extremely culturally diverse community. Lakewood offers excellent services and programs through the Office on Aging. Lakewood also offers wonderful support for Youth and young families. My questions to Lakewood Mayor Edward FitzGerald make a valid point.

Do the residents of Lakewood realize how these cuts will affect them?

Who will inspect the food service establishments? How often? Will Lakewood still offer programs such as snow removal for seniors? What about the immunization program? Day care? If programs are outsourced to the county will we still be offered the same level of care? Will it really be cost effective? Could there be any other solution? Is backyard garbage pick up really more important than our health and safety?

These are the people we depend on to keep up the standards Lakewood is known for. I urge you keep our standards high; look for a more practical long-term solution. Keep these services performed by the city.

Pat Lutian



Easter Celebration

at Lakewood Congregational Church (UCC)
"Where God is Still Speaking"

10:00 am Worship

Inspirational Message
Majestic Organ and Brass Quartet
concluding with Handel's Hallelujah Chorus

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Lakewood Schools & Sports

ABLE/PLUS First Annual Resource Fair!

by Terry Hamovitch

March 4th was a banner day at Franklin Elementary School. While election polls were held in the gymnasium, Lakewood ABLE/PLUS (Adult Basic and Literacy Education) held its first annual Community Resource Fair. Representatives from the local community shared their information and handed out pamphlets, giveaways, and more importantly, free advice. Students could access information about health care, resources for their children, and learn about library services and programs. More than sixty students had the opportunity to get their blood pressure checked, and fill their bags with goodies. Two of our staff members, Susan Crane and Lisa Shaver were instrumental in organizing this wonderful morning.

We would like to express our appreciation to the following groups for taking the time to share their expertise.

Thanks to WSEM, Lakewood Public Library, Lakewood City Schools' Project 1, 2, 3, Lakewood Christian Service Center, Lakewood Division of Health, Lakewood Teen Center, and Catholic Charities for so generously donating their time and materials.

Lakewood ABLE/PLUS is a family literacy program that includes traditional ABLE students and TANF

eligible families in a setting that provides wraparound services. This program is designed to meet the participants' basic literacy and workforce needs. Adults can improve basic skills, obtain a GED, or become proficient in English. Ultimately, these students transition to a job or to post secondary education. While TANF eligible parents attend classes, their young children

participate in ABLE Junior, a literacy rich and healthy environment.

ABLE/PLUS receives financial support from the Board of Cuyahoga County Commissioners, as well as federal, state and local funds. Morning, afternoon and evening classes are available. Call 216.529.4240 or go to <http://www.lakewoodrecreation.com/> for more information.

2008 Rite Aid Cleveland Marathon Recruiting Volunteers

by Heidi Darrah

The 2008 Rite Aid Cleveland Marathon, Half Marathon, and 10k race is scheduled for Sunday, May 18, 2008. We largely depend on our dedicated volunteers to make this experience the

best it can be for runners and spectators alike. This year we need more than 2,000 volunteers to continue to make this the premier race event it has become in our city! Volunteers have the opportunity to be a part of the fun and excitement, plus represent our city to over 9,000 runners in addition to their family and friends.

If you or your group are interested in volunteering, visit our website at www.clevelandmarathon.com, e-mail Volunteer Coordinator Heidi Darrah at heididarrah@yahoo.com or call 216-464-5510 for more information. We invite you to join us as Cleveland Rocks n' Rolls for the 31st year!



Basketball Tournament Champs

By Mary Anne Crampton

The junior-senior CYO team from St. Luke's brought home to Lakewood the St. Patrick's Basketball Tournament trophy on February 29th. Coached by Tom Edgehouse and assistant coach, Pat Maloney, the St. Luke's team beat out 24 other teams from across the

region to win the first back-to-back championships in the history of the tournament. Team members (front): Brenden Cmolik, Kevin Roach (back row): Conor Standish, Mike Nieberding, Brandon Williams, Sean Maloney, Jack Wooley, Tommy Edgehouse, Chris Crampton and Dan Green. Not pictured: Channing Centano.

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| | 8:30 P.M. - 10:30 P.M. | All Ages DJ Skate |
| Sat., March 22 | 2:00 P.M. - 4:00 P.M. | All Ages-Skate w/Bunny |
| | 8:30 P.M. - 10:30 P.M. | All Ages |
| Sun., March 23 | Closed | |
| Mon., March 24 | 10:00 A.M. - 12:00 P.M. | Adults Only |
| | 1:00 P.M. - 3:00 P.M. | All Ages |
| Tues., March 25 | 10:00 A.M. - 12:00 P.M. | Parent/Tot |
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| | 7:00 P.M. - 9:00 P.M. | All Ages |
| Wed., March 26 | 1:00 P.M. - 3:00 P.M. | All Ages |
| | 4:00 P.M. - 6:00 P.M. | All Ages |
| Thurs., March 27 | 1:00 P.M. - 3:00 P.M. | All Ages |
| | 8:30 P.M. - 11:00 P.M. | Adults Only |
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Lakewood Arts & Entertainment

Lakewood Is Art

by Ruth Koenigsmark

The City of Lakewood, despite its substantial economic and social challenges, is home to an extraordinary arts community. By creating an overlay of art related programs and events within the existing city fabric, we can generate countless opportunities. It makes all the sense in the world for our community to learn from those already “walking the walk.”

Just as importantly, this activity will inject energy and creative capi-

tal into the existing arts community and encourage us to make it better. These ideas are important because, as we all know, success builds upon success. Just consider, for example, what has happened in Savannah, Georgia and Paducah, Kentucky. Programs there offered incentives ranging from low-interest loans, free lots for construction, group-rate health insurance, web sites, and help with marketing and advertising. Each city now has a thriving cultural community and a strong economic outlook to boot.

What is Lakewood’s arts strategy for helping to build a city rich with art?

First, we are working to establish both a physical and a programmatic presence, doing it in a disciplined way that plays to our substantive strengths and interests. We are focusing on areas of exciting growth, often where there are interdisciplinary links. These are areas where we can collaborate with others -- with nonprofit organizations, schools, community groups, cultural institutions, industry groups, businesses, and city government at all levels. The notion here is that these are the kinds of projects that we can really sustain over the long haul, because they are central to the interests of art-

ists and our community at large.

Secondly, since we see our creative capacity as stretching up and down Detroit, Clifton, Hilliard/Franklin and Madison Avenues and every street in between, we are careful to have a parallelism in investments in Lakewood. The strategy is to invest in projects in Lakewood that become intertwined, so as to create the “city as ART” and the “ART as city,” with people and projects crossing between them. Together, with these considerable parallel investments in Lakewood, we will nourish our creative City for years to come.

Most importantly, we will have an ability to sustain this presence, while at the same time allowing for considerable evolution in the actual events and projects taking place from one corner of Lakewood to another. In general, these kinds of programs and projects have tremendous pay-offs for communities, as they keep an extraordinarily vibrant exchange of people and ideas going and generate new ideas and projects, even leading to the discovery of new methods and technologies, as well as new disciplines.

In Lakewood, we believe that the best thing that could happen would be that many arts institutions, nonprofits and neighborhood associations work together (with us and each other) on everything from arts business start-ups to audience cultivation for existing institutions to cultural production and educational initiatives in our neighborhoods. If we do this, our rich arts infrastructure in Lakewood might be further stabilized and increasingly spread into the neighborhoods. Moreover, networks of social capital in the arts would be energized, and innovation no doubt would follow. As this happens, the full promise of collaboration in the arts would begin to be realized, to the benefit of the City and our citizens. When imagination knows no limitations, we will feel that things have truly “taken off.” So, when someone asks you to define Lakewood, consider saying, “Lakewood is Art,” and let the story unfold from there.

Please visit our website (www.lakewoodisart.com) to review our updated mission and new projects, including the Lakewood HIGH ART Project and Band2gether.

Anne E. DeChant: Getting Out Of Dodge



by Eve Klodnick

Like the title of one of her new songs, singer-songwriter Anne E. DeChant is indeed getting out of dodge.

After 18 years on the local music scene, one of Cleveland’s favorite musicians is making tracks for Nashville. Her last pre-move show will be right here in Lakewood at the Winchester, one of the West Side’s best music venues.

The talented DeChant has released five well received solo CD’s. Her latest, “Girls and Airplanes,” was financed and recorded by Rolling Thunder Studio in San Diego, California. DeChant has played countless local, regional and national venues, and has shared the stage with the likes of Sarah McLachlan, the Dixie Chicks, Sheryl Crow and many others. She is the rare talent that can play an intimate stage Friday night, and on Saturday afternoon find herself

on the steps of the Capitol Building in D.C. playing a rally. She can sing a soul-searching song of political injustice, then with a quick, “One, two, three, four,” be rocking to a tune about an amped up Saturday night at your corner bar.

With a catalogue of hundreds of songs, it is only natural that DeChant would consider a move to the history-steeped city of Nashville. During recent visits to Tennessee’s music capitol, DeChant began laying the groundwork for her transition and has secured interest from several publishers in her songs.

Although she may be leaving greater Cleveland, she will continue to be accessible to us via the World Wide Web. Her music is not only available on iTunes, but also on her website. Log on to www.annedechant.com for CD’s, T-shirts, posters and information on appearances, in addition to the artist’s personal weekly updates and sometimes heartfelt, often hilarious storytelling.

The last performance at the Winchester will feature many guest appearances, including Chris Allen, Alexis Antes, Chris Hanna, Robin Stone and many others. It is sure to be a jam-packed evening considering that it will be a retrospective of the artist’s long and illustrious career. The show begins at 9 p.m. on Friday, March 21. Tickets will be available at the door and online at www.annedechant.com. Get there early as it will surely be a full house. Don’t miss this opportunity to see one of the shining female voices of our time.



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Lakewood Opinion

Why I Like Barack

by Mark Moran

Following the primaries in Ohio and Texas, Sen. Barack Obama has lost some of his sheen. As a supporter, I think this may not be a terrible thing; he will now have to campaign without the glow of a media and fan-following that some had begun to suspect amounted to a personality cult.

I don't think I'm easily gulled by politicians—for 20 of the 28 years I have been of voting age the presidents have been Bush, Clinton and Bush, so I have earned some cynicism. I am approaching the half century mark, so I no longer qualify as "young" and am not a part of the Obama-rama campus movement.

But I decided on Obama early on, voted for him in our primary, and have grown increasingly in favor of him in his now-bitter fight with Sen. Clinton. My strongest belief is that our next president needs to be an ambassador to the world, to repair the damage that has been done to our standing, re-establish the rule of law by ending the torture regime in Guantanamo Bay, and build a new international coalition against Islamic fascism and terrorism. I think Obama understands this and embodies that promise.

Regarding the war in Iraq, it happens that I do not favor an immediate withdrawal; having invaded the place on false pretenses and allowed, through criminal incompetence, the bottom to fall out, we can hardly just up and run. But, in fact, there is no way that will in reality happen. Any withdrawal plan, whenever it begins, is likely to take as much as a year and a half in any case. An advisor of Obama's got him in some trouble during his recent bad week after the Ohio primary by telling a foreign newspaper that Obama's actions would be guided by realities on the ground when he becomes President, rather than what he says on the campaign trail.

That was interpreted as hypocritical, but in fact it is only common sense: of course that's the case, and we should hope that it would be.

What matters, less as a practical matter with regard to the war than as an indication of the kind of person he is, is that Obama spoke against this war at a time when fear was at a fever

pitch—9/11 was still fresh and the President, unable to persuade us to any great national purpose, chose instead to frighten us with stories of WMD based on bad intelligence.

What also matters is that while we cannot simply cut and run, we also do not owe it to Iraq or anyone else to spend our treasure and our twenty-year olds indefinitely policing what amounts to a gang fight between Sunnis and Shiites. We need to establish a timetable, some achievable objectives—such as defeating Al Qaeda in Iraq—secure international assistance in mitigating the worst damage of our departure, and get out. And then reconstitute our forces in Afghanistan, while rebuilding alliances toward the goal of developing a multinational approach to the Middle East.

Of course, Obama is very eloquent. And, sure, some of what he has said (eloquently) is mush. But there is an apt parallel between the promise of Obama and the presidency of Ronald Reagan, which Obama himself was canny enough to acknowledge as more transformative than Clinton's (much to the fury of Bill and Hillary). Whatever you think of Reagan, he did inspire many millions of Americans and reversed what had seemed to be a downward trend in this country since the late 1960s. But not even Reagan's most ardent worshippers would say he was a great public policy genius, spouting elaborate and detailed explanations of how to tackle complex social and economic problems. What Reagan was great at was....being Reagan: genial, at ease with himself, buoyantly optimistic and defiantly patriotic.

The presidency isn't like being the CEO of a corporation or the executive director of a social service agency (two jobs Hillary would kick butt at); he or she is the embodiment of a vision, at a given moment in time, of what America is about and capable of becoming. He or she articulates that vision and then works with a multitude of factions to work out the details, in a system that is constitutionally designed to allow the maximum amount of voices and is predisposed against sweeping change.

I think the moment in America in 2008 belongs to Barack Obama.

The number of influential politicians or political commentators who have endorsed Barack is remarkable, ranging from the liberal Sen. Ted Kennedy, to a number of Midwestern Democrats from conservative states, to former senator Gary Hart of Colorado and the governors of Wisconsin, Virginia and Arizona. Political writers including Andrew Sullivan and Hendrick Smith (conservative and liberal, respectively) and novelist Michael Chabon have also endorsed him. Other political commentators who are not endorsing Obama, but have written admiringly of the Senator include Joe Klein and conservatives David Brooks and George Will.

"I don't think you can be around him and not come to the conclusion that this is a person of rare quality," Sen. Conrad was quoted as saying in a not entirely glowing report on Obama's first days in the Senate in the New York Times (which has endorsed Sen. Clinton).

In contrast, the Clintons seem to leave a trail of people find them to be secretive, endlessly calculating in their own self interest, and inclined to take no hostages when it comes to getting what they want. Their conduct alone in the campaign, when contrasted with Obama's demeanor, is enough to recommend him. Take your pick among the many clever tactics the Clintons have resorted to; my favorite is the video clip of her telling voters that she and Sen. McCain have foreign policy experience, but Barack has a speech he made in 2002—thereby providing McCain video footage we'll all be watching until November should Hillary (gasp!) not get the nomination. So much for party solidarity.

And how perfect is it that Rush Limbaugh and Ann Coulter are now supporting Sen. Clinton, albeit with twisted or insincere motives? Reading

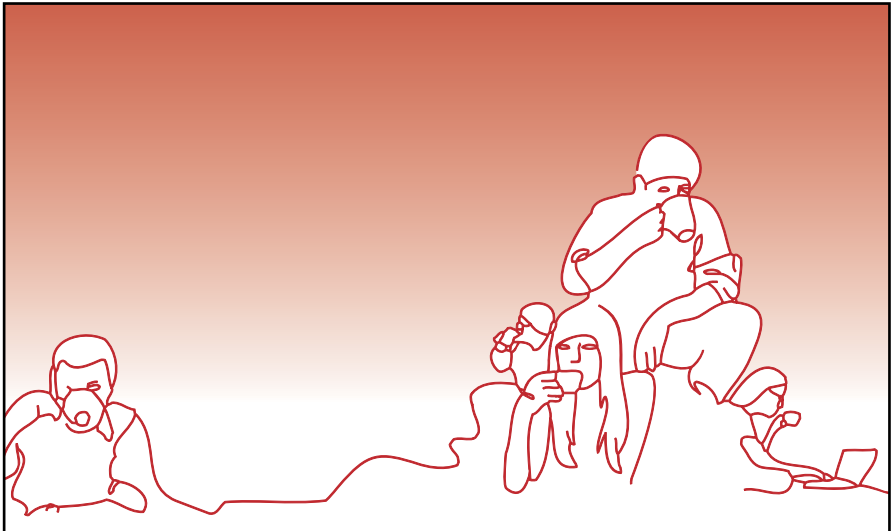
Coulter is like watching a Michael Vick dog fight; it's riveting, but ugly, and the spectator is as complicit in the ugliness as the perpetrator. And that's what she likes—she and Limbaugh need spectators, those who love them and those who loathe them, and so they need people like the Clintons who thrive on the same divisive tendencies as they do. What fun is a food fight with a prude like Barack Obama who seems to think that politics should be, at least sometimes, a dignified affair?

Sometimes Coulter is funny, and sometimes she isn't, as when she refers constantly to "B. Hussein Obama." This attempt to impugn the loyalty of a thoroughly Americanized midwesterner is pathetic, but it works; I have talked to at least one Lakewood citizen who refuses to vote for "a Muslim."

When did it become respectable to display such fear? Did 9/11 really so un-man us? I think a vote for Obama is a vote against these baser instincts that have been pandered to for the last eight years. For this fear—cowardice really—is the true legacy of George W. and his shadowy, snarling vice president.

And when the subject of experience comes up, remember this from a February 21 column in the Washington Post by George Will:

"The president who came to office with the most glittering array of experiences had served 10 years in the House of Representatives, then became minister to Russia, then served 10 years in the Senate, then four years as secretary of state (during a war that enlarged the nation by 33 percent), then was minister to Britain. Then, in 1856, James Buchanan was elected president and in just one term secured a strong claim to being ranked as America's worst president. Abraham Lincoln, the inexperienced former one-term congressman, had an easy act to follow."



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Lakewood Perspective

Indecision '08, Part Two

For those who didn't read my submission in the previous issue (and shame on you for that), I'm having more than a little trouble figuring out who I'll be voting for in the fall. Thankfully, declaring my status as an "Independent" meant that I only had one circle to fill in on Super Tuesday II, and it did not have a person's name attached to it.

My problem is this: let's just say that between the major candidates that remain, I'm not filled with a whole lot of confidence that they'll even stick to their campaign promises, let alone affect positive change when they do.

by Bret Callentine

Therefore, I'm taking this time to think out loud on a few of the issues that bother me.

One of those issues isn't even an issue at all; it's the very nature of how little actual discussion is going on regarding the issues. Try to talk with most anybody about the problems facing this nation and it's as if you were suggesting that the earth is flat, the sky is purple, or that Ginger was prettier than Mary Anne. Instead of an active dialogue, you're most likely to get an answer akin to,

"You're an idiot."

If you dare question the theory (and yes, it is still just a theory) of global warming, you're told that you're a corporate stooge. If you support the war in Iraq, then it's assumed that you can't think for yourself and you believe everything you're told by the government. Suggest securing the border and you're an isolationist. Recommend cutting federal spending and you're against the lower and middle class. And, it goes on and on. These defenses do nothing to forward the discussion; they usually

just end it completely.

If we're going to get anywhere, and do anything, then the first step is that everyone, and I mean EVERYONE, is going to have to take a step back and throw out all of these oversimplifications and generalizations.

If we're going to turn this region around, then we need leaders who understand that Ohio's economic future does not lie in the hands of the steel industry and cannot be pulled from the ashes by manufacturing jobs alone. This isn't an attack on unions or blue collar workers, it's a realization that needs are changing and that people who want to work are going to have to change as well. As technology evolves, we constantly demand more features, faster functions, and cheaper prices from the commodities we purchase. Well, industry purchases labor to create those products; do you really think that their expectations are any different?

And speaking of expectations, here's an inconvenient truth for you. If you want to limit emissions, convert our crops from food to fuel, and try to kick the addiction to foreign oil, go right ahead, but don't for a second think that it will have much of any effect at all on the planet. Unless you're able to get the rest of the world on board, then all you've effectively done is turn one small portion of this global restaurant into a "non-smoking" section. And if you think the world hates us now for pushing the idea of democracy, just wait until you start trying to sell Third World countries on the concept of conservation.

And while we're talking about bringing the rest of the world on board, let's talk about immigration. Let's be honest, amnesty is just as bad as isolationism. Right now the inroads to this country are filled with potholes and clogged with traffic jams. But the solution is neither to drive over the grass nor close the road altogether. How do you vote to increase the minimum wage, and then turn a blind eye to those circumventing the very system trying to enforce it? Likewise, when people are already prepared to risk their lives trying to get here, how do you think that having bigger walls is going to stop them?

We've gotten to the point where people are very infrequently able to compromise. Many people can no longer see the middle ground and have subsequently stopped looking. But seldom is the solution to any problem on one end of the spectrum or the other. Like sailing into the wind, sometimes the only way to advance is to tack from one side to the other. However that means working harder, sacrificing more, and placing focus on the destination.

Thanks for letting me get all of this off of my chest. I guess what it really boils down to is that when it comes time for the election, I'm not so much worried about who captains this ship; it's whether or not everyone will keep rowing if they continue to see only out of one side of the boat.

Help The Lakewood YMCA Build Strong Kids

by Matthew Nee
Lakewood YMCA Community
Advisory Board Member

The City of Lakewood is in the midst of a renaissance. Schools are being rebuilt, the Lakewood Library is expanding, new condominiums are helping to replenish housing stock, and roads are being reconstructed. It's a time of great and exciting change in Lakewood, as our city strives to recapture its unique identity as the City of Homes and a place where commerce,

entertainment, and recreation thrive.

A significant part of Lakewood's revitalization was the demolition of Lakewood's outdated YMCA and the construction of an attractive new YMCA that will serve Lakewood's citizenry for generations to come. The new Lakewood YMCA boasts a membership of over 10,000. To put that into perspective, nearly twenty percent of all Lakewoodites are members of the Lakewood YMCA. Unfortunately, that positive statistic is topped by three sobering statistics:

- 1. Nearly twenty-three percent of all Lakewoodites are near or below the federal poverty line
- 2. Nearly half of all middle school students don't participate in recreational activities because money is a barrier
- 3. More than half of Lakewood's students are concerned for their safety.

Though great strides are being made toward Lakewood's revitalization, much work remains to be done.

The Lakewood YMCA and its many partners are committed to helping Lakewood work through these issues. The Lakewood YMCA's vision is to be Lakewood's premier community based, collaborative, and charitable organization for the purposes of building strong kids, strong families, and strong communities. The YMCA is committed to being a haven for our youth, a place where families can grow in spirit, mind, and body, and a place where every member of our community is welcome, regardless of ability to pay. In other words, the YMCA's welcome mat is laid out for every member of our community. Every unemployed family, single parent, and child can be a member of the Lakewood YMCA. That's one-hundred percent. To continue its charitable work in Lakewood, each year the Lakewood YMCA asks able members of our community to help support our youth. It's called the Strong Kids Campaign. And every single penny of the fund goes toward YMCA programs and toward helping ensure that no one is turned away. This year, the Lakewood YMCA has set a goal of raising \$60,000. If you would like to help us build strong kids, strong families, and strong communities by making a tax deductible contribution of any size, please call the Lakewood YMCA at 216-521-8400. Or better yet, come see for yourself how the Lakewood YMCA is working toward building a better Lakewood. And if you would like to be a member but weren't sure that you could afford it, I hope that you'll come by and sign up today!

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Join the Discussion at: www.lakewoodobserver.com

Chef Geoff

Faux Atmosphere

Every eating or drinking establishment, if successful, attempts to emanate an atmosphere that attracts the targeted clientele. For the carriage trade, there is a certain elegance, starched tablecloths, maybe even uniformed wait staff. The corner bar puts forth a friendly dark clubiness, maybe a neon or two, a dartboard, and the glow of a ball game on a corner TV. There are those who attempt to replicate pubs found elsewhere, often with excellent results. Then there are the franchise chains, with their variety of garage sale treasures that generally have nothing to do with either the establishment or its locale, but seek to give a certain homey clutter to what is an otherwise sterile corporate façade.

But, true atmosphere can take a long time to develop. Most establishments must, of necessity, opt for some form of instant atmosphere. It is only those places that have been around for a good many years that seem to have an authenticity to it. But, unlike the corner bar that displays the softball trophies of the teams it sponsored in the 80's, or the accumulated photos of near-famous customers or past magazine awards and John Long reviews, what we find is faux atmosphere. It really doesn't connect. With the exception of a high school pennant, an Applebee's in Cleveland looks pretty much like one in Marietta. Even the most skillfully executed copy of a Dublin Pub is only that: a copy. What brings up this subject of pretend atmosphere is my recent trip to a place that had the real thing, which only pointed out the hollowness of the faux.

Real atmosphere, the genuine article, takes a good deal of time for its development. Some of the long-term watering holes have it, as do some of the eateries in little Italy that have been around for the better part of a century. And for someone with a real interest in history, going to such an establishment can be as fascinating as a trip to a museum. Indeed, it IS a trip to a museum, albeit one that serves spirits and food. And during my recent campout in Manhattan, I was fortunate

by Jeff Endress



Intrepid campers Jim Schwinn, Gary Marzac, Scott Kermode and Chef Geoff are served a round

enough to experience the archetype, the epitome of the long-term development of atmosphere. We're not talking about the Disneyesque planned decorating that represents faux atmosphere. We're talking about decades of accumulated memorabilia (and accumulated dust) that cry out, "This is the real deal!" What I'm talking about is the Mecca of genuine atmosphere: McSorley's Ale House.

McSorley's is in a small, nondescript building at 15 East 7th Street

in lower Manhattan. And it's been there since 1854, even operating through prohibition. It attracts aficionados from across the US. And it has nothing whatever to do with its bar, which serves either McSorley's Light or Dark Ale. It has nothing to do with the food offerings: Cheese and crackers, liverwurst and crackers (both with strong onions and equally strong mustard), and a burger or sandwich from a small galley kitchen. It has everything

to do with its time-honored traditions and genuine atmosphere, so rich that you are full without needing to eat. A pair of boots are affixed to the wall, formerly worn by JFK's grandfather. A pair of handcuffs are on the bar rail, left by Houdini after an escape demonstration. Countless photos and momentos completely fill the place, each with a story to tell and something to add to the mix.

I was directed to the front room, near the working coal-fired pot-bellied stove. "Take a look at the gas light fixture over the bar". I did, but could not determine the origins of the gray shapes that hung from it. Dusty, interlaced with cobwebs, they were impossible to indentify. And so I asked, and learned that young patrons of McSorley's, prior to embarking for France during WWI, had placed wishbones on the fixture. Upon returning, the discharged doughboy would return to McSorley's and remove his talisman. What remains represents a shrine to those who never returned. Wishbones left to guarantee a safe return, left in place for nearly a century, undisturbed. It gave one the sense of living with history. Perhaps that weathered table was the same one where Lincoln once sat. Was I sitting in a regular's favorite chair whose wishbone still hung on that lamp, or perhaps a more recent patron who was a victim of 9/11?

We spent several hours at McSorley's. We could have spent several more. Like any place with real atmosphere, real history, there was more than we could take in during a short afternoon. As with such places whose atmosphere is genuine, whose history is palpable, it beckons you to return. And so we will, and doubtless we will see a part of history previously missed, or newly added. Therein lies the difference from those franchise cookie-cutter establishments who package their faux atmosphere as part of their theme. The difference between a museum and a novelty shop. Of being in a place, like Lakewood (or McSorley's) that has a history, or a lifestyle community that merely copies that reality.

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Lakewood Observer

Exposed! Lakewood's 8-Year Secret

by Liz Guscott

The beans are spilled, or should we say the protein powder? For eight years running, Lakewood has hosted a very significant event in the bodybuilding world. This April 5 at the Lakewood Civic Auditorium the 'Vyotech Nutritionals NPC Natural Ohio Drug Tested Bodybuilding and Figure Championships' will take place. The expo is a place for the public to get familiar with nutritional supplements, publications, fitness apparel and get autographs from bodybuilding or figure celebrities, among other things.

What does this mean for Lakewood? This big-time competition has been hosted at the Lakewood Civic Auditorium since 2000 and has iron-pumping men, women and teenagers from all over Ohio and as many as 15 other states contending. In fact, over 100 people are pumping iron, dieting and preparing for a win in the bodybuilding or figure contests. It draws family and friends of the competitors from all over the region. These including the children who come to cheer on their parents competing, who make up approximately five percent of the audience. Just as this might inspire the kids, so too does it draw other spectators who come as fans of the sport or as potential competitors.

Bodybuilding and figure championships are the two types of competitions that will take place. When we think bodybuilding, naturally Arnold Schwarzenegger or perhaps even Rachel McLish come to mind, and both men and women will compete separately in the Lakewood show. Figure competition is a relatively new type of competition in which only women compete. Rather than bulking up like a bodybuilder, they are judged on athletic looks and definition and pose in swimsuits. All contestants work intensely two to three months prior to the show and usually keep up a disciplined off season.

When asked what the draw is for her, first-time figure contender Nikki Christides of Seven Hills had a goal of competing since graduate school. She remarked, "as I started getting back into my workout routines (after neck surgery), I realized that it was now a possibility. I attended Jen Hendershott's 'Phat Camp' in June and my mind was made up! I was going for it!"

Another first-time figure competitor, Shane Carrigan Connor of Rocky River, said she was inspired when, "I went to watch the show in Lakewood and was very impressed with the time and dedication that it takes to get into the physical shape needed to compete in these shows. It was then I decided



People mingle as sponsors show off their wares at the expo during the October 2007 event. (Photo courtesy of Dave Liberman)

that maybe I could do that." Previous to the April 5th show, Connor never competed in sports, although she was an avid exerciser.

Past shows have pulled over 1,000 attendees to the health and fitness expo, which this year is taking place in the LHS East Cafeteria. As an example to the popularity of the event, the Courtyard Marriott in Westlake, the host hotel, was sold at capacity last year. According to co-promoter, Dave Liberman of Mentor, the Lakewood show is one of the top Midwest NPC (National Physique Committee) events.

will appear at the show April 5th, and Ronnie Coleman, an eight-time Mr. Olympia title holder, who will be at the October 10th show. We'll host two Mr. Olympia's in Lakewood this year!

All proceeds benefit charity – typically the American Cancer Society, a charity near to the hearts of the show's promoters. Both Liberman and co-promoter Todd Pember of Amherst have had family members succumb to cancer. Generally, the show has been able to raise around \$2000 for the ACS. In the past, the proceeds have also been earmarked for national disasters.

Formed in 1982, the NPC is an amateur bodybuilding group recognized by the International Federation of Bodybuilding (IFBB) that brothers Joe and Ben Weider (two pioneers in bodybuilding) founded in 1946. Competitors in NPC events try to qualify for IFBB professional events, where they can earn prize money and flex their muscles with top athletes worldwide.

The Ohio Naturals this April 5th and October 10th are both qualifiers for the IFBB pro title. Although the winners receive no cash for the Lakewood event, they do get a lot of press in such magazines as Flex, Muscular Development and Ironman.

Body building has always had its icons, and at least two will be attending the Ohio Naturals event this year. Jay Cutler, the 2006 and 2007 Mr. Olympia (awarded to the world's best bodybuilder),

Liberman and Pember have happily settled on the Lakewood Civic Auditorium as the perfect venue. Liberman comments that the stage at the Civic is "great and the lighting and sound are excellent. Lakewood is underrated, and we're happy to have it there." He is also pleased with the ease of working with the city.

Liberman invites those interested to visit his website www.daveliberman.com. For direct ticket sales contact Titan's Gym of Mentor for tickets at 440-953-9753. Tickets are also available at the door for \$15 for the 10:00 a.m. prejudging (doors open at 9:30 a.m.) and for \$30 for the 6:00 finals p.m. (doors open at 5:00 pm).

Liz Guscott is a proud Lakewood resident and personal trainer. She welcomes comments to be sent to lizguscottpt@gmail.com.

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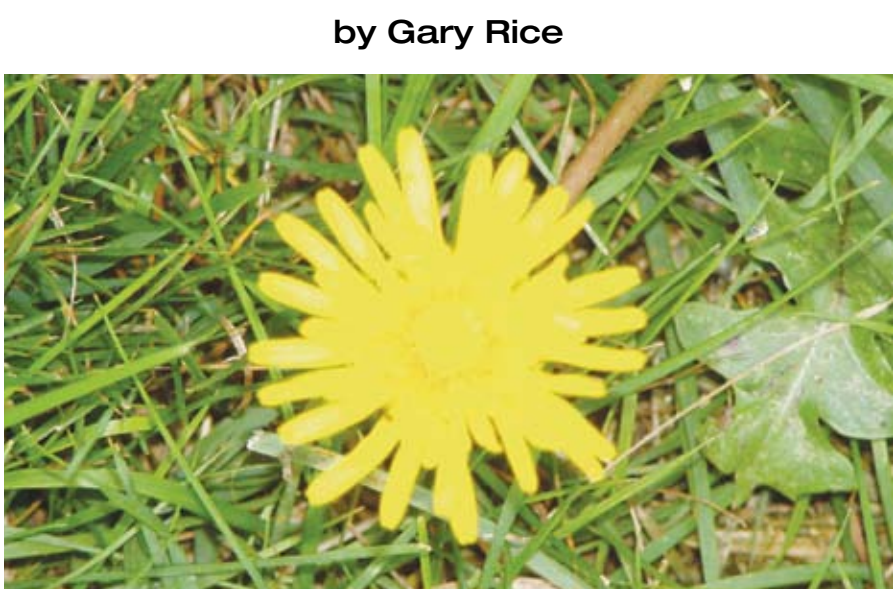
The Mothers' Flower Of Love

I'll be the first one to admit it. I'm no gardener. Too many allergies interfered with those "magic outdoor moments" that everyone else seemed to have during their childhood years.

I did take Horticulture in high school. I even tried to raise orchids for awhile. Having no sense of smell, I could not, for the life of me, figure out why the family had trouble with the fish emulsion fertilizer that I used to grow them with. In addition, at night my orchids needed to be in a completely dark environment. The least little streams of light and no blooms would come forth! Before long, those orchids went the way of so many other diversions of the past, as did my interest in cultivating green things.

For me, if I had my druthers, a green concrete lawn would probably be the way to go. An ongoing annual battle transpired as to whether we would plant tomatoes or not in the back yard. I offered to BUY all the tomatoes the family would EVER need, so long as I did not have to go out and dig up the yard and plant and care for those little red baseballs. Even these days, my one neighbor puts out great tomato plants, and every year, partly eaten tomatoes, consumed by hungry squirrels and other animals, grace our lawn.

By the way, as we've seen with Lakewood's recent ice storm, the trees on our lawns need our attention as well; particularly if they are larger, older trees. All too often, insects, animals, fungus, and moisture can help to ruin those trees from the inside out. Be sure to have a qualified expert examine your large trees, in order to avoid serious property damage later. A few years ago, we sadly took out our large potentially dangerous trees before they could fall on our house and garage. This type of experience can also present you with an opportunity to



The Dandelion in all it's glory.

replant with new trees. Anyway, within the bounds of reason, I did, and I do, make an effort to keep our yard neat, while keeping the outdoor maintenance time to a minimum. The flower beds are planted with perennials, and a well-kept lawn mower keeps my time in the yard down... compared to a few of my nearby neighbors. Now these neighbors are certainly people worthy of admiration. Their lawns, er, gardens, exhibit some of the most beautiful plants I have ever seen. Veritable color-wheels of tapestries wash across their mini-estates throughout Lakewood's growing season. I might add that their properties would rival the Rose Garden of the White House, in side-by-side comparisons.

There is, however one flowering plant that I believe these neighbors utterly despise with a PASSION! That, being the dandelion. Every spring, some of these people are out on their lawns, apparently putting down all manner of treatments and fertilizers, in order to have their ultra-green lawns become even

greener. Mixed into a few of those concoctions, are probably some substances developed to putting an end to the dandelions of the world. The only thing is, before very long, those little yellow flowers start popping up just about everywhere; sometimes even on those neighbors' own pristine patches of Lakewood perfection. And here, dear reader, is where my tale really begins. Feeling a bit guilty one day, a few years ago, I decided to apply some weed-control stuff to my own lawn. Much to my chagrin, about half my lawn died off! The dandelions, how-

ever, were indeed history (at least temporarily). I put down the new grass seed and waited. This might have been the end of the story, except for something that happened. When my dear late mom found out about her yard suddenly becoming a glorified dirt lot, she was filled with sadness. When I told her that at least the dandelions would be gone, she turned to me with an expression of great wisdom. "Gary," she said, "those are Mothers' flowers. Those are the first flowers that a little child picks for their mother." She went on to say that they were the first flowers of spring, and the last to leave us in the fall. I will admit that in the broad scheme of things, I probably will not find a great deal of sympathy among some of you for the humble dandelion. Nor do I particularly expect to, in this topsy-turvy, value-conflicted society of ours. Still, I will never ever forget the words of my mother, regarding those beautiful little flowers, so maligned and despised by so many in this world. Don't get me wrong, I certainly have plenty of appreciation for the dedicated gardeners of this world. They do have beautiful lawns, flowers, and gardens. To me however, the little dandelion remains the most beautiful flower of all in the pulse of our city.



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Conservation Corner

The Wastefulness Of Water Bottles

According to the World Wildlife Fund, 1.5 million tons of plastic are used each year to make bottles of water for the US. The energy put into this effort is enough to power 190,000 homes or 500,000 cars. These bottles are then used to carry water that is, in general, no better than the average tap water, but may have a few chemicals added for “taste” that add nothing to the nutritional value. Of the 50 billion bottles used by Americans last year, around 38 billion (more than 75% and over \$1 billion worth of plastic) ended up in the waste stream.

The average American consumes 28 gallons of bottled water each year, contributing to the growth of a \$10 billion industry. In the last few years, the

bottled water industry has grown faster than any other beverage industry, and it is projected that this growth will continue, with 90% growth by 2011.

Aside from convenience, there appears to be little reason to drink bottled water. Despite the common perception that bottled water is cleaner or healthier, there seems to be little evidence to support this idea. While tap water is regulated by the EPA, bottled water is considered a “food product”, and is thus regulated by the FDA. However, if the water is bottled and sold within a single state, even FDA regulation is unnecessary. This means that while tap water is disinfected,

tested hundreds of times each month for bacteria with public results, filtered to remove pathogens, confirmed to be free of e. coli and fecal coliform, and tested for viruses, bottled water has not necessarily had any of these things done, except for having been tested once a week with private results.

Some bottled water, however, IS tap water, sometimes with additives or additional processes, sometimes without. The nation’s two top brands (making up 24% of consumption in the US), Aquafina and Dasani, for example, both begin as tap water.

Meanwhile, the energy expended to create a water bottle far exceeds the

benefits of the bottle -- according to water expert Peter Gleick, the oil used in making a water bottle is equivalent to filling a quarter of the bottle with oil. In addition, the water used in the manufacturing process for a bottle amounts to twice as much water as will eventually go into the bottle for drinking. Comparably, the pollutants created as byproducts of this process are 100 times those resultant from the manufacture of a glass bottle. And all this before factoring in transporting the bottles to stores for sale, which can add 500,000 gallons of oil to the expenditure.

There are also environmental dangers due to removal processes used by bottling companies. Rural water supplies are often threatened when too much water is removed from nearby, and wetlands are damaged. The promotion of bottled water takes emphasis away from maintaining municipal water systems and may put additional stress on systems designed to provide water to those who need it. The bottles that end up as litter may also pollute the very sources responsible for filling them.

Unfortunately, the majority of plastic bottles are used outside of the home, which makes them less conducive to recycling (only 38 of each American’s 167 annual bottles end up at recycling centers). Reuse is also difficult, as the chemicals in the plastic are more likely to leach out into the water the more you use them. Bacteria may also grow in hard-to-clean bottles over time.

So, rather than pay 1,000 times the cost of tap water for bottled water, why not get a filter for home and a reusable bottle for elsewhere? There are a variety of popular brands of reusable bottles available, including Klean Kanteen’s steel containers (<http://www.kleankanteen.com>), SIGG’s aluminum bottles (<http://www.mysigg.com>), New Wave Enviro Products in corn-based or stainless steel formats (<http://www.newwaveenviro.com>), Nalgene bottles in several types of plastic (<http://www.nalgene-outdoor.com>), and Platypus pouches (<http://www.platypushydration.com>), among others. There are pros and cons to each type, of course, and prices vary, but compared to the outlandish price difference between tap water and bottled water, spending a few extra dollars on a reusable bottle is negligible.

Great Lakes Pact

by Helen Brinich

Lakewood is a lovely name for a city. It is such a nice name that cities in other states have chosen it too. No other one has such a valid claim to the name as our fair city of Lakewood, Ohio. We are situated on the shore of one of the great lakes of the world.

We have not always appreciated how lucky we are. In days within memory we used the lake as a sewer for our wastes. It wasn’t until the fish all died that we realized something had to be done about it. Fortunately, it wasn’t too late. The quality of the lake water has been greatly improved in recent years. More needs to be done, of course, but the greater threat now is not to the quality but to the quantity of Lake Erie’s water.

For many years the arid parts of our country have lusted after the copious supply of our fresh water. Plans to divert water from our lakes to the

dry states of the west have so far been quashed. But their growth in population is giving them more political power with each passing year. It is imperative that the eight states of the Great Lakes Basin work together to keep this precious resource from being literally drained away.

Leaders from the eight Great Lakes Basin states have been working diligently for four years to draft a pact for the management of the waters. After much study and some necessary compromises they have agreed to a pact which will preserve the lakes while it recognizes the needs of the states of the Great Lakes Basin and allows them to be used for the common good. The core principle of the pact is that water from the lakes may not be diverted except in some exceptional and clearly stated cases. This reservoir of water is the result of the melting of glaciers at the end of the last ice age. When water

is consumed within the boundaries of the basin it will eventually find its way back to the lakes. When it is diverted outside the boundaries it is gone forever. Great care must be taken to avoid setting a precedent for diverting water, even though a few diversions won’t have any noticeable effect on lake levels. But once diversions start it will be impossible to stop them.

The concerned leaders and experts who have spent so much time drafting the present agreement are not amateurs. They know the laws about property rights and the precedents of water management and mismanagement. It is urgent that the pact be passed now. After it is accepted by the legislatures of the eight states it has to be passed by Congress. This won’t happen when the western states get more power in Congress and become ever more desperate for water. We aren’t selfish. We should be glad to share our water with our fellow citizens. All they have to do is come live and establish businesses where the water is. Shipping it out won’t work. Mother Nature will not be trifled with.

Citizens of Lakewood Ohio be aware! Hold your representatives accountable for protecting this most precious resource that is the gift of Mother Nature to our part of the country.



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Real Estate

One Building's Trash Is Another Homeowner's Treasure

by Val Mechenbier

Prudential Lucien Realty

People come to Lakewood for its walkability, its proximity to the lake and its easy commute to downtown. But most of all, people come to Lakewood for the charm and character of our antique houses. In the 1950s, 60s and 70s, the fashionable updates were to paint that dark old woodwork, carpet those bare floors and replace light fixtures with trendy items of the day. Today, natural woodwork, leaded glass windows & doors, and gleaming hardwood floors are as highly prized by homebuyers as they were by the original owners.

An ongoing project of the Lakewood Historical Society is the salvaging of architectural elements so they can be sold to people working to replace original features that have been eliminated over the years. Volunteer demolition crews with crowbars and screwdrivers in hand swarm through structures slated for demolition for development projects. The most recent Architectural Salvage

Sale, held in conjunction with St. Luke Catholic Church on March 1, included items from St. Luke Parish House, Harding Middle School, four houses on Robinwood Avenue and two on Sloane Avenue. The Historical Society also received donations of doors, windows and light fixtures from individuals. The sale attracted hundreds of shoppers - more than 50 were lined up when the sale opened -- who were ecstatic to find just the door or window they needed, a globe for their light fixture, a length of banister or cabinet hardware from the old Harding Middle School, even a bathroom sink. The most interesting purchase? A huge quarter-sawn oak pocket door that the buyers will use as a headboard for their king-sized bed.

While most shoppers were Lakewood residents, buyers came from as far as Aurora and Wooster. The sale raised almost \$5000 for the two groups, kept valuable materials out of the landfill and provided the opportunity for the ultimate in recycling, a win-win for everyone!

Realty Reality Questions From Our Readers

by Maggie Fraley

Prudential Lucien Realty

"What is Appraised Value?"

Appraisals aren't an exact science, so they can vary because they're an objective opinion of value. There are many types of value that include insurance value, replacement value and assessed value for property tax purposes. For buying and selling purposes, appraisals are usually based on market value, or what the property could probably be sold for based on condition and recent sales of com-

parable properties. Unfortunately, appraised value isn't a constant number. Like other investments, changes in market conditions can dramatically change value. Appraised value may not take into account special considerations like the need to sell rapidly or even foreclosures. So if you're wondering what your home is worth, the answer may depend on the purpose of defining value- for a mortgage, taxes, insurance or even a home equity loan. For more detailed information its best to discuss your individual situation with your lender or realtor.

Lakewood Real Estate Information

(According to Multiple Listing Service)

by Andy Tabor,,Realtor, GRI-Prudential Lucien

| February | 2007 | 2008 |
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| Single Family Closed | 37 | 31 |
| Single Family Pending (Under Contract) | | 48 |

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Fabulous Metropark lot! Two decks, one overlooking valley. First-floor family room with park views. Charming updated kitchen with eat-in area & more park views. Rare find! See photos at 3706W179.lucienrealty.com
Kathy Lewis
216-226-4673 ext. 2060



3706 West 179
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\$219,900



1509 Arthur
Lakewood
\$205,900

Great location! Library block of Arthur. Lovely home, ready for a new owner to enjoy all the updates. Beautiful in-laid flrs, NEW eat-in kitchen. More Photos at 1509arthur.lucienrealty.com
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Over 1800 sq. ft. in this spacious, gracious & updated colonial near library, shopping, restaurants, new YMCA. Much character--inlaid hardwood floors, linen room, built-ins. See photos at 1465mars.lucienrealty.com
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1465 Mars
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\$148,000



2085 Carabel
Lakewood
\$133,000

Feels right as soon as you walk in--very charming and well-maintained with 2 baths, 2-car garage, central-air, more. See photos at 2085carabel.lucienrealty.com
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This well cared for home on a great street boasts an eat in kitchen, 4 bedrooms and a lovely family room addition. Your TLC will really make this elegant home shine. Great floor plan. Sunny Updegrave
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1285 Virginia Ave
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\$128,500



1523 Lauderdale Ave
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\$118,500

HELLO! \$20,000 price reduction! If you're just driving by, you're missing a stunning Victorian interior, an acre of oak, huge eat in kitchen redone w/stainless appliances. FOUR bedrooms and much, much more. Sunny Updegrave
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1435-37 Lincoln
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11850 Edgewater
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Spectacular 2 bdrm. Lakeview condo; for virtual tour and more information go to 11850edgewater609.lucienrealty.com
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Great price for this beautifully decorated 1BR condo! Enjoy the Lake Erie view, updated kitchen and bath, freshly painted rooms, neutral carpet. Lake House amenities include 24-hr front desk attendant, restaurant, sundeck, outdoor heated pool, and exercise room. Valerie Mechenbier
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11850 Edgewater Dr.
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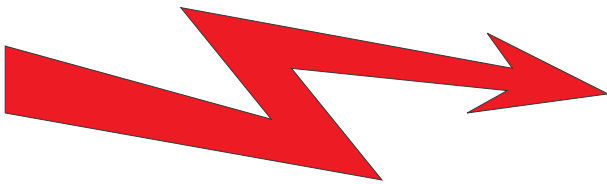
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