

THE

LAKEWOOD

OBSERVER

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

Volume 4, Issue 16, August 5, 2008

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Partyers Gogh To Lakewood Hospital’s Starry Night

Lakewood Arts Festival Paints A Masterpiece



The auctioneers, which included WKYC-TV3’s Monica Robins, entice the crowd with artist Leslie Moore’s bowls interpreting Vincent Van Gogh’s *The Sunflowers* and *Starry Night*. The bowls sold for \$420, benefiting the Lakewood Hospital Foundation.



Another beautiful weekend in Lakewood with much to do. Friday night was Lakewood Hospital’s benefit for the Diabetes Center and The Lakewood Arts Festival Scholarship Fund, LIA’s Band2Gether, Saturday was the Lakewood Arts Festival.

SEE MORE PICTURES ON PAGES 11-13

Lakewood Blooms

by Emilee Brightman-Roach

All over the United States, cities such as Lakewood are looking to revitalize their image. What better way to do so then colorful blossoms located in the busiest part of town? Downtown Lakewood, or the stretch of Detroit which belongs to teen loiterers and business professionals alike, is now exploding with flowers along storefronts and sidewalks. Colleen Reynolds, a college student who lives in Lakewood, first noticed the flowers when she came home from school in May.

“I think it’s a really nice idea,” Reynolds says. It makes our town look nicer.” Anne Trenholme, another student living here, agrees, saying she thinks it, “brightens our community.”

Main Street Lakewood, a volunteer committee based around four points (organization, design, promotion, and economic restructuring) needed a good way to help boost the aesthetics of the district known as Main Street. Main Street is designated as the area between Arthur Avenue and Bunts Road along Detroit Avenue. Mary Anne Crampton, executive director for the program, researched a “low cost, low maintenance solution for merchants” and decided that “Garden In a Box” flowers were the best plan. The goal was to do a thorough job with whatever was decided upon, even if that meant lower quantity. The initial experiment of hanging baskets last

summer didn’t work because city workers eventually became too busy to water the baskets all the time.

The chairperson of Lakewood Main Street Blossoms, Kathy Haber, who is also president of the Lakewood Foundation among other activities, is a main volunteer for this project. Volunteer is the key word- all of Lakewood Main Street’s projects are solely based on the willing time and commitment given by those in the community. The flowers along the street putting a smile on people’s faces are in thanks to many organizations coming together, as even a small scale project takes a lot of work and cooperation.

Blossoms started out in 2007 when a grant proposal was given to Keep



Lakewood Beautiful, and the earth boxes were piloted last summer. The continued on page 19...

Lakewood Police Making Progress With Copper Pipe Thefts

The City of Lakewood, like many cities across the country, has experienced numerous copper pipe thefts this year. Thieves are entering vacant homes, stealing the copper piping and selling it as scrap metal. This problem is occurring throughout the State of Ohio and across the country.

The Lakewood Police Department has been paying special attention to vacant homes and with the help of attentive neighbors, they are arresting the individuals responsible for these thefts.

Houses on Winchester, Wyandotte

and Hall were broken into in an attempt to steal the copper piping. Unfortunately for the thieves, neighbors were keeping an eye on the houses and called police. As a result of the efforts of these quick-thinking neighbors and the Lakewood Police Department, the thieves were arrested and charged with breaking and entering and possession of criminal tools.

In a unique case, Lakewood Police have also been using forensic inves-

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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

Puma Yoga Opens In Lakewood, August 8th

by Susan Polakoff

Maria “Puma” Reyes, a well-known yoga teacher on Cleveland’s westside, finally has a home to call her own.

Beginning August 9, Reyes will open her own studio, **Puma Yoga**, at 15602 Detroit Ave., in Lakewood. For the past several years, Reyes has earned a loyal following teaching at various gyms, clubs and churches.

“I’m very excited to be able to bring a new business to Lakewood,” said Reyes. “The time is right for the opening of a studio that features variety of yoga styles taught by experienced teachers to students of all skill levels.”

Puma Yoga studio will feature several different yoga styles including

Forrest, Vinyasa and Restorative yoga. In addition to yoga, belly dancing classes will be offered as well as special classes for children and for pregnant women.

Reyes has practiced yoga since 2000 and is certified in Forrest, Prenatal and Relax & Renew/Restorative Yoga. She has studied with reknown yoga instructors such as Ana Forrest, Rolf Gates, Judith Lasater, Johnny Kest, Elise Miller, Manju Jois and many other master teachers. Reyes has worked for eight years in the natural food industry as a sales representative for a natural food broker. Prior to that, she worked in advertising sales for a local news publication. She earned her journalism degree from Bowling Green State University.



An Intense match of Cornhole at the West Clifton Block Party

West Clifton Block Party '08

by staff writer

For the last 3 years residents of West Clifton have held a get-together each July 4th weekend. Many neighbors are home that weekend specifically to enjoy the Independence holiday here in Lakewood so it seems to work out well. One block member is in a band so

they set up a stage on their front porch. Neighbors pool resources to buy food, paper plates, desserts, etc. Families from smaller, neighboring streets are also included. The more the merrier. It is such a great time.

Lakewood Walks Main Street: Event Promotes Active Living And Downtown Business District

by Mary Anne Crampton

Main Street Lakewood, in collaboration with Lakewood Hospital and the City of Lakewood, encourages all Lakewood residents and workers to make walking a part of their everyday routine by exploring Lakewood’s Main Street anytime from 11:00 a.m. and 7:00 p.m. on Wednesday, August 20. This is a “rain or shine” event!

Walkers may enter the route at any point along Detroit Avenue between

Arthur Avenue and Bunts Road. Registration forms will be available from any of our walking partners on the day of the event. Look for Lakewood Hospital balloons marking our walking partner stops.

Participants who check-in with all our walking partners will be eligible for great prizes from local merchants. Walkers who complete the two-mile route double their chances of winning.

Please see the participant form printed elsewhere in the Lakewood Observer for details.

NAMI Walks For The Minds Of America

by Dori Linn

On Saturday, September 6th, 2008 at Voinovich Park at 9:00 a.m., NAMI will sponsor a walk for The Minds Of America. You can make a difference by joining us in our 6th annual walk or by making a donation. The walk is 2.5 miles, making it a great way to get your exercise.

Your financial support is totally tax-deductible. NAMI is a not-for-profit organization. By participating,

you help bring us closer to eliminating the stigma of mental illness. NAMI provides mutual support, practical information, referral, advocacy & educational resources.

NAMI of Greater Cleveland, c/o Bridget Murphy
1400 W. 25th St, 4th floor
Cleveland OH 44113

You may also donate your support online at www.namigreatercleveland.org by credit card.

New Art Gallery Opening

As interest continues to grow in the local art scene, **Galleria D’Arte** is the latest addition to the Lakewood art community. Riding the wave of this year’s Lakewood Arts Festival, Galleria D’Arte is set to open August 9th, 2008.

The gallery is located at 15612 Detroit Avenue near downtown Lakewood. The gallery will display original and unique arts and crafts by jury selection only, including a display of “Red Hats” and associated merchandise. The gallery will be open Saturdays and Sundays from 9:00am to 3:00pm. Appointments will be accepted for showings outside business hours.

For more details or to inquire about displaying your work, please call Theresa Busser at (216) 226-2100.

Design by: www.jenniguladesign.com

WHAT: A **FREE** outdoor summer youth concert series

WHEN: Friday nights, beginning July 11 and ending August 29 6:00 – 8:00 p.m.

WHERE: Municipal parking lot next to Sinagra Park in the heart of downtown Lakewood (see back for schedule)

A concert series to celebrate our community's rich talent and diversity by showcasing the talents of young musicians of middle school and high school age.

For more info: www.vancemusicstudios.com • 216.227.2886

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Do you know the warning signs of a stroke? Think F.A.S.T. To learn more, or for your free stroke information kit, visit lakewoodhospital.org

Lakewood City News

Residents And City Speak Up To Save Lakewood’s Community Circulator

by Margaret Brinich

Over 10 years ago, Lakewood became one of the first few communities selected by the Greater Cleveland Regional Transit Authority (RTA), to establish a new model in public transportation, the Community Circulator. With cheaper fares and a Lakewood-only route, the short, white, #804 buses, and the ridership that goes with them, are now at risk of elimination. Although the reasoning behind RTA’s cuts remains somewhat unclear, discontented Lakewood citizens are fighting back.

A group of nearly 100 Lakewood-ites gathered at City Hall last Tuesday, July 29th, to band together and make their voices heard. Mayor Fitzgerald briefly outlined the City’s argument to RTA in favor of keeping the circulator service in place. With 40,000 riders accounting for nearly 25% of the total ridership across all Community Circulators, Lakewood’s case looks strong.

Perhaps even more convincing than the City’s statistics were the impassioned stories being shared during the forum. Over the course of an hour, current riders talked about their personal connections to the Circulator.

While most of the needs expressed were to be expected in a community where 1 in 7 households have no car, the sense of urgency in the voice of each speaker was truly remarkable. Some spoke of needing to get to Lakewood Hospital or pick up prescriptions. For others it is their only source of transportation to and from work. For many seniors, the bus stop in front of Giant Eagle affords them not only access to groceries, but by extension, their greatest outlet to independent day-to-day living. At the other end of the age spectrum, the City estimates that approximately 1 in 10 Lakewood High School students uses some form of RTA to get to school. During the summer, the Circulator

offers an affordable option to get to a summer job.

Another prominent theme that emerged from the forum is the unique functionality of the Community Circulator. Citing weather-related and other safety concerns, the flexibility of these smaller scale bus routes affords drivers the ability to drop riders at any point along the Circulator’s route. In a transit system currently dominated by large scale, technologically cutting-edge renovations downtown, like the Euclid Corridor Project, many riders expressed their disappointment with RTA’s lack of attention to the needs of their dedicated, higher-need, neighborhood-based riders.

Mayor Fitzgerald encouraged Lakewood residents to attend RTA’s official community meetings, the first of which occurred in Rocky River on Monday, August 4th. He also emphasized that RTA has not yet made a final decision regarding the Lakewood cut, and that the City is committed to continuing communications with RTA for as long as necessary.

To tell RTA what you think about the proposed elimination of the Lakewood Community Circulator, send an e-mail to public-comment@gcrta.org or a letter to RTA Marketing & Communications Department, 1240 West Sixth Street, Cleveland, Ohio 44113.

Summary Of Strengthened Dog Safety Policy

by Councilman Ward 2
Tom Bullock

This strengthened dog safety proposal would act on two parallel tracks (one short-term, one long-term) to be adopted in a simultaneous, side-by-side manner:

First, take immediate action to address present public safety risks stemming from widespread non-compliance

with dangerous dog safety laws. Second, create an Animal Safety and Welfare Advisory Board to develop and propose a “best practices” dog safety policy for the long-term and to support City enforcement with expanded expertise, resources, and community reach.

The strengthened dangerous dog compliance policy would accomplish the following:

Strengthen penalties for non-compliance with dangerous dog safety requirements, thereby strengthening enforcement and creating an incentive for owners to be more responsible and take preventative action. Set up a grandparented prohibition on new dangerous dogs in Lakewood that would allow existing dangerous dogs to register with and remain in the city if their owners fully comply with the law (and remain in compliance thereafter) within 90 days of enactment. Add new requirements for registration of grand-parented dangerous dogs: micro-chipping and photographing (to aid tracking and effective enforcement), Neutering/spaying, Annual renewal of registration and annual proof of valid of insurance; notice of moving residence; and a \$50 registration fee. Reserve appeals and due process rights to owners.

The policy to address animal safety and welfare in a comprehensive, “best practices” manner over the long-term would include the creation of an Animal Safety and Welfare Advisory Board to support City enforcement with expanded expertise, resources, and community reach. Membership should be a balanced. The scope of the Board would consider not only dogs, but all animals in Lakewood. The Board would assist public education and community outreach to educate owners and detect animal safety and abuse problems for proper follow up by Animal Control Officers. The Board could continuously improve written educational materials and coordinate or refer animal owners to education classes.

The Board can serve as a sounding board for general animal issues.

Progress With Copper Pipe Thefts

continued from page 1...

investigative techniques to catch copper thieves. In a break-in on Merl Avenue, police found DNA evidence left at the scene. They sent the evidence to BCI and there was a DNA profile hit. A search warrant was issued and the thief was arrested and ultimately convicted of the crime. In all, sixteen break-ins have been cleared with the arrests of the responsible individuals.

Residents are encouraged to call the Lakewood Police Department at (216) 529-6773 if they see anything suspicious happening in their neighborhoods.

“The Lakewood Police Department is doing a great job of apprehending the thieves responsible for the recent copper pipe thefts,” stated Mayor Ed Fitzgerald. “And residents are doing a great job of paying attention to what is going on in their neighborhoods and

reporting suspicious activity. The cooperation between the Police Department and residents is the key to catching these criminals. These types of partnerships are exactly what we encourage through our Neighborhood Block Clubs.”

The Lakewood Neighborhood Block Club Program is an effective way for residents to get to know their neighbors and become more aware of what is going on in your neighborhood. Block club is a resident-directed program that helps everyone, because a neighborhood becomes stronger, safer, and cleaner when residents watch out for each other. Police and human services also become more effective. If you are interested in starting a block club program in your neighborhood, materials and information are available by calling (216) 529-6657.



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Lakewood City News

Cox Communications Signs Agreement With The National Center For Missing And Exploited Children

by Jennifer Elting

Cox Communications announced today it's taking further steps to limit the spread of child pornography online by signing on to a historic agreement among cable Internet providers. Cox is one of 18 members of the National Cable & Telecommunications Association (NCTA) which will partner with the National Center for Missing and Exploited Children (NCMEC) to limit the distribution of child pornography.

The unprecedented, industry-wide agreement calls on cable operators to sign an agreement with NCMEC. Cox and the other cable broadband companies have agreed to use NCMEC's list of active Websites identified as containing child pornography to ensure no such site is hosted on servers owned or controlled by these companies. Cox and the other ISPs will also report these incidents to NCMEC's CyberTipline for further investigation. Endorsed by the National Association of Attorneys General, this agreement covers operators that provide broadband Internet service to more than 112 million homes.

"Cox is a leader in the area of fighting child porn online, and this voluntary agreement helps us continue the efforts we started years ago to keep children safer on the Internet," stated Anne Doris, Vice President and General Manager, Cox Communications. "I'm proud to see our industry come together to take a stand on this important issue and protect our children."

In addition, Cox already uses an independent third-party provider to block access to known child pornography that is hosted on newsgroups.

"It is uplifting to see companies such as Cox Communications take this proactive initiative to protect children," said Timothy J. DeGeeter, Ohio State Representative, 15th district. "Throughout my career, I have championed legislative efforts advocating for Ohio's families and children. I am pleased to have the support of Cox in this effort to protect our children."

"This agreement is a natural partnership for Cox since we've been a leader in the area of Internet safety and we have a long-standing relationship with NCMEC," said Christy Bykowski, Vice President of Public Affairs, Cox Communications. "We've conducted original research and are entering our third year convening a national summit on teen Internet safety in Washington, DC. Cox has also created an educational outreach program called Take


Charge!, which provides families the tools they need to stay safer online."

Teaching young children and teens how to stay safer online is a major element of the Take Charge! program, thanks in part to Cox's partnership with the NetSmartz® Workshop, NCMEC's Internet safety resource available at www.NetSmartz.org. Cox has donated more than \$30 million worth of advertising time to NetSmartz and NCMEC to encourage safer online behavior among children. More information about Cox's Take Charge! program is available at www.cox.com/takecharge.

About Cox Communications

Cox Communications is a multi-service broadband communications and entertainment company with more than 6.2 million total residential and commercial customers. The third-largest cable television company in the United States, Cox offers an array of advanced digital video, high-speed Internet and telephony services over its own nationwide IP network, as well as integrated wireless services. Cox Business is a full-service, facilities-based provider of communications solutions for commercial customers, providing high-speed Internet, voice and long distance services, as well as data and video transport services for small to large-sized businesses. Cox Media offers national and local cable advertising in traditional spot and new media formats,

along with promotional opportunities and production services. Cox Communications wholly owns and operates the Travel Channel. More information about the services of Cox Communications, a wholly owned subsidiary of Cox Enterprises, is available at www.cox.com, www.coxbusiness.com and www.coxmedia.com. Focused on exceptional customer service, Cox Communications Cleveland operates in the cities of Broadview Heights, Brooklyn Heights, Fairview Park, Lakewood, Olmsted Falls, Olmsted Township, Parma, Parma Heights, Rocky River and Seven Hills. For more information about Cox Communications Cleveland please visit www.coxcleveland.com.



ONE MILE

Lakewood Walks Main Street

Wednesday, August 20
Anytime from 11 a.m. to 7 p.m.

Main Street Lakewood, Lakewood Hospital and the City of Lakewood proudly present this event to encourage people who live and/or work in Lakewood to WALK as part of your daily routine.




You may enter the route at any point along Detroit Avenue.

- **ONE-MILE ROUTE:** Lakewood Hospital Professional Building through Lakewood City Center to Library and back.
- **TWO-MILE ROUTE:** Lakewood Hospital Professional Building to Lakewood Library to Bunts Road and back.

Forms will be available at all walking partner merchant locations and participating businesses will be marked by balloons. All walkers who have merchants initial their forms will be eligible to win great prizes including a Grand Prize basket valued over \$200. Participants will also receive a healthy snack, water and sponsor give-a-ways.

Register to enter the raffle!
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Lakewood Recreation Sports Schedule

TACKLE FOOTBALL
Grades 5th & 6th - Lakewood Recreation Department is taking registrations for children in grades 5th and 6th to participate in the Little Southwest Tackle Football Conference. This is an instructional league where fundamentals and participation are stressed. Players will participate in a 7 game season against teams from Avon, Avon Lake, Bay Village, Fairview Park, North Olmsted, Rocky River and Sheffield. Cost is \$85 per player. Practice starts the week of August 4th. All participants must have a physical on file at the Recreation Department prior to participating. Lakewood Residents only. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.

Grades 3rd & 4th - Lakewood Recreation Department is taking registrations for children in grades 3rd and 4th to participate in the In-House Instructional Tackle Football program. This is an instructional in-house league where fundamentals and participation are stressed. Players will participate in a 5 game season. Cost is \$65 per player. Practice starts the week of August 11th. Season format will be based on the number of registrations. All participants must have a physical on file at the Recreation Department prior to participating. Lakewood Residents only. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.

NFL FLAG FOOTBALL
Grades 2nd & 3rd - Lakewood Recreation Department is taking registrations for children in grades 2nd and 3rd to participate in the NFL Flag Football program. This is an instructional in-house program where fundamentals and participation are stressed. Players will participate in a 5 game season. Cost is \$45 per resident/\$65 per non-resident. Games will begin Saturday, September 20th. Deadline for registration is August 31st. Participants 10 years of age and older must have a physical on file at the Recreation Department prior to participating. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.


CHEERLEADING
Grades 5th & 6th – Lakewood Recreation Department is taking registrations for children in grades 5th & 6th. Participants will cheer for the 5th & 6th grade tackle football teams participating in a 7 game season in the Little Southwest Conference Tackle Football League. Cost is \$65 per participant. Practice starts in

September. Deadline for registration is August 31st. All participants must have a physical on file at the Recreation Department prior to participating. Lakewood residents only. Participants 10 years of age and older must have a physical on file at the Recreation Department prior to participating. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.

Grades 3rd & 4th - Lakewood Recreation Department is taking registrations for children in grades 3rd & 4th to participate in the in-house cheerleading program. Participants will cheer for the 3rd & 4th grade in-house tackle football teams participating a 5 game season. Cost is \$45 per participant. Practice starts in September. Deadline for registration is August 31st. All participants must have a physical on file at the Recreation Department prior to participating. Lakewood residents only. Participants 10 years of age and older must have a physical on file at the Recreation Department prior to participating. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.

CROSS COUNTRY
Lakewood Recreation Department is taking registrations for Cross Country for students in grades 6th through 8th. Participants will run in approximately 6 meets. Cost is \$59 per person. Practice starts toward the end of August. Deadline for registration is August 31st. All participants must have a physical on file at the Recreation Department prior to participating. Lakewood residents only. For more information or to register call the Recreation Department at 216-529-4081. You can register in person at the Recreation Department, 1456 Warren Road.

LEBL OPEN GYMS
Lakewood Recreation Department is offering open gyms for boys and girls in grades 4th through 6th who are interested in participating in the Lake Erie Basketball League (LEBL). The Recreation Department will be entering several boys and girls teams in the Lake Erie Basketball League this fall. The purpose of the LEBL is to provide 4th, 5th, and 6th grade boys and 5th & 6th grades girls the opportunity to play a competitive level of basketball and to learn and enjoy the game. Players will participate in various divisions, representing 27, mainly western and southern, suburbs of Cleveland. Players are encouraged to attend these open gym sessions as we begin forming teams. Coaches are needed. Interested parents must contact the Recreation Department. Open gyms will be held from August 5th to September 21st at Roosevelt Elementary School on Tuesdays and Thursdays from 6:00 pm to 8:00 pm and Sundays from 1:00 pm to 3:00 pm. Open gyms are available to Lakewood



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*Offer ends 8/15/08. Cox High Speed Internet is available to residential customers in Cox wired serviceable locations. After 1 month promotional period, regular rates for services and equipment will apply (currently \$44.99 for Cox Preferred Package and \$59.99 for Cox Premier Package). **Free modem with rebate program; one modem per household during program period and valid only for new Cox High Speed Internet subscribers with the Preferred or Premier package. For more details visit www.cox.com/cleveland/modemrebate. For best performance, a Cox approved modem is recommended. Speed comparison based upon maximum download speeds of Cox Premier with PowerBoost® 20 Mbps v. 10 Mbps AT&T speed. PowerBoost® is a registered trademark of Comcast Corporation. Used with Permission. Installation fees may apply. Other restrictions apply. ©2008 CoxCom, Inc., d/b/a Cox Communications Cleveland Area. All rights reserved.

Cox Announces High School Football Game Of The Week Schedule

Cox Communications today announced the return of the Cox High School Football Game of the Week. Cox Communications is committed to the communities we serve and strives to provide our customers with unique and valuable local programming options. The Game of the Week televises local high school football games, providing a unique way for both fans and players to relive the excitement of their Friday night high school football game.

The 2008 Cox High School Football Game of the Week schedule* is as follows:

- 8/23/08 Strongsville vs. St. Edward's @ Lakewood Stadium
- 8/29/08 Clyde vs. Olmsted Falls
- 9/5/08 Westlake @ Rocky River
- 9/12/08 Parma @ Lakewood
- 9/19/08 Fairview @ North Ridgeville
- 9/26/08 Normandy vs. Valley Forge @ Byers Field

- 10/3/08 Parma vs. Normandy @ Byers Field
- 10/10/08 Lakewood @ Medina
- 10/17/08 Hoban @ Padua
- 10/24/08 Parma vs. Valley Forge @ Byers Field

Please note: Schedule subject to change. Watch the games on Cox45: Saturday at 12:00 p.m. & 7:00 p.m., Sunday at 7:00 p.m. and Wednesday at 4:30 p.m. In addition, the Cox High School Football Game of the Week will be available On DEMAND on Cox Channel 1 48 hours after original game date and remain through the entire high school football season. To view your game On DEMAND, select "Local On DEMAND" and then choose "Cox Sports." Check out the up-to-date schedule and watch streaming video highlight clips at www.coxcleveland.com. Go to the Cox Channel 45 section of the Web site and then click on "Local Sports."

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Lakewood Observer

Lakewood Hospital Offered Second ‘Flavors Of Health’ ‘Flavors Of Health’ At Maria’s Italian Restaurant

by Anne Kuenzel

Lakewood Hospital partnered with Maria’s Italian Restaurant (previously Maria’s Roman Room), 11822 Detroit Avenue, in Lakewood, to promote heart-healthy eating and portion-control through its second serving of Flavors of Health. Flavors of Health took place on Thursday, July 24 and offered registered dinner guests a delicious meal comprised entirely from natural, organic and healthy food products. The event was sold out, with extra guests dining on the patio to make room for all.

“Poor eating habits can increase a person’s risk of developing heart disease and obesity,” says Jack Gustin, president of Lakewood Hospital. “Cardiovascular disease is the nation’s No. 1 killer and obesity is now recognized as a major risk factor for heart disease, stroke and diabetes. As one of the area’s leading health care organizations, it is our job to do what we can to educate and empower the community to make healthier lifestyle decisions. Flavors of Health is a unique event to do just that!” This is the second time Lakewood Hospital has partnered with a local restaurant to offer Flavors of



Gwen and Roy Hoertz, Janelle Henning, M.D. and Amy Jamieson-Petonic.

Health; the first healthy dining event was held at Players on Madison in February.

For the first course of Flavors of Health, Janelle Henning, M.D., a family medicine physician from Lakewood Medical Associates, Rockport, provided guests with important tips on how to naturally lower their blood pressure, cholesterol and blood sugar; potentially avoiding medications. While she spoke, guests enjoyed a small portion

of walnuts and ice water before starting into the Mediterranean Salad, which was served with a whole-grain dinner roll and oil, as opposed to butter.

Cleveland Clinic Dietitian Amy Jamieson-Petonic, MEd, R.D., L.D., then discussed the nutritional benefits of a Mediterranean diet as well as the importance of portion control while guests enjoyed their main entrée – their choice of Salmon Tarragon or Chicken Romano, served with fresh broccoli and

whole grain pasta topped with Maria’s Italian Restaurant’s famous marinara sauce. The centerpieces doubled as the dessert; a small serving of European chocolate and fresh strawberries.

Diners were provided with take-home menus of the night’s dinner, a “healthy-eating food pyramid” and their very own copy of Dr. Henning’s “5 Keys to a Healthier Meal,” which can be referenced with every meal from breakfast to dinner.

“Maria’s Italian Restaurant is well known for its tasty, homemade sauces and salad dressings, which are made here every day,” says Maria’s new owner Gwen Dillingham-Hoertz. “We like to purchase our food from local vendors such as Ohio City Pasta and K&K Meats. It’s important to us to support our community and make certain that items on our menu are always fresh. We were excited to work with Lakewood Hospital to offer our dinner guests a healthy meal in such a fun and appetizing way.”

As requested by attendees at the first two Flavors of Health, there will be more to come in the future. Stay current with Lakewood Hospital events, such as Flavors of Health, by visiting lakewoodhospital.org.

Lakewood Public Library Events Calendar

SUNDAY WITH THE FRIENDS: TRADITIONAL CHICAGO BLUES

Back by popular demand! Self-taught harmonica player Wallace Coleman traveled the world for ten years with Robert Lockwood Jr.’s legendary band, then hit the road with his own group, playing every major blues festival around the world. Here’s your chance to hear this Living Blues Award Winner and Ohio Heritage Fellow perform solo. **Sunday, August 10 at 2:00 p.m. in the Main Library Auditorium**

FIVE STAR FILMS:

THE RED VIOLIN (1999-Canada/U.S.) Directed by Francois Girard R

An intriguing tale about a unique instrument created in 1681 by an Italian violinmaker in an effort to keep his wife’s spirit alive. It then begins a fascinating journey through three centuries, over five continents and into famous and infamous hands before coming to rest at a pinnacle auction house. An expert spots the rare violin before the sale begins and becomes obsessed with its legend. **Saturday, August 16 at 6:00 p.m. in the New Main Library Auditorium**

FAMILY WEEKEND WONDERS:

Make the library a part of your family weekend time with programs featuring stories, activities, music and crafts. 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. **Programs are held in the Activity Room at Main Library and the basement at the Madison Branch.**

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.
August 8, 9, 10: Paint Me a Rainbow

August 15, 16, 17: 1, 2, 3... Count with Me

SUMMER READING CLUB 2008

CATCH THE READING BUG! For children age birth through fifth grade

Monday, May 12 – Saturday, August 16

Feeling sluggish, antsy, or somewhere in-between? Join the Summer Reading Club and choose to complete 30 books or 30 hours of reading. Visit the Reading Club table once a week to collect bug stamps and tickets toward prize drawings. Receive a certificate, a nameplate and a special reward when you finish the club. **In the Children’s and Youth Services Department at Main Library and Madison Branch**

METAMORPHOSIS: For students sixth through twelfth grade

Monday, May 12 – Saturday, August 16

Summer Reading Club has been transformed for teens and tweens. Choose to complete 30 books or 30 hours of reading and earn chances for prizes. Stop by the Reading Club table to sign up or for more information. In the Children’s and Youth

Services Department at Main Library and Madison Branch

WHAT NOVEL IDEAS! Book discussions for students sixth through eighth grade. Need to read before school begins? Choose from the following books and participate in book discussions designed to help with your summer reading assignments. Books must be read before the program to participate. **To register, please stop in or call (216) 226-8275, ext. 140.**

Main Library

Tuesday, August 5

Thursday, August 7

Tuesday, August 12

Thursday, August 14

Tuesday, August 19

Thursday, August 21

Revenge of the Witch by Joseph Delaney

Homeless Bird by Gloria Whelan

American Born Chinese by Gene Luen Yang

The Lightning Thief by Rick Riordan

A Year Down Yonder by Richard Peck

Dairy Queen by Catherine Gilbert Murdock

Madison Branch

Tuesday, August 5

Tuesday, August 12

Tuesday, August 19

7:30 p.m. – 8:30 p.m. in the Children’s and Youth Services Department

Sabriel by Garth Nix

Fever, 1793 by Laurie Halse Anderson

Poison Ivy by Amy Goldman Koss

LEAF

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07 August 2008

Art Tent
Anne and James Hovanec, blacksmiths

Music Stage
Cheryl Fittick, classical guitar @ 4:30 pm
Hoop and friends @ 6:00 pm

14 August 2008

Art Tent
Jeanetta Ho, craft art

Music Stage
The Outside Jakes @ 4:30 pm
The Flipside @ 6:00 pm

Lakewood Cares

Miracle On Marlowe

by Paula Maeder Connor

He was at the door. It is not unusual for people to come to the door at Trinity Lutheran. For now, I will call him Bill. For it is hard for people to ask for help and privacy is needed. I've been there.

Losing a job used to be thought of as a personal fault, a failure. Something YOU did was wrong and the job loss was the consequence, just like my experience after college. I was not going to work at a bank. Not me. I had a background in Spanish and political science and a B. A. I was not going to be indoors in Cleveland, Ohio. I had to go out of town for training for another position. I would have been fired for calling off on a weekend and I did not trust my immediate supervisor... she didn't have a degree and I did. Attitude?! I lied. Upon returning, I let the supervisor know I had not been sick. My consequence for lying: being fired. My father's words were, "You brought this on yourself." Loser.

And then later in life, even after masters degrees and seminary training and experience in ministry, no congregation was calling either my husband or me, both out of work pastors. We had 8 part-time jobs between us, two precious little girls and bills that couldn't be paid. We had to ask our Bishop for help to pay some. That old tape of my father was playing the same song. Loser.

Shame is a fierce partner in our life's journey. I've been there. Poverty is not something I would wish on anyone. I've been there too. So when Bill and others come to the door of our church, I pray, I listen and I am humbled by their bravery in asking for help.

Prescription in hand, ladder in pick up, Bill needed money for his medications. I prayed, I listened and I asked him to meet me at Giant Eagle. Four dollars later the meds were his. \$20 for the truck kept that day going. And, using the "teach a man to fish" tactic I said, "since you're a contractor, how about a bid on my house that needs work? If you do a good job, Lakewood is filled with houses needing the same carpentry, brickwork and painting as mine." His bid was the lowest I received.

So, now we waited for the bank loan. It didn't come. The same economy that disallowed my home loan

disallowed Bill daily bread. My husband and I started an inventory of our assets. We squeaked through the contract finding pockets and emergency funds we never thought we would find. We may have 'robbed Peter to pay Paula', but we'll catch up. We owe the bank nothing, are enjoying our 'staycation' at home this year, and actually will entertain friends.

Bill helped make a number of miracles on Marlowe happen. He found the Lakewood Christian Service Center and employed day workers: an out of work Catholic Youth Organization programmer, an out of work artist and Reiki instructor, a person with more than one mental health reality, a "green" painter/carpenter who protected my gardens and the bees, an unemployed laborer who did great work in carpentry and masonry. All got through part of the summer with the miracles on Marlowe.

Yet, the "it takes a village" to help one another reality went further. There was Bill's connection with the pastors of Pilgrim St. Paul Lutheran Church. They are the ones with the Lakewood licenses, the high ladders and scaffolding, as one of them had put himself through seminary as a general contractor. But even bigger than this, dear reader, is the conversation those pastors had with me in my yard. You see the variety of Lutherans often have trouble being in conversation one with another. It is about years of debate over church doctrine and interpretation of Scripture among other things. But there in the Miracle of Marlowe we all stood together in assisting Bill (and the others) through whatever this economy has brought them.

I will keep forever this miracle on Marlowe as part of my memories of this village called Lakewood.

USPS Safety Corner

Mailboxes are an important part of daily mail delivery. They come in all shapes and sizes. Mailboxes should be spotted easily by the carriers as they are delivering. If a carrier cannot find the box easily, they will return the mail back to the Post Office. Here are some tips to help ensure you receive daily accurate delivery.

1. Mailboxes should not be hidden so that the carrier cannot find it. Do not hide boxes in bushes or other yard decorations. Again if the carrier cannot find it easily, the mail will be returned to the Post Office.
2. If your box is on the side of your house, put your address on the box so the carrier knows for sure that they are at the correct address. Carriers are given a certain amount of time to deliver to each address, they do not have time to walk around houses looking for mailboxes and addresses.
3. There should be absolutely no boxes at ground level!! This is a serious safety issue. Many carriers strain their backs bending over with a weighted bag. It is very easy for the mailbag to shift and cause injury. A carrier is not obligated to deliver to a box that is not properly mounted at a height that is both safe and secure. Keep in mind that a carrier has one free hand with which to pull together your mail, open the mailbox, insert the mail, and grab any outgoing mail that is in the box.
4. Mailboxes should be around 4 to 5 feet off the ground to ensure safe delivery by the carrier.
5. Maintenance of your mailbox is also very important. If your mailbox is rusted out please have them replaced. This can easily injure a carrier.
6. Please prevent putting plants, chairs, or any other items in front of your mailbox. This creates an opportunity for injury. If the carrier has to reach unnec-

essarily over the top of items, this easily causes back strains. A carrier should be able to stand directly in front of your mailbox without any obstacles present.

7. Size does matter! If you have a home business and receive quite a bit of mail, then your box should be big enough to hold that amount. It is very difficult for a carrier to fold a lot of mail with one hand, then try and stuff it into a box that is too small. Please make that your box size is sufficient for the amount of mail you receive. Also keep in mind, if you are video renters, they do not fit into small boxes!



The Post Office recommends the best place to put your mailbox is on the side of your house with the address on the box. There are a few reasons for this. First of all it insures accurate delivery. Secondly, the carrier is safer. Finally, you won't have to worry about mail delivery in the winter time. The carrier will easily be able to get to your box and you won't have to worry about clearing your steps and porches daily.

The Post Office realizes that Lakewood has a lot of rental property. If you receive mail at a Lakewood address, whether your rent or own, it is your responsibility to ensure that the mailboxes are up to standard.


These are the best suggestions to help ensure your mail is delivered daily and that your carrier is safe.

*As always we welcome comments and suggestions,
Your Lakewood Safety Committee*

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For additional information call:
216-529-1081

Lakewood Renaissance

Not Your Average Walk In The Park

by Thealexa Becker

When the word “park” is mentioned, images of play groups, soccer teams, picnics, playgrounds, and other group activities quickly come to mind. But what about an organization whose goal is not to use the park, but to improve it?

“It’s a jewel that needs some attention,” said Ward 4 Councilwoman Mary Louise Madigan of Madison Park.

And that is exactly what the Friends of Madison Park (FOMP), a recently formed Lakewood-based organization, wants to do. Their official goal is “the restoration of a family friendly neighborhood park with fun, functional playground equipment, sturdy, competitive fields, clean, well maintained bathrooms and a safe, welcoming atmosphere for young and old.”

“It’s in proximity to hundreds of families who could use a safe, functional park space on the east end,” said Madigan.

“I used to go a lot,” said Michael Fleenor, one of the key coordinators of FOMP and the director of Preservations Programs at the Cleveland Restoration Society. “But it started getting more and more rundown. Most of the equipment is at least 40 years old and the newer equipment is not really in compliance with current standards.”

So Fleenor, dissatisfied with the conditions of his neighborhood park, called the city to complain. Some pieces of equipment were removed and he got into contact with Madigan. They determined that the park might benefit from a “friends” group and in February FOMP started taking shape.

“There is a real diversity of people interested in the park,” said Fleenor. “I’ve been really pleased from the very beginning because young families and older people are involved in the group.”

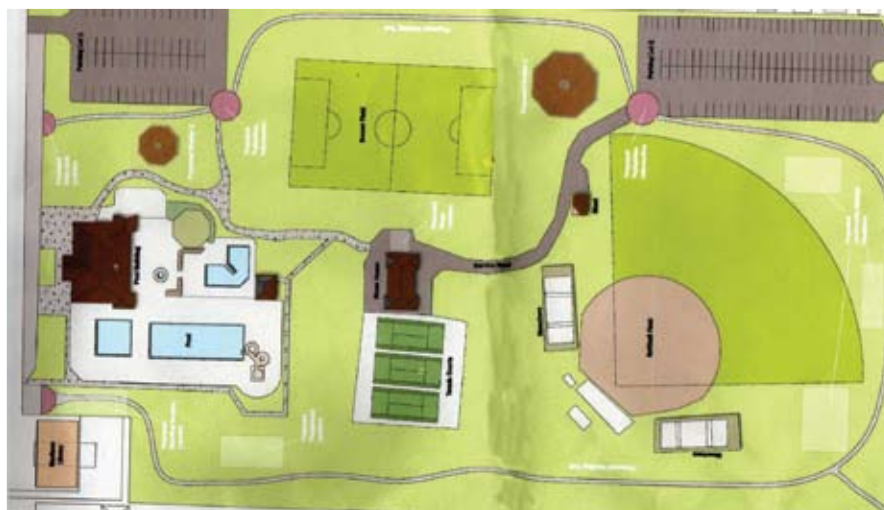
The first step for FOMP was to look at what the park had and what it lacked. In March, the group did an asset mapping exercise with David Reed of the Kent State Urban Design Collaborative.

“We went to the park and talked about the assets and liabilities,” said Fleenor.

Among the strengths of Madison Park are the swimming pool, baseball field, tennis courts, soccer field, nearby bowling alley, and the Madison Branch of the Lakewood Public Library. The park also has security cameras, good lighting, and a planned playground as well as WiFi.

However, there were just as many liabilities, some of which revolved around architectural and planning discrepancies.

“It does have problems,” said Fleenor. “It was designed as an afterthought. The view of the park improves home values, but Madison faces the back of houses. It’s not well organized. Things are placed helter skelter.” He added that this is a problem that several other parks in the city have such as



Top: A computer generated image of the new playground equipment for Madison Park. Above: An aerial view of the proposed renovations for Madison Park.

Webb, Cove, and Kaufman.

One of the issues of planning is that all the paths in the park lead to the bathrooms, which are only open for the summer season (another major complaint and liability of the park). In addition, there seems to be too much fencing, a lack of balance, and poor landscaping.

To combat these deficiencies, FOMP also compiled a list of possible opportunities and actions that the city might take to improve on the park. Some of these have already been put into place, such as the community gardens and new playground equipment.

“The new playground equipment will do a wonderful service for the kids,” said Judy Gryzbowski, a librarian at the Madison Library. “If they see the city is trying to improve the park...children can be given pride in what they see.”

The new equipment is the only official purchase that has been made by the city in regards to FOMP’s plans for the park. It will be installed sometime in September, according to Fleenor, and will include a safety pad as well as a colorful and activity laden design.

The process has not, however, been without surprises as a discus field was discovered in the midst of the Madison Park grounds. It turns out that this was actually installed by the Recreation Department for Track and Field practice, and while it is not of great concern to the renovation plans, the direct result was a Memorandum of Understanding defining who makes the decisions about the parks and who pays for what.

“The administration has assured us that our input will be considered for any decision regarding the park,” said

Madigan, whose role in the organization is to be a liaison between FOMP and the city. “The city is reviewing [our plans] and telling us what we can get done now and what has to wait based on our tight budget.”

Some of the possible plans for Madison Park include a pavilion or stage that could be used for local events much in the same way that the stage is used in Lakewood Park. There is also talk of a “Reading Garden” near the library for use by book clubs and the library facility itself.

“[The Reading Garden] would be a great idea,” said Gryzbowski. “We could read to the kids...it would be lovely.”

But nothing other than the aforementioned playground equipment is “set in stone”, however there are efforts to continue maintaining the park while these issues are being resolved by the community.

“You need to start with a goal,” said Madigan, who added that her philosophy on the matter is “Keep it Simple.”

Fleenor talked of some opportunities for Madison Park because of its historic location, great surrounding architecture, and proximity to a set of “nice” streets.

“We could interpret the rich history through public art,” said Fleenor. He continued that many of these ideas were drawn from other park renovations in the Cleveland Area done by Park Works, who helped advise FOMP. “We could interpret something about history or architecture into the fencing [of the park]...We wanted to create more of a gateway [into the park].”

In the meantime, efforts are being

made to maintain Madison’s appearance until further renovations take place. In April of this year, Tessa Smith, a soccer mom and member of FOMP, took part in Spruce Up Lakewood Day and along with some other volunteers, cleaned up Madison Park.

“It’s snowballed,” said Smith of the clean-up efforts. “The goal was to get a couple of days set up to make sure everything is in good standing order.”

Smith is hoping that FOMP will be able to stage these park cleaning days at least once every other month and is now looking to August and the future.

“I would like to see the viability of the park improved with better community use,” said Smith, who talked of more varied programming at Madison. “I would love to see the park with more things available for use during different times of the day.”

Smith added that already there are many groups that use the park, such as LECPTA’s Family Room, St. Cyril and Methodius School and Lakewood Soccer.

“It’s great,” Smith said. “I would love to see more of that.”

“Suggestions keep coming in,” said Fleenor, who has gotten calls from other park groups asking for advice about how to proceed with their area.

That is what the FOMP meetings are designed for: to allow community members to share what they think would be advantageous or meaningful changes to Madison Park.

Madigan is excited for the playground equipment, but also hopes to see the “Reading Garden” and the security cameras up and working.

“I’m definitely looking forward to the new playground,” said Smith. “I think that will be fabulous.”

But FOMP still has challenges ahead of it, namely getting their message out to the community.

“Just show up to a meeting and give us your ideas.”

“People have to take responsibility,” said Gryzbowski. “We all live in the city together. I don’t think people should be afraid to come to the park...we need to take the park back.”

But will the idea of a community based friends group catch on in other city parks? “We’re going through and looking at a city wide park improvement plan,” said Mayor Edward Fitzgerald, who will be announcing this along with a safety initiative before the end of August. “[FOMP] is a symbol of what we’re trying to do, having community based decision making. We’re trying to replicate this at other parks.”

“I hope it does [influence] other park groups,” said Smith. “There are so many little parks in Lakewood that no one even knows about and that aren’t being used.”

The next FOMP meeting will be held at the Madison Branch on Wednesday, August 6 at 6:30 PM and will feature a marketing expert from the Geauga Parks District who will help FOMP advertise its renovation plans.

Lakewood Observations

Cleveland Restoration Society’s Heritage Home Program Helps Beautify Lakewood

by JP Kilroy

Lakewood resident Andrew Clark’s first job as a laborer for his father’s company, The R.W. Clark Company, was working on the Cleveland Restoration Society’s restoration of The Sarah Benedict House on Prospect Avenue in Cleveland. This type of work gave him an appreciation of historic preservation.

So it is not surprising that when Andrew decided to purchase a house himself, he chose an old farmhouse in Lakewood on Mathews Avenue, built in 1900. The house, which he purchased in 2006, had not had any major work done on it since 1971. Clark restored all of the windows himself, including weather stripping, insulation, and storm windows. He remodeled a bathroom, and did work in the kitchen and dining room. Then he contacted the Cleveland Restoration Society about their Heritage Home Program.

The Heritage Home Program, which is made available to Lakewood residents by the City of Lakewood and Cuyahoga County Treasurer Jim Rokakis, is a 3.5% APR, 10-year loan for home repair and restoration projects. To be eligible for the loan, a house must have been built prior to 1958 and retain character-defining elements such as the original cladding and wood or steel windows. Clark’s original cedar lap siding had been covered with aluminum siding, but he was willing to remove it. When he did, he found the cedar underneath had been preserved and was in good shape. He also rebuilt the window sill ears which had been taken off when the siding was put on the house. Currently, he is painting the house according to a historic color consultation done by

the Cleveland Restoration Society’s Kerry Adams, using a color combination that closely matches the earliest layers of paint found after the siding was removed.

Clark further used the Heritage Home Program to put a new roof on the house and build a two car garage with lap siding that matched the house and included a salvaged historic door. Clark calls it a “wonderful program” and has found the Cleveland Restoration Society’s expertise on how to do the project, ability to help with sources of materials and other little things very helpful. That expertise, coupled with the low interest loan, makes the Heritage Home Program a good fit for Lakewood.



Andrew Clark’s Marlowe Avenue home prior to the aluminum siding removal.

Lakewood, We Can Do Better

Opinion by Peter Sackett

The challenge is simple: Listen, review, and change. So, here goes.

Medical care: The ER is full of those without insurance; can we set up a separate (physical) structure for their non-emergency matters? It would save tons of time and money.

Schools: Find a way to get physical education back in the daily schedule, along with all of the “lost” arts.

Library: What happened to the “Get out of Jail Free” bones they used to give out during the July 4th parade?

YMCA: The pool hasn’t had a thermometer for months. Can it open earlier on Sunday?

Lakewood Park: How about some exercise stations along the path? We have to do something about the kids

sitting on the edges of the big rocks.

Fashion: Literally, pull up everyone’s pants. The kids would certainly look better. Just what does it say to have your brand of boxers for all to see?

Shopping: That food store on Bunts is a rip off! They charge \$2 for a grapefruit and they won’t open until 7:00 am. I am forced to take a shower, put on my Sperry’s and go to Heinen’s with all the other beautiful people.

This city was built for walking and shopping. There is a multitude of empty storefronts and there is still nowhere to park. But, if we all just stop driving and walk, maybe we can figure out a way to bring retail back. Don’t knock down existing structures to build a box.

Coffee, bagels, and pizza: We need bagels that don’t all look the same.

Watering holes: The smokers can have the patios. But, it sure seems like we have enough places to drink.

Our neighborhoods: Put food compost bins all over this city. Educate the people and the garbage men will have much less to pick up.

Our government: City council meetings on Saturdays at the Women’s Pavilion. Same for School Board. Why do we have only night-time meetings? Tell us who sits on all the boards and committees. Do you know the name of your council person?

Our Court: I am not a fan of lifetime judicial positions. Nothing personal, Judge Pat, but two terms should be the limit on every level of judicial administration. Too bad we have to wait for politicians to make such a change.

Green: What happens in all the apartments?

The roads: The north/south streets are an insult to all of us taxpayers.

Our Police: There are way too many people running red lights. Also, the police could smile once in a while. Walking and biking cops always make the people happy.

Public Transit: The middle of Clifton used to be a streetcar lane. Then, lots of people learned how to drive west.

Clifton Beach: The club is just that. We have lots of lake front and no beach. And, you will see a kid killed soon if the cops don’t keep them off of all those big rocks at the Park.





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Lakewood Arts Festival



photo by Rhonda Loje



Bethany Staley is the Lakewood Arts Festival’s Scholarship winner for 2008. She will be majoring in art at Bowling Green University. You can view her work in the window of Landfall Travel at 14724 Detroit Avenue in Lakewood.



photo by Rhonda Loje



photo by Rhonda Loje



photo by Ahmie Yeung



photo by Ahmie Yeung



photo by Rhonda Loje

Society's Child "Goghs" To Lakewood



Janice Murphy, Janet Day and Sandy McCarthy



Dr. Rosemary & Jeff Robbins with Maria & Evan Parke



The Smiths, whose sone is writing about Iraq for the Observer. Pam ran for mayor.



Lakewood Hospital's president, Jack Gustin, CEO of Cleveland Clinic Regional Hospitals

Jennifer Scott Society's Child

This past Friday Lakewood Hospital held its third annual "Starry Night" fund-raising event. With close to six hundred people in attendance and over \$100,000 raised this is clearly one of Lakewood's finest events of the year. Lakewood Hospital's president, Jack Gustin, said he was overwhelmed with the response this year. The proceeds from the event will support two great causes, Lakewood Hospital's Diabetes's Center which is something near and dear to me having lost my grandfather to the disease and the Lakewood Arts Festival Scholarship Fund which benefits our entire community.

The evening started off at 6p.m. under a beautiful, warm summer sky.



The stars of the night were the chefs and their staff. Another night of amazing food.



From left to right. School Board Member Matt Markling's new baby, School Board Member Betsy Shaughnessy, Debra O'Bryan, Municipal Judge Patrick Carroll, Lakewood Observer Board Member Steve Davis, Bonnie Carroll, and Director of the Lakewood Chamber of Commerce, Kathy Berkshire.



Mary Ross Coleman, Robert Seelie, and Peggy Cleary.



Mr. and Mrs. Helbig. Diane ran for council last fall

Lakewood Hospital's Starry Night



ets ready to introduce WKYC-TV3's Monica Robbins. While Fred DeGrandis president and
ooks on.

Photos By Rhonda Loje

Tents and tables were set up on Belle Ave... there was music provided by "The Bottom Line" band, gourmet food stations featuring a French theme provided by AVI Food Systems from eight of the Cleveland Clinics regional hospitals, live and silent auctions, palm reading, and even a caricature artist that made my head almost twice the size of my husbands,hmmm.....Monica Robins from Channel 3 did a fabulous job serving as the M.C.

New to this years event was the addition of the live auction. Linda Goik from Local Girl Gallery helped to put this together.Over 60 local artists submitted their personal rendition of Van Gogh's "Starry Night" adding a great new twist to

an already exciting event.
After much par-taking of the delicious food, some excellent wine provided by Rozi's,and wonderful conversations with old friends and new acquaintances the evening ended with dancing under the stars. Fred DeGrandis president and CEO of Cleveland Clinic Regional Hospitals summed it up best by saying..." The support given by The City of Lakewood, it's residents, the hospitals employees, physicians and volunteers will guarantee this event will shine for many years to come."

Anyone who would like more information on the diabetes center may visit their website at
www.lakewoodhospital.org/diabetes.



Steve Davis talks with the first family of
Lakewood The FitzGerals



Sanjit Bindra and Sarpreet Bindra



Vincent & Jill O'Brien, Patti and Chas Geiger with Kathy and Peter Kuhn



Tony Sinagra and Peter Shimrack



Jeni and Tom Baker



Fred DeGrandis president and CEO of Cleveland Clinic Regional Hospitals, with Mainstreet's Executive Director Mary Anne Crampton and her husband Byron.



Loren Chylla, Debbie Jarab, Barabara Jarab, Amanda Wilgor, Mike Derrek and Charlotte Twarogowski

Sports Through Ivor's Eyes

Photos by Ivor Karabatkovic



Head Coach Ron Lewis motivates the players after a long day of two-a-day practices



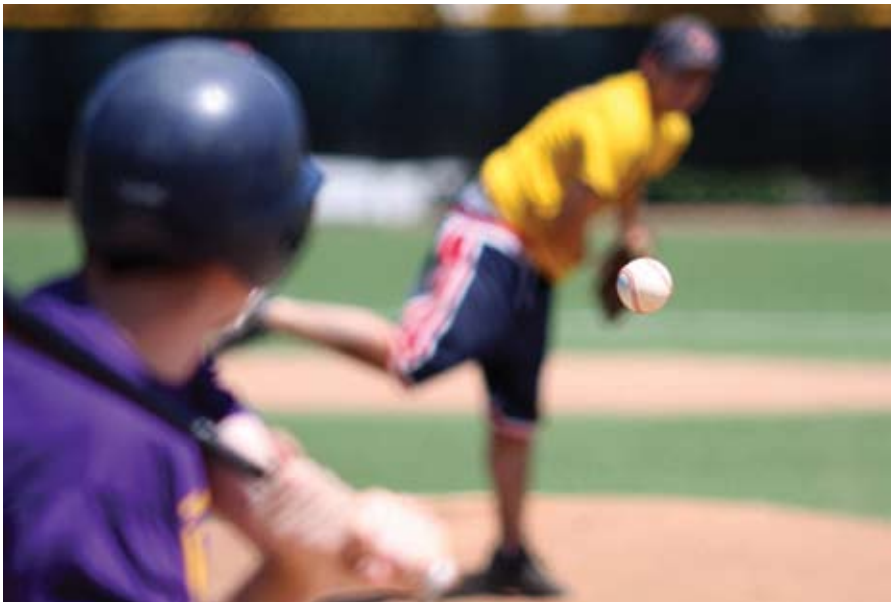
The offensive line practices their field goal blocking. The technique used is called the “Elephant” technique, and forms a locked wall which the defenders cannot break through



The Rangers can't wait for the season to begin



Coach Hogya encourages the linemen to hustle through the drill



Pitcher Kyle Richards (background, yellow) watches the ball cross the plate.



Lakewood Resident Aaron Donahoe waits on a pitch



Rob Pecl, who plays college baseball at Walsh University, made an appearance.



Michelle Gruss, Eric Converse, and Ray Gruss pose for a photo after throwing out the ceremonial first pitch.

Lakewood Observer

Lakewood Stables Lives On

by Jennifer Crisman

About 40 years ago, Lakewood Stables was the place to go for trail rides, horse rentals and riding lessons. What many people don't know is that the stable is still in operation today, managed by a non-profit organization called Valley Riding, Inc.

Tucked in the Rocky River valley in the Cleveland Metroparks, Valley Riding, Inc.'s two barns in the Rocky River Reservation (the old Lakewood Stables) and Brecksville provide horseback riding lessons, a Therapeutic Riding Program accredited by the North American Riding for the Handicapped Association (NAHRA), pony and horse camps, private horse boarding and several other programs that help the "city-dwelling" public enjoy and appreciate horses.

Today, "Lakewood Stables" now known as Rocky River Stables, located at the bottom of Puritas Road hill, is currently home to nearly 30 school horses and ponies and a number of boarded horses. The unique combination of a convenient location close to all major highways, and direct access to bridle trails, an indoor arena and two outdoor arenas makes this barn an excellent place to learn to ride or board your horse. The school horses at Rocky River include both donated and purchased horses whose prior lives include racing, eventing, stadium jumping,

western pleasure, trail and dressage. Although many are Quarter Horses, the "schoolies" include a multitude of various ponies (including Welsh Ponies, a Pony of the Americas and a Chincoteague), Haflingers, Thoroughbreds, Paints, an Oldenburg gelding, two Percherons and more.

Because Valley Riding is a non-profit affiliate of the Cleveland Metroparks, the organization relies on the proceeds of fundraising events, donations and grants to supplement the Therapeutic Riding Program lesson fees and keep the school horses fed and cared for year-round.

Bring your family to the Rocky River Stables on Sunday, August 24th and celebrate the world of horses, nature and the outdoors with demonstrations and activities that will delight kids of all ages. Whether you're already a "horse person" or have only just appreciated the beauty of horses from afar, you're sure to enjoy a day spent learning more about these majestic animals.

Horse Festival activities include pony rides for the kids and demonstrations on various types of horseback riding, including reining and barrel racing, stadium jumping and dressage. The always-delightful Valley Riding horse quadrille team will perform precision movements to music and the TRP riders will show their riding skills as well. Representatives from the Metroparks Nature Center will be



Therapeutic Riding Lesson

on hand to educate visitors on all sorts of animals, and a parade of horses of different shapes, sizes, and breeds will showcase their diversity and beauty. Games for all ages, including a raffle and \$500 cash prize "Donkey Bingo," which has to be seen to be believed, will make for a fun-filled day for the whole family. Grounds open at 11AM, admission is free and parking is \$5 per car.

During the summer, groups of kids from Cleveland, Lakewood and other suburbs visit Valley Riding's stables to participate in Youth Outdoors 4-H Adventure Clubs. Through these clubs,

urban youth get to explore a variety of adventure activities such as horseback riding, hiking, biking, nature exploration, backpacking and kayaking. Valley Riding provides a one-week session during which the clubbers learn basic horse care, tack care, barn safety and beginner riding.

Both the Brecksville and Rocky River barns offer two-hour long programs for local Girl Scout troops as well. One hour is spent in the arena in a beginning riding lesson. A second hour is spent touring the barn and learning basic horse care.

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Pulse Of The City

Skippy's Story- What Happened After The Lamp Post...

by Gary Rice

In the first column that I wrote for this paper, back in May of 2006, I told about part of my traumatic experience moving from our Pennsylvania home to Lakewood back in 1958. As an only-child country boy, that was a difficult transition, to be sure... but there was even more to that story than made it into print. I guess with any story, there always is...

Out there in the country, I had a dog named Skippy. I'm not sure why my parents named him Skippy, except that his beautiful tan and white coat probably resembled a swirl of peanut butter. He was a mixed-breed animal. You could see some beagle in him, and probably some terrier...and yeah, I think he might have had a bit of bulldog in him, as well. In today's highly charged political atmosphere, he might have been considered "part pit-bull." Those kind of medium-sized mixed-breed toughie-looking dogs had been popular ever since shows like the "Our Gang" and "Buster Brown" series hit the silver screen in the years before WWII. Even the black and white dog from the RCA logo looked a good deal like...well, a medium-sized dog with a big head. Let's face it, back then, a nice medium-sized tough-looking dog was a classically American image.

At that time, I doubt whether anyone gave that "pit-bull" sort of thing a second thought in those halcyon Pennsylvania hills. In those days, a dog was a dog. There may have been people back then downtown who had purebred dogs, but they were unknown out our way. Dogs were big, small, or medium-sized, and that was about it, as far as we knew or cared about. Skippy had been my constant companion ever since I was a baby, and a truer and more loving friend and companion there never was. We grew up together. A story that my dear late mom loved to relate was that she had to potty-train me and Skippy at the same time! Mom used to say that

the one and only time Skippy had an accident in the kitchen, she rubbed Skippy's nose into the doo-doo! Skippy was a smart dog and never repeated that behavior again. Growing up together as we did, no skunk, raccoon, or copper-head ever stood a chance of harming me while Skippy was around.

In my first story for you, I wrote about clinging to the lamp post in front of our Pennsylvania home, not wanting to leave the place. The part that was left out of that story was that dogs were not permitted at our new rental home in Lakewood, and, after all, the parents felt a city was no place for a dog... so Skippy, as I did write, would have to stay back in Pennsylvania. He was to stay with the grandparents who, after all, lived next door.

It would be better for the dog anyway...they said. It would be a crime for a dog to be cooped up in a small yard, with no place to run...they said. Skippy will be happier staying with his friend "Boots" anyway...they said.

At that time, I doubt whether anyone gave that "pit-bull" sort of thing a second thought in those halcyon Pennsylvania hills. In those days, a dog was a dog...

After all, Skippy's friend Boots lived just over the hill. Boots was about Skippy's size, but was more wire-haired, like a terrier I suppose. Skippy would run to the bank of the hill and bark for Boots. Boots' family would let her out, and up the hill she would run. With a toss of his head, Skippy would direct the adventure for the day, and the two would play together around the old homestead, as country dogs love to do.

Well, here's the end of the story, after I was pried away from that lamp post, and after we hopped into that 1955 Ford and came to Lakewood without Skippy.

And it's not a very pretty one. Stop reading right now, if you get upset easily. I mean it, STOP right now.

Okay, you were warned...

Oh, I guess Skippy was alright for a while. We'd return to Pennsylvania every few months to see the grandparents and Skippy, and it was good. Or so we thought...until we went back to Lakewood one day.



Young Gary and Skippy circa 1956- friends forever



Above left: Skippy munching on some corn left out for the pheasants. Above Right: Gary, Skippy, and Mom on Easter, circa 1956

The highway leading out of those Pennsylvania hills started just up the road from the old homestead, and we followed it until we made the turnoff west to Ohio.

Somewhere, before that turnoff, they found Skippy one day.

With bloody paws, emaciated, he had tried to follow us to Lakewood.

Yeah, somewhere along that highway, they found his dirty, fly-swathed body.

I guess, for me, this was the first of many traumatic shocks I've experienced in my life; as indeed, so do we all...each in our own way. Time passes, we learn to survive, and yes, endure somehow. And if we're lucky, we even learn to smile, and laugh again. Only...maybe not as much, or as often.

The truest and finest friend I ever had over there died trying to follow me to Lakewood.

The collective pulse of our city includes all the humans and animals


living in our postage-stamp yards and diminutive green spaces. Maybe the family was right. Maybe City Council's right. Maybe everyone's right...except me and Skippy. Maybe the city was no place for a dog, much less a medium-sized one, that might have been part "pit-bull." Maybe it would have been, too. We'll never know.

Come to think of it, at times, I've even wondered whether a city was the right place for me either. If I'd grown up anywhere other than Lakewood, I think I'd have wanted to go back out to the country.

Anyway, I'm sure that the collective pulse of our particular city will go on beating just fine. Unfortunately, Skippy's pulse did not beat here, but it was not for want of his trying.

Dad and I are planning to make a donation to a local animal rescue service in Skippy's honored memory. A part of him, at least in name, will be coming home at last.

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Lakewood Observer

Lakewood Native Writes Home:

Lunch With Sheiks, Breakfast With Insurgent

by Eric Smith

Lakewood native Eric Smith has been serving in Iraq since May. In his first column for the Observer, he told of the flight into Iraq and described Camp Victory in Iraq. Now, he is out of Baghdad at a small base near Kirkuk, Sadaam Hussein's former home town.

The flight in a pair of Blackhawk helicopters from our FOB (Forward Operating Base) to General Methaala's house was an easy one. We were low enough that we could see peoples' expressions as they looked up at us, but high enough that the noise and rotor wash didn't bother the villagers. The pilots and door gunners bantered back and forth with us about which mess hall had the best food, who was the best unit to work with, and the advantages of being required by regulation to get plenty of sleep (the pilots, not us).

The Zaab River bisects our Area of Operations (AO) and we passed over it, green and muddy, languidly meandering to the Tigris River, as if it too was affected by the summer heat and didn't want to move too fast. The land south of the Zaab River is highly irrigated and even in the midst of a drought, green with dusty corn and melons. North of the Zaab is desert; flat, yellow emptiness, interrupted by the occasional herdsman's small home.

Dust devils spiraled up from the Earth, twisting and dancing across the desert and fields. From our vantage point we could see a dozen at a time and they appeared to me like sandy pillars holding up the hot blue sky.

We were going to a retired Iraqi General's village for a visit. General Methaala is a well-respected man and strongly anti-insurgent. One of his sons and his brother had been killed by Al-Qaeda and he swore to his family that no one would get a funeral until Al-Qaeda was defeated. He further stipulated that were he to be killed by Al-Qaeda, he did not want a funeral until they were defeated. He wields a considerable amount of influence in the district, so we make every effort to cultivate a good relationship with him.

We landed in a cornfield just outside his home and were immediately mobbed by every child in the village. On the porch we took off our body armor and boots, greeted everyone with handshakes and hugs, and were welcomed into the house. General Methaala sat down at the end of a large sitting room, lined with couches. We arranged ourselves based on our rank and the Iraqis who were visiting did the same. The walls were adorned with photographs and plaques, all similar to the kind of thing that any professional officer accumulates over the course of his career. We drank tea and sweet coffee while making small talk about each other's health, political developments, and the progress of the counterinsurgency.

Our flight over had alerted the



Eric in front of an MRAP (Mine Resistant Ambush Protected) vehicle. That big vehicle is pretty impressive!

tribal sheiks and as we talked they filtered in one by one, the order of their arrival based on their distance from General Methaala's house. Sheik Rezim was all personality, barefoot, wearing a dish dasha and sunglasses over his sun-wrinkled face. He talked loudly, gestured emphatically, and entertained everyone with imitations of political leaders. Sheik Firquan was quiet, wearing slacks and a collared shirt, listening attentively to everything that was said without comment. Mullah Mejda'id, a portly fellow with a long scruffy beard, cheerfully passed along cultural tips to us. At the other end of the room, a collection of police chiefs, Iraqi Army officers, and relatives mingled and talked on their own. When fighting a counterinsurgency, relationships with local leaders are far more important than sheer military power. All the artillery rounds in the world could not gain us the insight into the local area and cooperation that a social call of this sort could produce. After a few hours of talking, we were able to update our target lists and assisted the local police chief and Iraqi Army commander in updating his.

We moved into another building where a long table had been filled with food of all types. We ate standing and it was delicious. After extending compliments to his wife for preparing such a sumptuous meal, we put our kit back on and waded through the mob of children to the helicopters. The biggest challenge of the day was keeping the children from getting too close to the aircraft. Despite our waving and gesturing, a few boys, obviously trying to show off for their friends, ventured under the rotor wash and were knocked down as we lifted off. Looking behind us as the helicopters pulled themselves up into the hot air, we saw the boys stand up and get mobbed by their peers, the heroes of the hour.

The next day was quite different, a reconciliation day, an event we hold every two weeks. Insurgents are given an opportunity to come to our FOB, renounce terrorism, and pledge loyalty to the Government of Iraq. After a probationary period, we take them off our target lists.

The insurgency is a complex thing. Tribal conflicts, foreign fighters, reli-

gious fanatics, disenfranchised army officers, and plain old thugs commit atrocities every day against Coalition Forces and Iraqi citizens. Sorting them out from one another is a complex process, similar to what an organized crime task force does in a large American city.

In our area we deal with two homegrown insurgent groups that fall loosely along tribal lines, and Al-Qaeda in Iraq (AQI). The farmers who populate the villages are poor, rarely educated above the primary level, and have a high rate of illiteracy. Attacks against us in the past were for monetary gain – simply someone paying a farmer \$30 to shoot at the next convoy that came driving down the road. Another reason for an average citizen to attack us was out of a sense of honor. Perhaps Soldiers searching his home searched his wife or humbled him in front of his family. Putting an Improvised Explosive Device (IED) in the road satisfied this slight to his honor and after that one-time event he went back to his normal life.

These are the people we reconcile with. The ones who have committed assassinations, beheadings, war crimes, and crimes against humanity are not eligible.

So this morning, a long line of local citizens formed up on our FOB. We interviewed each one and then ushered them into a tent where they received a speech from the Iraqi Army Battalion Commander, the District Police Chief, and my Battalion Commander.

This morning's group ran the gamut: old men, young men, laborers, shopkeepers, and government workers. Some we knew were guilty to the bone and others we had incidental reports implicating them. Of course, all of them were eager to tell us they loved the government and Coalition Forces and couldn't imagine why they were invited to come. After a lot of talking and gesturing, the District Police Chief started to lose his patience, "You are here for your own good. Stop complaining!"

"I know that not all of you are terrorists or insurgents." My Battalion Commander added, "Some of you are here because your name has been confused with someone else's or perhaps your neighbor said something bad about you."

This statement seemed to strike a chord. I could almost see every man in the tent lean back in his chair and ponder which of his neighbors gave his name to the police. The speeches and questions ended and the interviews began.

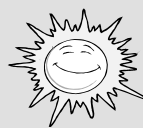
The ones who were here for the first time were sent home for two weeks to think about it. The ones who had come back a second time were enrolled into the program. If they don't participate in violence for another 45 days, we will take them off our target lists.

This can be a hard event for our Soldiers. They see a man who shot at them a few weeks ago or set off an IED that injured one of their friends and privately they grumble. To their credit, however, when they are dealing with the reconcilers they are polite and courteous. On a professional level, we all know that when we treat the population with respect, we get attacked less, and everyone benefits in the long run. Deep down inside, on a personal level, sometimes it is still hard. Major Eric Smith is serving in Iraq with the 10th Mountain Division. The division's home base is Ft. Drum in Watertown, New York where Major Smith lives with his wife Dina, three year old twins Kirsten and Skyler, and eight month old son Neil. The son of Pam and Tom Smith of Lakewood, Major Smith graduated from Lakewood High School in 1990 and was commissioned into the US Army after graduation from Dickinson College in Carlisle, PA.

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Lakewood Perspective

The War Of Words

by Bret Callentine

Guys, do you remember the first time you tried to talk to a girl? I don't know if it's the same for girls, but I have a theory. Looking back, I believe that the odds of your words coming out exactly as you wanted them were directly proportional to your age and indirectly proportional to the cuteness of the target of your potential conversation. To put it simply, if you were young enough, and she had the kind of smile that knocked you loopy, even if all you wanted to say was, "Will you go out with me?" the only thing that came out of your mouth was a few unintelligible grunts.

Although my application for a federal grant to research this theory on verbal acuity has not yet been approved, I'm already thinking of broadening the scope of its application. You see, besides the problems of the pre-pubescent teen, I've found another prime candidate that exhibits this type of verbal phenomenon, in fact they are candidates.

But instead of variables for age and beauty, my theory is that the factors governing the chances for a political gaffe come from the amount of passion they have for the position, the strength of their desire to achieve, and some sort of formula that takes into account the amount of practice they've put in versus the level

of personal belief the individual has in the words he or she is trying to deliver.

And given the heated race for the presidency, we've got no shortage of transcripts that we can use as examples. Take for instance John McCain responding to a question about the dangers in the Middle East by saying "I'm afraid it's a very hard struggle, particularly given the situation on the Iraq-Pakistan border." Now anyone with an atlas can verify that there is no direct border between Iraq and Pakistan. And if they are honest, most people can put their political bias aside and see that McCain meant to say Afghanistan, not Pakistan. A simple slip of the tongue, right?

Likewise, I'm sure even the staunchest Republican would have to admit (although they'd probably have to be waterboarded first) that Barack Obama knows his U.S. geography a little better than was demonstrated when he suggested that he had visited 57 states, not including Alaska and Hawaii, and still had one to go.

You can harp on these lighter moments of a serious situation all you want, but in my opinion, it really doesn't have much bearing on the overall ability of either candidate to lead. Was Yogi Berra any less of a leader when he purportedly issued statements

like, "Line up in a circle"? Well, I think Berra would have understood wholeheartedly the passion and pressure that is part of a candidate making the statement, "It's always a bad practice to say 'always' or 'never'".

When I hear a candidate confuse Shiites and Sunnis, or claim that "Israel has always been a friend to Israel", I don't automatically associate it with the variables of age or experience. I take into account the incredible microscope that these people live under and acknowledge the extreme difficulty it has to be to, in essence, perform for the public nearly 24 hours a day. My uncle has held lead roles on and off Broadway for many, many years, yet I can't imagine how he would possibly hold up if he had to stay on stage for a comparable amount of time.

So where does that leave us? If, indeed, we are to cut the candidates some slack in what are obviously simple mistakes, how do we judge ability and sincerity? How do we discern a credible leader from a competent performance artist? The first step is to listen to what they say well, and assess the value of what they say with the validity of their own actions. Words are cheap if they stand alone. And most of us can better judge the character of a candidate by watching what they do, not reading what they say.

To that end, I can't say that I'm

impressed with the Obama campaign when it criticizes McCain for wanting a continued presence in Iraq, then admits to 200,000 people in Berlin that "American bases built in the last century still help to defend the security of this continent." I have a hard time swallowing his aggressive stance on extending taxes while he then states, "Together, we must forge trade that truly rewards the work that creates wealth." And I struggle to believe a person who proclaims a desire to avoid race as an issue, then stands up and says; "I know I don't look like the Americans who've previously spoken in this great city."

I'm willing to look past the random gaffes of any politician, but I have a hard time following a candidate that decries any challenge of his own patriotism while speech after speech seems to always include backhanded compliments as to the greatness of the very nation he seeks to lead. If he wishes to instill the sense of hope he advertises, perhaps he could take a note or two from his new European friends. After all, it was French President Sarkozy who gave one of the most inspiring speeches I've ever heard, when he told Congress:

From the very beginning, the American dream meant putting into practice the dreams of the Old World. From the very beginning, the American dream meant proving to all mankind that freedom, justice, human rights and democracy were no utopia but were rather the most realistic policy there is and the most likely to improve the fate of each and every person. America did not tell the millions of men and women who came from every country in the world and who—with their hands, their intelligence and their heart—built the greatest nation in the world: "Come, and everything will be given to you." She said: "Come, and the only limits to what you'll be able to achieve will be your own courage and your own talent." America embodies this extraordinary ability to grant each and every person a second chance. Here, both the humblest and most illustrious citizens alike know that nothing is owed to them and that everything has to be earned. That's what constitutes the moral value of America. America did not teach men the idea of freedom; she taught them how to practice it. And she fought for this freedom whenever she felt it to be threatened somewhere in the world. It was by watching America grow that men and women understood that freedom was possible. What made America great was her ability to transform her own dream into hope for all mankind.

I know it "ain't over till it's over", but Vive l'America, and long live the candidate that practices better than he preaches.

Savings - The Gig Is Up

by Carl D Baldesare,
Financial Specialist

Financial professionals will tell you there are three primary sources you can look to as sources for your retirement income: employer-sponsored plan, social security benefits and personal savings. They often refer to this as the "three-legged stool." However, these days, it's looking more like a single legged stool. More and more, your own personal savings is becoming the most critical and controllable source of your retirement income.

Even when you may have what seems to be a generous employer-sponsored pension plan, you still need to have a substantial amount of your own

personal savings. Many employers are shifting the burden of who contributes towards your retirement. This shift from a defined benefit plan (which typically guarantees a pension amount based on your salary and years worked) to a defined contribution plan (which pays out only what the contributions -- including those you yourself have made -- have grown to or decreased to) means the employee is taking on an increasing role associated with funding retirement income.

Some specialists predict that your personal savings may need to account for almost half of your total retirement money if you hope to maintain your lifestyle. And, herein lies the problem

because many Americans do a poor job at saving anything and particularly, saving for a future event.

To help get you started, try these four tactics and watch your savings grow.

Pay yourself first: when you pay bills, make sure you pay yourself something too ... and pay yourself before you pay anybody else.

Invest automatically: automatically have money transferred to a savings vehicle so you won't forget to save.

Split your pay raises: the next time you receive a pay raise, allocate a portion of the raise to your savings and the rest to regular living expenses.

Save "found money": if you receive tax refunds or a bonus from your employer, think of this money as "found money" and allocate it to savings instead of splurging.

You would be amazed at what these four little tactics can add up to over a period of time. And, when you perform these steps automatically, it becomes a part of who you are and easier each time.



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Secret Shopper

Madison Rose Beautifies The Village

by Justine Cooper

Lakewood is alive with a variety of unique small businesses that set the city apart from all the others. There has often been talk on the Observation Deck and at gatherings how much this city was in need of a bookstore. When the new and shiny bookstore chain opened in Rocky River, it was nice to have a bookstore close by, but Lakewoodites still yearned for their own bookstore. It seems that when the people of Lakewood call out, there is often a willing and able spirit with a dream, ready to manifest their vision for the people calling. In this case, owners Dave Hook and Pat McGuire filled an empty store front at 13705 Madison Ave in Lakewood with books of all genres this past December.

Pat and Dave, good friends for years, are both avid book lovers. Dave loves books so much that he collected so many he needed a storage unit to hold them. It was when that storage unit was bursting at the seams, that his friends joked it was time to open a store. Having managed a Waldenbooks earlier, the thought of opening his own bookstore sparked a genuine desire to provide the community with his passion. Pat, not only a book lover but a music lover as well, and part of the Irish band “Emerald Heart”, seems to actually have a golden heart, and has also opened that up to our fortunate city. When I asked “Why Lakewood?” their response was “Lakewood is so open minded, artsy, and always continuing to grow.”

Sandwiched between Angelos, one of the finest pizza restaurants in Lakewood, and an empty storefront with the sign “Madison Trash” is seemingly the perfect location for Madison Rose, delicately beautifying a store front a block from Madison Library and Bela Duby coffee shop. What better way to follow a cup of coffee or micro-brewed beer, or gourmet pizza, than a stroll over to Madison Rose to peruse the shelves of old and new gems? The books range from science fiction, spirituality, Irish, children’s, antiques, history, cookbooks, gardening, and more. They have also acquired the reading list for Lakewood and St. Ed’s and have a dozen or so used books ready for our students. Truly vintage books are also Dave’s specialty and special orders for new or used items are always welcome. “We may be small but we are mighty,” Dave and Pat joked. Not only mighty with their collection, they jumped right into Madison Avenue Merchant Association’s latest art walk and were featured in the Plain Dealer. They are also dog friendly if you are walking by with your canine and want to pop in.

While this unique shop may appear unassuming and small compared to a grand chain book store, what sets it apart, other than heart and soul that you immediately feel upon entering, is an array of eclectic literacy and music

events. Recently, they held a “Stephen King” night featuring fun, informal discussion of his life, works, recurring characters, and themes. Due to popular demand, this event will be repeated. Madison Rose also hosts poetry nights, Science Fiction authors and poets, open musician night with music every Saturday and an open “song circle”, and local authors appearing for discussion and book signing. When asked about the response they were receiving from customers, they most likely hear “finally, a bookstore!” Then a sigh follows with “and used”. Going green for many means recycling, and budgeting for many in this economy means saving, so Madison Rose accomplishes both. It has the same feel of a used bookstore at the New Jersey shore, quaint but filled with the energy



Dan Smith, author of Crooked River at last week’s poetry reading.

Madison Rose Book Store
tues - fri 5 - 9 pm sat 11am - 9pm;
<http://www.madisonrosebookstore.com>

of all types of characters popping from old and new books begging to be read. I encourage all who yearned for our own bookstore to drop by and welcome one of many new businesses bringing their love and passion to Lakewood. Madison

Rose, like most Lakewood businesses, is much more than a storefront selling products, it is the friendly, warm feeling of a home town experience, mixed with a little Science Fiction and a hint of rose in the air.

Lakewood Blooms

continued from page 1...

first three boxes were a success, as the flowers were changed seasonally and flourished. The Rotary organization then donated seed money in February of this year to expand the program. This spring, merchants were asked about their interest in purchasing the pre-planted boxes and 30 orders were placed. Crampton says the program is an, “unmitigated success.”

One reason the earth boxes work so well is because merchants don’t have watering to worry about; the boxes allow for a three-inch reservoir of water that dramatically reduces upkeep while the flowers stay healthy. In October, the boxes will be picked up before snow shoveling starts.

If more volunteers were to become involved with soliciting orders or

delivering boxes, Blossoms could go citywide. So far, organizations such as the City of Lakewood and Keep Lakewood Beautiful have contributed towards the purchasing of the flower pots in Sinagra Park (also known as “the benches” area near Chipotle). The United Methodist Church maintains both the pots located there, as well as the eight hanging baskets at the park. United Methodist Church representative Sandy Gates leads the Faith In Action organization that signs up watering teams. Lakewood Alive members Timmi Kormos and Cindy Stockman worked with Sandy to plant the boxwood trees and verbenum found in the flower pots.

“It is truly a group effort,” Crampton acknowledges. It has taken the

ideas, time, and commitment of a lot of people- all volunteers- to help make Lakewood blossom. Several storefronts have also taken their own, separate initiative to spruce up the streets. Geigers, CVS, Pacers, and the Winking Lizard all celebrate the idea that flowers can transform a regular old suburb into a place anyone would be proud to reside. All of this collaboration and hard work hasn’t gone unnoticed either. One woman showed up at city hall recently just to thank someone for the flowers downtown. For those who would like to show their gratitude or volunteer, please contact Mary Anne Crampton at macrampton@lcp.org or show up at Main Street Lakewood’s office- 14701 Detroit; red flowers mark the spot.

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Lakewood Observer

Feng Shui 101

by Kristine Pagsuyoin

Stephanie McWilliams, host of HGTV's Fun Shui, has a saying, "Change your space-change your life". Each episode consists of Stephanie analyzing one part of the featured home and making it beautiful through applying Feng Shui principles. She talks with the home owners first to find out what aspect of their lives they would like to improve, and then works her magic. Well, not magic. Feng Shui isn't a superstition, nor is it a religion or philosophy, and although Stephanie McWilliams is a talented interior designer, Feng Shui is not just about how a space is decorated.

Simply, Feng Shui is working with energy (chi) in our home or office to bring balance and harmony to our space. Everything is energy, a rock, a tree, us - even our possessions. All of us have worked with energy in some

form or another such as the energy exchange we experience with nature when we hike through a forest. Reiki is energy work for the body just as yoga and meditation are for the mind, and prayer for the soul, all are working with energy. Through practicing and consulting Feng Shui over the years, I have come to understand Feng Shui as: working with energy in the space we live and work to help align ourselves with what we want, so that we may manifest our greatest desires. Working with energy in this way helps us stay present, not worrying about the future or reliving the past. Feng Shui is mindful living. When we are in the now we still ourselves and realize what we really want to attract to us, thus



enabling us to live the lives we truly want to live, not what we think we have to feel trapped into living.

Since all of us are energy and everything around us is energy, we are born with the knowing or understanding when the energy around us, or what we are attracting, doesn't feel good. A simple example would be how we feel when our backs are turned away from a door or entrance. It makes us feel vulnerable or easily startled. Most people want to face seating areas toward the opening of a room. Or, pay attention to how you feel when you have cleaned up and de-cluttered a room. You walk in after and feel great, in fact you probably want to spend more time in that room than any

other now that you have cleared the old stagnate energy making room for fresh energy. This "new" energy has a way of uplifting the spirit and the mood making us feel focused and clear-minded with whatever we want to do. In fact, de-cluttering is where I often start with clients. Removing clutter and letting go of things that you no longer have a need for will change the energy for the better almost immediately. So, Feng Shui provides us with the tools to express how we naturally feel about the energy around us. We can identify specific areas in our life that we need to balance so that we stay aligned with how we want to live our lives.

In the type of Feng Shui that I practice, and there are many schools of Feng Shui, we use what can be called a Feng Shui map (Three Door Ba-gua), laid out over the floor plan using the front door as a guide, to locate nine different areas of a space which represent nine areas of our life. The categories, called guas, are: Career, Self-Knowledge, Family and Ancestors, Wealth, Fame and Reputation, Love and Relationship, Children and Creativity, Travel and Helpful People, and Health. Each gua has its own unique qualities such as color and element. For example, Career, located in the middle of the north wall, is represented by the color black or very dark blue, and by the water element. A Feng Shui practitioner called out to help with a client's career might look at this area of the space to make adjustments, or to activate this gua, to help improve the home owner's career situation. In ancient times (in China), Feng Shui was used to help find the most auspicious burial place for loved ones who had passed on. It is still used in this manner today. Feng Shui practitioners work with architects, real-estate agents, engineers, decorators, health providers, schools, and restaurant owners. Feng Shui is accessible to everyone who desires to create beautiful beneficial surroundings in their space.

Currently, the state of Ohio doesn't offer a certificate or license for those in the field who call themselves Feng Shui consultants or practitioners. If you are considering hiring a Feng Shui consultant, ask them how long they have been studying and practicing, whom they studied with, and what school of Feng Shui they practice. Ask them for references and then check them. For additional information, log onto www.ifsguild.org. This is the International Feng Shui Guild and they list the IFS Code of Ethics. Additionally, they have many resources listed to help you learn more about Feng Shui and to find a consultant.

Kristine Pagsuyoin is a Feng Shui Consultant, Clutter and Simplification Coach, and Educator. Do you have a Feng Shui question? If you would like your question featured in an upcoming column, please email to inspiredspace@gmail.com. Your full name will not be published.

Eating Disorders And Teenagers

by Renee Alfhof, RN

Ever wondered why some of our young people (of which 90% are female) develop eating disorders? Are you questioning the possibility of your teen being anorexic, bulimic, or having an eating disorder?

Eating disorders are illnesses with serious physical, emotional and behavioral effects. They are more likely to be present in cultures where thinness is identified as a component for beauty, happiness and success. Why an individual develops an eating disorder is complex. Development stages, genetics, individual personality, culture, social, family dynamics, self esteem and control issues are all possible fac-

tors converging to impact the teen to develop difficulties as part of an eating disorder.

Statistics regarding eating disorders are of concern to all of us. Anorexia nervosa and bulimia have been recognized as an adolescent issue since the 1960's. One to four percent of all teens develop an eating disorder with one out of every hundred teen girls eventually being diagnosed as anorexic and two out of five with bulimia. Two to five percent of adolescents meet the criteria for a binge eating disorder. Sixteen percent of our teenagers meet criteria to be considered obese. Research has identified that another fifteen percent of adolescents have unhealthy attitudes and behaviors toward food.

As a parent what are the red flags signaling the potential to develop an eating disorder? Scientific research has told us that weight and shape are very common issues among adolescents. This is a factor that increases the vulnerability for this population toward this illness. But is your youngster preoccupied with weight, shape and size to the exclusion of enjoying life and activities that they enjoyed in the past? A constant need to be on a diet and only feeling good about self when dieting? Having abnormal low weight or significant fluctuations in weight, coupled with purging behaviors? Participating in excessive exercise and exhibiting increased moodiness? Socially withdrawing from activities and isolating themselves from family and peers? There can be physical symptoms such as dental cavities, irritated throat, fatigue, sleep disturbances, and absence of menses.

What should you do? Talking with your teen privately using open-ended questions is the first step. Share your observations and concerns using "I" statements. It is important to remember that what we as parents say and do has a powerful impact on our young people. Jokes, concerns, and commenting on weight and size can make a lasting impression on their thinking about themselves. Then schedule an appointment with your healthcare provider to review the concerns you and your teen have. Treatment is generally multi-factored including medical, dental, counseling, nutritional education and support groups.

You have questions. We have answers at the Lakewood Hospital Teen Health Center.

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Lakewood Arts & Entertainment

It's No Scandal -

These Alter Boyz Just Wanna Have Fun

by Susan Fenske

Matthew, Mark, Luke, Juan and Abraham, otherwise known as The Altar Boyz are performing now through August 17th on the Mackey Main Stage at The Beck Center in Lakewood. The fictional group has brought along their Sony Soul Sensor DX12 in an attempt to deliver your soul, but no worries; there are plenty of giggles and even a few belly laughs along the road to salvation in this musical lampoon of a Christian boy band.

This off-Broadway musical comedy is based on a book by Kevin del Aguila. The group is brought to life on stage by some exceptionally talented regional actors including Josh Rhett as Matthew; John Riddle as Mark; Dan Grgic as Luke; Ryan Jagru as Juan and Connor O'Brien as the unlikely Jewish member, Abraham. O'Brien was a semi-finalist on the TV series Making the Band: Season One (O-Town) which no doubt helped in this role.

If you need a tutorial of what a boy band is...think New Kids on the Block, The Backstreet Boys or N'Sync. These groups are often the product of a church choral group. Many are considered to be manufactured one-hit wonders, more concerned with their images than their actual talent, making the entire situation ripe for parody and satire.

This is not a retelling of the gospel like Jesus Christ Superstar or Godspell. This is all fun, so put your mind at ease. There is no altar call, no passing of the collection plate or audience participation. At the urging of the boyz though, please keep your cell phones on in the event Jesus might call you during the show.

The banter between the characters, whose goal it is to save every soul in the theater, is a little naughty, but mostly PG rated and okay for the entire family. All of the stereotypical props are there, the wireless microphone taped to the side of the face, bar stools so the boyz can sit while singing to an unsuspecting girl taken randomly from the front row, even towels to wipe their sweat which are ultimately snatched up by infatuated fans. All of the characters in the play are familiar, there is the leader, the tattooed street guy, the sexy guy, the "friend of Dorothy" and in this case, the Jew.

With the choreography intentionally a little awkward, the opening number, "We Are the Altar Boyz" begins as the group assumes their positions on a large cross shaped platform. I thought to myself, "are they doing the running man? Is that the cabbage patch? Oh no they didn't!!!!" It was almost hard to decide whether it was okay to laugh at their deliberately inelegant moves. But two ladies seated next to me were laughing so hard they were riffling through their purses for wadded up tissues, that looked like they'd

seen better days, to dry their tears of laughter. I then realized, it was not a sin to laugh.

The boyz go on to explain how they met and ultimately came to be a boy band. Their naivete is endearing as they deliver mildly naughty double entendres with ease. There are 13 musi-

cal numbers poking fun at stereotypes, church dogma and religious rituals. In true boy band fashion, the show ends with a remix of the title song.

For the part of God and narrator, Martin Savitch, news reporter and anchor for NBC news lends his talents. Savitch is a native of Rocky River and is

an alumnus of the Beck Center Youth Theater program.

With surprises and many lessons learned along the way, is everyone in the theater redeemed? You'll have to see the show and find out. Call the Beck Center Lakewood box office at 216-521-2540.

Two Talented Young Artists Display Their Works At Beck Center Through August 24

by Fran Storch

The Beck Center for the Arts presents a dynamic art exhibition featuring the works of two talented young artists, Jenna Fournier and Lauren Voiers. Their vibrant paintings will be on display in the Jean Bulicek Galleria now through August 24. Inspired by different artistic influences, most notably the styles of Pablo Picasso and Franz Marc, these young artists have created their own unique collections of paintings. This exhibition is free and open to the public. Gallery hours are 9:00 a.m. to 8:00 p.m. Monday through Friday, noon to 8:00 p.m. Saturday, and noon to 5:00 p.m. Sunday. Beck Center for the Arts is located at 17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Convenient free on-site parking is available. For more information call (216) 521-2540 or log on to www.beckcenter.org.

About the Artists

Born outside Los Angeles, **Jenna Fournier** has been actively involved in the world of contemporary art for several years, first selling her work informally on the Las Vegas strip. Jenna moved to the Cleveland area in 2005 to be closer to her family. Since then, she has entered her work into various art competitions,



Cactus Rose
by Jenna Fournier

including this past year's Sparks Show in Cleveland where she earned Best in Show. In addition, to painting, Jenna is also a songwriter and performer, focusing in the sub-genre of acoustic indie-rock.

Lauren Voiers, a senior at Westlake High School, has already been recognized at the regional, state and national levels, winning numerous awards for her highly original work. Painting since the age of 13, Lauren has already had pieces shown across the country, including her painting "Transparency", which was displayed



Divine Intervention
by Lauren Voiers

at the Reeves Contemporary Gallery of Art in New York City after winning the National Gold Key Award, the highest distinction awarded at the annual Scholastic Art Show. In 2006, her painting, entitled "Sisters", was recognized as a finalist at the Ohio Governor's Youth Art Competition and was exhibited at the State building in Columbus. Lauren has also had eight paintings recognized at the Scholastic Art Show, earning a Gold Key, a Silver Key and an Honorable Mention for her entries in 2008.

Beck Center For The Arts Gets A Face Lift

by Fran Storch

Many changes, from those easily recognized to those less apparent, are occurring around the Beck Center.

You may have noticed while traveling down Detroit Avenue that the landscape has changed. Beautiful trees, shrubs and rose bushes now line the Beck Center's entrance drive. This was the big project early last month as Matthew Carlson, a "Life" scout with Troop 435 of the Lakewood LDS Church chose the Beck Center for his Eagle Scout project. Matt worked tirelessly with 30 other members from his troop, along with additional volunteers and Beck staff as the rainy morning turned into blue skies and sunshine. They worked for hours digging out the old and planting the new.

"Our goal was to create an inviting and relaxing green space," says Cindy

Einhouse, Beck Center's President and CEO. "The landscaping has been a major improvement to the curb appeal of our property for, not only Beck Center patrons and students, but the community as well. We are grateful to Matt and his Troop for their hard work."

This fall Matt will be in the 8th grade at Garfield Middle School. He has been in Scouts since the first grade and has achieved the Arrow of Light Award and many other scouting honors. Matt is currently working on his Eagle rank and serves as the Den Chief for Pack 115 of the Lakewood Presbyterian Church. In addition to the landscaping project, the Beck Center continues its dedication to preserving its cultural legacy.

Residents may have noticed the recent return of Beck Center's David Davis sculpture after significant restoration was completed by McKay Lodge Fine Arts Conservation Laboratory,



Matthew Carlson, Boy Scout project leader, and Cindy Einhouse, Beck CEO and President, work side by side planting shrubs at Beck Center

Inc. This sculpture, commissioned by renowned architect Fred Toguchi in 1976, had seriously deteriorated over the past 30+ years. Restoration was entirely paid for by restricted gifts from some sculpture-loving friends and is estimated to last at least another 30 years.

For more information about this and other upcoming Beck Center projects contact Yvette Hanzel at 216.521.2540 ext. 22.

Conservation Corner

Back To School: Eco-Education

by Heather Ramsey

Though the heat is still in full swing, summer is quickly segueing into Back to School season for parents and kids everywhere. Unfortunately for the planet, schools are a big source of waste, from disposable lunches to last year's school clothes to half-used notebooks. The average college student, for example, creates over 600 pounds of waste per year, including more than 300 pounds of paper and hundreds of disposable cups. Luckily, though, there are ways to reduce this waste, from elementary school up through college and the work world.

Before you shop, see what you've got at home already. Binders and notebooks can often be used over and over, as can pens, pencils, and backpacks. When going shopping, try to make a list and stick to it - cutting down on impulse buys will help keep you from having supplies you don't end up need-

ing. Buy items that are durable (so that you can use them again in the future) and non-toxic. Choose reusable items over disposable ones, such as refillable pens and pencils and rechargeable batteries. There are also many school items that can be made from former waste products - pencils made from old money, old jeans, or old newspapers, pens made from old tires and scrap wood, soybean crayons, and even biodegradable cutlery made from potatoes. Old money pencils and rulers are available from GreenLine Paper (<http://www.greenlinepaper.com>), as are many other innovative and earth-friendly items. Pencils and colored pencils made from Forest Stewardship Council certified wood are available from Forest Choice (<http://www.forestchoice.com>).

More than a third of the waste stream is made up of paper products (more than 80 million tons in 2005), so when you're out school sup-

ply shopping, consider buying recycled loose-leaf, notebooks, sticky notes, facial tissues, and printer paper, and be sure to recycle all that you can. Also try to buy products that come in as little packaging as possible and buy only as much as you will be able to use. Check the labels on everything to see the percentage of recycled content (the more the better, especially if a percentage is post-consumer). Re-use notebooks from previous years that are not full yet and use the backs of used paper items for scrap paper. Most office supply stores have a variety of recycled paper products available, including printer paper and sticky notes, but you can also order online from retailers such as GreenLine Paper.

Aside from paper products, a big waste culprit in schools is the disposable lunch. The average primary/secondary school student throws away 67 pounds of trash per year in disposable lunches alone, adding up to over 18,000 pounds of lunch waste each year for an average-size elementary school. Meanwhile, 67% of kids say they buy junk food and soda while at school, and millions of children across the country are obese. If you're currently using paper bags, consider buying a reusable lunch bag or lunch box (and make sure it is PVC-free). There are a variety of stylish and earth-friendly meal-carrying options for children and adults, including Built NY, Mimi the Sardine, Mr. Bento, and LapTop Lunches. Ecobags.com offers a simple \$7 lunch sack that the reusable equivalent of a paper bag, and reusablebags.com offers a wide selection, including the majority of the above-mentioned brands, which are also available directly from their manufacturers.

The contents of your child's lunch

(or yours) matter too: individually packaged foods mean wrappers in the trash, and those sandwich baggies aren't helping either. It is cheaper in the long run to buy your lunch supplies in larger packages and send them to school in a reusable container. Many of the available lunch boxes and sacks have compartments built in for this purpose, but you can also just buy a few Tupperware containers (many are cheap enough now that you won't even mind too terribly much if your child loses one now and then). You can also give your child (or yourself) fruits like apples, oranges, or bananas, which don't require any packing. For sandwiches, opt to buy a Wrap-n-Mat (<http://www.wrap-n-mat.com>) instead of using sandwich bags. These cloth covers with velcro closures keep your sandwich fresh and fold out into a placemat, making them useful for any eating on the go, from school to work to picnics. If you'd like to stick to disposable wraps, then opt for wax paper or aluminum foil over plastics, as these can be recycled.

Though buying recycled products is often more expensive, options are widening every day as demand increases. Buying durable and reusable products will save you money in the long run, as well as saving the school the costs of disposal of all of that waste. The switch might be easier than you think, as many new products utilize innovative design that appeals to kids. Though packing lunches might take a little more time without all those single-serving packs, getting your child involved with choosing the items and packing them up may give them ownership of their lunch and make them more likely to eat it (a large part of food waste is food that goes uneaten).



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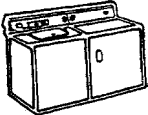
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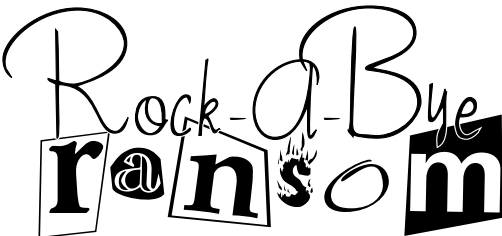
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