

Free – Take One!
Please Patronize Our Advertisers!

Lakewood Home Fair Expo - April 25 • Rutabaga Nights May 2



THE LAKEWOOD OBSERVER

Proud Member Of The Observer Media Family Of Community Owned Newspapers & Websites

Volume 5, Issue 8, April 21, 2009

Home Expo, Rutabaga Nights, SWAT 5K, Sale On The Grounds, Ambulance Chase

Lakewood Emerges From Winter Hibernation



The Page Family shows their rain barrel collection system that will be shown at the Lakewood Home Expo Show.

Lakewood's Very Own Home Improvement Show

by Mel Page

No more blindly searching through yellow page listings or scouring the overwhelming Northeast Ohio home improvement shows for the goods and services that best cater to older houses. Owning a Lakewood home or space is a labor of love for most. You can spend lots of time and energy sorting through information and seeking out businesses that best serve older homes and don't just want to make a sale. We know. We've been through it

having bought our fixer-upper 10 years ago. Sometimes we did the work ourselves. Sometimes we paid professionals to do it. Either way, expertise and guidance of local professionals and resources kept our spending prudent while giving our century home a sound start for its next 100 years.

Whether you are putting sweat equity into your home or commissioning experts to make those repairs or improvements there is no doubt you will

continued on page 18



May 3rd - 8th Annual Lakewood Hospital Ambulance Chase - *Don't Miss It!*

by Kris Grismar

Lakewood Hospital Foundation along with presenting sponsor Donald Martens & Sons Ambulance Service are pleased to announce the 8th Annual Ambulance Chase 5K Race/Walk & 1.5 Mile Walk that not only raises funds for Lakewood Hospital, but also promotes health and fitness, as well as provides a sense of community for the more than 800 participants.

New this year- we are very excited to announce a partnership with Mayor Edward FitzGerald and the City of Lakewood in a newly initiated

"Live Well Lakewood" campaign to promote health and wellness in the community. A committee of volunteers supporting these efforts will be working in conjunction with the Ambulance Chase committee to add a Children's

Chase as well as many other health and wellness activities to raise awareness and really promote "living well". This year, we are expecting the biggest and best event thus far and we invite you to join with us as

continued on page 2

Sale On The Grounds



by Paula Reed

Grab your calendar right now and draw a big circle around May 2 & 3, as it's time for the event savvy shoppers anticipate all year long—the Lakewood Historical Society's annual Sale on the Grounds. A treasure trove of antiques & collectibles; new and like-new items ranging from home decor, kitchenware and linens to lawn & garden, toys & games, tools & home repair fills the house and the giant tent. You'll find amazing bargains everywhere, and the fun of browsing through the unusual items makes the event entertainment in itself.

Want to beat the crowds? Attend the Preview Party on Friday, May 1 from 7:00-9:00 p.m.

For a donation of \$10 you get first crack at the best stuff while enjoying Rozi's wine, beer and soft drinks, and an array of tasty hors d'oeuvres and desserts. Reservations for the Preview Party are a must—you can make them by calling the Historical Society at 216-221-7343, or online at lakewoodhistorymuseumstore.com.

If you can't get to the Preview Party, you can shop the public sale on Saturday, May 2 from 9:00 a.m.–3:00 p.m. Don't worry about eating before you come—we'll be serving breakfast and lunch at our food stand.

Are you a gambler? Sunday, May 3 from noon to 3:00 is half price everywhere except

continued on page 9



Grant Elementary School triumphed over runner-up Emerson in the annual D.A.R.E. basketball tournament held April 4 at Garfield Middle School. Guiding the Grant players were coaches Rick Walenhorst (at left) and Ernest Gregory.

Lakewood Events

Chamber Of Commerce Hosting Free Lending Seminar, “Lending Begins At Your Kitchen Table”

by Patty Ryan

In harsh economic climates many people who have been downsized or are fearing lay-offs find themselves considering opening their own business. The dream of being self sufficient and your own boss is tempting, but to make this dream a reality often requires capital.

For most entrepreneurs and small business owners the first step in obtaining a business loan is to approach their lender. However, if they haven’t done their homework and are unprepared, it can often result in a frustrating and unfavorable experience! Often they are turned down for a loan and don’t know why or what to do about it.


To help de-mystify the process, The Lakewood Chamber of Commerce in partnership with the WECO MicroEnterprise Center is presenting a free business

lending seminar “Lending Begins at your Kitchen Table” on Wednesday, April 29, 2009 from 8 -10 a.m. at the Chamber office at 16017 Detroit Avenue.


Make your first encounter with a lender a totally different experience. Break down the lending process in terms that are easily understood.. no bank-speak, no ratio analysis, etc. Learn what the key factors are that impact getting a loan and why these factors are important. Find out how to prepare and what questions you should ask when visiting a lender. Finally, if you get turned down for a loan, how can you turn that “NO into a “YES”.

This is a free seminar but space is limited. Call the Lakewood Chamber at 216-226-2900 or email us at info@lakewoodchamber.org to sign up and get more information.



DONALD MARTENS & SONS
AMBULANCE SERVICES, INC



Eight Annual
AMBULANCE CHASE

Lakewood Hospital Foundation

NEW!
SPONSORED BY
LIVE WELL LAKEWOOD &
THE CITY OF LAKEWOOD
CHILDREN'S CHASE



5 K
RACE
WALK

1.5
MILE
WALK

LAKEWOOD
PARK

SUNDAY
MAY 3, 2009



Thank You to Our Volunteers!

As we recognize the outstanding contributions of our dedicated volunteers, I extend my sincere thanks and appreciation on behalf of all the patients, families and staff you serve on an ongoing basis.

Your generosity, compassion and enthusiasm have a wonderful affect on the many people who walk through our doors.

Sincerely,
Jack Gustin, Lakewood Hospital President
The Medical Staff & Employees

To learn more about Volunteer opportunities, visit lakewoodhospital.org

continued from page 1

we promote healthy living in our communities.

The Ambulance Chase will be held Sunday, May 3, 2009. Both the race and walk will begin and end at Lakewood Park, with the schedule as follows:7:30 AM – Registration8:30 AM – 1.5 Mile Walk9:00 AM - 5K Race/Walk10:00 AM – Children’s Chase. The registration fee is \$18 before April 24 and \$20 thereafter and on race day, with registration for teams of 10 or more being \$15 per team member. All pre-registered participants will receive a commemorative long-sleeve T-shirt, goody bag and post race refreshments. T-shirts will be available for those registering the day of the race based on availability.

Strollers and wagons are welcome in the 1.5 mile walk. Registration is just \$5 for children eight and under participating in the Children’s Chase and each participant will receive a special giveaway. Various sponsorship opportunities are available. ... this is a great way to promote business throughout the community and to more


than 800 participants all while supporting efforts to promote health and wellness.

Since its inception in 2002, the Ambulance Chase has raised more than \$215,000 for Lakewood Hospital. Funds raised are distributed through a grant process to benefit a variety of programs and services provided by the Hospital. Awards are carefully selected to ensure the program/service funded will enhance the quality of health care provided and also fulfill the Hospital’s vision of being the best place to receive care. Founded in 1956, the mission of the Lakewood Hospital Foundation is to establish and maintain relationships that generate philanthropic support to enhance Lakewood Hospital’s ability, as a community hospital, to fulfill its mission. Lakewood Hospital, a Cleveland Clinic hospital, is a 400-bed acute care, community-oriented hospital. It offers a wide range of health services and education programs. For more information about the Ambulance Chase or Lakewood Hospital Foundation, call 216-529-7009 or visit www.lakewoodhospital.org/foundation.




18514 Detroit Avenue,
Lakewood, OH 44107
phone: 216-521-7684
fax: 216-521-9518

West End Tavern presents:
“Sunday Brunch”
A 20-Year Lakewood Tradition
Eggs Benedict • Eggs Sardoux •
Stuffed French Toast • Pot Roast Hash
Omelets • Fritatas • and more!
featuring our famous
"Mega Mimosas"



THE
LAKEWOOD
OBSERVER

The Lakewood Observer is
powered by:



Your Independent Source for
Lakewood News & Opinion

The LAKEWOOD OBSERVER is published biweekly by Lakewood Observer, Inc., 14900 Detroit Avenue, Suite 309, Lakewood, OH 44107.
216.228.7223
Copyright 2009 • Lakewood Observer, Inc.
All rights reserved. Any reproduction is forbidden without written permission.

PUBLISHER
Jim O'Bryan

EDITOR IN CHIEF
Daniel Slife

ADVERTISING
216.228.7223

The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the publisher and staff.

ADVISORY BOARD - Kenneth Warren, Steve Davis, Heidi Hilty, D.L. Meckes, Dan Ott, Jeff Endress, Lauren Fine, Steve Ott

EDITORIAL BOARD - Thealexa Becker, Margaret Brinich, Kimberly Nee, Matthew Nee, Vincent O'Keefe, Kim Paras, Heather Ramsey, Casey Ryan, Karen Schwartz, Beth Voicik

WEBMASTERS - D.L. Meckes, Jim DeVito, Dan Ott

PHOTOGRAPHY - Rob Burgoyne, Ivor Karabatkovic, Jordan Congeni, Evan Graves, Jacob Ott, Joseph Ott, Bob Rice, and David Wykoff

PRODUCTION - A Graphic Solution, Inc.

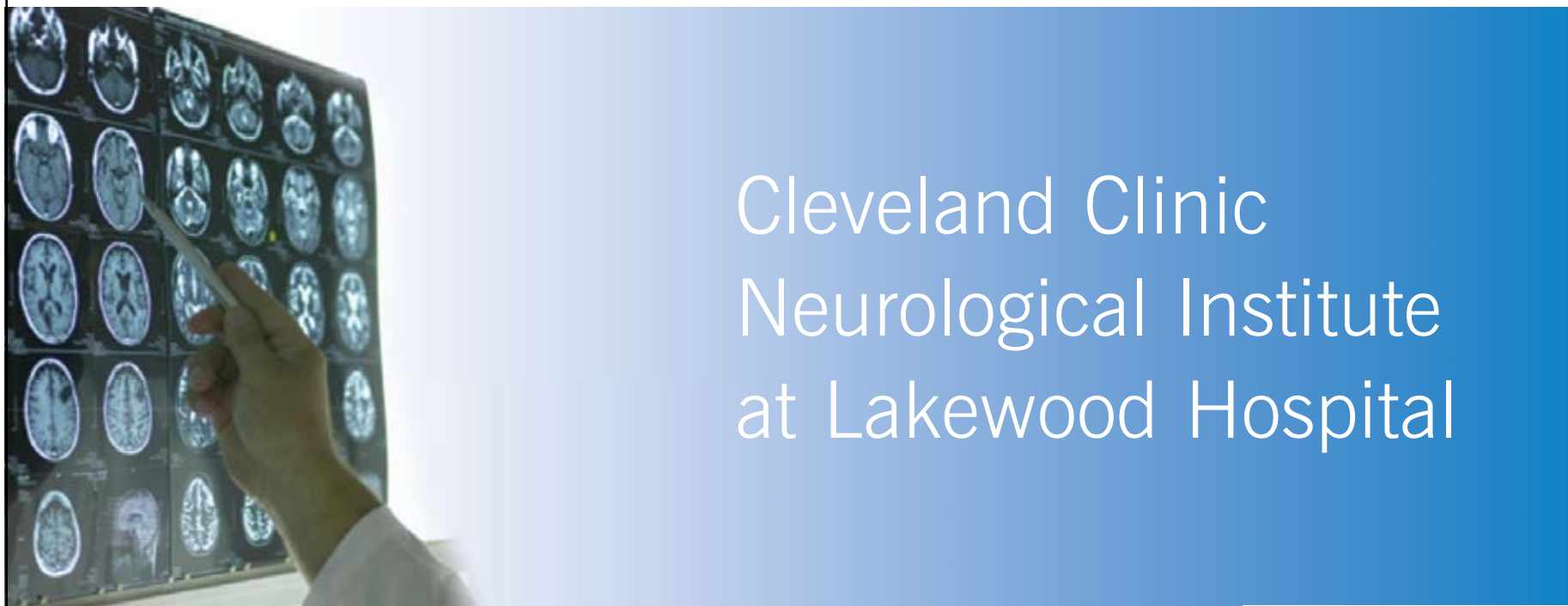
CONTRIBUTING WRITERS - Kimberly Barto, Thealexa Becker, Carmen Bernazzoli, Christopher Bindell, Evan Bodell, Ben Burdick, Bret Callentine, Nadhal Eadeh, Mary Evans, Gina Gavlak, Joseph Geither, Michael Gill, Christine Gordillo, Kris Griesmar, Rebecca McKinsey, Deven Middleton, Mel Page, Paula Reed, Gary Rice, Al Rodriguez, Patty Ryan, Aimee Smith, Shannon Strachan, Rev. John Tamilio, and Chris Weaver.

Moving, Feeling and Dreaming Are

Your Life

Expanding Neurological Care

Is Our Life's Work



 **Lakewood Hospital**
a Cleveland Clinic hospital



Ingrid Tuxhorn, M.D.
Specialty:
Pediatric Epilepsy

Now Welcoming Ingrid Tuxhorn, M.D.
An expert in pediatric epilepsy, Dr. Tuxhorn is committed to providing comprehensive care to children with epilepsy.

Specialization: children with first seizure, children with complex epilepsies, children with epilepsy and Sturge-Weber Syndrome, epilepsy surgery



Jennifer C. Ui, M.D.
Specialty: *Neurology*

Now Welcoming Jennifer C. Ui, M.D.
Patients seeking diagnosis and treatment for a range of neurological conditions will have the expertise and care from a leader in neurology, Dr. Ui.

Specialization: neuromuscular medicine, electromyography (EMG)

To make an appointment with Dr. Tuxhorn or Dr. Ui, please call 216.529.7110.

Lakewood Healthcare

Neurology Specialists Join Cleveland Clinic Neurological Institute at Lakewood Hospital

by Aimee Smith

Lakewood Hospital is pleased to announce the appointments of Ingrid Tuxhorn, MD, and Jennifer Ui, MD, to the Cleveland Clinic Neurological Institute at Lakewood Hospital. Both Dr. Tuxhorn and Dr. Ui are Cleveland Clinic physicians. Dr. Tuxhorn, an expert Pediatric Epileptologist at the Cleveland Clinic Epilepsy Center, is board-certified in pediatrics and specializes in pediatric epilepsy. Prior to joining the Cleveland Clinic in 2007, Dr. Tuxhorn headed a large and internationally recognized pediatric epilepsy unit at the Bethel Epilepsy Center in Germany.

Dr. Tuxhorn earned her medi-



Jennifer Ui, MD

cal degree from the University of Cape Town Faculty of Medicine in Cape Town, South Africa. She



Ingrid Tuxhorn, MD

acquired extensive advanced training in pediatrics, neurology and pediatric neurology, epilepsy and

clinical neurophysiology in leading academic centers in the United States and Europe. Her medical interests and areas of expertise include managing a first seizure, diagnosis and treatment of epilepsy syndromes across various age groups as well as epilepsy surgery and cognitive outcomes.

Dr. Ui is board-certified in Neurology and specializes in neuromuscular medicine and Electromyography (EMG). EMG involves testing the electrical activity of muscles and measures the conducting function of nerves, such as with patients who have suffered a stroke, Parkinson's disease, among others. Dr. Ui earned her medical degree from the University of Santo Tomas Faculty of Medicine & Surgery, Manila, Philippines. Prior to completing her Neuromuscular Fellowship at the Cleveland Clinic, Dr. Ui gained advanced neurology experience at Wayne State University – Detroit Medical Center and Sinai Grace Hospital, Detroit. "Lakewood Hospital has achieved a reputable status in providing state-of-the-art neurological care.

The addition of these two impressive physicians will greatly enhance our scope of services and continue to position Lakewood Hospital at the forefront of providing advanced neurological care close to home," says Jack Gustin, President of Lakewood Hospital.

Both Dr. Tuxhorn and Dr. Ui are accepting referrals at Lakewood Hospital. To schedule an appointment, please call 216.529.7110.

About Neurological Institute The multidisciplinary Cleveland Clinic Neurological Institute combines all physicians and other healthcare providers in neurology, neurosurgery, neuroradiology, the behavioral sciences and nursing who treat adult and pediatric patients with neurological disorders. The Neurological Institute offers a disease-specific, patient-focused approach to care. Our unique, fully integrated model is beneficial to our current standard of care, allows us to measure quality and outcomes on a continual basis, and we believe will enhance our ability to conduct research to benefit patients in the future. Lakewood Hospital, a Cleveland Clinic hospital, is a 400-bed acute care hospital that has served the diverse health care needs of the City of Lakewood and Cleveland's Westshore communities since 1907. Offering a wide range of health services and education programs for women, men and children, each year Lakewood Hospital provides high quality and innovative patient care for more than 130,000 patients.

Undiagnosed Diabetes: Could This Be You?

by Gina Gavlak RN, BSN

Diabetes doesn't discriminate. It doesn't care if you're black or white, rich or poor, young or old. Diabetes needs attention, everyone's attention. Nearly 24 million Americans have diabetes and approximately 5.7 million of these people have not been diagnosed. In addition, another 57 million people have pre-diabetes. Closer to home, more than 300,000 people in Northeast Ohio live with diabetes.

Diabetes is a disease in which the body doesn't make insulin (insulin deficiency) or properly use insulin (insulin resistance). When you eat, certain foods (carbohydrates) are broken down into glucose (sugar). Insulin is a hormone, produced by the pancreas, which moves glucose from the blood into the cells where it is used for energy. When the body doesn't make insulin and/or properly use insulin, blood sugars rise and diabetes is diagnosed.

Pre-diabetes is a condition where blood sugar levels are higher than normal, but not quite high enough to be diagnosed with diabetes. Higher than normal blood sugar levels damage blood vessels and nerves. This is what causes diabetes complications including heart disease and heart attacks, blindness, amputations, kidney disease and dialysis. Early diagnosis is important to prevent these conditions from developing.

Everyone is at risk of developing diabetes, but those with increased risk include:

- People with a mother, father, sister or brother with diabetes
- People with pre-diabetes
- Being overweight. As little as 10 pounds overweight increases your risk
- Little or no exercise or activity

- African American, Hispanic/Latino, Native Americans and Asian Americans are at a much higher risk of developing diabetes
- Women who had diabetes during pregnancy or had a child weighing more than 9 pounds at birth
- Age. As you age your chance of developing diabetes increases

Signs of diabetes include:

- Constant thirst
- Frequent trips to the bathroom; especially at night
- Increased hunger
- Constantly feeling tired
- Losing weight without trying
- Infections and cuts that heal slowly
- Numbness or tingling in hands or feet

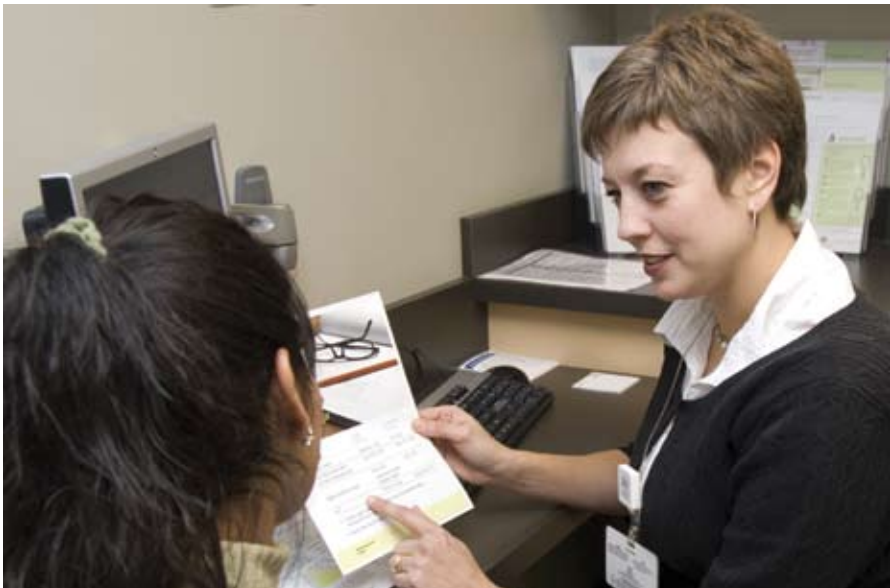
Making small changes in your daily routine will bring big rewards in your health and happiness. Your energy level will increase and you will notice improvements in blood sugar

levels, blood pressure, cholesterol and weight.

Surround yourself with people and things that will help you accomplish your goals. Try these simple things to get started. Get up and get moving, literally! Do some type of physical activity that increases your heart rate and causes you to break a sweat. Pay closer attention to what you are eating, how much you are eating and why you are eating. Begin eating smaller portions, use a smaller plate, decrease the amount of pop and fast foods that you eat and drink. These changes need to be made to prevent pre-diabetes, diabetes and other conditions.

Bring your family along with you on the journey. Make time for yourself. Make it fun. Make the changes fit your lifestyle and your needs.

Remember, it all starts with that first step; all you have to do is take it. I hope you will take a moment for your health. You are worth it! For more information, call the Lakewood Hospital Diabetes and Endocrine Center at 216.529.5300, or visit lakewoodhospital.org/diabetes.



Gina Gavlak RN, BSN

City Hall

City Commitment To

LEAF Gardens And RTA Plans For Clifton

The April 6, 2009 council meeting was called to order at 7:37 P.M. by Council President Michael Dever.

The meeting began with a communication from Mayor Edward Fitzgerald regarding Lakewood Earth and Food Community's (LEAF) usage of Lakewood parks for community gardens. LEAF used portions of four Lakewood parks last year to create community gardens. After the great success they experienced last year they are looking for an agreement with the city that would ensure them the usage of these spaces beyond that given to them by the city from year to year. For this reason Mayor Fitzgerald asked council, and whichever committee they saw fit, to look at how LEAF's plans fit in with the city's planned usage of the parks. Mayor Fitzgerald continued to say that the reason LEAF is looking for a commitment from the city is because some of their members are looking to make some improvements and investments in their gardens and would like some assurance beyond that of the year to year.

LEAF member Dan Slife spoke at the meeting in support of the Mayor's initiative and reiterated the reasons they would like to have a more formal agreement with the city. He also commented on how the gardens not only played a positive role in the community for those involved but also for the community at large. He specifically mentioned the impact he noticed on the people who frequented Madison Park and Madison Library and made mention of LEAF's work with the youth group Help to Others (H2O) and the Lakewood Christian Service Center with hopes of working with the schools in the future.

The council voted to refer the Mayor's communication to the Public Works Committee to look into the matter further.

Public Works Director Joseph Beno announced an ordinance that would allow the city to accept \$250,000 dollars from the county to be used to help pay for construction on Bunts Road. Included in the construction would be the replacement of an 80 year old water main between Detroit and Madison and an asphalt overlay of the road from Clifton to Lakewood Heights Boulevard. The council voted unanimously in favor of the ordinance.

Director of Human Resources Jean Yousefi asked council to repeal a section of Lakewood Codified Ordinances which gives compensation to city employees based on the amount of time they have served. She asked for this ordinance to be repealed because of the Administrations goal to reward employees based on merit rather than longevity. Included in her request was also an ordinance establishing a Bonus Merit System which would put the Administration's plans into action.

Director of the Department of Planning and Development Nathan Kelly announced that RTA was recently awarded \$700,000 dollars in federal stimulus money to use towards engineering the plans of the Clifton Boulevard Streetscape Enhancement Project with a few added RTA aspects. This money will allow RTA, and the cities of Lakewood and Cleveland, to look at what the project would cost to implement. In addition to the physical cost of the project it will also allow research to be done into the types of materials that might be used including the kinds of plants used in the landscaping as well as the buses that might be chosen. One possible bus prospect would involve technology aboard each bus that would always give them a green light when coming upon an intersection.

The Clifton Boulevard Streetscape Enhancement Project was originally a collaborative effort between the cities of Lakewood and Cleveland along with Kent State's Urban Design Center in 2006. They developed a plan to enhance Clifton Boulevard including landscaped medians, pedestrian-friendly crossings and improved lighting. RTA's expected contributions are improved landscaping along curb lanes, improved transit shelters and fuel efficient buses.

Although the Clifton Boulevard plan was originally approved by the Planning Commission in December of 2006 it has not been able to move forward for lack of funding. This is one reason Director Kelly is happy to be working with RTA. He said that since RTA is in the travel business they have "better access to funding this sort of project than we do alone." Kelly continued, stating "by partnering with Cleveland and RTA we are able to attract better funding."

If interested, more information can be found about the original Clifton Boulevard Streetscape Enhancement Project on the Department of Planning and Development website at onelakewood.com/planning.

Yoga Therapy Workshops Offered to Heal Physical Misalignments, Relieve Stress & Relieve Pain

by Evin Bodell

Westside Yoga Studio is conducting two Yoga Therapy Workshops on Saturday May 2nd & June 6th from 1-3:30 PM, taught by Rowan Silverberg LMT 500 HR RYT. These workshops are recommended for students and yoga instructors who want to gain more knowledge in healing acute or chronic physical injury and associated pain. The workshops will be divided into two 2.5 hour sessions, one for the upper body and one for the lower body.

The studio also offers classes and private instruction to those with limited physical mobility. Many individuals suffer from chronic or acute pain due to physical misalignment in the body or disease states such as arthritis, cancer, scoliosis, etc. Yoga is used as a therapeutic practice to open space in areas that are injured and compressed, such as the spine and joints and to relieve tight strained, stressed and sore muscles. It accomplishes this by restoring the body to it's natural anatomically correct posture and physical alignment.

Re-alignment to the natural state that restores range of motion and relieves pain. The student is an active participant in this process and is taught the principles of body alignment to use in everyday life, at work, at home and in exercising the body. In some cases the individual may undergo some manual manipulation of the affected area; in all cases the individual is taught how to continue to do this work on their own at home beginning slowly and according to the severity and degree of pain and/or physical injury.

Meditation is also taught as an ingredient to manage the emotional effects of pain and physical limitations. Individuals must commit to being active participants in this program in order to obtain the full affects of the therapy. We offer individualized therapy for those with more difficult and extensive needs. We also offer a weekly class on Thurs evenings from 6-7 PM for students that can participate in a class setting. This class is appropriate for those with physical limitations that are interested in improving flexibility, stability, stamina, strength and balance.

Props such as chairs, blocks, bolsters and straps are used for support and to facilitate individual's ability to participate in class and gain physical benefits. Therapeutic yoga provides the tools that many individuals need to manage pain due to acute musculoskeletal injury or chronic disease states such as arthritis or cancer. Breath work and meditation are used along with postures to enhance therapeutic benefits. For additional information on yoga therapy, classes, workshops or private sessions please go to www.westsideryogastudio.com. or contact Evin Bodell RN CYI, Owner/Instructor at 440 773-1605.

Lakewood Hospital Employee Recognized for 50 Years of Dedicated Service

An employee at Lakewood Hospital celebrated her 50th anniversary of dedicated service on April 6. Eddye Hosko, a night shift medical technologist in the hospital laboratory, has devoted 50 years to helping others, both patients and co-workers.

When Hosko started her position, she was the first employee to be assigned to second and third shift in the hospital laboratory. One of 16 children, Hosko's family moved to Lakewood when she was seven years old. She later married a sergeant in the Lakewood Police Department and raised three children before moving to North Olmsted. Lakewood Hospital has been a huge part of Hosko's life and she credits her co-workers for many fond memories during her tenure.

"I have had supportive and beautiful co-workers who have been like family," says Hosko. "They helped me through hardships and I will always be grateful for their friendships."

Hosko fondly recalls the days when she did everything manually – before technology. She excitedly reminisces about her memories of Lakewood Hospital through six different administrations and is thrilled that some of her co-workers continue to ask her to cover shifts.

As for her co-workers, they too enjoy working with Hosko and appreciate the invites to her infamous pool parties outside of the workplace. Hosko is credited with remembering everybody's birthdays with balloons or even delivering that special cup of coffee when it's needed most.

"We are grateful for Eddye's many years of service," says Jack Gustin, president of Lakewood Hospital. "Through the years she has shown commitment, dedication and selflessness and embodies the spirit of a true community hospital."

Hosko has no intention of retiring anytime soon. She enjoys her job, her co-workers and "likes to treat (her) daughters to trips to Vegas."

NOWOPEN

fiftysixwest

BURGERS / SALADS

Sexy Burger

Provocative Salads

Crafty Sandwiches

Passion to Please

Now Open till 11pm

on Friday & Saturday

LUNCH & DINNER 7 DAYS A WEEK

16300 Detroit • Lakewood

216-226-0056

www.fiftysixwest.com

Lakewood Public Library Events

All Programs Are Free And Open To The Public
Sunday, April 12 Lakewood Public Library is closed.

MEET THE AUTHOR:

The Beatles in Cleveland by Dave Schwensen

Tuesday, April 21 at 7:00 p.m. in the Main Library Auditorium
Relive the excitement of Beatlemania as John, Paul, George and Ringo visit Cleveland for two of the most out of control concerts in history. Devoted fan Dave Schwensen will take you behind the scenes and on stage with stories, memorabilia and never before published photos. The grand finale of the evening will be the screening of a rare film of the riotous 1966 concert. Books will be available for sale at the show.

KNIT & LIT BOOK CLUB

Tuesday April 21 at 7:00 p.m. in the Main Library Meeting Room
Don’t let the name fool you. All knitters, crocheters, cross-stitchers, and needle-pointers are invited to keep their hands and minds busy with us. Nimble-fingered moderator Lynda Tuennerman encourages you to bring in your own suggestions for reading and needlework projects.

LAKEWOOD HISTORICAL SOCIETY:
Cowan Pottery

Thursday, April 23 at 7:00 p.m. in the Main Library Auditorium
Learn about the fascinating history of Cleveland’s own American Art Pottery and see real examples up close. R. Guy Cowan founded Cleveland’s most famous pottery studio right here in Lakewood with some of the greatest pottery artists of the 10s and 20s, including Viktor Schreckengost. Carol Jacobs, curator of the Cowan Pottery Museum, will walk us through the studio’s history. Then, as a special treat, Nadine Bluemel’s Grant Elementary 2nd/3rd grade Discovery class will share a documentary that they made themselves with help from the Lakewood Historical Society.

THE FRIENDS MEMBER’S PREVIEW BOOK SALE

Thursday, April 23 from 6:00 p.m. to 9:00 p.m. in the Friends Book Sale Area, Lower Level
Join the Friends and receive entrance to a special, members-only preview sale on Thursday, April 23 from 6:00 p.m. to 9:00 p.m. Memberships may be purchased at the door or by returning the form above.

FRIENDS SPRING BOOK SALE

Saturday, April 25 from 9:00 a.m. to 5:00 p.m. in the Friends Book Sale Area, Lower Level

SUNDAY WITH THE FRIENDS:
Spring Fever in Dance and Poetry

Sunday, April 26 at 2:00 p.m. in the Main Library Auditorium
Welcome the new season of possibilities with everything from classical music to tribal belly dancing. CeCe Miller choreographs The Spirit of Life Dancers in a celebration of spring with a series of dances set to music from around the world, interspersed with spring poems and other delights.

GREEN LIVING, HEALTHY LIVING:
Uprooted: Reconnect Food and People

Monday, April 27 at 7:00 p.m. in the Main Library Auditorium
Documentary filmmaker Brad Masi chronicles the ways in which communities across Northeast Ohio are taking back control of the local food system. From fifth generation family farmers to inner-city children, we all have to eat. Can local foods reinvigorate democracy? Brad Masi will show you how.

Community Gardens: Dig In!

Tuesday, April 28 at 7:00 p.m. in the Main Library Auditorium
Horticulturalist Nicole Wright considers the role that community gardens have played in our history and makes the case that they’re more relevant now than ever before. Learn how you can connect to the land and positively affect the health of your neighborhood.

LOCAL HISTORY
The Templar Motor Car Company

Drive down memory lane with Lakewood’s only car manufacturing company. Templar owner and aficionado, Dave Buehler recounts the history of the “superfine small car” and shares his pictures of the cars and the factory. He’ll also clue us in to the future of the company and what it could mean for Lakewood.
Thursday, April 30 at 7:00 p.m. in the Main Library Auditorium
LAKEWOOD HIGH SCHOOL ART SHOW:
Everybody but the Seniors Art Show
Thursday April 30 from 4:00 p.m. to 7:00 p.m. in the Main Library Multipurpose Room

SUNDAY WITH THE FRIENDS:
On the Road to Nova Scotia

Sunday, May 3 at 2:00 p.m. in the Main Auditorium
Filmmakers Terry and Sue Meehan discover rocky coastlines, rolling hills, brooding mountains and breathtaking vistas along the scenic travelways of Canada’s most popular maritime province. From lonely lighthouses to lively cities, they invite you to join them on this vacation exploration of culture, history and natural beauty.

MEET THE AUTHOR:

Book of Hearts by Mary Lou Ferbert

Tuesday, May 5 at 7:00 p.m. in the Main Library Auditorium
Watercolor artist Mary Lou Ferbert shares twenty years worth of personal, hand-painted valentines in this one-of-a-kind collection. These pieces were originally created by the artist as a way of passing along pieces of family history and to honor the people and events that hold a special place in her heart. These paintings will appeal to anyone willing to spend a quiet moment reflecting on their spirit and passion. Books will be available for sale and signing at the event. All proceeds from the sale of Book of Hearts will generously benefit the Rehabilitation Program at Lakewood Hospital.

LEARNING LAB CLASSES:

Reservations for computer instruction classes begin the first of each month. To register, please stop in or call (216) 226-8275, ext. 127. We ask that all students come to class with a working knowledge of the mouse. If you need help, visit the Technology Center and ask the staff to set you up on our Mouse Training Program. It’s fun, easy and essential to becoming computer literate.

E-MAIL BASICS

Saturday, April 25 at 11:00 a.m. in the Main Library Learning Lab

CHILDRENS & YOUTH SERVICES
AFTERSCHOOL PROGRAMS:

THE ZONE: For students in kindergarten through fifth grade

April 20-23 - Earth Day, Every Day.
April 27-30 - Prickly Pals
Get in the Zone and sign up for a week of themed activities! Visit www.lakewoodpubliclibrary.com/youth for the list of fun and exciting programs just for kids. To register, please stop in; call Main Library at (216) 226-8275, ext. 140 or Madison Branch (216) 228-7428.

HOMEWORK ER:

For students in kindergarten through eighth grade

Tuesday, September 2, 2008 - Thursday, May 21, 2009
Children’s and Youth Services Department at Main Library
Need a little help with your homework or just want a cool place to work? Come to the new Homework Room in the Children’s and Youth Services Department at Main Library for help and resources.

CREATION STATION:

For students in kindergarten through fifth grade

Fridays, September 5 – May 22 at 4:00 p.m.
Children’s and Youth Services Department at Main Library and Madison Branch
Join us for crafts each and every Friday after school. There is no need to register; however, to schedule groups, please call Main Library (216) 226-8275, ext. 140 or Madison Branch (216) 228-7428.

CLUB LIFE:

For students sixth through eighth grade

Thursdays, September 11 – May 21 at 4:00 p.m.
Main Library Multipurpose Room
Make a difference and join the club. Learn new skills or hone those you already have as you participate in projects designed to help your community. For more information, visit www.lakewoodpubliclibrary.com/youth. To register, please stop in or call (216) 226-8275, ext. 140.

Library Looks into Artist’s ‘Heart’

by Chris Weaver

Local artist Mary Lou Ferbert shares tender family feelings in “Book of Hearts,” a collection of watercolor Valentines she painted for her loved ones over a period of twenty years. This book “about life, about passion, about spirit,” will touch and inspire anyone who takes a moment to experience it. Join her on Tuesday May 5th at 7:00 p.m. at the Lakewood Public Library Auditorium to learn more about her life in, and love of, the Cleveland area.

Ferbert was born on Cleveland’s West Side and was already in her forties when she was bitten hard by the bug of creativity and began taking classes at the Cleveland Institute of Art. Of all of her subjects, The Flats adjacent to Downtown Cleveland inspired her most profoundly, first for its industrial nature, then for the “resilient urban botany successfully thriving in that biologically-sterile, engineered environment.” Ferbert has also produced powerful studies of such varied subjects as greenhouses, carousel horses, food markets and the sea shore throughout her career.

Organizations such as Lakewood Hospital, National City Bank and the Cleveland Browns all showcase Ferbert’s work in the Cleveland area. The National Museum of Women in the Arts in Washington, D.C., and the Jane Voorhees Zimmerli Art Museum at Rutgers University in New Jersey are two of her collectors nationwide. Ferbert’s work has been honored by the Cleveland Artists Foundation, the American Diabetes Association, and the American Watercolor Society. In 1988, she was inducted into Lakewood High School’s Distinguished Alumni Hall of Fame.

Mary Lou Ferbert will be available at the end of the program to answer questions and to sign copies of her book, which will also be available for sale. All proceeds from the sale of “Book of Hearts” will benefit Lakewood Hospital’s Rehabilitation Department.

Lakewood Schools

Budding Legal Eagles Soar

Harding 6th Graders Standouts At Mock Trial Competition

by Christine Gordillo

What started out as a typical social studies unit on the judicial process and civic responsibility for two Harding Middle School sixth-grade classrooms culminated earlier this month in a dazzling display of legal theater at the Middle School Mock Trial State Showcase in Columbus.

On April 3, 22 Harding sixth-graders from Allison Martzolf and Ruth Pangrace's classes traveled to the Ohio Judicial Center, home of the Ohio Supreme Court, to participate in the Ohio Center for Law-Related Education's Middle School Mock Trials competition, which the group calls "a great way to mix literature, a middle school student's natural love for a good argument, and civic education."

The sixth-graders, who found themselves among teams of mostly seventh- and eighth-graders, wowed the judges and spectators with their preparedness and command of the material as the Harding teams went home with six of eight possible "best" awards and a rating of Excellent overall.

Harding entered two trial teams, each trying the same case, Johnny Cade v. State of Oklahoma on the charge of murder, based on the book "The Outsiders." Students acted as the attorneys, witnesses, defendant and bailiff. The Harding contingent took the roles to heart dressed in their "greaser" attire of jeans jackets, shades and slicked back hair, the "soc" or society witnesses in their preppy sweater vests and

the attorneys outfitted in suits and ties and skirts.

"They totally got into the personas of the characters," said Moira Dugan, whose son, Matt Bango, played the role of "greaser" witness Pony Boy.

"Best attorneys" and "best witnesses" were chosen after each trial. Capturing the title of "best" for Harding were Madison Clause, Cole Karel, Kathryn Urban and Sean Weddell as attorneys and Connor Cimino and Jon Solymos as witnesses. "It was truly incredible to stand in the ... Statehouse, knowing that I was experiencing something that would stay with me for the rest of my life," said Urban. "Mock trial prompted an interest in a law career for me."

The successful trials came on the heels of months of preparation, including many extra hours outside of the school day. Attorney Peter Kwiatkowski, a parent of one of the student's, worked with the students on all aspects of trial preparation and presentation. Kwiatkowski is sure that the Harding students' dedication to the project was the key to their success.

"From our witnesses to our bailiffs to our lawyers (you could see) they worked so much harder" than the other teams, Kwiatkowski said. He noted that the Harding teams had their scripts mostly memorized while others read from their note cards. "It (the preparation) was grueling hard ... preparing, practicing, revising, editing for weeks and weeks," said Weddell, whose



Harding sixth-graders Madison Clause (left) and Madeline Bruening command their table as attorneys in the statewide mock trial competition. Clause was named "best attorney" for her trial.

preparation paid off with a best attorney recognition.

An important part of the prep work included trial playoffs to determine which students would travel to Columbus for the competition. Cuyahoga County Judges Joan Syneberg, John P. O'Donnell and Dick Ambrose presided over some of the trials and district administrators and classroom parent attorneys provided critical feedback for the students on their performances.

Pangrace praised the OCLRE program for its ability to meet so many of the reading, writing and citizenship state required standards for language arts and social studies. Pangrace also

was drawn to the competition because the material "was so challenging and really used higher-level thinking skills." Besides principles of the law, the students stretch their critical analysis, persuasive and logical thinking skills.

For the students, it gave them so much more than an education in the judicial process and some stretching of their minds.

"I had an amazing experience that I will cherish forever....even though it took me a long time to realize it, this (experience) has shown me what I can be, and what I am capable of doing for this world," said participant Ann Elaban.

Templar Motorcar Maverick Rides Again

by Ben Burdick

Lakewood's local history lovers know well the history of the Templar Motorcar Company. For all too brief a time in the early twentieth century, the "superfine small car company" built world-renowned luxury automobiles right here in Lakewood. But few Lakewoodites know the history of the company inside and out like Dave Buehler, a Templar owner several times over and confirmed enthusiast. Mr. Buehler will lecture on the history of the car, the company and the landmark factory building in a free program at the Lakewood Public Library's Main Auditorium on Thursday, April 30 at 7:00 p.m.

With the largest collection of Templar motorcars in the world at his disposal, Dave Buehler has more to offer the audience than just facts and figures. Here's a lecturer who can tell you what it's like to actually drive a Templar around town and feel the wind on your face. Not only has he purchased the cars, but he has restored them by hand and lovingly repaired them when they've broken down. You might say



that he the world's foremost authority on the subject—and an entertaining storyteller to boot!

Buehler's interest in the Templar began with the factory itself. As a lifelong Lakewood resident, he was always vaguely aware that the building commonly known as Lake Erie Screw had originally been some kind of a car factory. It wasn't until later in life that he learned that the company had been an international sensation. Today, he plans on reopening "The Templar Motors Co." with a display of cars in the original car assembly room on the third floor. You can learn more about his plans for the company when you stop by to meet him at the Library on Thursday, April 30 in the Main Library Auditorium.



Above, The LHS Ranger Track and Field season began with the boys and girls teams both finishing fifth at the St. Ed's Invite Saturday April 4, 2008. Pictured is Sophomore Samantha Cross competing in the 100 meter hurdles.



Left, LHS Ranger Senior Sam Nieves finishes his leg of the Distance Medley Relay of the Medina Relays Saturday, April 11th. The LHS Boys and Girls track teams both finished in 12 place.

photos by Joseph Ott

Lakewood Schools

Lakewood Places Two Pee wee Teams In State Hockey Finals

by Joseph Geither

The Cleveland Warriors are the birth-year based program of the Winterhurst Hockey Association located in Lakewood, Ohio. The “Warrior” program was initiated with the intent of creating teams based on single birth years, with the goal of placing competitive teams into the USA Hockey State and District Championships. This program has been part of the Winterhurst Hockey Association for three seasons and in early March they achieved suc-

cess when not only one, but both of their Pee wee teams, (players born in 1996) qualified for the Ohio State Championship game. The Cleveland Warrior “Gold” team, coached by Jeff Tyhulski, won the game over the Cleveland Warrior “Black” team, coached by Jason Hicar, by a score of 4-1. Both teams reached the finals after winning preliminary spots in the final knock-downs where the Gold’s defeated Rocky River’s PWAA team, and the Blacks defeated the Toledo Cherokees.

Placing a single team in the State Final is typically considered a success for any organization, but placing TWO teams is extraordinary. It is believed that this has never occurred in the Ohio State Championships, which were started in the 1970s and established under USA Hockey in 1987.

The concept of single birth-year teams has been discussed in the Cleveland hockey community for many years. Winterhurst Hockey Association made a leadership decision to adopt these

teams as a separate Cleveland Warrior program in 2006. The plan was formed by Ron Short of the North Olmsted Hockey Association and the Cleveland Suburban Hockey League. After it was welcomed by the WHA board, the program has grown successfully over the last three seasons. Last season, (2007-08), the Cleveland Warriors placed two teams (birth year 1993 and 1998) into state finals. The 1998s won the championship but the 1993s fell short.

This season the Warrior program was comprised of teams for birth year 1999, 1998, 1997, 1996 and 1995. It was only at the 1996 level that enough quality skaters were available to form two teams. It is expected that numbers will increase at the other birth year’s tryouts and that they may soon field two teams at other birth year levels. Tryouts for these teams are in April, and this season they will add teams at the 2000 birth year level to give them over seven teams. Many players who do not qualify for one of these birth year teams typically compete on one of the Winterhurst Hockey Association’s “mixed” teams. The mixed players compete on teams comprised of two birth years in the traditional Bantam, Pee wee, and Squirt brackets in the Cleveland Suburban Hockey League.

The Winterhurst Hockey Association practices and plays out of Serpentine Arena in Lakewood, OH, (formerly Winterhurst Ice Rink). For this past season, a good number of these teams competed for the first time in the Little Caesar’s Amateur Hockey League in Detroit, MI.



LHS Inducts 45 Honor Society Member

By Debra O’Bryan

At a recent ceremony in the Civic Auditorium, 45 Lakewood High School students became members of the National Honor Society. Students must hold a 3.5 cumulative GPA or above to be eligible for membership.

Five teachers and two advisors comprise the selection committee, which places a strong emphasis on the four tenets of the Honor Society in selecting well-rounded and exceptional students, which are:

Scholarship, Leadership, Service, and Character.

The ten senior (class of 2009) inductees are: Thealexa Becker, Rachel Buckner, Brian Evans, Thomas Grane, Chelsea Kovach, Julia Millman, Cecily Rus, Daniel Shannon, Davis Sun, and Danielle Sutcliffe.

The thirty five junior (class of 2010) inductees are: Iqra Baig, Francis Blackman, Una Bobinac, Suzan Cancar, Erin Carney, Elyse Corridoni, Gregory Culley, Marian Donahoe, Kimberly Farkas, Emily Golba, Van Haddad, Erin Harvey, Abbey Hegarty, Kristian Hila, Emily Jackson, Aubrey Kennedy, Mary Leach, Molly McCarthy, Sarah McKinsey, Alexandru Mezin, William Michaels, Alexander Neidert, Ashley Neumann, Mary Porter, Megan Saunders, Ericka Schmidt, Nicholas Sluka, Sarah Speice, Kaitlyn Stevelak, Jacob Storch, Joseph Tabeling, Zachary Urbach, Sarah Watkins, Brian Wick, and Michael Yee.

Current two-year members escorted the new inductees on stage to receive their National Honor Society Gold Membership Pins, and a reception followed the ceremony.

Engineers of Hope Lincoln & Emerson Elementary Discovery Class



Lincoln Elementary and Emerson Elementary’s Discovery (Grades 2/3) Classes at the Cleveland Food Bank



Teachers Chris Karabinus [Emerson Elementary] and Maureen Marshall [Lincoln Elementary] received a grant from Giant Eagle to fund the ‘Camp Engineers of Hope’ service camp for their Discovery Classes.



Come And Meet
Miss Donna

Silhouette

DANCE & FINE ARTS



"KEEP DANCING INSIDE YOUR HEART"

SCHOOL OF DANCE

AGES 3-Adult

Ballet	Hip Hop
Tap	Acro
Jazz	Breakdancing
Pointe	Cheerleading

216-228-3871

www.silhouettedance.net

East End Main Ballroom 12501 Madison Ave	West End Silhouette Dance "Too" 15641 Madison Ave
--	---

Lakewood Observer

Sherwin Williams’ Volunteers Bring New Life to LakewoodAlive Offices

by Shanon Strachan

LakewoodAlive has moved! In mid-February, the City of Lakewood was fortunate to welcome Kowit & Passov as the new owner of the INA Building. With the new ownership, Kowit & Passov has brought great plans to revitalize the INA Building including its first step of renaming the building the “Bailey Building.” The first stage of renovation will be to relocate the lobby to the west of the current entrance in the former LakewoodAlive office space and renovate the current lobby for Panera Bread expected to open on September 1, 2009.

The City of Lakewood, LakewoodAlive and Kowit & Passov worked together to maintain a presence for LakewoodAlive in the Bailey Building. LakewoodAlive’s new 2,000 square foot offices are located in the lower level – a short elevator ride or 50 footsteps from our old space. In true Lakewood community fashion, volunteers Paula Reed, Kathy Haber, Heather Rudge and Mikelann Rensel spent two full days cleaning in preparation of the move.

Changes always bring opportunities and new connections. LakewoodAlive has been fortunate to connect with Sherwin Williams as part of its moving process. Chris Haber, who grew up in Lakewood, and Kate Gauntner, from the technology department at Sherwin Williams, visited LakewoodAlive’s new location and approved it as a test location for a new Sherwin Williams’ paint. As an added

bonus, Sherwin Williams determined the LakewoodAlive location would be a great opportunity for some of their chemists to be involved in the actual paint application process. LakewoodAlive is the happy recipient of these volunteer community hours!

LakewoodAlive volunteer, Cindy Stockman, of Stockman Architecture, Ltd. selected sharp, professional colors for the LakewoodAlive offices. The paint being utilized by Sherwin Williams is environmentally responsible paint that consists of volatile organic compounds (VOC).

On April 16, 2009 thirteen (13) directors and employees from Sherwin Williams came to the LakewoodAlive offices and brought new life to the walls. LakewoodAlive thanks Sherwin Williams and its employees, Chris Haber, Steve Revnew, Adam Clark, Laurie Phillips, Jamie Jakus, Ron Byrnes, Kate Gauntner, Sarah Stafford, Frank Markowitz, Andrea Murner, Marissa Solar, Jennifer Arebaugh, Andy Reimann, Leo Lazurak, Cristy Mizer, Victor Tatoczenko, Lorette Madigan, Vicky Varlet, Lisa Mullen for their continued commitment to Cleveland and for their volunteer hours in the Lakewood community!

LakewoodAlive is a 501(c)(3) economic development organization focused on the revitalization of Downtown Lakewood. For more information about LakewoodAlive, Downtown Lakewood events or to become a Friend of LakewoodAlive go to: lakewoodalive.com

Sale On The Grounds

continued from page 1

the antiques room. Maybe that item you covet will still be there at just half its already bargain price.

Sale on the Grounds is the Lakewood Historical Society’s largest annual fundraiser. All proceeds go to benefit the programs and properties of the society.

Eyebrow Arching with Wax

Call for an appointment, then bring in this ad with you to get your choice of complimentary full size eye shadow, while supplies last.

Free Parking

216.226.8616 Your Feminine Connect

Carabel Beauty Salon & Store 15309 Madison Avenue



Mullens on Madison

OFFERING
LAKEWOODS LOWEST PRICES

Happy Hour 12-7 Every Day
50” flat screen TVs
Internet jukebox
Silver strike bowling
Bar-top games



Free Pool
EVERY TUESDAY



Karaoke
EVERY FRIDAY



Mullens pub’s
facelift courtesy
of Pop Shop Gallery
(popshopgallery.com)

17014 Madison Ave., Lakewood
mullensonmadison.com

Times are tough.



This is easy.

Save 50% for the 1st 4 months
on your business Internet and
phone services, right now!*

Call (216) 535.3681

www.coxbusiness.com



*Offer valid until 6/30/09 to new commercial subscribers of Cox Business Internet and/or Cox Digital Telephone® (excluding Centrex) in Cox Cleveland service locations. Minimum 1-year service contract required for 50% off for 4 months. Percentage discount applied as credit(s) to the monthly bill. Offer includes: Basic phone line up to 10 lines and any speed of Cox Business Internet. Long Distance, features and Optical Internet not included. Additional costs for installation, construction, inside wiring and equipment may apply. Offer does not include applicable taxes or fees. Cox cannot guarantee uninterrupted or error-free Internet service or the speed of your service. Rates and bandwidth options vary and are subject to change. Telephone Modem equipment may be required. Telephone Modem uses household electrical power to operate and has backup battery power provided by Cox if electricity is interrupted. Telephone service, including access to e911 service, will not be available during an extended power outage or if the modem is moved or inoperable. Services not available in all areas. Other restrictions apply. Telephone services are provided by Cox Ohio Telcom, LLC. ©2009 CoxCom, Inc, d/b/a Cox Communications Cleveland Area. All rights reserved.

The Best of The Lakewood Times

Students to Get a Taste of Reality in New Restaurant

By Deven Middleton

With the freshly refinished “new building” featuring brand new classrooms, equipment, and enhancements, students have a lot to look forward to in the coming months.

The new culinary area will open with new features. Close to three times its current size, the area will feature a classroom for about 30 students, a large kitchen that is comparable to those in professional restaurants, and a walk-in freezer. It will also feature a restaurant style dining room that is close to 2000 square feet, which will serve student-made food to the public.

With space large enough to teach almost 30 students, the culinary classroom will include new tools to assist with teaching. Not only with it have a Promethean board, but there will also be a new device called a Demonstration Camera. This camera records what the chef does and then plays it back onto a screen, allowing every student to see precisely how a task was performed.

“When teaching students how to prepare something smaller, or something that has more detail, the demonstration camera helps project what I’m doing so everyone doesn’t have to huddle around me,” Culinary Arts Teacher Robert “Chef Rob” McGorray said.

Along with classroom learning, students will have the chance to experience firsthand how cooking in the real world feels in their state-of-the-art kitchen.

“To achieve a kitchen as nice as this one Lakewood High hired an architect to work with a food service company,” McGorray explained.

The kitchen will include numerous stations that are designed to cook different kinds of food, such as a hot food area for food that needs to be fried or sauteed.

“[Marty] Nagele, who has worked so hard on this entire project, worked with the company for months to lay out the kitchen for the new building’s design. The whole culinary area completely simulates

a real kitchen and restaurant,” McGorray said.

Along with stations, every inch of the kitchen will be filled with more than a baker’s dozen of cooking gadgets. From blenders to apple corers, every utensil has been carefully selected after meeting difficult criteria, and is placed strategically where it is needed throughout the kitchen.

“Deciding exactly what to buy was a little daunting. Each item [of equipment] needs to be handled frequently by the student chefs and stay working for a long time,” McGorray said, adding, “but picking out the china [for the restaurant] was the most fun.”

The central principle of a professional chef’s career is the restaurant and at Lakewood High this essential element is getting the spotlight for the culinary program, and will be the future of learning for culinary students.

“The restaurant will be run by the students and will work just like a real restaurant,” McGorray said. “They will come into class, change into their cooking uniforms [in the changing rooms located in the culinary area], and prepare to cook for their class time.”

About twice as large as the current culinary showroom, the new restaurant will have many new advantages.

“The restaurant will seat close to 50 people at a time, but if I need to, the walls connecting the classroom and restaurant can be opened and 75 people can be served a buffet service,” McGorray said.

The restaurant will be open a certain number of periods a day. The students will be taking orders, preparing food, making “to-go” meals, serving the customers, and cleaning, just like in a real restaurant.

“I want the students to know how it feels to cook in the real world,” McGorray said. “Students will go on weekly job shifts – for instance, one week a student is taking orders in the restaurant, and the

next week a student is preparing the main dishes. Everyone gets a chance to participate in every activity.”

Students will prepare not only orders that teachers can enjoy in the restaurant, but also food that can be taken “to go.”

“There will be a counter with coffee and wrapped food for teachers to grab, buy, and go. Teachers are busy and don’t always have the time to sit and enjoy a meal during their lunch,” McGorray explained. “To-go orders will also be taken, so a teacher can order and pick up their favorite meal.”

“I have been so lucky to have received so much support from the staff and ad-

ministration of the school. It’s only been my first year working here, but this plan is really going to make my job more fun and more rewarding, especially for the students,” McGorray said. “All of the credit goes to Mrs. Nagele, Mrs. Thayer, the West Shore Director, and all of the family consumer science teachers. They have all worked so hard on this, and the result is going to be great.”

“Other careers take a while to learn if you’re good at it, but when you find out you love cooking, you just know,” McGorray said. “You’re taking something from a raw state to a finished product, and that’s very rewarding.”



Robert “Chef Rob” McGorray demonstrates the proper use of a rolling pin. Photo by Evan Graves.

Construction Students Build for the Future of LHS

By Al Rodriguez

Some of the students who have gotten to experience the “hands-on” learning of the West Shore program are getting an opportunity to participate in Lakewood High School history.

The construction trades program teaches students skills they need to know for remodeling and building homes, focusing on electrical and carpentry work. The hands-on work gets students ready for a career in the construction business.

The construction trades program, taught by Mike Dow, has a partnership

with the contractors working on the High School remodeling and rebuilding programs. Construction students have generally worked on projects in the “D” building of LHS or out in the community. This year, however, students have a chance to participate in this partnership.

The 13 seniors involved in the program are working five days a week, four periods a day, in the area that will be known as the “A” and “B” buildings – the current LHS construction zone. They have been working on projects in the building such as hanging drywall, tile work, cabinet installation, installing flooring, and working on the fire/sprinkler systems. Juniors in the program are taught the skills that they can apply on the job, and the current seniors are using these skills to work on this special project.

“Usually, we have the seniors out in the community, building garages,” said Dow, a first-year West Shore teacher, “but this year, they’re getting the chance to work in the building.”

The West Shore career technical program just got involved with the school construction this year. Linda Thayer, the director of the West Shore program, initiated a partnership between the contracting company and the Construction Trades students. The class will continue to work in the buildings for the rest of the 2008-2009 school year, and possibly in the future.

“We’re welcoming opportunities, and we’re hoping that we can help out with the other phases of the construction on the schools,” Dow said.

The phases include the ending of the current Phase Two, and the beginning of Phase Three, which involves work on the part of LHS known as the “Old Building.”

“All signs lead to us working with them in the future, but our fingers are crossed as of now,” Dow said with a smile.

The “A” and “B” buildings, slated to open in the 2009-2010 school year, are showing significant progress, at least on the outside. According to Dow, the inside is moving forward as well. “It’s looking great,” he said. “Everyone is going to love this building. The technology is outstanding, and it really offers a different look for

students.”

Not only is this unique experience helping West Shore students learn more about their selected trade, but it has giving them opportunities to network for the future.

“Jobs have been offered to some of the students, to continue working for the contracting company,” Dow said. Senior Kevin Rolli is one of these students.

“I’ve been talking with the drywall contractors about coming back for a summer job,” said Rolli, who plans to attend the University of Toledo.

“It’s a really good way of getting a job, by working with professionals,” Rolli said. “Overall, it’s a good course and gives a lot of opportunities.”

The construction trades program has been popular in the past, but Dow would like to see a greater number of students take advantage of this opportunity.

“We have about 13 to 15 incoming juniors,” Dow said, “but we’re always looking for interested students.”

With this stepping-stone in front of them, current and future construction trades students can take advantage of a partnership between professionals and themselves to build a path to their future.



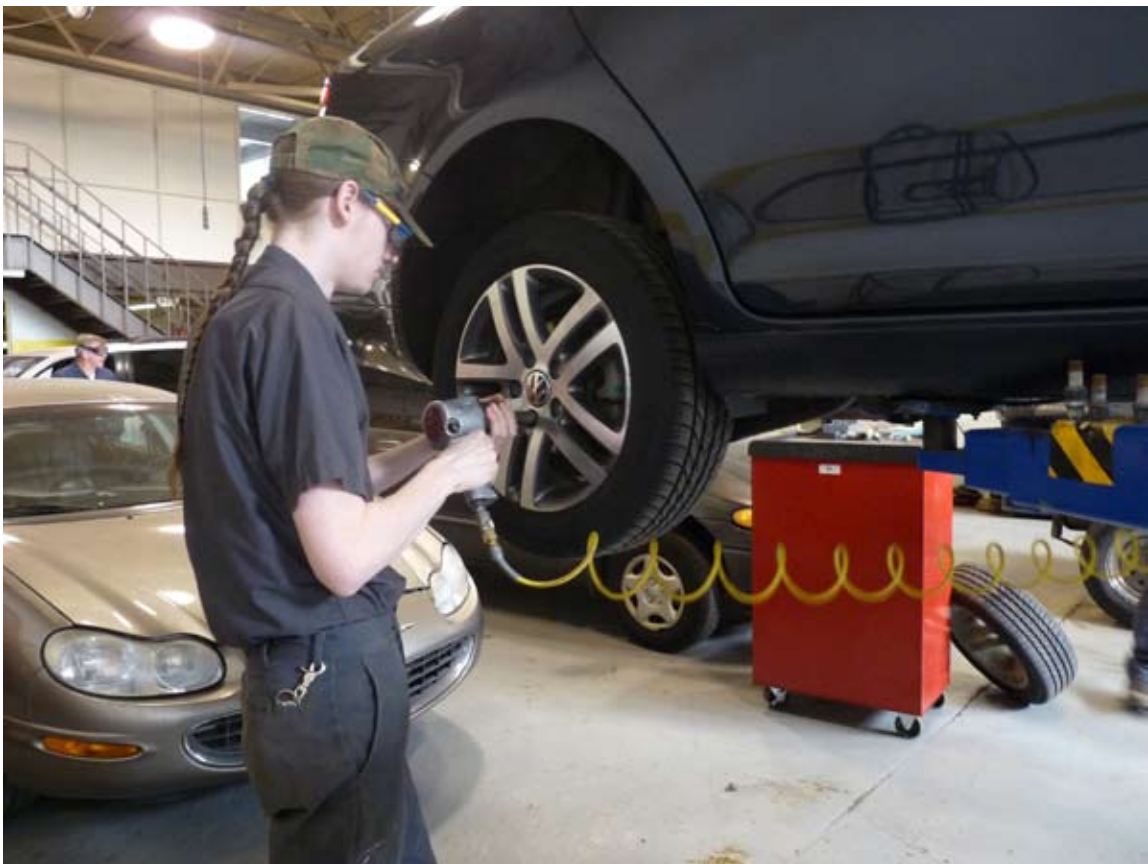
A peek at airy glass structures in the soon-to-be unveiled new building. Photo courtesy of Mike Dow.

The Best of

The Lakewood Times

Learning to repair cars for credit

By Rebecca McKinsey



Senior Caleb Brokenshire tinkers with the tire on David Wyckoff’s car seconds before it falls to the ground. This hands-on approach is typical to the Auto Maintenance class. Photo by Jordan Congeni.

A small blue car is suspended six feet above the ground in the large garage used by the Auto Maintenance class. Two young men stand beside it, working on the car with a comfortable familiarity as they conduct what is known as 70,000-mile maintenance.

Without warning, a tire tumbles to the ground.

“Guys, please remember that car has to get me home tonight,” Auto Maintenance teacher David Wyckoff called across the spacious garage.

“I thought you lived here in the garage,” one of the workers hollered back, barely stifling a laugh.

Another tire falls as they speak.

“It doesn’t even have any wheels on it,” Wyckoff said, exasperated. “Put the wheels back on, and then finish the oil change.”

Retrieving the tires from where they have rolled some yards away, the two continue their work. The car in question belongs to Wyckoff, and the people working on its maintenance are LHS students.

These students are not working with cars every moment. Sometimes they’re in a classroom, learning the intricacies of the work. “There’s a process to fixing a car,” Wyckoff said. “You can’t just pull a wrench out of your toolbox and walk over to a car and know what to do.”

However, the majority of the time these students are in Auto Maintenance is spent in a garage, doing real work on real cars. “We’re not doing anything with a computer screen,” Wyckoff said. “We’re out here with cars that are actually going to be depended on by the owner. There’s a brutal honesty to it. There’s no escaping or hiding from

your work.”

Senior Mike Attewell confirms this, saying he chose to take Auto Maintenance because of the hands-on aspect.

Wyckoff says his students are extremely “with it,” adding, “They have to be, with the real life of dealing with a glass and steel entity rather than a book or computer reproduction of it.”

The Auto Maintenance teacher isn’t the only one who brings his car in to be worked on. His class members service cars belonging to many Lakewood residents. Most of their customers are LHS faculty, because of transportation issues. The students do this work for free, leading Wyckoff to admit his surprise at “how enthusiastically they approach the idea of doing customer service work.”

After working in the service industry for some twenty years, Wyckoff decided to go into teaching because he “definitely saw a need for training.”

According to him, there is no real

source of auto training outside of on-the-job experience – and in the retail business, it’s all about speed. At LHS, “They have the luxury of being able to work at their own speed,” he explained.

Attewell agrees, saying that auto training is difficult to find on the job. “If you want to work on cars, get in an auto class,” he said. “Otherwise, you’re not really going to learn much. They don’t have those kinds of teachers in real-world places. [You won’t find] a teacher who’s actually going to sit down and teach you how to do something.”

The fact that Wyckoff, after working in this field, is now available to train students is valuable to them. “Wyckoff’s been in the field for who knows how many years,” Attewell said. “He can always relate. If you have any questions, he’s always there to answer them.”

A great deal of waste occurs in the auto consumer area because of untrained car owners, according to Wyckoff. Many of the skills his students are learning – brake and exhaust work, taps and dies, metal fabrication, steering and suspension, electrical troubleshooting, and engine work are just a few – lie in areas on which consumers spend the most money. Wyckoff emphasizes that the skills learned in this class are valuable for anyone who has a car. “Even if you don’t go into the trade, you still benefit enormously by gaining experience,” he said.

Although the experience is valuable to anyone, Wyckoff says, the class does prepare students for the field of car service as well. Half of his senior class is currently



Junior Bogdan Yakymchuk under the hood of a car in the Auto Maintenance garage. Photo courtesy of David Wyckoff.

Lakewood Times Editorial Board

Rebecca McKinsey Editor in Chief

Thealexa Becker Design & Focus Editor

Rachel Kowalski News Editor

Sarah Jawhari Opinion Editor

Isabella Zettler Lakewood Life Editor

Jacob Ott Sports Editor

Valerie Locke Names Monitor

Miranda Mave Art & Photo Coordinator

Adam Mihalski Public Relations & Pollster

Andrew O’Connor Business Manager

Wilson Sackett Exchange Editor

Fiza Shah Future Book Compiler

Danielle Szabo Distribution Head

Karen Ballash Adviser

on job maintenance, including Attewell. The senior contends that the class is no different than real auto work. “[Job placement] is basically the same thing [as the class],” he said.

Many of Wyckoff’s students plan to go into this type of work when they finish school. “I’m going to Indianapolis in September to go to a tech school, and will hopefully get in the job field after that,” Attewell said.

While some teachers and community members bring their cars in for maintenance, others donate old or broken-down cars to the class. These serve as a valuable tool, according to Wyckoff. One such vehicle came to the class unable to run. His students fixed it, and now it serves as their “bug car”: “I put bugs in it, and the students find them and fix them,” he explained.

His students have advanced over the past year. Wyckoff says what strikes him most is their skill level. “Not that they’re accomplished master mechanics, but they have a great amount of analytical ability, and organizational skills.”

Attewell says that one of the most important aspects of the class is the fact that the students are actually doing work, rather than watching someone else. “You know how to diagnose things by yourself,” he explained. “You don’t have to ask other people.”

Wyckoff says that students not familiar with the Auto Maintenance class might be surprised by what goes on there. “[The students] are doing a real job,” he said. “The people from the academic section might be surprised by the reality.”

He added that new faces, whether they belong to students who want to go into auto trades or those who just want to be able to care for their car, are always welcome. “We are here, and we are open to anybody who has an interest in cars,” he said.

Wyckoff emphasizes that the students learn the most by doing, even when mistakes are made. While he serves as a guide, Wyckoff says the students themselves do the majority of the work.

“Things advance to a point where students have to do it themselves. At some point, I have to let them struggle with it until they succeed,” he said. “Students find it rewarding. They can say, ‘Hey, I did this myself.’”

The Lakewood Times is now reprinting some of its best articles in the Lakewood Observer. We hope you enjoy the “Best of the Times” and would like to invite you to comment on any of our stories. Comments can be directed to the Observation Deck or e-mailed to lakewoodhigh-times@gmail.com.

Let's Meet John Kamkutis

In Troubled Times, Lakewood School Board Looks To A Coach For Guidance

by Nadhal Eadeh

The November school board race will likely be a tight race as appointed School Board Member John Kamkutis hopes to hold onto his seat while providing leadership on critical issues troubling Lakewood. The current board has a diverse background with lawyers such as Matthew John Markling and Linda Beebe; a health care professional in Betsy Shaughnessy; a sergeant in Ed Favre. Kamkutis polishes the board with his extensive background in athletics. With his deeply rooted knowledge of Lakewood and his coaching and team oriented philosophy, the hope for Kamkutis is that his message will resonate with voters in the upcoming school board elections.

The Kamkutis school history begins with him working his way through the Lakewood school system "I went to Roosevelt Elementary, Harding Middle School and I graduated from Lakewood High School in 1978." A trifecta of sorts, Kamkutis wants his children to have the same opportunities he received while growing up in the Lakewood school system.

With a familiar superintendent at the helm, an energized school board seeks to help Joseph Madak reacquaint himself with the Lakewood City School District. "I am extremely excited to be in the city at this time. I don't think there is a better way to impact the youth of today than to be on this school board," said Kamkutis.

The passion for athletics was one of the many reasons the former LHS basketball coach was chosen states School Board Member Matthew John Markling. "John Kamkutis was a unanimous choice of the Lakewood School Board for many reasons, not the least of which are his experiences as a collegiate and professional basketball player, as well as his coaching and recreational experience. His understanding of teamwork will be essential as we establish focused, dedicated, and loyal leadership and goals for excellence under the legendary coaching of Dr. P. Joseph Madak."

His coaching pedigree may help to remedy the disappointing state of athletics at LHS. As fans of Lakewood sports well know, athletic success at the varsity levels has seen marked declines. The basketball program has had limited success in the past few years and the football program has struggled to win games for the past few seasons. A lack of interest in athletic endeavors seems to be an issue plaguing Lakewood youth. Couple that lack with elite athletic facilities, outside observers scratch their heads and wonder about Lakewood's losing woes. How the recreation-minded Kamkutis can solve the recreation riddle remains to be seen, but his optimism could at least serve as a blessing to people who want to see Lakewood get back to their winning ways.

Remember initial steps to right the athletic ship were made last year with the hiring of former Rocky River coach Ron Lewis and legendary player and basketball coach Phil Argento. "Phil and his staff have been working extremely hard in making sure that everyone is on the same page," said Kamkutis who at the time of the



photo by Joe Glick

interview was coordinating a youth basketball program. "With the coaches and the enthusiasm up at the high school like that, it will trickle down to the younger kids and the recreation department."

For Kamkutis the idea of winning athletics comes from his days of being the JV basketball coach at Lakewood High School. He likes the idea of giving the head coaches more say in the decision making process, a policy that most powerhouse athletic programs have implemented, but which Lakewood has struggled with. "They are going to have the main input, and that is one of the goals when the Recreation Director and I talked. We'll have the head coaches and their staff members

giving input on how we should run their respective programs."

"John has coached basketball on many different levels, which gives him a perspective that most people do not have, so when I talk with John he 'gets it' he relates to what needs to be done because he has been there himself, first hand," explains first year head basketball coach Phil Argento.

Many high schoolers argue that kids in Lakewood have nothing to do. According to a recent Lakewood Times poll, "47 percent said that the lack of things to do pushes them to participate in illegal activities, such as drugs and alcohol." However, the kids did not mention what activities they want the city to make available to them.



The disturbing report illustrates the inability of the city to secure outdoor outlets for kids and for athletes, with many complaining about a lack of outdoor basketball courts. As kids seek role models in these tough economic times, a superstar LeBron James dominating nearby Quicken Loans arena looms large. Many argue accordingly that the positives of the sport in a secure outdoor environment outweigh the negatives, a strategy for youth the city has not properly formulated. Kamkutis understands the issue, but in the short term wants to reassure parents that "We are going to do everything we can to offer every possible program to the kids and again we are going to make sure that everything is available for kids. We are going to open up gyms and we are going to allow kids to come inside and play."

Yet as levies were passed, and buildings were constructed the term "It's Lakewood's time" was used as new buildings and athletic facilities peppered the city landscape. However, for many district employees, Lakewood's time began at 8 a.m. and ended at 5:00 p.m. with many of the school staff, administrators and teachers leaving the city for their evening commute.

This fact of life is for many residents a disappointing reality. "I would love to see people stay in the city, I would love to see teachers and administrators live here as well." Lakewood last year has been voted nationally as the best value home for under \$170,000. It's a melting pot of ethnicity, its very eclectic, with so many mom and pop stores I think it's just great."

Through it all, Kamkutis emerges a candidate in a city that is troubled. Economic pressure and foreclosures are widespread. Unstable households continue to grow. Health care costs threaten fiscal stability. The district has many economic forces it cannot control. So how Kamkutis and the board can reverse these trends is for now a mystery. "One thing that makes coaches successful is that you have to make adjustments along the way. You need to make adjustments that best fit the situation because not every situation is black and white; I feel that my coaching background is a strength that I have."

Fellow school board member Betsy Shaughnessy sees the leadership quality that will help the city navigate through these shaky economic times. "He listens and observes and I fully expect that he will be able to make difficult decisions when the occasion presents itself. A highly functioning board needs a balance of personalities, experience and expertise and I think John helps achieve that balance."

With a diversity of opinions reflected in the makeup of the board, residents with a vested interest in the youth of Lakewood will see an advocate for kids in Kamkutis. Says basketball coach Phil Argento: "His passion for what he's doing. He is sincere in his wanting to work at the many improvements to be considered by the board because, not only is he a life long resident but his children will be the direct beneficiaries of his success, he's completely vested in Lakewood's future."

Greening Lakewood

The Art Of Recycling

by Mary Evans

Only 29% of Lakewood residents recycle. While I have trouble getting my hands on the percentages of businesses that do so, I'd bet it's even lower. Disappointing results, but at least there is a process in place that we can build upon. We pride ourselves on being such a walkable city (and as a retail shop owner, I am ever so grateful for this attribute!), yet we provide no means for recycling to folks on the street. That is about to change.

On April 25, we will be unveiling eight artistically designed recycle bins on the steps of the Main Branch of the Lakewood Library. Deemed a "green smART project", this initiative was a model of collaboration between the eco-conscious, the artistic and the business community. Our hope is that this is only the start of many more such bins to be placed around the city.

The idea of turning the bins into a creative endeavor came to me as I pondered the main objection I've heard regarding why recycle bins in public places don't work: concern that there will be no discretion in tossing in trash versus recyclables. My thoughts around tackling this issue were twofold. First, we need to have the recycle bins near trash bins, and second, we need the recycle bins to really stand out. I thought about the painted guitars in Cleveland and the painted

bison in my home town of Buffalo, and that's when the idea hit me: Let's merge the eco-consciousness of Lakewood with the wide array of talent that exists in the Lakewood artist community.

I was put in touch with Ruth Koenigsmark, President of Lakewood is Art and Joe Beno, Director of Public Works for the City of Lakewood. Ruth, along with Linda Goik of Local Girl Gallery, put a call out to artists and collected proposals for the bins. Joe helped to coordinate efforts with the Lakewood Division of Refuse and Recycling to get us eight trash bins to be converted into the recycle bins. Our challenge to find a location for the bins during the design phase brought me to Ralph Lukich, Facility Manager of Omni Lakewood LTD, who kindly loaned us space for the project in the Lake Erie Building at Templar Park.

Our call out for sponsorship brought us a mix of businesses eager to contribute dollars to help bring this project to fruition. Many thanks to the following for their generosity: Fady Chamoun (Aladdin's Eateries), Tubal Cogar (Wobblefoot Gallery), Chas Geiger (Geiger Sporting Goods), Jennifer Goetchius (Ideas in Focus), Mary Ann Hastings (Mary Ann Hastings and Associates), Kendall Jarrell (Nation-wide Insurance) and Jim O'Bryan (Lakewood Observer).

Our artists come from a variety of backgrounds, and have each leant their personal style to the bins or bins that they designed. I'd like to offer my personal thanks to each of our contributing artists:

Michael Heasley, Tom Kochheiser, Michelle Mowery and her children, Pam O'Keefe, and the Michel and Koenigsmark Families.

The bins will remain on display on the Library steps for about one week, and then will placed in various locations in Downtown Lakewood. This is

when the real work will begin. In order to keep them in place, we will need our citizens to be conscientious. The recycle bins will be for glass, plastic and cans. All other debris should be thrown into the regular trash bin. I'm hoping this will work so well, that we will double or triple the number of recycle bins next year!

Please join us at 10:00 am on Saturday April 25 on the library steps. Come to show your appreciation for the artists and business people who are committed to the Art of Recycling.

Wobblefoot® Gallery
*Invites You To A
Book Signing By
World Renown Authors & Illustrators
Hazel Chapman, Lawrence Hochman
Tim O'Connor, Jim Stracensky*



Friday May 8, 2009 6:00-9:00p.m.
1662 Mars Avenue, Lakewood, Ohio • 216.226.2971

Spend Earth Day with Us!

- Crafts for kids
- Organic and vegan treats
- Gift certificate drawings
- 25% off any one item. Offer good April 22 only.



GreenSmartGifts

Live green. Give green.

www.greensmartgifts.com

14534 Detroit Avenue • Lakewood, Ohio 44107 • (216) 712-7980
Sun, 12-5 • Tue-Thu, 10-6 • Fri-Sat, 10-7 • Mon, Closed

Welcome to WestsideYoga



We're Cleveland's newest retreat for strength, empowerment and inspiration. Come and experience the healing powers within all levels of the yoga practice.

Upcoming Classes & Workshops

Yoga Strong

A unique class combining yoga with weight training to give muscular definition without getting bulky, enhance muscular endurance, and increase range of motion in less amount of time.

Thursday Nights 6 PM, 6 Week Session \$90, Students \$72, Drop in \$17, Students \$15

Two Yoga Therapy Workshops for Teachers and Students

Drawing on Anusara Yoga's Universal Principles of Alignment with Rowan Silverberg
Saturday 5/2 & 6/6 1-3:30 PM, Fee \$ 40.00 p/class \$ 70.00/both

Women's Wellness Workshop

The Role of Yoga in Relieving Symptoms of PMS, Perimenopause & Menopause
Saturday May 9th from 2-4 PM, Pre-registration \$30.00, \$40.00 at the door

Join us for a Fundraiser for The Gathering Place

A Non-Profit Caring Community for those Touched By Cancer
Sunday May 31st, 6 - 7:15 PM with Susan Squires, suggested donation \$10.00

For more information and complete listings of classes and workshops, visit us online at:

WestsideYogaStudio.com

or call: 440 773-1605

Westside Yoga Studio

17100 Detroit Ave, Lakewood



Simply Esthetics *petite spa*

April Special

Purchase a Spa Pedicure with Tony or Laura & Get A Manicure Free!



Exp. May 1, 2009 Call Now For An Appointment 216-226-4220

Cannot be combined with any other offer or purchase made before April 1, 2009. Offer subject to availability call now or log onto our website to schedule your appointment

18401 Detroit Avenue Lakewood , Oh 44107 www.simplyesthetics.com 216-226-4220

Lakewood Earth And Food Community

Economies Of Kale:

Leaf Is A Party Waiting To Happen

by Michael Gill

We've been talking about Rutabaga Nights only for about two months, but there's been a party growing inside Lakewood Earth And Food for several years. It started with a couple hands full of people buying shares of produce from local farms through a community supported agriculture program. They arranged to pick up their weekly supply of vegetables at a coffee shop on Madison, Bella Dubby. These were friends and neighbors who shared an idea about fresh, locally grown food and figured out a way to work together and consistently get it. You've heard about great ideas coming from the grass roots. This one came from the dirt.

From those first dozen or so families, LEAF got organized and grew. Two years ago we started hosting LEAF night

on the front steps of the Lakewood Public Library. Each week a couple hundred families would come to pick up pre-paid shares of produce from Ohio farms, all within about 75 miles of Lakewood. We had to put hundreds more on a waiting list, because Lakewood had more demand for local produce than our truck could deliver. City Fresh has 17 fresh stops in the Cleveland area, but fully half of their business is in Lakewood. And there literally wasn't enough room on the truck to deliver all the vegetables we could have sold each week in front of the Library.

You've heard of supply meeting demand. This was a case where demand went out and found the supply, and then had to go find more. This year, LEAF Nights move to Wednesday

so that Lakewood can have exclusive use of the City Fresh delivery truck, meaning that a whole bunch of those people can move off the waiting list and start buying local produce. In addition to City Fresh, we continue to work with Covered Bridges Gardens and have added a third CSA, the certified organic Geauga Family Farms. If you care about the fact that small farms have been replaced by mega farms, or that the average piece of food in Cleveland has traveled 1800 miles to get from farm to table, or about having access to fresh, locally grown produce, and having a big enough market for it to make small Ohio farms viable, the growth of LEAF is a reason for a party.

That's why I say Rutabaga Nights has been brewing for several years, even if we only gave it a name in February.

It's gone the same way with community gardens. Last year, Mayor Ed Fitzgerald dedicated space and enabled LEAF to administer 130 community garden plots in parks all over town. They met with immediate success, attracting new users to the parks because people in Lakewood want to grow their own food. If you don't have your space reserved yet this year, you'd better act soon. At press time, all but two of those spots were claimed by your neighbors.

What all this means, is that in numbers as cold and hard as cash, we live in a city where people are excited about these ideas and willing to work to make them reality. For years we've been hearing about how people get out of high school or come to Lakewood after college and rent their first apartment, or buy their first house and bring their ideas about how the city and the world can be a better place. All those people who have chosen Lakewood over the 56 other municipalities in Cuyahoga County represent an enormous amount of potential. I don't know where all the LEAF organizers came from, but I do know that most of them seem to be quite a bit younger than me, and many of them are starting their families here. To me, seeing those people build a local food network here is like a promise being fulfilled.

We've heard often about the flight of social capital from the central city, and the decline of volunteerism. Anyone who works in the non-profit sector has seen this first hand. LEAF is an example of exactly the opposite of that trend: a new generation of people volunteering to advance their values and to build something important for the city. At some of the early LEAF meetings, LEAF trustee Dan Slife described what he was seeing as the Kiwanis of the 21st century. That is yet another reason for a party.

So that is exactly what we are going to do.

Rutabaga Nights is a chance to celebrate a great thing happening in Lakewood. You should be there. Local food markets are growing all over northeast Ohio, but nowhere are they growing on the scale we're seeing in Lakewood. So to celebrate, The LEAF community has put together five bands, food from local restaurants, drinks, art and other silent auction items, lights and sound and decoration by local artists working with All Go Signs. We're going to fill the Lake Erie Screw factory with our celebration of the growing season, recycling a big old industrial facility for one great night. Besides the music, food and art, we'll also have some goofy opportunities to play, including an interactive video play station featuring real dirt and sandbox toys.

So rejoice, and be glad that you live in Lakewood. And get your tickets to Rutabaga Nights. I look forward to seeing you there.

See adjacent ad for details.

RUTABAGA NIGHTS



RUTABAGA NIGHTS

MAY 2ND 7 PM UNTIL MIDNIGHT

SCREW FACTORY BUILDING

13000 ATHENS AVENUE

LAKEWOOD, OHIO




Lakewood Earth and Food Community's
First Annual Fundraising Gala
Support Local Food and Celebrate the Growing Season
Live Music, Food, Beer, Silent Auction and Raffle

Proceeds will benefit LEAF and City Fresh

Tickets are available from your
LEAF Community neighbors and
Green Smart Gifts 14534 Detroit Avenue
Lakewood Phoenix Café 15108 Detroit Avenue

Tickets are \$25 and \$15 for students
(\$50 and \$100 tickets include an added
charitatively tax deductible donation)

For more information visit our website: www.LEAFCommunity.org
or e-mail: leafcommunity@gmail.com

Made possible with generous donations by:

56 West
Gypsy Beans
India Garden
Karen Bosworth Confections
Lakewood Phoenix Café
La Pita Express

All Signs Go
Green Smart Gifts
The Lakewood Observer
Scene Magazine
Screw Factory Building

Perspective

...I Know You Are, But What Am I?

by Bret Callentine

When I was a kid, I got picked on repeatedly. I was the target of just about every bully in the neighborhood. By the time I got to high school I was a bit bigger than my classmates, so a lot of that trouble started to disappear. When I got to college I was a solid six foot four inches tall, two hundred fifteen pounds, and with the knowledge and confidence of being a wrestling coach I found it very easy to take a job working as concert security at the local arena.

But after working dozens of concerts, I noticed something strange, in all of those events; not once was I ever in a scuffle with anyone my size or bigger. It didn't take long to figure out that there seemed to be two distinctly different yet similarly aggressive stereotypes out there. When I was little, I'd fallen victim to the bully who uses his size and strength to intimidate smaller and weaker kids. However, once I filled the role of bigger and stronger, my nemesis became those with a "Napoleon complex", someone who tries to overcome feelings of inferiority with increased antagonism.

This dynamic came to mind when I saw the unfortunate choice of cover stories on Newsweek magazine during holy week. While millions of people celebrated Maundy Thursday, Good Friday and Easter Sunday, Newsweek questioned the possible "Decline and Fall of Christian America".

Citing the 2009 American Religious Identification Survey, the article points to a 10 percent decline in the number of self-identified Christians since 1990. Unfortunately for Newsweek, according to a Pew Research Center survey, another thing that seems to suffer the same decline is the readership of print and online newspapers and news magazines. The problem with this is that Newsweek never came close to matching Christianity's popularity in the first place, so if both trends continue, I'd feel more secure in my faith than I would in having a job reporting its demise.

Aside from being an obvious ploy for readership, this is just another case of the little guy taking a swing at the bigger and stronger, hoping that they will somehow erase their own perceived inferiorities. What I think really burns their bylines is that even though Jesus hung on a cross more than two thousand years ago, more people today believe in the relevance of his teachings than the credibility of the media. It bugs them that a much larger portion of the population seeks truth from the Bible than from the pages of their magazines.

But if you watch or read any news lately, is it any mystery as to why that is? While we're still a ways away from declaring Christianity dead, ethics in Journalism seems to be a whole other matter. I don't care who you are or what your political leanings, I dare you to sit down and make a list of the journalists or reporters that you trust. Then ask yourself whether you would rather lend your car to anyone on that list, or

the priest, minister or pastor of a local church you don't even attend. Yeah, I gotta go with the man of the cloth on that one.

Actually, the biggest hurdle in that task might just be making the list in the first place. When I googled "most trusted journalist" a New York Times article on Jon Stewart topped the list. However, the most revealing part of that experiment was not seeing the words "Jon Stewart" and "Journalist" in the same sentence; it was that the search only revealed 350,000 hits, a mere pittance in search engine terms. For example, google the term "asparagus ice cream" and you get 2,430,000 hits.

You just can't settle on any one news source anymore. Finding the truth requires you to do your own research. When you hear a story on the news, if you want to find the truth, you have to trace it back as close as you can to the source. You must peel back the layers of opinionated reporting and weed through the half truths and manipulated statistics to have any hope of digging up any hint of reality. If you showed someone 30 minutes of MSNBC and 30 minutes of FoxNews you'd be hard pressed to convince that person that they were talking about the same country, let alone dis-

cussing the same issues.

Maybe, just maybe, if Newsweek spent half as much time investigating the benefits of a strong Christian society as they do looking for a reason to denounce it, they might find the correlation between a focus on a higher moral responsibility and such devastating side effects as trustworthiness, honesty and reliability.

Even though the belief in journalistic integrity only requires a minimal faith in humanity, it still can't hold a candle to Christianity which requires a huge amount of faith in the divine.

"Wining" - A Win for Downtown Lakewood

by Shannon Strachan

LakewoodAlive's "Lets Wine About Winter" benefit took place on March 7 at Rozi's Wine House and welcomed over 180 wine lovers to eight "World Wines" and three Ohio Wines from Markko Vineyards. The wines were paired with appetizers prepared by Matthew Auck, Executive Chef of Bon Appetit Management Company, and the Chocolate Pots du Creme dessert was prepared by Lakewood resident and pastry chef, Eric Lowrey. Wonderful music was provided by Beck Café owner, Paul Sykes, and his son, Alex Sykes.

Thank you to LakewoodAlive's "Lets Wine About Winter" event sponsors The Lakewood Observer and "The Wave" radio station, WNWV 107.3. Those who attended the event were also treated to a wine raffle with thirty-six donated wines. A big thank you to all of the merchants and residents who donated wines for the raffle:

- Aladdin's Eatery;
- Lakewood Historical Society;
- Beck Café;
- Mahall's Twenty Lanes;
- Bela Dubby;
- Dr. & Mrs. Lance McGannon, DDS;
- Borderline Café;
- McGorray-Hanna Funeral Homes;
- Burger King;
- Melt Bar & Grilled;
- Café 56 West;
- Nature's Bin – Cornucopia Inc.;
- David & Virginia Estrop;
- Pepper's Italian Restuarant;
- Eric Lowrey;
- Sacred Hour Massage;
- Ganley Auto Group;
- Simone's Beverage;
- Giant Eagle;
- Stockman Architecture Ltd.;
- Susan & Gordon Geiger;
- Paul & Judy Szentkiralyi;
- Kathy & Ken Haber;
- T.J.'s Butcher Block;
- Kathy's Creative Sewing Center;

- Tom Unik Insurance;
- West End Tavern; and
- Winking Lizard.

Thank you also to the many volunteers who worked countless hours to make this event a success:

- Chris Karel;
- Kimberly Payne;
- Kristen Verciglio;
- Suzy Peters;
- Virginia Estrop;
- Paula Reed;
- Tamara Karel;
- Rossen Family;
- Michelle Kruse;
- Hilary Schickler;
- Eric Lowrey;
- Paul & Alex Sykes
- Dennis Mramor; and
- Michelle Morrow.

If you missed this fun first annual "Let's Wine About Winter" benefit, be sure to join us next year!

Trinity Lutheran Church's Organic Community Meal Garden

by Bobbie Hendrick

Trinity Lutheran Church, Lakewood, Ohio, blessed its Organic Community Meal Garden on Sunday, April 19, 1pm.

Formerly the congregation's front yard, the garden will produce veggies and greens for the three free meals that are served at Trinity each month. This "Garden of Peace and Plenty" was planned and designed by members, and assisted by neighbors and community organizations. LEAF (Lakewood

Earth and Food Community), NORVA (the Northern Ohio Returned Volunteers Association of the US Peace Corps), 3rd Saturday Lakewood Hot Meal, and Thrivent Financial for Lutherans all stepped up.

Present at the Blessing were Lakewood City Councilmen Kevin Butler (in working clothes with rake) and Tom Bullock.

Pastor Paula Maeder Connor wore her 'earth chausable' which was made from reused blue felt banners, yarn people found among the closets at the church, paper bags for continents, and a "polar" cap. Puppet "Leana Onacompost," Biblical storyteller Lisa Thomas, and guitarist Bob Schmidt

were also part of the festivities.

Trinity is located in Lakewood, a first ring suburb of Cleveland, where houses are close and garden areas are few and far between. Already neighbors from apartmentbuildings have responded to Trinity's invitation to come and be gardeners. Whoever said a postage stamp-sized property could not be of much use has not seen the energy, vision and hope quite present at Trinity, Lakewood.



photo by Rob Burgoyne

AROUND THE CORNER

The Potto Is Now

OPEN!

Come & Watch

Tribe & Cavs Games

on our BIG SCREENS

Mondays

2 for 1

Burgers!

Buy one • Get one Free

Breakfast

Sat.

11:00-2:30

Brunch

Sun.

9:30-2:30

18616-20 Detroit, Lakewood 216-521-4413

www.atccafe.com

Pulse Of The City

1969-2009

The Calm Before The Storm

by Gary Rice

Last year, I wrote a column looking back on 1968 Lakewood. I suppose, in a great many ways, that year set the stage for many of the changes and upheavals that marked 1969.

If 1968 brought the rain, 1969 brought the storm; literally and figuratively, nationally, and locally.

In a great many ways, that year changed everything. Just about anyone alive at that time knew it too. Much of what is remembered as “the ‘60’s decade” transpired in that year, or would with the dawn of the ‘70’s.

Many writers allude to a time in history when innocence was lost forever. If any year filled that bill, it was 1969. It was also quite a time for this young writer, who was about to graduate from Lakewood High School.

Let’s step back in time to those Lakewood streets in 1969, in those weeks just before my graduation, at least...for a little while. You would have seen a city having marked differences from today. Giant elms, sycamores, and maple trees stood along the serene tree lawns of Lakewood’s side streets, lending cool green shade and a womb-like sense of security and peace to the residents. Most impressive of all were those elms, with their V-like branches reaching heavenward, and overarching the nearby homes; providing the illusion at least, that every street was in its own little world. Many of those streets back then had not yet been paved over with asphalt. Those streets still retained their red-brick luster, and while that made for slick driving during the rains, and bumpy moments for our middleweight bicycles, the overall effect was much like that of a halcyon, idealized portrait of front-porch middle America, as was ever meant to be. Ice-cream trucks, as well as bicycle-borne knife sharpeners and fruit vendors advertised their presence by pleasant bells and plaintive calls.

Many of those moments were captured by Dad’s Ansco 35mm camera, a cool little heavy metal machine that took stunning photos, IF you set all those little doodads just right! There was also the family’s fantastic Polaroid, a fold-out black-and-brushed-metal affair that you also had



to manipulate with a multi-step process of cocking it, clicking the button, and then first, carefully pulling out a little paper, followed by carefully pulling out the picture paper- as it was squeezed through metal rollers. You then set a timer and waited. If the photo was black and white, you had to carefully coat the print with a jelly-like substance after you pulled it away from the backing. It was amazing how Dad got the great pictures that he did.

See...there was more time for all of this back then.

There was also time in the ‘60’s to get on my Sears J.C. Higgins Flightliner bicycle and enjoy a ride. That red-and-white vehicle gleamed like a space ship, with it’s two headlights, fancy horn, and comfy seat. That first bike is long gone, but a few years ago, a used-bike seller had a mint-with-tags example of that same bike, except for the red fenders (mine had been chrome).

It’s mine now.

Let’s take an idealized bike ride, shall we, because... all that time that I just wrote about? You know...that Lakewood frozen underneath that jel-swathing of Dad’s old Polaroid pictures? That city’s time is about to run out.

Firstly, that’s me over there on the front porch, in those brown hopsack jeans, and blue silk “Ben Casey” shirt, with those funky black horn glasses,

plucking out a folk-rock tune on my little acoustic guitar accompanied by the girl up the street. She had a really cool electric guitar, and we’d often swap up and play each other’s instruments.

Anyway, we finish our jam session and I put my guitar away. (Oh yeah, that original guitar is also long gone, but, like my bike, I found another one just like it, not long ago. It too, followed me home) It’s after rush hour now, and it’s time to take the bike out. The psychedelic blue “Ben Casey” shirt is carefully hung up and exchanged for a loose-fitting madras plaid short-sleeve.

I had yearned for one of those new racing bikes when I was younger, but Dad seemed to feel that the Flightliner’s big balloon tires and coaster brakes would be so much safer for me then. That Flightliner’s fenders and center tank had finally been stripped away, so that my bike would be as light as possible, but I still found it hard to keep up with the other guys on the block. Before long, I bought my own racing bike. Maybe I even had one by that time, and that first Flightliner had already gone away. I just don’t remember all that well... but...let’s just bask in that imagined sunny spring evening in 1969 for a bit longer shall we, while we take our virtual ride, back into time.

Cruising along Madison, heading east, with the warm sun at our backs, we pass Jameson’s Barber shop and MG Motor Sales Inc., as we decide whether to drop into either Elmwood or Wagner’s Bakeries. Either would have been a good choice, but we settle on a cone at Coneland, having had a banana split at Malley’s the last time, and a sundae at Bearden’s on Warren the time before that. We turn north, by Union Carbide, onto Highland Ave, now called w.117th street, and then make a left onto Detroit. We pass Fairchild Chevrolet and Koepke Mercedes. We pass Bobson’s Hardware and Hornack’s Bowling Center. We savor the great smells wafting from the doors of Chicken Delight and Kelly Donuts as we proceed past Educators Music and the Lakewood Elks Club.

Coming into the downtown area, we pass the hospital, along with Lorbach Opticians, Geigers, First Federal, Carson’s Dress Shop, and also, both Keith and Everden Jewelery stores, as well as

McCollum Insurance and Lakewood Camera Shop.

Farther along, we pass the Masonic Temple, the Christian Science Church, the Detroit Theater, and of course Miller’s Restaurant (no alcohol served and there were always plenty of those sticky buns). Along the way, we pass the numerous bars and churches that dotted Lakewood like the daffodils of springtime.

As evening’s shadow’s lengthen, I remind myself that my bike no longer sports that streamlined center tank with those twin headlamps to light my way. That tank had been lost, along with a great many other things in life. I had no idea what else was about to be lost, before very long...

In those weeks before graduation, all of that ubiquitous mixing of hopes and dreams transpired in the class of ‘69. There were elements of fear and uncertainty on the part of the guys, as the military draft was going on strong, along with the war in Vietnam. We were losing sometimes hundreds of guys every week in a war without end, and it was time for many in our class to serve. Some of us were also planning for college. The gals were asserting more independence, as “Women’s Lib” became an everyday term. Schools were losing more and more battles over hair length, and freedom of expression in speech, dress, and behavior, and radio stations came into the classrooms. Lakewood High had won a stereo console from a radio station for their “L Room” social area. As seniors, we hung out there a lot, lounging on those hopsack couches, and watching as the wooden furniture around us was gradually replaced by fiberglass. We often shared our straw-served drinks from the same red and white wax-paper cups with the gals there too, as we enjoyed those pretzel rods from that see-through container sitting on the counter.

Our motto? Yesterday, only a dream- tomorrow, just a vision, but today we live.

Some of us, anyway, I guess...

On July 4, 1969, Lakewood changed forever. A storm roared through our city about 7 p.m. that evening, in the midst of the 4th celebrations. Trees toppled like matchsticks, and people died, including a very dear classmate. These days, those elms are gone, either victims of that storm, or of the Dutch Elm Disease. Most of the brick streets are gone, along with so many other things...Many other friends are long gone too, victims of alcohol or chemical abuse, disease, war, and life in general.

Our country changed, as well. Violence increased in the streets, and in Vietnam. Campuses erupted in protest. Cities burned. It seemed that anything on a pedestal got knocked off, never to be placed back on again. Trust went from a being a given, to a taken. Never again would Lakewood be quite as beautiful as it was in those halcyon days of spring in 1969.

The pulse of this city would survive, but at best... it would indeed be irregular.



NOW YOU CAN
Rent A Husband
HANDY SERVICE



- Painting
- Gutter Cleaning (most homes \$70-\$75)
- Drywall, Plastering & Repair
- Minor Electrical/Plumbing
- Carpentry/Lattice Work
- Chimney Caps/ Roof Repair
- Home Pressure Washing
- Tree Service/Pigeon Problems

- Driveway Sealing
- Deck Cleaning
- Broken Windows/Sash Cords
- Vinyl Replacement Windows
- Porch Repair / Steps / Hand Rails
- Bathroom / Kitchen Remodeling
- Tub Surrounds
- Vinyl Siding

And all those jobs and repairs that you never had the time or talent to do yourself!

(Building code violation correctons)

Call: **Rich Toth at 440-777-8353**

Lakewood Cares

Ministerial Musings:
Choose Life

by John Tamarillo III

This piece is much more contro-
versial than what I usually write in this
column, but I feel the need to get these
thoughts out on paper.

“I call heaven and earth to wit-
ness against you today that I have set
before you life and death, blessings
and curses. Choose life so that you and
your descendants may live” (Deuter-
onomy 30:19). This is one of the verses
that the Pro-Life movement employs; it
was one of the verses that an evangelist
recently recited to me as he distrib-
uted anti-abortion literature (which
included graphic images of aborted
fetuses) in downtown Cleveland.

Before the steam rises from your
ears, nota bene: if you are Pro-Life,
fine; if you are Pro-Choice, fine. This
article does not seek to engage in that
debate; that is not my intention.

After thumbing through the salva-
tion salesman’s pamphlet, I asked him
what his position was on the death pen-
alty. He said, “The Bible says ‘an eye for
an eye’ so I am for it.” I then asked him
to share his views on war. “If you mean
the War in Iraq,” he said, “I am defi-
nitely in favor of it. This war is helping
us spread the Christian message and
our way of life around the world!”

I expected that he would respond
that way.

Many (though certainly not all) of
the Pro-Life people I have encountered
are also in favor of capital punishment
and war, especially when the latter
is advanced under the banner of the
American flag, which they equate with
the cross of Christ. Call it Constantini-
anism or Manifest Destiny gone amok.
Either way, you get my point.

Are religious doctrines that are
used to advocate for the sanctity of life
reserved strictly to a woman’s uterus?
Are not the lives of the young men and
women called to bear arms — not to
mention the civilian casualties that
inevitably lie in the wake of combat —
also sacred? And why do we continually
quote the three “eye for an eye” com-
mandments in the Torah, but turn a
blind eye to the clemency-laden teach-
ings of Jesus, such as “I desire mercy



not sacrifice,” “Love your enemies and
pray for those who persecute you,” and
dare we forget Christ’s response to the
mob who wanted to stone the woman
caught in adultery: “Let anyone among
you who is without sin be the first to
throw a stone at her.” Jesus valued
life...all life.

Is this not an ethic for us all to
endorse?

I do not know a single Pro-Choice
advocate who is Pro-Abortion. The
issue for them is about a woman’s right
to chose and to not allow the govern-
ment to interfere with an individual’s
reproductive rights. Believe it or not,
you can chose not to have an abortion
yourself, but feel as if this delicate and
complex decision needs to be deter-
mined by each person in a country that
advocates freedom for all.

What baffles me is the itiner-
ant preacher I met, who claims that
abortion is the killing of human life,
but that the life of the individual on
death row or on the battlefield is not as
sacred. I do not understand this quan-
dary at all.

As God spoke to the Israelites
through Moses and Aaron, so God is
still speaking to us. We are called to
choose life by honoring the dignity and
the sanctity of all people, not just some.

*The Rev. John Tamarillo III is the
Religion Columnist for The Lakewood
Observer and the Senior Pastor of Pil-
grim Congregational United Church of
Christ in Tremont. He can be reached
at johnt@pilgrimalive.org. JT3 lives in
Lakewood with his wife and their three
children.*

Assisted Living At Its Best!

Now Accepting Medicaid Assisted Living Waiver



Our Administrative Team

“My apartment here is large and bright. I am happy living at Lakewood Senior Health Campus with good friends who, like me, enjoy being active. We have so many activities and outings to participate in that I have to do my laundry on Sunday. If you need assistance, the staff are all kind and caring people. I encourage my friends to come and enjoy living at Lakewood Senior Health Campus.

I should have moved here sooner!”

– Marian Siddall, 2-Year Resident

OPEN HOUSE

**May 9, 2009
12:30 - 2:00PM**

- Deficiency free/perfect survey in 2008 by the Ohio Department of Health
- Newly remodeled dining room
- 24-hour care in a secured environment
- Large, bright suites
- Pet friendly

Come and enjoy a complimentary lunch or dessert in our beautiful dining room.



**1381 Bunts Road
Lakewood**
(Campus is on NE corner of Bunts & Detroit)

O'Neill Management
Locally owned and managed by the John O'Neill Family, serving seniors in the West Shore area since 1962. www.jtonm.net

 BRADLEY BAY Health Center <small>Bay Village, Ohio 440-871-3474</small>	 Center Ridge Health Campus <small>North Ridgeville, Ohio 440-327-1295</small>	 LAKESIDE HEALTH CAMPUS <small>Lakewood, Ohio 216-228-7650</small>	 Wellington place <small>North Olmsted, Ohio 440-734-9933</small>
---	---	---	--

Lakewood Senior Health Campus is a 150-bed Skilled Nursing Facility, 54-suite Assisted Living, and 60-suite Independent Living Continuum of Care Retirement Community.

Every Sunday

11:30 a.m.
11:15 a.m. Gathering

WARNING:
This is NOT your
parents church



impact

Lakewood UMC
15700 Detroit Ave
(corner of Detroit and Summit)



Have Your Next Event At ROZI'S WINE HOUSE

Host Your Next Fundraiser, Alumni Event, Business Gathering Or Social Outing With Us

We offer several price level structures to help accomodate any occasion:

- Only pay for the wines you go through!
- Food may be prepared or (to help cut costs) you may provide your own foods!
- For an even more formal setting, our chefs can prepare gourmet dishes in front of your guests.
- Up to 150 people per event.



For more info, please call or email us at wines@rozis.com

216 -221-1119 • 14900 Detroit Avenue • www.rozis.com



Gardens By Gaydos (LLC)

Custom Gardens and Landscape Management

Offering the Following Services:

Spring Cleanups and Lawn Maintenance
Design and Installation • Seasonal Flower Arrangements
Professional Gardening and Maintenance
Year Round Selective Pruning of Shrubs and Small Trees

**Call Matt Gaydos at: 216 521-0436
or gardensbygaydos@gmail.com**

Lakewood Home Fair Expo - April 25



Saturday, April 25
11 a.m. to 5 p.m.
Harding Middle School
16608 Hilliard Rd.
Admission is free

Bringing Lakewood home-related resources & businesses together to serve the needs of Lakewood homes & the residents who care for them.
Brought to you by: Madison Avenue Merchant Assoc., Lakewood Recreation Department, & The Lakewood Observer

Lakewood community resources are joining efforts like never before to bring you the Lakewood Home Fair Expo. This event has been put together with the Lakewood resident in mind. It's your one-stop shop for home-related needs and information that's free and convenient!

- Exhibitor Door Prizes & Booth Raffle Sampling:**
- \$1,000 Lennox Healthy Climate® humidifier, whole-home filtration system, & germicidal lights with install from Slife Heating & Cooling;
 - \$500 Rigid® 8-Piece Cordless Drill Set from Lakewood Hardware;
 - \$500 Gift Certificate for Imperial Home Center bath & kitchen products;
 - Intel Dual Core 2.0GHz desktop computer with LCD monitor by BGE Technologies;
 - \$150 Interior design/home staging consultation from Metropolitan Homestaging;
 - Many more valued at \$100 or less.

Additional sample of participating home-related businesses:

LW3 Carpentry LLC	William E. Donnelly Heating & Cooling
Reliable Construction	Gorski Garage Doors & Openers
Squires Roofing	Miracle Method
Wright Renovations & Kitchens	Rowe Roofing
McGuire Painting	John Rehner Fine Art & Framing
Sherwin-Williams	50 exhibitors total!

Booth space still available. Pick up Exhibitor Information & Registration Form at Lakewood Hardware, 16608 Madison Ave. Booths start at just \$25.

- Special Giveaways:**
- Introducing for the first time ever, the Madison Avenue Business Directory, lists Madison Ave.'s 250 businesses. Brought to you by The Lakewood Observer & MAMA.
 - The Lakewood Library doggie bones! Wipe out your outstanding library fines just by handing over one of these. Doggie bone donated to the Lakewood Animal Shelter.

- Demonstrations & Presentations:**
- In our Green Corner, LEAF will be demonstrating vermi-composting and a seed planting activity for the kids. GreenSmart Gifts and EcoLakewood will be showcasing some green products for your home.
 - Residents will be sharing their own rain barrels and reel lawn mowers.
 - Cleveland Restoration Society will give advice on how to troubleshoot exterior paint problems.

- Participating Lakewood Organizations:**
- Lakewood Historical Society
 - Cleveland Restoration Society
 - Lakewood City Heritage Advisory Board
 - Lakewood City Community Development
 - Keep Lakewood Beautiful
 - Lakewood Earth and Food Community (LEAF)
 - The Lakewood Library
 - The Lakewood Observer
 - Madison Avenue Merchant Association (MAMA)
 - EcoLakewood

Make it a Lakewood Day! More events going on:
Keep Lakewood Beautiful annual clean up
Spring Public Book Sale and recycle bin art project at the Main Lakewood Library
Junk2Funk Fundraiser for North Coast Health Ministry at Local Girl Gallery
Live Well Lakewood Fitness Challenge Sign up

Visit www.lakewoodobserver.com/forum under House Talk for ongoing online discussions.

16608 Madison Ave. • 216.226.8822

LAKEWOOD HARDWARE
THE NUTS AND BOLTS FOR ALL YOUR PROJECTS

Mon., Wed. 7:00 am - 8:00 pm
Tues., Thurs., Fri. 7:00 am - 6:00 pm

Sat. 8:00 am - 5:00 pm
Sun 10:00 am - 2:00 pm

LAKEWOOD OWNED AND OPERATED

Lakewood's Very Own Home Improvement Show

continued from page 1

get something valuable out of this one-of-a-kind Lakewood Home Fair Expo. All the business exhibitors are home improvement or home-related and all but a few, are Lakewood businesses. That means for most of them they aren't only experts on Lakewood housing but they are your neighbors who also value their Lakewood home and community. Exhibitor areas of expertise include: general contractors, remodelers, repair, garage builders, kitchen and bath suppliers, electricians, heating and cooling, computer service, wood working, roofers, painters, waterproofers, landscapers, interior design, home improvement and maintenance products. To complete the scope of getting you going on your way, several City of Lakewood and non-profit resources will be there to answer questions and

provide guidance including a presentation on historic painting for your older home by Cleveland Restoration Society (held at 1 p.m.)

The response we have received from Lakewood businesses has been incredible. Even if you have no home-related needs at this time you really have to check this out for yourself. There are huge door prizes and tons of booth raffles to have fun with and take advantage of. What's more: Lakewood Library will be passing out doggie bones that allow you to wipe out overdue library fines; you can sign up for one of LEAF's Community Supported Agriculture or City Fresh programs that begin in June or the popular community gardens; and be the first to get your hands on the debuted Madison Avenue Business Directory put together by The Lakewood Observer & Madison Ave. Merchant Assoc.

USPS SAFETY CORNER

by Carmen Bernazzoli

March was Dog Prevention Month for the Post Office. The safety committee invited Michael Stewart, an Animal Control Officer with the city of Lakewood, to come and talk with the carriers. Mr. Stewart talked about the city's rules and regulations regarding dogs and other pets. He also spoke about what options carriers have if they come across an aggressive or loose pet. One of the more common problems that many carriers are experiencing, is the growing amount of residents that are allowing their pets out loose in their front yards to defecate instead of putting them in the back yard. This raises a couple of problems.

First of all the dogs are supposed to be leashed if let out in the front yard. Secondly, public servants such as mail carriers, meter readers, and other delivery personnel are mandated to cross lawns when servicing the customers. Mr. Stewart made us aware that citations and fines are handed out to homeowners, or dog owners, who fail to keep their front lawns cleaned up. Most importantly, is the fact that it is just unsanitary! Our children play in these same front yards. Please help

assist your local public servants by cleaning up after your pets.

WHERE HAVE ALL THE BLUE BOXES GONE????

As you may very well have noticed, many of the blue collection boxes have removed over the past month throughout the city. This is due to the lack of outgoing mail being put into these boxes and the costliness of having the mail picked up. The boxes that have been removed are as follows:

Detroit Ave. 14900, 16900, 18101, 15703, 17128, 17701, 18500. Madison Ave. 13751, 13427, 17000. Lake Ave. 12019, 17818. Clifton Ave. 14603, 12925, 15324, 13801, 17403, 16303. Carabel Ave. 2205. Fischer Ave. 16915. Maple Cliffe Ave. 1111. Sloane Ave. 18196.

NEW CARRIER START TIMES: Along with all the other changes in the Post Office are the new start times for the carriers. Starting April 4, 2009, the new start time will be 8 a.m., instead of 7:30 a.m. This means that carrier routes are pushed back by a half hour. We ask for your understanding as this will cause your carrier to deliver your mail a half later.

We welcome your suggestions and comments, (216-226-9691).

Proudly Painting Lakewood Homes for over 11 Years!

McGuire Painting
Professional Interior Painting

FREE ESTIMATES!!! Flexible Terms Available:
"Let me paint your rental, pay me when you rent it."

"Mike painted the interior of my home beautifully. His attention to detail was above and beyond what I expected. From prep to cleanup, Mike was fast, courteous, professional and extremely reasonable. I recommend McGuire Painting without hesitation." – Deb O'Bryan

Michael McGuire
216-221-7033

Live Well Lakewood

Rise To The Challenge!

by Paula Reed

Mayor FitzGerald has a lofty goal for Lakewood—to become the healthiest city in Ohio. The Live Well Lakewood Wellness Challenge is a big step (literally!) in that direction.

Live Well Lakewood is a volunteer organization whose mission is to promote healthy, active living in Lakewood. With the support of the city, Live Well Lakewood is offering a program to help Lakewood get healthier. This free program is made possible through the sponsorship of Discount Drug Mart, Lakewood City Schools, Lakewood Hospital, Lakewood Recreation Department and Medical Mutual of Ohio.

What is the Wellness Challenge?

- Teams of four encourage each other to practice healthy eating, to get moving, and to explore Lakewood on foot or bicycle. Sign up with three friends or make new friends by joining a team.
- During weekly sessions, participants get:
 - Tips on healthy eating from the OSU Extension service
 - A sampler of wellness programs from a variety of Lakewood providers
 - Free T-shirt and other goodies
 - Fun and camaraderie!
- The first session is a free wellness evaluation which includes:

- Blood pressure reading
 - Glucose and cholesterol screening
 - Strength and flexibility measurement
 - Height, weight, BMI and waist/hip ratio
 - The last session is a re-evaluation so participants will be able to assess their progress on the path to maximum wellness.
- Those who complete the challenge will be recognized at the Lakewood Alive & Well Street Walk on July 18th. Prizes will be awarded to the male, female, and team who make the most progress toward better health.
- Who is eligible?**
- Anyone 12 and up who lives or works in Lakewood.
- Where is it held?**
- City Hall Auditorium, 12650 Detroit Avenue
- When is it?**
- May 6 through July 8. On Wednesdays May 6 & 13; on Tuesdays May 19 & 26; and on Wednesdays through June & July. All sessions take place 6:30 – 8:00 p.m.
- How much does it cost?**
- Zero—it's absolutely free!
- How do I sign up?**
- In Person:**
- April 25th –Lakewood Home Improvement Expo at Harding Middle School and May 3rd -Ambulance Chase

Lakewood Park

*** By Phone:**

Call 216-529-7695 and leave a message indicating what time between 5 p.m. and 7:30 p.m. on May 6th you'd like your evaluation appointment to begin.

*** By Email:**

Info@LiveWellLakewood.org.

Please indicate what time between 5 p.m. and 7:30 p.m. on May 6th you'd like your evaluation appointment to begin.

Build a better body—and mind—and have fun doing it! Teams Unite May 6, 2009. Be There!

Bob's Appliance Service

Repairs On Most Major Brand Appliances



- Stoves
- Refrigerators
- Serving Lakewood and the Westside Suburbs Since 1980
- Quality Rebuilt Washers and Dryers
- Delivery Available

- Dishwashers
- Washers/Dryers

Speed Queen
Commercial Grade Washers and Dryers – American Made! Independent Dealer

216/521-9353
Leave Message on Machine

2003/05/06/07/08 Angie's List Super Service Award!



TREE & LANDSCAPE SERVICES, LLC

Family owned and operated

SPRINGTIME CLEANUP SPECIALS

- LANDSCAPING & MAINTENANCE
- TREE PRUNING & REMOVAL
- WOOD • CYCLONE FENCING
- PATIOS • DECKS & MORE!!!

1-216-526-3954

United Garage Door



Buy your Sawmill Creek door in March or April, 2009 and United Garage Door will donate 5% of the customer's cost (door only) to Trout Unlimited, Emerald Necklace Chapter.

8000 Madison Avenue., Cleveland, OH
216.961.2577 Toll Free: 877.337.3667
unitedgaragedoor.com
info@unitedgaragedoor.com

Open the Door to Trout Unlimited

REFINANCE NOW WITH Low Fixed Mortgage Rates

As fixed rate mortgages approach historic lows, now might be the right time to refinance your home.

Our mortgage loan specialists are here to help you understand your options and find the loan that is right for you.

For more details, speak with a Branch Manager or call:
216-529-2700 or 800-966-7300
(Outside Cuyahoga County)



FIRST FEDERAL LAKEWOOD
We've Been Here. We'll Be Here.

The Back Page

NEW LOWER
PRICE!



1538 Belle Avenue,
Lakewood,
Single Family Home
For Sale By Owner -
\$169,000

Beautiful Home!
Remodeled Kitchen and
New Appliances! Remod-
eled Bathroom! Refinished
Wood Floors! Newly Land-
scaped Front and Back Yards!
Newly Painted Exterior and
Interior! Newly Installed
Concrete Driveway, Patio,
and Walkways! Many
Upgrades, Furnace, Wood
Burning Fireplace, Large
Unfinished Basement and
Walk Up Third Floor.
Contact Owner at 216.570.2584
or visit <http://www.owners.com/GWM0952>
for more details.

Lakewood Hospital
a Cleveland Clinic hospital

Flavors of Health



Flavors of Health at
Pier W Restaurant

A heart-healthy diet and weight control can reduce or eliminate the need for cholesterol, blood pressure and diabetes medications. **Anthony Vlastaris, MD**, cardiologist, along with a Lakewood Hospital registered dietitian, will demonstrate that healthy food can be both nutritious and delicious.

Where: Pier W
12700 Lake Avenue, Lakewood

When: Tuesday, April 28

Time: 6 to 8 p.m.

Cost: \$25 per person (meal only)


Registration required. Please call 216.228.2250.

LA PITA EXPRESS

Fine Lebanese Cuisine
& Vegetarian Food

Proudly Serving Lakewood

13615 DETROIT AVE 216-221-9925



HOME ALONE
PET SITTING, INC.



In Home Pet Care
While You Are Away
Experienced
Veterinarian Technician
Bonded & Insured
216-226-7337
d.hokin@sbcglobal.net



A wonderful metaphysical book
& gift emporium & Goddess Temple
*eclectic selection of books
*candles & incense
*magical herbs & oils
*angel & Goddess treasures
*Reiki & Drum Circles
*local Artist creations
*workshops and much more!
A magical place where you feel right at home!!

15729 Madison Avenue
Lakewood, Ohio 44107
216-221-8755
www.goddessblessedinc.com
NEW HOURS IN 2009
Tues. & Wed. 11 a.m. to 7 p.m.
Thurs. 11 a.m. to 3 p.m.
Fri. 12 p.m. to 7 p.m.
Sat. 11 a.m. to 6 p.m.

jazzercise®

Sizzlin'
Summer
Deal

Jazzercise all summer long for just \$99.
Register now and receive unlimited Jazzercise classes
from April through August for just \$99 plus joining fee.

Call 440 356 0337 or email kkjazzercise@yahoo.com
For class times and locations

Offer valid for new customers only at participating locations. Not
valid with any other offer. No refunds or cash value. Limit one per cus-
tomer. Other restrictions may apply. Offer expires 5-15-09