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Volume 5, Issue 16, August 11, 2009

Food Baskets Overflow At LCSC Market

by Trish Rooney

Lakewood Christian Service Center (LCSC) hosted the first of four free Farmer's Markets on Tuesday, August 4th. By 9:00am Lakewood residents were beginning to line up to be the first to access over 10,000 pounds of fresh produce made available by the Cleveland Foodbank to its member agencies. Corn on the cob, apples, radishes, cucumbers, potatoes, and summer squash were available to all.

Two hundred and sixty households (over 650 individuals) took advantage of the first market of the growing season. Located in the Center's parking lot off Roosevelt Avenue, the market went without a hitch thanks to the help of community volunteers. Members of Lakewood Baptist

Church assisted with distribution, H2O summer campers helped with set-up and distribution and also offered face painting – of veggies and fruit, of course! – for the kids. Rev. Meredith White-Zeager of Lakewood's Phoenix Project sang and played guitar and Monica Crompton, a Lakewood Hospital summer intern, prepared and served a nutritious and inexpensive dish made using summer squash from the market.

Staff members from the Cleveland Foodbank attended the market to show their support for this first-time event for partner agency LCSC. In attendance were Anne Goodman, Executive Director; Kristin Worzocha, Director of External Affairs, Mary O'Shea, Advocacy and

Public Education Manager, and Danielle Cheeche, Agency Services Supervisor. At the invitation of the Cleveland Foodbank, Ohio State Senator Dale Miller was also in attendance. Senator Miller has been instrumental in ensuring state funding for the Cleveland Foodbank.

The next free Farmer's Market takes place on Tuesday September 1st. Trinity Lutheran Church located at 16400 Detroit Avenue, hosts a market on the third Saturday of the month in conjunction with their community meal. Their next Saturday market will be on August 15th from 11:00am – 3:00pm.



photo by Christopher Bindel

H2O Volunteers help sort the food for the unique Farmer's Market.

Shields Campaigns For Change

By Maureen O'Boyle

Dan Shields was joined by family, friends, and supporters as he kicked his campaign for council into high gear at a rally and fundraiser at the Women's Pavilion at Lakewood Park last Wednesday. All in attendance enjoyed good food and fellowship on a sunny Lakewood afternoon. Dan took the opportunity to outline his goals for the city.

"The main issue in this election is the economy," Shields stated. "It is obvious in these difficult economic times we need new leadership for Lakewood, and a leader who has the experience and ability to balance the budget while pursuing a larger tax base by attracting and retaining small- and medium-sized businesses." Shields continued, "I am not using council as a stepping stone to a higher office. I vow to serve my full term and remain committed each day to solve the issues facing our city." Currently, Shields is fighting the foreclosure crises by helping dozens of families get into new federal

programs designed specifically to save their homes.

"I will continue this fight on Council, to make sure that we maintain viable housing stock while building a bright future for our neighbors as the economy progresses."

"I have literally spent large portions of my life and my career working to help families, children and seniors, in addition to forging strategies to help small- and medium-sized businesses succeed," he added.

"My plan is to continue to attract small- to medium- sized business so that we can fill the empty storefronts now found throughout Lakewood."

"We need to continue to keep Lakewood vibrant, walkable, and exciting. When you have smart development, it is like planting a seed. We will develop new and rehabbed housing to bring in families, and address the needs of our business community – this leads to strengthening the economy. When you do

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by Tom Sutton

Councilwoman-at-Large Nickie J. Antonio is running for a second term for Lakewood City Council. She offers a few reflections about her work on Council and what she would like to continue working on during a second term if chosen by the voters of Lakewood. "It has been an honor to serve on City Council, and if re-elected I will continue to work hard to be a responsive and constructive representative on behalf of the people of the City of Lakewood. While we face some of the toughest economic and financial challenges of our history, I believe that if we work together we can develop long-term innovative solutions to our city's economic challenges and build a better community for Lakewood."

Councilwoman Antonio compiled a strong record of accomplishment during her first term in office. Knowing the importance of community safety, Antonio, along with her Council colleagues and the Mayor, supported the creation of the Community Police mini-stations and neighborhood Block Clubs. She advocates for funding for technological innovations for safety forces to help them to address community safety issues quickly and efficiently. Economic development and

efficient use of valuable tax dollars are important areas where Antonio has accomplished significant work. Antonio introduced legislation and worked to open sidewalk dining in Lakewood, enjoyed by patrons of establishments such as El Tango Taqueria and Mars Bar on Madison Avenue. She helped to establish a more efficient trash pickup system that saved tax dollars and city jobs with curbside pickup, while continuing to provide Cushman service to senior citizens. Housing code enforcement and development of green building codes are important areas that Antonio continues to advocate for to preserve and improve Lakewood's residential and commercial property assets. She passed legislation to reduce idling by public vehicles, and has advocated for creation of Arts Districts to spur the arts as an engine for economic development, in part to address the perennial problem of empty storefronts along Madison and Detroit Avenues. Antonio helped the city develop ways to build on the strength of its diversity by advocating for creation of the Community Relations Advisory Commission, an official city body dedicated to opening dialogue among city residents to foster greater understanding and address issues of con-



Councilwoman Nickie Antonio. She has worked hard to squeeze the value out of every tax dollar. Unlike many communities facing fiscal crisis, Lakewood has successfully balanced its budget during a period of significant tax loss from a declining economy.

Councilwoman Antonio will continue to work responsibly and respectfully in the community to improve the health, safety and viability of our city for all its citizens – especially our vulnerable seniors. As the 2010 Budget approaches, Antonio intends to continue to work towards maintaining high quality services with a strong work force that is prepared to meet the challenges of the current economy. She worked with Council colleagues to create balanced city budgets without tax increases, during a period

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Events and Notices

LEAF's Third Thursday Speaker Series Continues

by Heather Ramsey

In cooperation with the Madison Avenue Merchants Association, and, this month, the Lakewood City Schools Community Recreation and Education Department, the Lakewood Earth And Food Community (LEAF) has been holding a monthly speaker/workshop series since June. The Third Thursday Speaker Series aims to provide practical information to our community while supporting local businesses and, of course, local foods.

After successful sessions in June and July, the Speaker Series has two events in August. The June event focused on making rain barrels from old trash cans (Power Point and LEAF-let available for free from LEAF), while the July event was a discussion about pressure canning. As an extension of this pressure canning talk, Mary Hemann will be demonstrating the techniques of pressure canning at

Harding Middle School on Thursday August 13th at 6pm in room 321/324. Pressure canning is useful for preserving fresh foods from the growing season to be easily used later on. It can be used for vegetables on their own, soups and stews, and meat products. The event is open to anyone, regardless of attendance at the previous talk, so come find out about pressure canning!

The regularly scheduled August 20th Third Thursday event, will be a discussion of vermicomposting and composting, with Angela Palumbo and Barb McGinty. If you have a garden or are thinking about planting one, composting will be a great thing to do and this session will help you get started. The event will be held at Trinity Lutheran Church (16400 Detroit Ave) in the Memorial Lounge and will also be held at 6pm. When attending the event, park as close to the church

as possible and watch for signage, as a nearby restaurant, 56 West, needs access to its parking spaces.

The Speaker Series will be hosting an Urban Agriculture Summit on September 17th at the main branch of the Lakewood Public Library and will have

another event on October 15th before taking a hiatus for the holiday season.

For more information about these programs, or to suggest a topic, check out leafcommunity.org, email us at leafcommunity@gmail.com, or give us a call at 216-367-2834.

Dog Days Of SummerWash

by Helene Gaidelis

Splish, splash; does your dog need a bath? If so, you are in luck. Bring your pooch to Nature's Bin's dog wash! Nature's Bin, in collaboration with CCLAS (Citizens Committee for a Lakewood Animal Shelter), will host their annual "Dog Days of Summer" Dog Wash on Saturday, August 15th from 10 a.m. to 2 p.m. Proceeds will benefit the Lakewood Animal Shelter. Prices for the

Dog Wash are \$10 for small dogs, \$15 for medium dogs, and \$20 for large dogs. Dog nail trimming services will also be available. Owners are asked to bring towels and combs. Please make sure your dog is non-aggressive and up to date on vaccinations. Complimentary doggie treats will be available. Nature's Bin will be selling various grilled items and refreshments. The event will be located at Nature's Bin, 18120 Sloane Avenue.

Pillars of Lakewood Wing Crawl

by Shawn Juris

Support your local economy, eat wings.

Few can argue the merits of supporting a local economy when all that is asked is that you visit a bar, eat wings, and have a drink. For the 4th year running, Lakewood's favorite establishments are pulling together to answer the question, "who has the best wings in Lakewood?" On Saturday, August 22nd from 1pm to 7pm, those who have purchased a VIP pass can stop into any participating location and receive a basket of 6 wings. Each basket will include 3 buffalo style and 3 open flavored wings. These two sauces will be chosen by the establishment to be entered into the competition. At 7 o'clock our guests will cast their ballots to vote for their favorites. Starting this year, the public will also have the opportunity to write a brief review describing what they liked best.

VIP passes are on sale now at

each location or online at www.pillarsoflakewood.com. Winners will be announced the following day online at the same website.

Locations this year include; Around the Corner, Geppetto's/Johnny Malloy's, Harry Buffalo, Kenilworth, Mars Bar, Merry Arts, Pug Mahone's, Put in Bay Lakewood, Riverwood Café, Rush Inn, and the Screaming Rooster. Supporters of this event include Bud Light, Metro-mix Cleveland, WQAL 104.1, and Radio 92.3.

Pillars of Lakewood is the Young Professional division of the Lakewood Chamber of Commerce. Our mission is to make the city of Lakewood more conducive to business development by fostering a vibrant engaged demographic of 20-40 year olds. Membership is open to any one who lives, works or spends time in Lakewood. Go to www.pillarsoflakewood.com for details and other upcoming events.

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WHO: ANYONE INTERESTED IN OBSERVING LAKEWOOD

WHAT: A MEET-AND-GREET

WHEN: TUESDAY, AUGUST 18TH, 2009 FROM 7:30-9PM

WHERE: BELA DUBBY (13321 MADISON AVE)

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Join the Discussion at: www.lakewoodobserver.com

Lakewood Events

2009 Brake 4 Kids Campaign Kicks Off

by Caitlin Magnier

Lakewood Early Childhood PTA’S Brake 4 Kids™ Speed Awareness Program. Pedestrian motor vehicle incidents are a problem, since more than 80 kids are hit by cars in the U.S. every day. Lakewood Early Childhood PTA (LECPTA) is sponsoring its 7th consecutive year with our annual speed awareness program entitled Brake 4 Kids™. This program aims to remind drivers to slow down, now that school has resumed, by asking residents and businesses (especially those near schools) to post Brake 4 Kids™ tree lawn signs. The City of Lakewood has seen a reduced number of pedestrian motor vehicle injuries, since the inception of Brake 4 Kids™. We believe the Brake 4 Kids™ signs have contributed significantly to this decrease.

Where can I get my sign? The signs are free and can be obtained at the Lakewood Community Festi-

val at Madison Park on September 12, at the Lakewood elementary schools on August 28th, or at our three major sponsor locations: Geiger’s Sporting Goods; First Federal of Lakewood; and Steve Barry Buick.

When & where should I post my sign? Brake 4 Kids™ signs may be posted on tree lawns beginning on the first day of school (August 26) and may remain there for the entire month of September, thanks to City Council Resolution #7782-03, declaring the month of September as “Speed Awareness Month for the City of Lakewood.” After that time, please remove the signs from your tree lawn. You may continue to display the signs on your lawn proper or save and recycle your sign to use next year.

This program is made possible by LECPTA and Lakewood Council of PTAs. Many thanks to our generous sponsor donations from Geiger’s Sporting Goods, First Federal of Lakewood,

Steve Barry Buick, Brinkman-Dress Funeral Home, Lakewood YMCA, Lakewood City Schools Board Member Edward Favre, Lakewood City Schools Board Member Matthew Markling, Harding Middle School PTSA, Hayes Elementary School PTO, The Beck Café, Jordan Family Foundation, Lakewood City Council Member Brian

Powers, Lakewood City Council Member Michael Summers, and Madison Graphics. Tax deductible donations to Brake 4 Kids™-LECPTA are greatly appreciated. For further information, contact LECPTA Health, Safety, and Welfare Chair Christine Walton Siley at brakeforkids@gmail.com or visit our website at www.LECPTA.com.

North Coast Health Ministry hosts Celebration of Caring Gala September 3, 2009

by Jeanine Gergel

North Coast Health Ministry (NCHM) will host its 14th annual Celebration of Caring gala auction and dinner Thursday, September 3, 2009, from 6:30 p.m. to 9 p.m. at Westwood Country Club, 22625 Detroit Road, Rocky River, Ohio.

This annual event supports the life-saving health care provided at NCHM for an increasing number of our neighbors in need without health insurance. Tickets are \$125 per person. Early responders can purchase a table for 10 for \$1,000 through August 20.

The evening will feature dinner, cocktails and dessert, a live auction and Chinese raffles. Auction and raffle items will include Indians, Cavaliers, Ohio State and Notre Dame tickets, Walt Disney World Park Hopper passes, jewelry, theater, restaurant and spa packages, and much more.

Presenting sponsors of the event are Fairview Hospital and Lakewood Hospital. Honorary event chairs are The Honorable Pam Bobst, Mr. Tom Bobst, Dr. C.J. Nock and Dr. Joyesh Raj. Recognized that evening will be

the recipients of NCHM’s Community Champion Award, Partner Award, Hahn/Hoeffler/Sanders Memorial Award for Outstanding Medical Volunteers and Angel Volunteer Award.

Located in Lakewood, Ohio, NCHM is a faith-based free clinic for the low-income uninsured on Cleveland’s West Side. With the support of dozens of volunteer physicians and nurses, as well as clerical volunteers, NCHM is able to provide primary health care, specialty referrals, prescription assistance, and health education to the medically underserved. NCHM serves uninsured individuals and families earning up to 200 percent of the federal poverty level, with 50 percent of patients earning under \$10,000 per year.

In 2008, NCHM provided care for 2,226 patients – a 20 percent increase over the prior year and more than double the number of patients served just five years ago. NCHM has been serving the community since 1986.

For more information, contact Jeanine Gergel, director of development, at 216-228-7878, ext. 107.

Inaugural Kauffman Park Friends Meeting

by Jaime Bouvier

Kauffman Park Friends will be holding their first event, a potluck with children’s games, on Saturday, August 22, at 1:00 p.m. at Kauffman Park. Everyone who cares about the future of Kauffman Park, Lakewood’s parks, or Lakewood green space is invited to attend. Anyone who is just looking for a fun afternoon with neighbors, friends, good food, and entertainment, is also invited!

Everyone is also invited to bring a picnic lunch. The Lakewood Phoenix Coffee will provide coffee, and Ross’s Deli will provide juice. People may, if they wish, bring a dish to share, potluck-style.

The children’s games will include old-fashioned relay races, balloon tosses, and other organized events.

“This event will be a great time to get to know our neighbors, enjoy

Kauffman Park, share recipes and food, and have the kids participate in some fun activities” Kauffman Park Friend Jaime Bouvier said. “We will also be sharing, listening to, and discussing visions for making the park a better place, and how to combine resources to turn those visions into reality.”

Kauffman Park Friends is especially interested in finding solutions for the former Lakewood Little Links area, which has been chained-up for the past three years and has become overgrown and unkempt. They hope to find ways to make that space an enjoyable, beautiful, and useful public space.

Come join Kauffman Park Friends for a beautiful August afternoon in Kauffman Park. If you have any questions about Kauffman Park Friends, please e-mail us at kauffmanparkfriends@yahoo.com.

Community Festival Set For Sept. 12

by Mel Page

Save the date of Saturday, September 12, from 11 a.m. to 5 p.m. for the 22nd annual festival held at Madison Park. The festival celebrates community, cultural heritage, and families. The Flag Raising Ceremony is held at 11 a.m. by various military organizations and the Lakewood High School Ranger Marching Band. Many local churches and businesses will be providing ethnic foods and baked goods for purchase. Free performing entertainment consists of a wide selection of bands and dancing. Other forms of free entertainment include the NASA Bus, Lake Erie Nature Center, children’s games, and rock climbing wall. All

participating booths are encouraged to hold crafts and games, as well as, information and product sales of the business or organization.

Local organizations, businesses, and restaurants are invited to participate by registering for a booth. Hurry and get your spot reserved! This is a great opportunity for local businesses to gain exposure while giving back to the community. If you are a non-profit organization think of the outreach possible from the approximately 3,000 people who attend the festival. A booth registration form can be picked up at the Madison Branch Library or by contacting the City of Lakewood, Community Affairs, at 216-529-6650.

City News

Antonio For City Council

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of significant decline in tax revenue. Difficult decisions were made to cut some services, while also working to maintain and improve other critical services such as street improvements, public safety, and preservation of housing stock.

Antonio will continue to promote the need for updated technological resources, especially for our Police Department. Updated computer and communication technology is critical. Antonio also believes that key to building a strong and safe community is capitalizing on the tradition of strong civic engagement in Lakewood. Antonio supports the initiatives of the Community Relations Commission for improved neighborhood relations. Antonio is a strong supporter of the ongoing work of the Block Clubs, the Community Emergency Response Teams (CERT), Live Well Lakewood, the Lakewood Historical Society, and others who add so much to the quality of life in Lakewood. Economic development needs to be pursued through creative avenues such as the arts and the environment. Antonio is com-

mitted to continue to explore ways to encourage artists, commercial enterprises, and businesses to make their home in Lakewood. Promoting green technology, sustainable resource consumption and policies that promote and support healthy communities are also part of the collaborative work that Antonio intends to continue into a second term. Councilwoman Antonio connects residents to vital needed resources and follows up to check on their progress. Her responsiveness to constituent phone calls and emails is a testament to her commitment to follow through on concerns and issues raised by residents. Recently, when a neighbor called to indicate she was worried about small gas leaks in the tree lawns of the caller and her neighbors, Antonio immediately contacted the gas company. Trucks and workers were quick to arrive and begin work. After about a week, when no further action was taken to complete the work, Antonio followed up until the entire job was completed, including the repair of sidewalks and tree-lawns, making sure all was complete before the 4th of July festivities in Lakewood. Antonio will continue to provide this



Councilwoman Nickie J. Antonio at the RTA Rally to keep the Circulators.

respectful, responsive quality service to the residents of Lakewood as their representative on City Council. “This is one of the most rewarding parts of the job,” says Antonio. Working to solve problems and connect residents with needed resources is an important, if often invisible, part of the City Council job.

Councilwoman Antonio is a well prepared candidate with a strong record of service. With a Bachelor’s degree in Education and a Master’s in Public Administration from Cleveland State University, Antonio has served the community as a special education teacher, a nonprofit administrator, and as an adjunct professor at Cleveland State. Her volunteer activity speaks volumes about her dedication to helping the community. Antonio chaired the American Cancer Society Relay for Life, was President of the Greater Cleveland chapter of the National Organization for Women, is a member of Women Speak Out

for Peace and Justice, and was chair of the Northcoast HIV/AIDS Coalition. She has been active as a member of the Lakewood Schools Fifty Years Committee, the Lakewood Soccer Association, the Grow Lakewood Committee, the Lakewood Historical Society, the Beck Center, and the LHS Athletic Boosters. Like many Lakewood residents, Antonio worked to make a difference for her children, Ariel and Stacey. She and her partner Jean Kosmac are proud of their grown daughters, and know how much the supportive and rich environment of Lakewood contributed to their lives. Nickie wants all Lakewood residents to continue to enjoy the benefits of a safe, healthy community, where kids walk to state of the art schools, senior citizens enjoy quality affordable transportation and services, and all residents can be proud to be part of a community that values the contributions of all, truly a “City of Homes...” and caring hearts!

Shields For Change

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those things, you make sure that current residents desire to stay, and that new residents are attracted to move to Lakewood. This in turn brings in jobs and tax dollars to maintain strong city services, and give police the tools they need to keep streets safe.”

Having moved to Lakewood because of its’ strong schools, Dan has four daughters who’ve been educated in the system. “I have a vested interest in working for a better future. I want to see that my children have a bright, safe future in Lakewood.” He

has demonstrated his commitment to Lakewood by volunteering in the schools, in Lakewood youth sports programs and at his church as head of the Board of Trustees.

Finally, he called on those in attendance to get active and stay involved. “One person can always make a big difference. I want to be that person that makes a difference on council.” Dan looks forward to the primary election and respectfully requests your vote on September 8th and November 3rd.

For more info see
www.shields4lakewood.com.

RTA - Regional Transit Authority Lakewoodites Demand Answers



Mayor Edward FitzGerald got a good turnout when he called for a quick conference to protest Regional Transit Authority’s(RTA) decision to stop running the Community Circulators in Lakewood.

To join other Lakewoodites in speaking out to save the Lakewood Circulator, join the newly formed citizen’s group “Riders to Save Lakewood Circulator,” on Sunday August 16th at 3 p.m. in Lakewood’s Main Library multi-purpose room.

SEPTEMBER

8th

VOTE!

Lakewood’s Primary Election Day

polls open from 6:30 a.m. - 7:30 p.m.

For Member of Council At Large

(select no more than 3)

☐ NICKIE J. ANTONIO

☐ DANIEL BARTOS

☐ ANTHONY DAVIS

☐ RYAN PATRICK DEMRO

☐ EDWARD M. MCCARTNEY

☐ BRIAN POWERS

☐ JARED K. SHAPIRO

☐ DANIEL E. SHIELDS

☐ MONIQUE SMITH

Lakewood Schools

Phase III Asks For Your Voice In Final Decision

by Brian Kvasnicka

On September 15th Lakewood residents have a unique opportunity to have their voice heard regarding the future of Lakewood Schools and the City of Lakewood. The second Phase III Community Forum will be held at 7pm in the Lakewood High School east cafeteria to solicit community input for the final phase of the schools building project. The Phase III Steering Committee will present two options for the future configuration of Lakewood Schools.

The Phase III Steering Committee was created by the Lakewood School Board to include community input for their decision regarding the future configuration of Lakewood Schools. Early work by the Committee addressed the current school configuration and future enrollment projections in preparation for the first Community Forum. Two options were presented at the first Community Forum. The options were to reduce the number of elementary schools to six, funded in most part by the state, or to retain the seventh school, to be funded by Lakewood Residents. The results of the first Community Forum (six schools) and several meetings to weigh all options led to the preparation for the second Community Forum.

The Steering Committee is comprised of Lakewood residents committed to community service. To assist in the process the Board has retained the services of Planning Associates. Their job is to facilitate the process and create a structured, inclusive and facts and data based environment for decision making.

I got involved with the Steering Committee for several reasons. Having lived in Lakewood most all my life I feel that I owe a lot to the Lakewood schools and the City. It was also time for me to get involved again with community ser-

vice. For years I was involved with the school board at the parochial school our children attended through the eighth grade. When Chaz Geiger retired from the Board I saw my opportunity.

The more I researched the Board Members' responsibilities and schedule, the more I was impressed by their commitment and dedication to the Schools and the City. Truly, they are the best value in town. I was glad to see how many other residents were interested in the opening. The School Board made the right decision in selecting John Kamutis. Those of us not chosen were asked to participate in the Phase III process

Being a part of the Phase III Steering Committee process has been a great experience. I have had the opportunity to meet a broad cross section of Lakewood residents and discuss our future. The process has provided a means of addressing differences in a positive environment. All in all, it has been a great time.

While most of the focus has been on the changes affecting the elementary schools, we cannot lose focus on the fact that the High School is part of the process. Currently half the school is under construction and students are housed in temporary modules.

Phase III includes completion of the renovations at the High School.

The Lakewood Schools, especially the high school, are important to me for several reasons. My brothers and I are products of the Lakewood Schools. We all went on to get college degrees. Two of us have MBA's. My wife and I have sent our three children to Lakewood High. We gave each of them the option of a parochial high school or Lakewood High. Each chose Lakewood High School, but for different reasons. Two have graduated and gone on to college.

Our youngest is preparing to enter his sophomore year.

The wide range of activities available at the High School speaks volumes to the value of Lakewood Schools. AP classes, Student Council, Vocational courses, Work-Study programs, Rotary Foreign Exchange, American Youth Foundation, Model U.N., Lakewood Academy, The Lakewood Project, Orchestras, Bands, Choirs, various clubs and a full range of sports all help to provide each student with the opportunity to get involved and excel.

Successful completion of Phase III is important to all Lakewood Schools and to the City of Lakewood. The City of Lakewood has been a large part of my life. My parents moved here over fifty years ago, in part because of the schools. Three times I have moved away from Lakewood and three times I have returned. I am attracted to the city

because of its schools, diversity, location, affordability and hometown feel. Residents have a long history of supporting the schools. We live on the lake and have easy access to a major metropolitan area. Life is pretty good here.

Throughout the process, the Steering Committee has kept the current economic conditions in mind. Completion of Phase III will require passing a Bond Issue. There will also be a Levy on the ballot soon to cover operating expenses.

A strong school will benefit all residents. One only has to look to Cleveland to see the impact schools have on a city. The costs of not passing a bond and levy are far greater than the cost of passing the bond and levy.

Please join with other Lakewood Residents on September 15th at 7pm in the Lakewood High School East Cafeteria to have your voice heard. The right decision depends upon it.

Summer School Gives ESL Students “Jump Start”

by Christine Gordillo

When Jeannette Sgambellone found out there was money available for Lakewood Schools to hold an ESL summer school session for the first time, she and her fellow district English as a Second Language teachers rallied into action.

Because the district didn't know for sure that federal Title 1 funds were available for the program until after school let out in June, the teachers had to go the extra mile to notify families of the opportunity. “We went door-to-door to our families,” said Sgambellone. Because many of the families have little or no English proficiency in the house-

hold, the only way to let them know about the session was to tell them face-to-face.

The door knocking has paid off. On Aug. 3, 42 ESL students, many of them recent refugees and all with “pre-functional” or bare minimum English skills, began a two-week session at Grant Elementary. The elementary-age students will spend three hours each morning refreshing their English speaking, reading, writing and listening skills in preparation for the coming school year.

“This really gives them a jump start for the school year,” said Kathe Stack, district coordinator for state and federal programs.

Besides skills needed to succeed in school, the program will also teach the students how to use their language skills in different social situations. The students also will learn about their greater community with field trips to places like the library, grocery store and downtown Cleveland. Where possible, the students will ride public transportation on the field trips to learn how to navigate the RTA bus system.

“We're really teaching them how to survive in American culture (and schools),” said Stack. “In some countries, they don't ride buses and go on field trips.”

On a recent visit to one classroom, the youngest students were practicing writing “Lakewood is a city near Cleveland” in their journals in preparation for a visit to downtown Cleveland the next day. The teachers felt it is important that the students, all of them new to Lakewood in the past year, know about the community and the region to which they moved.

All this is in hopes of setting these students up for success in their new schools. “It's about developing vocabulary for them to speak appropriately as early as possible,” said Stack.

August 24, Public Invited To LHS West Wing Dedication Ceremony

by Christine Gordillo

On Monday, Aug. 24 at 7 p.m., the Lakewood City Schools will unveil Lakewood High School's newly renovated west wing at a dedication ceremony in the northwest parking lot of the high school, 14100 Franklin Blvd. The media and the public are invited to attend the event, which will include tours of the 193,000-square-foot wing.

The project, two years in the making, is the last component of Phase II of the district's 10-year construction and rebuilding program. Also included in Phase II was the renovation of Horace Mann and Emerson schools from middle schools to elementary schools.

“This completes the second phase of the rebuilding of the Lakewood City Schools. The completion of the whole program will give Lakewood the best facilities in this region. If you want your children to go to the best educational facilities anywhere in the area, send them to Lakewood's city schools,”

said Edward Favre, president of the Board of Education.

LHS' renovated wing will house arts, science and math classes, and labs as well as classrooms and offices for the West Shore Career Technical District. The foreign language department temporarily will be housed in the new wing until the east half of the school is renovated. Lakewood City Academy will move from the former Franklin Elementary School into the west wing space when the east end is completed as well.

Just as in all the other renovated or newly built schools throughout the district, the west wing classrooms are all equipped with the latest technology including electronic Promethean smart boards for interactive learning, teacher and student PCs, and overhead data projectors. Students will learn in rooms that have dedicated lab areas separated from class space. Labs of between 1,200-1,400 square feet and classrooms of between 900-1,000 square feet afford

plenty of space for active learning.

Students will also enjoy a lively color palette that reflects the energy of a dynamic learning environment. Multi-colored tiled floors, lockers, and wall panels brighten the wide hallways, while natural light floods through the many full-length and energy-efficient windows.

Adding to the modern mix of the new wing will be the West Shore Culinary Arts program's full-service, state-of-the-art restaurant located in the front of the school along Franklin Boulevard. As part of their restaurant training, the students will operate the restaurant for limited hours during the week for the public. An art gallery and greenhouse complete are also part of the renovated wing.

The west wing project marks the seventh building renovated or rebuilt under the district's construction program. In each instance, the schools have been finished on time and on budget.

Lakewood Public Library Events

All Programs Are Free And Open To The Public

FIVE STAR FILMS

Broken Blossoms (1919) Directed by D. W. Griffith Not Rated

Stars: Lillian Gish, Richard Barthelmess

One of the most poetic and bittersweet love stories ever on screen, this silent film tells the tale of a lonely girl’s existence at the mercy of a brutish father. She has no idea that a young neighborhood Chinese shopkeeper worships her in silence. His character is played to perfection by gifted actor Richard Barthelmess. The Limehouse District of London is re-created by Griffith in all its squalor to great effect. One of the scenes performed by Springfield, Ohio native and legendary actress Lillian Gish remains unsurpassed in films to this day.

Saturday, August 15 at 6:00 p.m. in the Main Library Auditorium

SUNDAY WITH THE FRIENDS

Sunday Afternoon Movie

Never Cry Wolf (1983) Directed by Carroll Ballard Rated PG

An inexperienced biologist is dropped in the middle of the Arctic Circle and told to document the destruction of the ecosystem caused by wolves—but what if the wolves aren’t to blame? Farley Mowat’s classic memoir of solitude and learning to live with nature is well served by poetic rhythms, crisp performances, and awe-inspiring cinematography. The sense of impending loss that hangs over the film makes it more relevant than ever.

Sunday, August 23 at 2:00 p.m. in the Main Library Auditorium

Flamenco Guitar

Classical guitarist Stuart Vokes is back with skilled hands and trusty guitar to illustrate the lively history of flamenco music. Trace the roots of this international music through Andalusian, Islamic, Sephardic and Gypsy cultures. Then clap your hands, stomp your feet and dance.

Sunday, August 30 at 2:00 p.m. in the Main Library Auditorium

BOOK CLUBS

BOOKED FOR MURDER: For Lovers of Murder, Mystery and Mayhem And Then There Were None by Agatha Christie

In this classic whodunit, eight people receive an invitation from a mysterious host to an island off the coast of Devon. Stranger still, the butler informs them that their host won’t arrive until the next day. It isn’t until after dinner that they learn what they all have in common — they’re all guilty of murder and soon they will die.

Thursday, August 13 at 7:00 p.m. in the Main Library Meeting Room

KNIT & LIT BOOK CLUB

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. Tonight’s title is Triangle by David Von Drehle

Tuesday, August 18 at 7:00 p.m. in the Main Library Meeting Room

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.

WORD PROCESSING BASICS

Saturday, August 15 at 3 p.m. in the Main Library Learning Lab

WEB SEARCHING BASICS

Saturday, August 22 at 3 p.m. in the Main Library Learning Lab

Celebrate the End of Summer at Pirate Palooza!

by Amy Dreger

Ahoy there, me hearties! Be sure to mark yer calendars for what is sure to be a swashbuckling good time as the Madison Park Pavilion is transformed into a treasure trove o’fun on Wednesday, August 19 from 6 to 7:30 p.m.

Lakewood Public Library will host the end of the summer party, which will also mark the end of the “Arrgh You Reading” and “Rogue Readers” Summer Reading Clubs. Young buccaneers can sing some karaoke shanties and enjoy refreshments, face painting, games, crafts and a chance to pose like

a pirate for a photo. But, beware . . . if trouble abounds, some just might be walkin’ the plank!

“Arrgh You Reading” and “Rogue Readers” Summer Reading Club finishers will have a special opportunity to soak a librarian. To participate, finishers need to bring either their completed summer reading club record or their completion certificate.

So be sure to drop yer anchors at Pirate Palooza, matey. It’s sure to be more fun than a chest full of doubloons!

CHILDRENS & YOUTH SERVICES

SUMMER READING CLUB 2009

“ARRGH” YOU READING?: For children age birth through fifth grade

Avast, ye book-lubbers! Join the Summer Reading Club and choose to complet 30 books or 30 hours of reading. Visit the Reading Club table once a week to collect pirate stamps and tickets toward prize drawings. Receive a certificate, a nameplate and a special treasure when you finish the club.

Monday, May 11 – Saturday, August 15

Children’s and Youth Services Department at Main Library and Madison Branch

ROGUE READERS: For youth entering sixth through twelfth grade

Blimey, ye scurvy scalawags! Join our Summer Reading Club for teens and tweens. Choose to complete 30 books or 30 hours of reading and earn chances for prizes. Stop by the Reading Club table to sign up or for more information. Else you be walkin’ the plank to Davy Jones’ Locker.

Monday, May 11 – Saturday, August 15

Children’s and Youth Services Department at Main Library and Madison Branch

FAMILY PROGRAMS

FAMILY WEEKEND WONDERS

Make the Library a part of your family weekend time with programs featuring stories, activities, music and crafts. Our staff will provide materials and ideas for families wishing to continue reading and storytelling at home. The programs are free and there is no need to register in advance.

Main Library: Friday: 10:30 a.m., 2:00 p.m., 7:00 p.m.

Saturday: 10:30 a.m., 2:00 p.m., 4:00p.m.

Sunday: 2:00 p.m.

Madison Branch: Friday 10:30 a.m., Saturday 11:30 a.m., and Sunday 3:00 p.m.

August 14, 15, 16: Alphabet Soup

August 21, 22, and 23: Count With Me

PIRATE PALOOZA

Yo-ho-ho, an end of the summer party for you! Come celebrate the end of another great summer with games, activities and more. Pirate lingo and dress are encouraged. Summer Reading Club members who bring their completed reading record will receive an extra reward.

Wednesday, August 19, 6:00 p.m. – 7:30 p.m.

Madison Park Pavilion

Clap Your Hands And Stomp Your Feet!

by Martha Wood

Stuart Vokes will present a solo flamenco guitar performance for Lakewood Public Library’s “Sunday with the Friends” series on Sunday, August 30 at 2 p.m. in the Main Library Auditorium. Flamenco is an art form that has its origins in Andalusia, a region in southern Spain. At its best, flamenco consists of unaccompanied singing (cante), dancing (baile), hand clapping (palmas) and guitar (toque). Vokes became interested in flamenco twelve years ago and discovered that these three elements “come together to create an expression that is like no other.”

Flamenco guitar started as accompaniment for cante, and remains so to this day in Spain, no matter how technically sophisticated it has become. It is generally recognized that flamenco grew out of the unique interaction between native Arabic, Andalusian, Sephardic and Gypsy cultures that existed in Andalusia prior to and after the Reconquista. The Reconquista was a series of campaigns waged by Christian states to recapture territory from the Muslims (Moors), who had occupied most of the Iberian Peninsula in the early 8th century.

Vokes began playing the guitar

when he was thirteen years old. He had an uncle who played a bit and this let Stuart to ask his parents if he could have private guitar lessons. Stuart learned to play both electric and classical guitar and he eventually decided to study classical guitar exclusively.

Vokes received an undergraduate degree in guitar performance from the University of North Texas and a master’s degree from The Cleveland Institute of Music. He has been teaching for thirteen years at the Fairmount School of Music in Cleveland Heights.

Stuart is also involved with The Fairmount Spanish Dancers. He provides live music for their dances and he also sings a little and plays guitar for some their classes. The group does outreach programs for schools all over the greater Cleveland area. These programs include lectures and demonstrations on various styles of Spanish dance including flamenco.

Be prepared to clap your hands and stomp your feet in accompaniment to Stuart Vokes flamenco guitar on Sunday, August 30 at 2 p.m. in the Main Library Auditorium at 2 p.m. This free event is generously funded by Cuyahoga Arts and Culture and the Friends of Lakewood Public Library.

Lakewood Library

College Guides Bring Civic Know-How to Lakewood

by Daniel Slife

On Monday, August 3rd, Lakewood Public Library hosted a training session for the pilot partnership between Cleveland Scholarship Programs (CSP) and AmeriCorps. The program, called Ohio College Guides, will employ 12 volunteers in up to 11 months of volunteer service with the Cleveland Municipal School District and in schools throughout Lorain County where they will be acting as college access advisors. The major focus of the program is to guide first generation college-going, low income, and minority students in the selection and application processes for Ohio colleges.

On his first official day, Lakewood Public Library Director James Crawford welcomed the volunteers after an introduction to library services by Electronic Services Manager John Guscott. Volunteers were given a brief introduction to the Lakewood community, connected with resources and encouraged to explore and take advantage of all that Lakewood has to offer.

AmeriCorps was founded in 1993 when the Corporation for Community and National Service was established by congress to act as an umbrella organization for civic service. As mentors and community organizers AmeriCorps volunteers tutor and guide disadvantaged youth, fight illiteracy, improve health services, build affordable housing, teach computer skills, clean parks and streams, manage or operate after-school programs, help communities respond to disasters, and build organizational capacity.

Cleveland Scholarship Programs is a member of National College Access Network, National Scholarship Providers Association, and Ohio College Access Network. The organization works to expand work force development and educational opportunities in northeast Ohio. According to the CSP website, through their guidance, "CSP students received an additional \$39 million in scholarships from government, institutions and private sources. This leverage amounted to \$13 in financial aid for every \$1 that CSP awarded."

The Ohio College Guides program is a response to the critical conditional of educational attainment in the State of Ohio, which is below the national average. Ohio currently ranks 38th in the nation. These service-minded college grads have risen to the challenge and found an outlet through the Ohio College Guides program.

And the need is immense. Nationally, the student-to-guidance counselor ratio is 488:1. Despite a seemingly daunting challenge, CSP has, and continues to make an impact within the region. In particular, CSP has a proven track record of impacting the Lakewood community. According to CSP's Marketing and Communications Manager, Christine Jindra, "In the past five years, CSP has awarded scholarships to 128 Lakewood High School students. In the past year, 683 students at Lakewood



Front row: John Guscott, Manager, Electronic Services at Lakewood Public Library; Marissa Williams, Heather Beasley, Ronda Moss, Allen Dennis, Erin Paullin, and Michael Maneage. Back row, from left: Linda Ross, CSP advisor; Laura Boswell, CSP advisor; Victor Ruiz, CSP assistant vice president of advisory services; Nathan Blascak, Robert Hoon, James Crawford, Director of Lakewood Public Library; Colin Sallee, Elton Lytle, Stephen Merrill, and Sarah Clark.

High have consulted with CSP advisor at the school at least one time."

As powerful players in the work to resolve northeast Ohio's economic and educational challenges, CSP is raising the bar by increasing college attendance and retention of those who receive its scholarships and support services. According to Christina Milano, CSP's Chief Executive Officer, "More than three-quarters of CSP alumni live in Northeast Ohio, enriching the economic, social and cultural environment of our region. Approximately 86 percent of our college freshmen are retained into their sophomore year, compared to 74 percent nationally and 75 percent in Ohio."

The local Ohio College Guides initiative is part of a larger, statewide program led by the Ohio College Access Network, in partnership with the Cleveland Scholarship Programs, the Cincinnati Youth Collaboration, and the Ohio State University's Economic Access Initiative.

Locally, the partnership between CSP and AmeriCorps has drawn student volunteers from all corners of the state and throughout the nation. Nathan Blascak hails from DePere, Wisconsin. With an eye toward the power of economics, Blascak hopes to shrink the "critical disconnect" between himself and the population that AmeriCorps will serve in northeast Ohio. Blascak knows through experience the spirit and power of volunteerism, having spent time tutoring Spanish speaking adults in written and spoken English in Chicago, Illinois. Allen Dennis, son of Cleveland and graduate of Cleveland Central Catholic High School, majored in Sociology and Pre-Law at Ohio University. After numerous study abroad experiences including time spent with Engineering without Borders, Dennis applied to the AmeriCorps program. He brings a wealth of knowledge and worldly experience that will aid him in his role as college advisor, opening the world of possibilities for international travel and life experience available to the student willing to put forth the effort to achieve academic and civic success.

AmeriCorps volunteers will utilize wireless technology and social networking and multimedia sites such as Facebook, Twitter and YouTube to affect multiple modes of access to the group, its mission and work, and the

resources it's charged with making accessible to students.

An Ohio College Guides' work isn't done upon a student's acceptance at an Ohio university or college. Advisors continue to monitor and support the academic endeavors of participants, keeping an eye to academic performance and financial needs, ready to respond with support and guidance as needed. According to Milano, "We monitor a student's academic progress, provide assistance with college transfers, assist with financial aid questions and offer other help students need. We are another set of eyes looking at the student, and reach out and help when we see the need."

The visible, public side of the Ohio College Guides program is the mentoring between college applicants and

advisors. Another, more hidden aspect of the program is its systematic cultivation of members into regional leaders through mentorship and networking opportunities. The "Member Development Plan" achieves this goal by connecting AmeriCorps volunteers with leaders possessing knowledge of the region, its history, challenges and needs. CSP aims to pair each AmeriCorps volunteer with a CSP board of trustee member. "CSP aims high to cultivate the AmeriCorps members into leaders and expose them to the region so that they remain here after their service term," said McFadden.

Lakewood Public Library Director, James Crawford, was excited at the opportunity to welcome these bright, service-oriented students to the community. "We warmly welcome to our community these volunteers. This is a group of educated and engaged young people who bring with them great talent, enthusiasm, and a genuine desire to improve both our community and its residents. This is a great gain for Lakewood," said Crawford.

In developing an organized culture of civic service the Ohio Guides Program extends the work of AmeriCorps and SCP. For a region hit hard by a post-modern financial crisis during a winter of deindustrialization, the dedication to education and civic service characteristic of these volunteers is precisely the breath of life and fresh air that the region, and indeed the nation, will need to build a solid economic and civic base for the 21st century.



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Lakewood Cares

Ministerial Musings:
“Refuse To Sign”

by The Rev. John Tamilio III

In the spirit of pushing the envelope and tackling controversial issues (which I am wont to do), I want to elucidate a national campaign that was birthed in Tremont.

Earlier this year, the church I serve (Pilgrim Congregational United Church of Christ) decided that our clergy would no longer sign state-issued marriage licenses, nor would we allow them to be signed on our property. To us, this is a pertinent social justice issue. Because same-gender couples are not allowed to get married in Ohio (and many other states), we feel that as officers of the state — which clergy essentially are when they sign that piece of paper — we are complying with a blatant injustice.

But it goes further than that.

Marriage is one of those institutions that blurs the demarcation between church and state. Marriage is, among other things, an ecclesial term. When clergy sign licenses they are allowing the state to define doctrine; they are permitting the state to determine who can and cannot be married — who can and cannot receive the rights and obligations of a church rite.

We believe that there needs to be a healthy separation between church and state. If it were up to me, this is how marriage would work.

Any two consenting adults (a woman and a man, two men, or two women) would be granted a civil union by the state. Essentially, you and your fiancé/fiancée would go to a courthouse or the local town hall and a state official (such as a justice of the peace) would grant you a civil union.

Then, you would take that “license” to your church, synagogue, mosque, or temple and it would be up to your clergy person to decide if he/she was going to bless that civil union and call it a marriage or not. If a faith community (such as the Roman Catholic Church or the Southern Baptist Convention)



chooses not to recognize same-gender marriages it has every right to do so. Because churches are private institutions, they have a right to discriminate (for lack of a better word). The state should not legislate religious doctrines. Likewise, a church that chooses not to recognize same-gender marriage has no right to impose their beliefs onto another church or to have those beliefs legislated at the local, state, or federal levels.

Complicating this problem is the fact that some states recognize same-gender marriages whereas others do not. You cannot have a unified, federal republic where the rights of some couples are recognized in one state, but not in another. In terms of property, taxation, inheritance, insurance, custody, and the like, this will eventually lead to a breakdown in the system.

We have started a ripple that we pray turns into a tidal wave that washes from coast to coast. We are asking clergy of all faith traditions to consider adopting similar policies and practices in their faith communities. Lay people can get involved too. For more information, visit us on-line at www.refusetosign.org

John Tamilio III is the Senior Pastor of Pilgrim Congregational United Church of Christ in Tremont. He and his wife Susan live in Lakewood with their three children.

New Education Opportunity
Available For Lakewood Students

by Luanne Bole-Becker

In its 105-year history, Lakewood Lutheran School (LLS) has served many families at many campuses. This fall, the legacy continues as LLS welcomes students in grades K-4 to its relocated campus at Faith Lutheran Church, 16511 Hilliard Rd. in Lakewood, and grades 5-8 at Messiah Lutheran School, 4401 W 215 St. in Fairview Park. Transportation will be provided between the two sites.

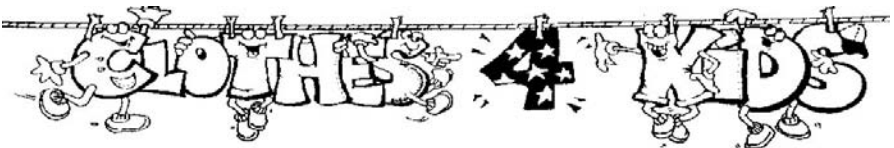
More than new locations will greet LLS families this fall! Education in the K-4 primary grades will focus on differentiated instruction. This means each student will receive individualized instruction to meet that student’s particular needs, according to their abilities and current level of development. (For more information about differentiated instruction, see “Parent Tips” at www.Jesus4students.com). Outstanding teachers will utilize educational technology and other resources to promote learning that truly prepares students for an ever-changing society.

At the Messiah campus in Fairview

Park, a recent addition/renovation provides state-of-the-art middle school classrooms and current educational technology in a caring Christian environment. A distance learning algebra course, led by Lutheran High School West faculty, is planned for the fall semester. Extracurricular opportunities (e.g., sports, honors classes, foreign language, and chess club) also abound.

The advances at Lakewood Lutheran School are made possible through a new collaborative group that includes the Lakewood Lutheran School Association, Gethsemane Lutheran Church (Lakewood), Messiah Lutheran Church and School (Fairview Park), Cleveland Lutheran High School Association, Lutheran High School West (Rocky River), and the Ohio District – Lutheran Church Missouri Synod. It is this collaborative group that will oversee the operation of the school.

Interested in enrollment information? Please contact Kyle Chuhuran of Messiah at either (440) 331-6553 x242 or kchuhuran@messiahfp.org.



by Lynn Foran

“Clothes 4 Kids” is city-wide project to provide affordable back-to-school clothes for Lakewood families. Over the summer, H2O Summer Service Camp youth volunteers turned Lakewood High School’s East Cafeteria into a giant clothing store. From infant to adult sizes, one could find pants, shorts, shirts, sweaters, shoes, boots, coats, belts, and accessories priced from \$.25 - \$2.00.

This year’s sale on August 8th was the best sale to date. “At the start of the summer, donations seemed down compared to past years, but we had an incredible surge of good quality items in the last few weeks,” noted Diane Herman, 10 year volunteer with

H2O – Help to Others Summer Service Camp.

“The need is high and we are happy to see that many families took advantage of the sale,” said Nora Steele, H2O Assistant Coordinator. Items that were not sold on August 8th were donated to charity. The proceeds of the sale will provide materials and supplies for the H2O school year program at Lakewood High School, Garfield and Harding Middle Schools, and Lakewood Catholic Academy.

“Clothes 4 Kids” is sponsored by H2O – Help to Others/Youth Volunteers – City of Lakewood Department of Human Services, Division of Fire, Lakewood City Schools, and Lakewood Hospital.

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3 Items	\$7.50	\$9.75	\$12.75	\$15.25
4 Items	\$8.00	\$10.50	\$13.75	\$16.75
Deluxe	\$8.50	\$11.25	\$14.75	\$18.25
Extra Items	\$0.50	\$0.75	\$1.00	\$1.50
Extra Cheese	\$0.75	\$1.25	\$1.75	\$2.50

Lakewood Arts Festival

Lakewood Arts Festival Announces Winners

Seven artists who participated in the 32nd annual Lakewood Arts Festival on August 1 were the recipients of special recognition for the quality of their work. Judges this year were Karen Beckwith, Shelly DiCello, and Susan Kaesgen, all from the Cleveland, OH area. Altogether over 160 artists were on hand to display and sell their work as part of this annual event.

- Congratulations to the winners and thank you to the sponsors.
- Best of Show sponsored by Lakewood Hospital:
Michael Mikula from Cleveland, OH, showing glass.
- First Place Award sponsored by The Pillars of Lakewood:
Sara Coast from North Olmsted, OH, showing jewelry.
- Second Place Award sponsored by Kiwanis Club of Lakewood:
Elaine Lamb from Medina, OH, showing ceramics.
- Third Place Award sponsored Lakewood Chamber of Commerce:
Maria Pfropfer from Dryden, MI, showing painting.
- Fourth Place Award sponsored by Geiger’s Clothing and Sports:
Michele Cimprich from Canton, OH, showing photography.
- Best Creative Presentation 1st Place sponsored by The Lakewood Observer:
Chris Plummer Alexandria, KY, showing printmaking.
- Best Creative Presentation-2nd Place sponsored by Junior Women’s Club of Lakewood:
B.J.Jordan from Ft. Wayne, IN, showing jewelry.

Artist applications will be mailed in January for the 2010 Festival. Application will also be available at that time through the internet at <http://www.lakewoodartsfest.org>. For further information: Vicky Warden (440) 333-8275 or (216) 389-8903.



Michael Mikula is a Collinwood resident artist who won Best In Show. Below is one of his displays of glass.






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LUNCH & LEARN





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Lakewood Hospital

Lakewood Hospital's Starry Night Exceeds All Expectations

by Aimee Smith

Recognized as one of the west side's premier events of the summer, Lakewood Hospital's fourth annual Starry Night benefit exceeded all expectations with nearly 650 people in attendance and more than \$125,000 raised. Net proceeds will benefit two great causes – the Lakewood Hospital Diabetes and Endocrine Center and the Lakewood Arts Festival Scholarship Fund.

Held on Friday, July 31 under two huge tents on Belle Avenue, the event brought Lakewood Hospital family, community friends and neighbors together to enjoy four gourmet food stations, a wine cork raffle, live and silent art auctions, an art activity, palm reading, and music by The Bottom Line band. Monica Robins, WKYC-TV3 News Anchor and Senior Health Correspondent, served as the evening's mistress of ceremonies.

Lakewood Hospital President Jack Gustin was overwhelmed with the response to this year's event. "Based on the state of our economy, we thought attendance and support might be impacted this year. But I am happy to say, it was quite the contrary. This was the biggest and most successful Starry Night in the event's four years!"

Gustin goes on to say, "We raised more than \$125,000 thanks to our sponsors, including our signature sponsor for the second year, Regency Construction Services, Inc. I would also like to extend my appreciation to Fairview and Lutheran Hospitals and Fred DeGrandis, CEO and president of the Cleveland Regional Hospitals – as well as the evening's other corporate, print and media sponsors. I would also like to thank the City of Lakewood; AVI Foodsystems; the Starry Night planning committee; and all of those who purchased event and raffle tickets to help raise money for two deserving causes."

For the second successful year, Lakewood Hospital worked closely with Linda Goik from Local Girl Gallery asking the community to submit their personal interpretation of the event's theme, Summer Nights, Under the Stars. More than 30 talented, local artists submitted their work of art that was up for bid during both a silent and live auction. "Linda Goik and all the artists who donated their works of art were instrumental in the success of Starry Night," says Gustin. "The art was beautiful and created a great deal of excitement. I'd like to extend my sincere appreciation to Linda and all of the local artists whose hard work and tal-



Starry Night food by AVI Foodsystems was delicious as always. Above is their Key Lime mousse chocolate cups with graham cracker and lime zest topping.



Tari Rivera and her husband from Regency Construction.



Above and below, party goes having fun.



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Starry Night 2009

Starry Night Once Again
As Party Of The Year

ent made Starry Night shine bright.”

Another highlight of the evening was the delicious menu. The event was catered by members of AVI Food-systems from eight Cleveland Clinic regional hospitals, who donated their time and expertise. There were four gourmet food stations throughout various areas of the tent and judges voted on their favorite. Congratulations to this year’s winning team from Lakewood and Fairview Hospitals whose menu featured Southern Fried Shrimp Salad, Pulled Pork and Beans with Apple Smoked Bacon Brittle, and a unique gourmet S’mores dessert that was the talk of the evening. Each winning team member won a special prize.

The Lakewood Hospital Diabetes and Endocrine Center, one of the beneficiaries of this event, has a team of experts who focus on disease management, education and prevention as well as the treatment of other endocrine disorders. The Center is using event proceeds to host an educational Diabetes Expo on October 29 and to support its Diabetes Assistance Initiative, a program to help the uninsured and underinsured by providing funds for prescription diabetes medications

and supplies as well as scholarships for diabetes education. “I would like to join Jack Gustin in thanking our guests and sponsors for supporting Starry Night. We are fortunate to have such good friends in the community who help us achieve great things,” says Fred DeGrandis, president and CEO of Cleveland Clinic Regional Hospitals. “I love this event because it gives me the opportunity to talk with people in and around this wonderful community. The support given by the City of Lakewood, its residents, the hospital employees, physicians, and volunteers will guarantee that this event will shine for many years to come.”

Additionally, Lakewood Hospital provided free community health screenings under the Starry Night tent as a part of the Arts Festival activities on Saturday, August 1. Attendees who stopped by the hospital’s tent had a chance to receive various screenings such as cholesterol, BMI (body mass index), and waist circumference. Nearly 700 different screenings were performed, which is an important way to detect abnormal health levels that could lead to stroke, diabetes, high blood pressure, and cardiovascular disease.



From left to right; Jack Gustin, President of Lakewood Hospital, Monica Robins, Channel 3 News Anchor and Senior Health Correspondent – Starry Night Mistress of Ceremonies, Fred DeGrandis, CEO and President of the Cleveland Clinic Regional Hospitals



Photos courtesy of Frank Lanza and Lakewood Hospital.



Jack Gustin shows his talent.



Live art auction



Gary Rossen of Rozi's Wine shows his talent too!



Fred is pictured with Sarah Sinclair, Executive Chief Nursing Officer Cleveland Clinic health system and Chair, Nursing Institute at the Cleveland Clinic

Wellness Watch

Lakewood's Live Well Wellness Challenge

by Paula Reed

After several weeks of enlightenment, education, and exercise, the Live Well Lakewood Wellness Challenge has drawn to a close. The Challenge began on May 6th; at that session, participants were weighed, measured (height, waist & hip,) had their body mass index calculated, had blood drawn for glucose and cholesterol levels, and their blood pressure was taken. They were evaluated for strength and flexibility. They united in teams of four, often consisting of family members, to provide support and encouragement. Then they set about making positive changes in their health.

Each Wednesday evening thereafter at City Hall Auditorium, Live Well Lakewood offered a wellness session. Participants always went home with goodies—Vitamin Water, Nature's Bin coupons, and hand sanitizer and calorie calculators from Drug Mart. There were tape measures and stretch bands from Lakewood Hospital, pedometers and water bottles from Medical Mutual, and lots of reading material. Each week's door prize offered a wellness supplement: Rec Department gift certificates, books on healthy living, even a basket of fresh



The Drops family, Michael Banek & Lorraine Giczkowski are honored as Challenge Winners

fruits and vegetables.

The sessions consisted of two parts - a nutrition talk and an exercise sampler. The nutrition information was provided by Candace Wiggins of OSU Extension and Amanda Spiro, R.D., Lakewood Hospital. Those who skipped dinner to get there on time never suffered - Candace always brought food samples to illustrate the evening's subject. Participants got to try Tai Chi with Jim Kulma; Yoga with

Evin Bodell of Westside Yoga; stretching with Dr. Mike Russell; Jazzercise with Karen Kilbane; RAPS with Shelley Mellino from Lakewood YMCA; FitCamp with Liz Donnelly of Training by Liz; and Zumba with Amy Annico. There were a few groans, but mostly laughter and high spirits throughout the exercise sessions.

Using their pedometers to ensure they were walking at least 10,000 steps per day, everyone was encour-

aged to explore Lakewood on foot. The last Challenge session brought participants back for a re-check of the measures done in the first session to evaluate their progress. The results were tabulated, and winners - male, female and team - were chosen based on those who made the most positive changes in the most categories. The winners, announced at the Lakewood Alive & Well StreetWalk on July 18th, were: Michael Banek; Lorraine Giczkowski; and the Drops family - Michael, Kitty, Megan and Michelle Drops-Wolff. The Drops family will celebrate their win with lunch at Pier W, provided by Live Well Lakewood. Michael and Lorraine each received gift certificates donated by 56West and Forbici Salon.

Sponsors of the Live Well Lakewood Wellness Challenge were:

The City of Lakewood, Discount Drug Mart, Lakewood City Schools, Lakewood Hospital, Lakewood Recreation Department, Medical Mutual of Ohio, Nature's Bin and OSU Extension. Live Well Lakewood is a community organization dedicated to promoting healthy, active living in Lakewood. For more information, e-mail info@livewelllakewood.org.

Okay, If We're So Fat, What Do We Do Now?

By Liz Donnelly

We hear a lot about obesity and our lack of fitness. Let's spell out briefly what all the hoopla is about and how our area is affected. Finally, if being overweight affects you or a loved one, then you will get some useful tips.

"The toll of obesity is driving up healthcare costs and crippling the fabric of our communities," says Stephen Galson, M.D., M.P.H, Acting Surgeon General. The Centers for Disease Control & Prevention (CDC) reports that 34% of Americans age 20 and older are obese. 32% of U.S. youth are overweight -17% are obese. The body mass index (BMI), which is a person's weight (in kilograms) divided by their height in meters squared, is the CDC's form of measurement. Adults with a BMI over 30 are considered obese as are children

whose BMI is above the 95th percentile for their age and sex.

Researchers from the state-sponsored Ohio Family Health Survey estimate that one-third, or approximately 500,000, of Ohio's children are obese or overweight, as reported in the August 4, 2009 Plain Dealer.

If you don't believe the statistics, then do what most of us over thirty do. Recall how there may have been one chubby kid in your grade school class as a kid. Now, compare kids' classrooms today. Do you see a difference?

Why care? Fatness, to be blunt, creates additional hormonal changes in the body. It elevates a person's risk for cancer, heart disease, and diabetes. Diabetes, for instance, causes poor blood circulation, kidney disease, and eventual dependency on frequent kid-

ney dialysis (picture tubes in to your body connected to a machine to clean the blood). The CDC says roughly 85% or 78,013 of Cuyahoga County diabetics are overweight or obese. Suddenly, excess body fat is too big a problem to be ignored.

As an adult, why wait when you can model healthy changes now? There are plenty of great resources and solid fitness advice to guide you. Here are some good ways to start.

Get rid of junk food, reduce or eliminate alcohol (a big time contributor to belly fat), eat a lean protein source for all meals and snacks, and exercise your body daily.

Brian Grasso, Founder and CEO of the International Youth Conditioning Association, coach and author of The Youth Obesity Solution suggests

that exercise has to be fun so play, don't exercise.

Lakewood offers many fit options with our multiple parks and playgrounds, easy walking, fitness businesses, the Lakewood Earth and Food Community (LEAF), and easy access to the Cleveland Metroparks. Excuse-free fitness is at your doorstep.

Liz Donnelly is a mother of three and Owner, Personal Trainer, and IYCA-certified Youth Fitness Specialist for Training by Liz, LLC. She is a member of the Holistic Moms Network, Junior Womens Club of Lakewood, Lakewood Early Childhood PTA, and runs a family fitness blog at www.FamilyFitnessGuru.com. Send comments to liz@trainingbyliz.com.

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Wellness Watch

Jazzercise Works!

by Carol Tackett

Fourth of July gatherings usually bring together family and friends for lots of fun and, of course, food. Our family get-together last year was no different, but it brought about a life-style change for me. My niece took a picture of me there; when I saw it, I was mortified. I had no idea I looked like that. After puzzling over what to do about it, my place of employment inadvertently intervened by sending me a coupon for Jazzercise through an employee perks program. I went to the Jazzercise website (www.jazzercise.com) and located



Before

Stay In The Game:

Safety For Your Mouth

by Jeffrey Laubmeier

Each year thousands of children and adults end up in the dental office with injuries to their mouth and teeth. Injuries ranging from small chips on the edge of a tooth to fractured, loose and missing teeth. The sad fact of this is that most of these injuries could have been avoided or at least lessened if a simple precaution had been taken - wearing a mouthguard. Hundreds of studies from all parts of the world have proven, without question, the effectiveness of mouthguards in protecting teeth and soft tissues of the mouth from injury. The American Dental Association, Academy for Sports Dentistry, and National Federation of State High Schools have worked together to develop basic guidelines regarding mouthguards. Most importantly, mouthguards need to be properly fit-

Karen Kilbane's class in Lakewood. I signed up and what an eye opener this past year has been!

I started fresh off the couch, without knowing how to dance or even "hear" the music; with knees that didn't work and a twingy back and, of course, extremely overweight. Not being the most nimble person in the world, I began asking questions about some of the steps. Imagine my surprise when Karen offered to stay after class and demonstrate them. Soon, I was actually moving in the same direction as the rest of the class for a whole routine and then a set. The associate instructors were also great, giving freely of their time after class to answer a question or demonstrate a step. The registrars were very helpful and friendly. I felt welcome from the very first class and soon began looking forward to going. I could hear the music, new steps were easier, and it was fun! So began my journey. One week at a time, my clothes got bigger, my knees hurt less and my back actually felt better than it had in years.

Jazzercise is an exceptional program that can provide any intensity level depending on an individual's

ted, unaltered, and should not impede communication and breathing or create any hazards to airways or oral cavities. This is best accomplished through a custom mouthguard made specifically for each child from a model of his or her mouth. Although custom mouthguards are more expensive than the "boil-and-bite" guards available in most stores, the fit and protection is unequalled. And, if you figure in the cost of repair to a damaged tooth with a possible root canal and crown or replacement of a tooth with an implant, the cost of a custom mouthguard is a worthwhile investment. Even with a mouthguard, damage to the mouth can still occur, so it is important to be educated and prepared for a dental injury. The sooner treatment is sought the more treatment options are available.



After!

ability and skill level. The routines challenge fit participants while allowing those who are less so to achieve their workout goals as well. New music is introduced regularly with newly choreographed routines. I believe the reason Jazzercise is still thriving and continues to attract new people is because it has evolved to include better and healthier options and also because the intensity levels can be entirely controlled by the participant.

Initially Jazzercise was a means to an end for me - I needed to lose weight, and to do that at my age (58) I had to move. I believed it was almost impossible to lose weight after 50, and forget trying to lose belly fat. How wrong I was! I am down 70+ pounds and 6 pants sizes. It is now fun to go shopping for clothes and accessories, which is a source of endless amusement to people that knew me "before." It was a lot of hard work but worth every minute of it. I feel great! Stairs and long walks are no longer avoided. My dog loves me!

My success was aided by the wonderful support I received from Karen's

franchise - a group of fantastic people working together seamlessly to assist, encourage, compliment, motivate and welcome each and every person attending class.

I highly recommend Jazzercise as a means to achieve any fitness level you desire and to have fun while doing it!

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Lakewood Observer

A Tribute To An Airman

by Linda Summers

Field Commander Lakewood High School Marching Band - Lakewood High School Graduate Class of 1987 - Senior Master Sergeant Jerald Carlton, U.S. Air Force Retired July 24, 2009

It's 1986 and here I was already graduated from Lakewood High School, but no idea what I really wanted to do with my life...not Jerald - he always wanted to go into the Air Force and a year later, after he graduated in 1987, that is exactly what he did. Now jump 22 years into the future it's 2009 and now his time to serve our country has come to a close.

This is a tribute to someone I am very proud to call my friend - to his family that made me part of theirs for my last 2 years at Lakewood High School and to his current wife and children and the sacrifices they all made in service to our country. This is a man we all should be proud of because, somehow this great city and our schools influenced him in all he has accomplished so far.

On July 24, 2009 Senior Master Sergeant Jerald Carlton retired after serving in the U.S. Air Force for almost 22 years. He once said if it wasn't for Mr. (Thomas) Selby he wouldn't have graduated from high school. Now he is retired from serving our country after reaching the highest rank a noncommissioned officer can reach in the U.S. Air Force. I was going to try to cut out pieces of his retirement speech since it is over 1,000 words, but that wouldn't do it justice. So instead I am including all of it to give you some insight on this man, one of so many, that serve our country.

Senior Master Sergeant Jerald Carlton - U.S. Air Force Retired July 24, 2009 Retirement Speech

Thank You ...

General Longoria, Mr. Hawrylak, Colonel Neumann, friends, co-workers, my beloved wife of 21 years, Cynthia, and family; Thank You for attending today's celebration of my family's dedicated service.

Before I get going on this 45 minute tirade, I must preempt this with a warning. Anyone who knows my family knows that although we all have this rough exterior, strong voices, and at times over-bearing personalities, it doesn't take much to get the waterworks happening. A Carlton will cry at the drop of a hat. My brother, John, sitting here with us today ... I can't make eye contact with him, or I will start. So ... If he starts ... we're all screwed and I will never get off this podium.

Every time I stand in front of a group like this; whether it be a graduating class of intelligence students, a group of Boy Scouts, or even something as simple as at my desk with an Airman sitting in a chair next to me looking for guidance ... I am challenged to come up with some motivational story, lesson, or words of wisdom that would guide them to make a decision that would serve in the best interest of the



Senior Master Sergeant Jerald Carlton - U.S. Air Force Retired July 24, 2009

Air Force, the individual, or whatever situation they are dealing with. Today ... is one of, and likely the last, of those days while wearing this uniform. So ... what's it going to be today? How do I culminate a career and what we often hear today is "what legacy do I leave" for those who follow in a few short words? It came to me recently while sitting with my coworkers at lunch.

There was a discussion at the table about why the Air Force calls the First Sergeant a "shirt" or "first shirt". There are a couple of theories: 1) when supplies came into a command the Top sergeant would get the "first shirt" before the troops did. 2) When the troops were doing manual labor in hot weather, they would take their shirts off ... the First Sergeant would not because he was supervising and not performing manual labor himself. Well, while I was giving this tidbit of what some call useless knowledge (I've got a lot of it stuck in my head) a comment came from the other end of the table. Just like the Air Force ... they don't have a heritage of their own, so they are making it up and taking it from the other services. Not a very professional or appropriate comment, but it was said. Members of the Air Force take these comments and chalk it up to ignorance or jealousy. I have heard statements like this throughout my career and I pride myself on knowing the answer. Yes, we were started out of the Army Air Corps ... So where is our heritage as such a young service? What does it mean to be a noncommissioned or senior noncommissioned officer?

Most importantly ... what does it mean to be an Airman?

Ask yourself this ... How many soldiers, sailors, marines, or coastguardsman are in the Air Force? Now ask yourself how many Airmen are in the Army, Navy, Marines, and Coast Guard? Although the United States Air Force service itself is young; its heritage, traditions, airman, and the American noncommissioned officer corps is rooted in the birth of the Continental Army in 1775 and throughout history around the world.

So what is the legacy I leave? My legacy is in the service itself. The Boy Scouts follow a principle called leave no trace. The idea is to not negatively impact the environment that surrounds them. My legacy is a challenge for you to follow in or at least walk in the footsteps of those who have come before us. Take a tradition, a custom, an idea rooted in history and make it your own, but be prepared to hand it off to someone else to make it better.

My legacy is in my Air Force, which was in my father's Air Force, which is in the Airman and families that serve and have served in all services throughout history. My Air Force is no longer mine ... I pass on my Air Force to those great Airman who follow. Those who are capable and prepared to grow the Air Force and what it means to be an airman.

I am humbled to have had the opportunity to serve. To all Airman, I have the greatest respect for what you do and how you represent our great nation. The pride, discipline, commitment, strength, and determination

never cease to amaze me.

To my family, it's very special to have so many of you here today. I know we have missed a lot over the years. But, I have always loved the Air Force and all it represents. The commitment, dedication, and sacrifices our family has endured through the generations are a testament to what is needed to have the finest airmen in the world.

To my wife, Cynthia ... 21 years ago you had no idea what you were getting into when we got married. We have moved many times since and at every twist and turn you have always been the foundation of my career which makes it that much more special. I am fortunate and blessed you are my wife and that we are starting out again much like 21 years ago ... this time with two grandchildren on the way, but still uncertain of what we are getting into, and knowing that as long as we are together our family will thrive.

To my children, Patrick, Elizabeth, and Anthony ... Not many can understand the sacrifices a child deals with while one of their parents are away on deployment. I would like you each to know that every deployment and environment I was in, I did it not only to serve and protect this great nation of ours, but serve and protect each of you. Now that I'm going to be home for good ... clean your rooms.

To my grandchildren-to-be: Although each of you will not be here for another five to seven months, I feel it's important that each of you know. You are coming into a large family that loves this great country of ours and what it stands for. I love our Air Force, and am very proud to always be an Airman. Walk the legacy that I and your heritage have left you. I love each of you and look forward to meeting each of you soon.

Cynthia and I want to thank each and every one for attending. God Speed.

What else can we say but a humble "Thank you Jerald!" and "Thank you to all who have or are currently serving our country!"

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Another Observer's Perspective

Thoughts On The Health Care "Crisis" And The President's Push For Payment Reform

by Dennis Ehren

As everyone knows, the president is pushing for a comprehensive program to overhaul how health care is paid for and to make sure everyone is adequately covered. Unfortunately, the solutions being advocated are going to cause an increase in spending by upwards of \$2 trillion. This is only going to fuel inflation, further hurt our weak economy, and, actually, make it harder for people to get the care they desire.

Part of the problem is that health insurance has changed over the years. Insurance is meant to help people pay for sudden catastrophes. Health insurance should be used only for accidents and hospitalizations, similar to car insurance, but has developed into a service to pay for all aspects of health (doctor visits). This is equivalent to using your car insurance to pay for fill-ups and oil changes. We think car insurance is expensive now, but can you imagine what it would be like if it paid for the everyday things too? Well, that's what has happened to health insurance. People expect it to pay for everything, and now the government agrees. And it is going to cost us.

That being said, let's look at some of the costs. According to Drs. Bob Hoffman and Jason Deitch in "Discover Wellness", the cost of health care, from hospital to doctor bills, drugs to medical equipment, insurance to nursing homes and home health care, doubled from 1994 to 2004. In 2004, the country spent \$140 billion more on health care than it did the year before. Overall, the tab for health care spending in this country is \$1.8 trillion a year, which is four times the amount

spent on national defense. 15% of America's gross domestic product is spent on medical care, amounting to \$6,289 per person every year! Is it any wonder that they are calling for some kind of change?

But let's understand something. This is not money spent on "health care"; this is money spent on "disease care". The cost of keeping people healthy is negligible, because healthy people do not need hospitals, prescriptions, medical equipment, nursing homes, or home health care. Sick people do, and it is the cost of treating illnesses that is skyrocketing. So far, in all the discussions on Capitol Hill, not one mention has been made about lifestyle. It is all about how to pay for treating the ill people. If people took more responsibility for their health, wouldn't that make the costs go down?

Some illnesses are inevitable, but people can do a lot to help themselves avoid illness, too. The two leading causes of illness in this country, for example, are smoking and obesity.

It is no secret that smoking tobacco causes heart disease, lung disease, and cancer (cancer of the mouth and throat, the pancreas, and/or the intestinal tract). Yes, some people can live a full life of smoking without getting these illnesses, but they are the exception, not the rule. If you smoke, you will become ill. Heart disease costs the U.S. more than \$400 billion a year in medical expenses and lost productivity, and is responsible for almost six million hospitalizations each year! If the cost of treating it is added into all the goods and services that we spend our money on, it is costing each family of four \$460 a month!

Cancer is the second leading cause of death in the U.S. today. In 2004, more than half a million people died of cancer, which amounts to about 1,500 people every day! It is estimated that tobacco use is responsible for more than 170,000 cancer deaths alone. In 2004, cancer cost this country \$60.9 billion in direct medical costs and \$135 billion in indirect costs due to illness, for a total of almost \$200 billion! How much is this costing you? Every person in this country has to contribute \$719 each year (\$240 a month for a family of four). So far our little family of four is spending \$700 a month to treat cancer and heart disease. That could pay many mortgages.

Obesity has also become a major problem in this country. Obesity rates have increased by more than 60% among adults in the last 10 years and it will soon overtake smoking as the leading cause of preventable death. Since 1980, obesity rates have doubled among young children and tripled among adolescents. Obesity is a contributor to many chronic diseases, including Type 2 diabetes, hypertension, heart disease, stroke, breast cancer, colon cancer, gallbladder disease, and arthritis. The yearly bill for treating these conditions is: \$98 billion for Type 2 diabetes, \$8.8 billion for heart disease, \$5.3 billion for arthritis, \$3.2 billion for gallbladder disease, \$1.3 billion for colon cancer, and \$1.1 billion for breast cancer. Overall, the total

health bill for treating these diseases and others related to obesity is about \$137 billion. This costs a family of four \$1,027 a year, or another \$86 a month.

If we add up the costs of treating the health effects of diseases linked to smoking or obesity, our tab comes to more than \$700 billion a year! Is it any wonder that it is becoming more and more difficult to pay for illness care?

The problem is that smoking is a choice. And most of the time, not always, obesity is too. If people want to have affordable health care, they have to stop doing things that make themselves sick and expecting the doctor to fix them. If more people were to adopt healthy lifestyles, the need for this expensive system would go down, as would the costs. Remember, healthy people do not need hospitals, prescriptions, medical equipment, nursing homes, or home health care.

The government can't fix this. Anything they get their hands on costs more. Before Medicare and Medicaid, everyone could afford their health care, no one went without. But now those programs, as well as the corporate takeover of health care in the form of PPO's and HMO's have served to drive up costs. Combine that with the unhealthy choices people make, and here we are. What we can do is adopt healthy choices. You can 'opt out of the system' – be healthy!

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Lakewood Observer

Celebrating the Dog Days of Summer – Western Style?

by Susan Calleri

If it sounds like a strange way to celebrate, it is! But that was the theme of our annual Arthur Avenue block party held on August 1st. If you have never had a block party on your street, you may want to consider organizing one. We met some brand new neighbors and even convinced some long-time residents to come out and mingle. You can keep it simple, or have lots of fun activities like we do. All you need to do is contact the city and request a permit. They will drop off barricades for your block and they even provide some recycling signs and bags.

We enjoyed pizza, as usual (generously discounted this year by Hungry Howies), and some hot dogs to go along with our dog theme. Guests always bring a side dish or dessert to share and the food was so good that there was talk of a street cookbook. One neighbor even donated freezer pops! Activities this year included a craft table, a frozen t-shirt game, a water balloon toss, a dog and bike parade, a corn hole competition,

and a costume contest. A cute cowgirl and an adorable cat won this year. The kids really love just being able to ride their bikes in the middle of the street for a change. Door prizes galore were handed out, too, with donations from businesses like Dairy Queen, Carabel Beauty Salon, and the Blackbird Baking Company. The Fire Department paid us a visit, too. A fire truck and rescue squad pulled onto the street and the kids got to sit in the driver's seat of the big truck!

Music was provided by a new local band, Beecher Skeggs, with one of the members living on our street! They sounded great, the music was kid-friendly, and they even had some neighbors dancing. I know I was singing along and doing a little dancing with my son. Neighbors from a different street heard the music and left their block party to come to ours! Contact John Levis at 529-9345 if you want to book them for your party.

Sometimes the party is a lot of work to plan (and to clean up!), but I remember a motivating story my husband told



me when he traveled to New York City on a business trip years ago. He had mentioned borrowing a neighbor's car for some reason and his client stared at him like he had 3 heads. This man was amazed that we knew our neighbors and that one actually allowed us to borrow her car! He had lived in an apartment building for years and didn't know anyone in his building! That story made me sad and I knew that I didn't ever want to live in a place where we didn't know our neighbors. Living in Lakewood lends

itself to great events like block parties, playgroups, street sales and clambakes. We have a beautiful, old fashioned neighborhood and pretty much everyone knows each other – we look out for each others' children and help shovel snow or move a really heavy piece of furniture. People literally come running if they hear you are hurt or need help. It is easy to get to know and love your neighbors (and even borrow a car) when you have a great tradition like our annual block party.

Lakewood Businesses Work Together To Help Local Children's Charity

by Meghan Moroney

89 volunteers. 60 gallons of paint. 55 ladders. 1 lift. 26 babies. 16 hours. Two houses. Eight Companies. One Community. One Day!

Neubert Painting, in partnership with Sherwin-Williams, provided a much-needed paint job at Providence House last week as part of their 2nd Annual Charity Paint Giveaway. John Neubert, Owner of Neubert Painting started the Charity Paint Giveaway project in 2008 as a way to provide paint services and support to individuals or organizations who cannot afford the cost of house painting services. This year, Providence House was selected from 55 other community nominations for the 2009 Charity Paint Giveaway.

"We truly could not have picked a more deserving organization - or a more interesting project!" said Neubert. "We were happy to get involved with such a worthy cause. Now they'll have an even more beautiful house to shelter at-risk infants and children."

Providence House, Ohio's first and one of the nation's longest operating crisis nurseries, provides safe and loving care for the area's most vulnerable children. It is an emergency shelter for infants and children from newborn through age five. Providence House offers support to families in crisis through innovative, intensive case management programs as well as family education.

Several Lakewood businesses contributed to make the Charity Paint Giveaway a reality: Sherwin-Williams generously donated over 60 gallons of paint and supplies; Einstein Bagels donated a couple hundred bagels for breakfast and Chipotle provided 100 burritos for the hungry crew. Each volunteer also received two tickets to the August 21st Indians vs. Mariners game, courtesy of a long-time supporter of Providence House; The Cleveland Indians.

This was an extremely complicated



project with a three color scheme and six 40 ft. peaks on a very large house. A normal painting crew would need 15-20 days to complete this project.

Other contributors included Sunbelt rentals who contributed a 60 ft. aerial lift. The Fresh Market in Shaker Hts. provided water and Quantum Graphics designed the flyers and signs. Bill Mannion, a watercolorist from Bay Village and Neubert Painting customer also provided a beautiful watercolor of the house.

Leo's House, the 6,000 square foot historic Victorian home on the Providence House campus in Ohio City, was the main focus of the project. In order to provide enough manpower, Neubert Painting suspended its business operations on August 4th and asked that their employees donate their time to the cause.

The project was completed in one day by the efforts of 89 volunteers. John Neubert stated, "I am extremely proud that 75% of our painters volunteered for this project."

"It's amazing to see this many people willing to help out and donate their time," said Natalie Leek-Nelson, CEO and President of Providence House.

"We've got 26 little people to feed, shelter and clothe. Given the current state of the economy, it is highly unlikely that we would have been able to afford this paint project ourselves."

When asked about next year's project, John Neubert said that they will be looking for a deserving organization or individuals and will be accepting nomina-

tions starting March 1, 2010. Nominations may be made at NeubertPainting.com.

To find out more about Providence House and/or volunteer, please visit their website at [HYPERLINK "http://www.provhouse.org"](http://www.provhouse.org) www.provhouse.org or call Providence House at 216-651-5982.


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Slife of Life

Supernaturally Southern: Kentucky Ghost Hunter Calls Lakewood Home

by Daniel Slife

In the tradition of American ghost hunting an apparent tie exists between the civil war and the nation's most notorious hauntings. Southern places and southern-born writers seem to dominate the scene. Adam Keith comes from this rich history with his birthplace, Louisville, Kentucky situated squarely within its geographic and cultural boundaries. A hobby ghost hunter himself, Keith moved to Lakewood late last year, doing his part to build the pantheon of unique, venerable personalities that give the 'Wood' its distinctive character.

Keith is an introverted man with a gentle, soft-spoken sensibility. His care-free gate and penchant for filtered cigars are characteristically southern. As an ambassador of his birthplace, Keith embodies that famously southern hospitality. It's not surprising that, given his introversion, he has yet to explore Lakewood beyond the Madison and Detroit Avenue business districts. However, as an observant southern man, he's keenly aware of the personality distinctions between the two districts. According to Keith, "People are friendlier on Detroit, they say 'hi' and smile... not so much on Madison." Though however friendly Lakewoodites on the Detroit ley line may strike him, in this regard the northern cities do not come close to those of the south, that place that beckons his heart's return.

But his heart's desire has drawn him to Lakewood, his sweetheart's home town. It was love at first site, so to speak. Keith and his girlfriend met online. It happened not through a dating website or craigslist ad, but through a chat room where the two shared common interests. After several years of communication he decided to relocate and shack up in Lakewood's Madison Village neighborhood near Bela Dubby.

Growing up in Kentucky within the cultural milieu of the modern south has been formative to Keith's perspective on life, people and the realm of the supernatural. In his earlier years he considered himself a non-believer in the supernatural. As the years passed, Keith



photo by Frank Lanza

became acquainted with the science of ghost hunting through the oral traditions of storytelling and eventually, its popularization through mass media.

When asked what pivotal event captured his interest in the supernatural Keith provided a personal anecdote. "I was pretty much traumatized by my grandmother when I was a kid with horror movies. It started with [Stephen King's] "It," she told me it was [about] Bozo the clown to get me to watch it and after that, as I grew older... I started getting into more horror movies," said Keith with a sarcastic smile. He enjoyed receiving his grandmother's trickery as much as she enjoyed delivering it. Over time this fascination with the supernatural through mass media would mature into a passion for ghost hunting that, as you will see, engendered communal relationships and technical know-how.

Keith's initiation into lived supernatural experience took place several years after the passing of his grandfather. Returning home from the late shift during his early twenties he

noticed light in his basement. Peering down the stairwell he saw his grandfather, rocking in his favorite chair. "After that something triggered in my head... I know [the ghosts] are there and I want to prove it," said Keith of the life-changing event.

In the following years Keith began researching the science of ghost hunting. This led him to the Louisville Ghost Hunters (LGH), a local ghost hunting group. Keith's involvement with the LGH helped to shape his organizational chops while initiating him into the spirit of teamwork needed to complete a successful investigation. With LGH he also learned of the complex array of equipment needed for the work.

Nearly a decade ago Keith spent time in Illinois, where he finished high school before returning to his beloved Louisville. He would later return to Illinois and, with the knowledge and experience gained from the LGH, assist his brother in establishing of a paranormal group there which is active to this day.

Today, a horror movie is hard-pressed to scare Keith. Through the bonds of kinship he has been desensitized by a bad Bozo and the sight a deceased grandfather's apparition. Several years of ghost hunting experience have added layers of strength to his mantle of skepticism. Donning that mantle, Hollywood's most tech-savvy, "realistic" imaginations of the supernatural strike him as humorous, at best.

A life of horror films, role playing games, ghost hunting clubs, and personal experience converged and rocked Keith's psyche into entertaining a new perspective on the paranormal, that of the skeptical believer. As a liberator of more backward, outdated understandings of the ghostly world it's no surprise that Keith was born under the sign of Aquarius. His personality bears deeply

this typological tendency toward rational, objective thought.

For Keith, ghost hunting is a scientific endeavor that has less to do with the self-scaring made so popular with the Blair Witch Project and subsequent reality television programs. Authentic ghost hunting involves time and patience, cold objectivity and scientific exactitude. According to Keith, "Only one out of one hundred cases will actually be real haunts."

Most alleged haunts end up being projections or imaginations of the self-proclaimed victim, no more than symptoms of their own psychosomatic condition powered by imagination. Oftentimes the shadows causing spine tingling terror are nothing more than the dancing of reflected head lamps, the demented sounds of voices merely machines or appliances in need of a tune-up. It is the job of the ghost hunter to disprove, to identify all mundane causes, to separate the psyche of the victim from the natural and supernatural histories and realities of the place.

The research begins with an interview of the witness followed by an historical audit wherein the earliest records of the location are unearthed. Keith looks for documentation of deaths, burial grounds, or tragedies. After preliminary investigations, the site is fitted with EMP (electro-magnetic pulse), video and voice recorders. Because in most cases spooks are active at night, the equipment is set to record for an entire evening. Reviewing this data is painstaking. For the dedicated ghost hunter, the details must be scoured with a fine tooth comb. When the hunter is lucky enough to review that rare one in one-hundred of cases which involves a real haunt, the data can be mind blowing and exhilarating. During his work with the LGH, he captured Electronic Voice Phenomena (EVP) (also known as 'spirit talk') at the Waverly Hills Sanatorium in Louisville. According to Keith, Waverly Hills is an abandoned Tuberculosis hospital and one of the most haunted locations in the world.

While Keith has yet to dig in to the local paranormal scene with actual hunts he has founded the first Paranormal research group on Cleveland's west side. Dubbed Burning River Paranormal, the group is now organizing online and can be found at www.myspace.com/burningriverparanomal. Because skeptical ghost hunting is a tech and manpower dependent operation of a scientific order, the group is not yet capitalized or large enough to begin hunting locally. However, Keith looks forward to exploring the rich history of Lakewood and the region.

Whether romantic love is sufficient to persuade him into greater exploration of and commitment to the community remains to be seen. It is clear that Keith brings to Lakewood's Madison Village a unique personal history and kindly personality that will only add to the accruing positive developments in that neighborhood and the community beyond.

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