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Volume 5, Issue 20, October 6, 2009

Family To Family Initiative And Ranger's Football

Shining A Light On Unsung Heroes

by Jim Muth

There are times when going to a football game is about more than the game. When you stop to think about it, there is an incredible amount of “stuff” that’s involved in this quintessential American rite, the Friday night football game at Lakewood High School. You think about all the kids who are putting everything they have on the line. Not only the players on the gridiron, but the musicians, cheering squad, and all the other kids who help out. You think about the other team as well, strangers in a strange land, mustering their best to look sharp and win the night. There are little kids who dream of being out there some day, and big kids who wish they had stuck it out last year, perhaps vowing to try again next year. And of course there are parents and grandparents, aunts, uncles, and cousins, brothers and sisters, neighbors and friends, all hoping, praying even, for victory, and that perhaps the evening breeze will somehow float the band’s music just right over them. In their faces you see the joy – and struggle - of providing all they can for their kids to prevail, to overcome the odds, to succeed. There is wonder, a little panic, awe, and thankfulness for a game well played, a performance well done. On Friday nights you get to see how a community works. Coaches, teachers, fans and followers, parents and whole families encouraging and teaching perseverance, goal set-

ting, resilience, teamwork, hard work, self awareness, and courage – you get to experience all of it on Friday nights at Ranger stadium.

The game itself would simply not be without the efforts of those behind the scenes. All of them, by nurturing young heroes and risk-takers, are heroes themselves. Knowing this, “the game” becomes more than just a game. With this perspective, Lakewood Family to Family Initiative decided to acknowledge the efforts of these “unsung heroes” this Friday night when the Rangers take on the Bulldogs of Stowe-Monroe Falls High School. The Family to Family Initiative will take a few minutes to urge fans to take note of and celebrate the powerful influence families have on the students that are giving their all on the field - the players, the musicians, the cheerleaders, everyone involved in a great football game. And they want to pay special attention to foster parents, adoptive parents, and kinship caregivers. Friday night football happens at all because incredible kids put everything they have on the line to play well, to make great music, to bring the fans to their feet cheering. And they do it in part because they have families who help them persevere, set real goals, deal with pain and disappointment, make good choices and connect with good friends, teachers and coaches. And you can see the whole community idea work when a good part of the whole town shows up to cheer everyone on.



photo by Tyler Wick

Check out the Lakewood Rangers 7 p.m. Friday night and show support for adoptive and foster parents.

But sometimes young people have families that are in crisis. And this is where a whole other group of heroes steps forward: foster parents, adoptive parents and kinship caregivers. “These are the unsung heroes of Lakewood. And during the game we want to celebrate those who have come to the aid of kids and families that have undergone trauma, disappointment and unbearable hardship and have become foster parents and kinship caregivers,” said Bruce Chamberlin of the Lakewood Family to Family Initiative, a program of Lakewood’s Division of Youth. Joining Family to Family on Friday will be The Teen Health Center of Lakewood Hospital and representatives of Berea Children’s Home, both of which help support parents, young people, and families in hundreds of ways. “Lakewood is a resource-rich community,”

Chamberlin said.

A Little Bit More on the Need for More Heroes

Besides providing support, direct services, referrals and resources for families,

Lakewood’s Family to Family Initiative at the Youth Office recruits new foster and adoptive parents to further aid families and children in

continued on page 15

City Holds Park System Master Plan Workshop

by Melissa Garrett

The Lakewood Departments of Planning & Development & Public Works will hold a Park System Master Plan Community Workshop on Wednesday, October 7, 2009 from 6:30 pm. - 8:00 p.m. in the Auditorium at the Lakewood Public Library, 15425 Detroit Avenue.

The goal of the workshop is to create a forum where residents, community organizations and the City can collaborate to set priorities for the parks. A Park System Master Plan is a strategy to evaluate, manage and improve the City’s parkland through a collaborative public input process. The plan considers the City’s parks as a

system, not individual parks, and works toward consistency in appearance, maintenance and design in a manner that is flexible as the needs of the community change and evolve.

For more information contact Dru Siley, Assistant Director of Planning and Development, at 216.529.6634 or planning@lakewoodoh.net.

Beck Center Celebrates New Outdoor Public Art



Rendering of the new outdoor mural by surrealist artist Natasha Turovsky.

by Fran Storch

See the unveiling of Lakewood’s newest public art on Thursday, October 15, 2009, 5 p.m., at Beck Center for the Arts, 17801 Detroit Avenue. Mayor Edward FitzGerald will lead the celebration of the unveiling of the new outdoor mural by artist Natasha Turovsky and the dedication of the Red Stage Courtyard at the Beck Café. The Beck Café is a winner of the 2009 Beautiful Business Award from the Keep Lakewood Beautiful Committee. A reception and a special performance by

pianist Vanessa Haynes will follow the ceremony in Daniels Lounge at the Beck Center. The event is free and open to the public. For more information, call 216.521.2540 x10. Born in Russia, Natasha Turovsky is a Montreal-based surrealist artist, professional musician, and filmmaker whose work has been acclaimed throughout the United States and Canada. Her works are in many private and corporate collections in the U.S., Canada, England, Spain, France, Russia, China, and Iran.

Lakewood Calendar

This calendar presents various public Lakewood events and notices for the next two weeks (excluding Lakewood Public Library sponsored events found separately on the Lakewood Library page). Your Lakewood calendar item can appear on this calendar too by submitting items to our website public calendar at www.lakewoodobserver.com.

Wednesday, October 7

“Fixing Cuyahoga County” presented by League of Women Voters
11 a.m. at Lakewood Senior Center West 16024 Madison
The Lakewood Chapter of the League of Women Voters Cuyahoga Area invites you to an informative presentation that analyzes the competing charter reform issues on the November 3rd ballot. With a Power Point presentation titled “Fixing Cuyahoga County,” the program spells out the key provisions in the proposed charter (Issue #6) and explains how those changes can improve county operations. It also describes the charater commission option (Issue #5) and why the League has determined that route is not needed. For more information, call the League office at 216 781-0555 or visit www.LWVCuyahogaArea.org.

Park System Master Plan Community Workshop

6:30 p.m. at Main Lakewood Public Library
Help Improve Our Parks! The goal of the workshop is to create a forum where residents, community organizations and City can collaborate to set priorities for our parks. What is a Park System Master Plan? - a strategy to evaluate, manage and improve our parkland through a collaborative public input process. The plan consider the City’s parks as a system, not individual parks, and works toward consistency in appearance, maintenance and design in a manner that is flexible as the needs of the community change and evolve.

Weekend of October 8 to October 10

United We Dine Lakewood- Oct 8 to Oct 10

The weekend of October 8th to 10th the following restaurants will make a one-time donation to United Way of Greater Cleveland. See page 4 for more information.
Around The Corner - 18616 Detroit
Dewey’s Pizza - 18516 Detroit
Riverwood Cafe - 18500 Detroit Ave
Kenilworth Tavern - 18204 Detroit Ave
Mr. Hero - 16204 Detroit Ave
Italian Creations - 16104 Hilliard Ave
Mullen’s on Madison - 17014 Madison Ave
Luxe 6605 Detroit Ave (West Cleveland)

Monday, October 12

Columbus Day Holiday

High School Entrance Exam Prep Course

4:30. to 6:00 p.m. at 1375 West Clifton Blvd (Lakewood Congregational Church)
Padre Pio Academy will once again offer a High School Entrance Exam Prep Course for area 8th graders. Taught by an experienced educator, the 3-week course is designed to help students review important math content, gain valuable testing skills, review vocabulary and become more familiar with the most common standardized testing formats. Students are sure to get a boost of confidence as they tackle the placement tests. Cost is \$150 and includes the book and supplies. Classes are held on Mondays and Thursdays from 4:30 to 6 PM beginning October 12th. Details and registration information can be found at www.pioacademy.org or by calling (216) 571-0174. This class is open to all students. Padre Pio Academy is a 501(c)3 non-profit charity serving students through grade 8.

Tuesday, October 13

Free Reflective Tape for safe Trick or Treating

10:00 a.m. to 6:00 p.m. at all Lakewood Fire Stations
To encourage safe trick-or-treating, all Lakewood fire stations will offer high visibility reflective tape for children’s Halloween costumes. Residents may pick up the tape at any fire station between 10:00 AM and 6:00 PM beginning October 13 and continuing through October 30th.

Lakewood First Time Homebuyers Seminar

5:30 to 7:00 p.m. at Lakewood City Hall Auditorium, 12650 Detroit Avenue
The Lakewood HOME Program provides one of the best mortgage financing packages available to qualified first time home buyers interested in purchasing a Lakewood home. Assistance, which comes in the form of a 0% interest, no monthly payment second mortgage is used to assist with both down payment and closing costs. Program participants are required to visit the Department of Housing and Urban Development’s website and take the Visual Assessment Training Course prior to attending the seminar. For more information, call the Division of Community Development at (216) 529-4663.

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Wednesday, October 14

LEAF Harvest Festival

5:30 PM - 8:00 PM Lakewood Public Library Porch
Come celebrate local food with your friends! We are closing down the street to make room for multiple local vendors, live music and art. Bake a pie for the pie bake-off and bring the little ones for family games and activities.

Neighborhood Block Club Captains Meeting

7:00 PM - 9:00 PM Lakewood City Hall Auditorium, 12650 Detroit Avenue
Lakewood Block club captains and anyone interested in learning more about setting up a Neighborhood Block Club for your own street are invited to attend. For more information, contact Block Club Coordinator Mike Tuttle at (216) 529-6657.

“Fixing Cuyahoga County” presented by League of Women Voters

7:00 PM Main Lakewood Public Library, 15425 Detroit Avenue
See full description under Wednesday October 7th.

Thursday, October 15

Outdoor Mural Unveiling at Beck Center for the Arts

5:00 PM Beck Center for the Arts
See full story Page 1

Saturday, October 17

Spooky Pooch Parade

See full story for details on Page 4

Keep Lakewood Beautiful Semi-Annual Leaf Humus & Pansy Sale

9:00 AM - 12:00 PM Lakewood Park Skate House Parking Lot
Buy a \$2.00 bushel bag of rich dark humus for your garden. Flats of pansies are also for sale for \$13.00/flat. Proceeds support KLB activities.

Sunday, October 18

5th Annual JWCL Great Pumpkin Fun Run & 5K Race

8:00 AM - 10:00 AM at Lakewood Park
See full details on Page 11

SS. Cyril & Methodius 11th Annual Harvest Homecoming

12:30 PM - 4:30 PM 12608 Madison Avenue. Day of ethnic foods, parish fellowship, and old-fashioned fun.

Wednesday, October 21

A Discussion on National Healthcare Reform

11:00 AM - 12:00 PM Senior Center East, 12400 Madison Avenue
The American Association of Retired Persons (AARP) will lead a discussion about the current healthcare controversy.
2nd session Thursday, October 22 at Lawther Center, 16024 Madison Avenue

Thursday, October 22

Council At Large Candidates Forum by League of Women Voters

7:00 PM - 9:00 PM Lakewood Public Library
The Lakewood Chapter of the League of Women Voters Cuyahoga Area has organized a Candidate Forum featuring Lakewood Council At Large candidates who will be on the Nov. 3 election ballot. It is set for starting at 7:00 pm, at the Lakewood Public Library, 15425 Detroit Road. The public is encouraged to attend.
The format includes a brief statement by each candidate, followed by a question and answer session with written questions from the audience.
For more information, please call the League office at 216 781-0555 or visit www.LWVCuyahogaArea.org.

THE LAKEWOOD OBSERVER

The Lakewood Observer is powered by:

The LAKEWOOD OBSERVER is published biweekly by Lakewood Observer, Inc., 14900 Detroit Avenue, Suite 309, Lakewood, OH 44107.

216.712.7070

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

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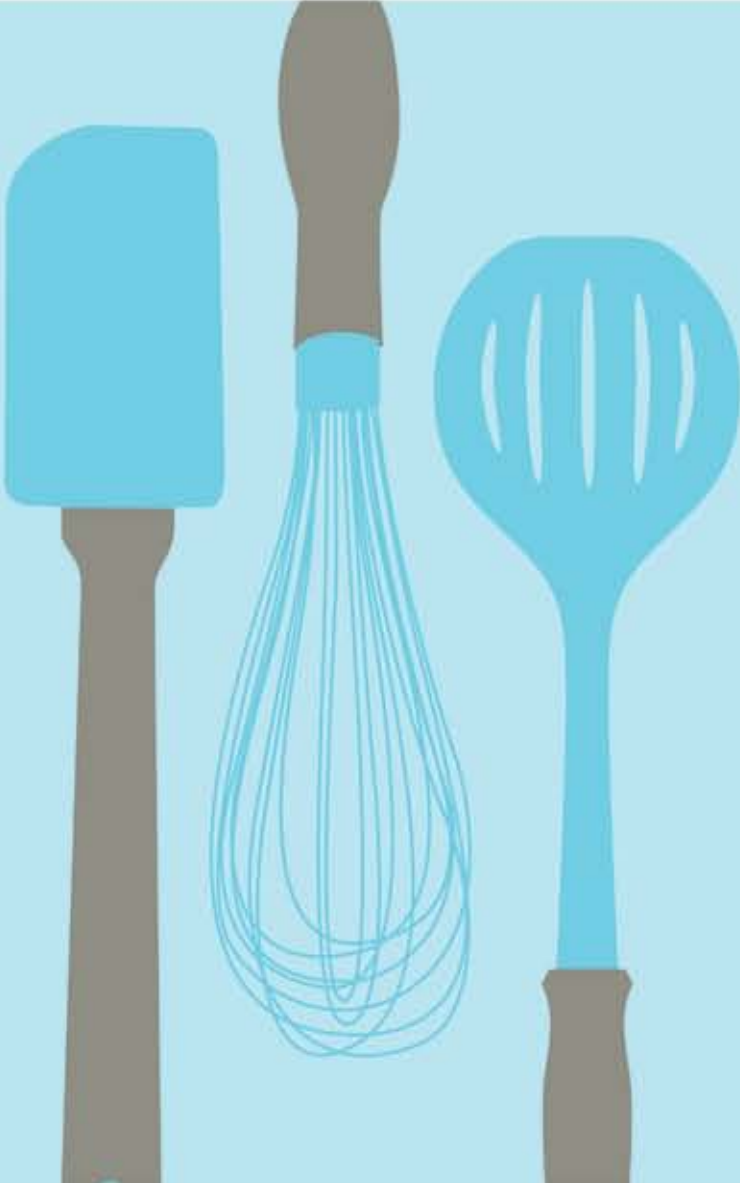
PHOTOGRAPHY - Christopher Bindel, Ivor Karabatkovic, Gary Rice, Tyler Wick, and Woodard Photographic

PRODUCTION - A Graphic Solution, Inc.


ILLUSTRATIONS - Rob Masek

CONTRIBUTING WRITERS - Christopher Bindel, Bret Callentine, Cailaigh Carey, Mary Evans, Maggie Fraley, Melissa Garrett, Christine Gordillo, Judy Hilow, Lacey Hoffman, Chrissy Pursifull, Kadleck, Brad Kenney, Val Mechenbier, Jim Muth, Allison Norris, Gary Rice, Bill Russell, Michael Russell, Stacie Schafer, Fran Storch, Regina Westlake, and Monica Woodman

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4:00 - 8:30 p.m.
LaCentre Conference and Banquet Facility, Westlake
Pre-registration required. Cost: \$10 per person.

For reservations, please call 1.877.234.FITT (3488).
lakewoodhospital.org/diabetes



Lakewood Events

Chomps, Brown's Mascot To Lead Spooky Pooch Parade

by Lacey Hoffmann

Pirates, Skeletons, and Elvis! Oh My! This year's Spooky Pooch Parade is sure to bring out even more scary, wacky and creative costumes. Join the dogs and their humans as they kick off Halloween on Saturday, October 17th for the 2nd annual Spooky Pooch Parade. To register please visit www.downtownlakewood.org

Cleveland's most famous dog will be joining the parade. Chomps, the Cleveland Brown's mascot, will lead his fellow dogs down Detroit Avenue to show off their spookiest costumes and to show that dogs love Halloween too.

Does your pooch have the best costume? Let our judges decide. Judges include Donna Miller, Plain Dealer reporter; Jack Gustin, president of Lakewood Hospital and his wife Jan; Jim Crawford, Lakewood Public Library's new director; and Donna Blakesmith, CCLAS/ Lakewood Animal Shelter representative.

All proceeds from the Spooky Pooch Parade will benefit downtown Lakewood revitalization and the Lakewood Animal Shelter. Sponsors are Lakewood Hospital, Pet's General Store, Camp Bow Wow, Inn the Dog House, The Furry Nation, Panera Bread, City of Lakewood, Cox Communications and many dog owners. Raffle donors are Pet's General Store, Boy Scouts of America, Inn the Dog House, Friends of Lakewood Public


Library, Plantation Home, CCLAS and many more. Raffle grand prizes: dog food for 1 year donated by Pet's General Store and a hand-crafted dog house donated by Boy Scouts of America. Tickets \$1/ticket or \$5/6 tickets.

Spooky Pooch Parade will begin at 2:00 p.m. from St. Charles Green in Lakewood, Ohio. Registration is \$10.00 if registered by noon on October 16. You can download a form or register on-line at www.downtownlakewood.org or pick up a form at the Lakewood Public Library or Pet's General Store. Day of parade registration is available for \$15.00; registrations taken on "day of" between 12:30 and 1:45 p.m.

A DJ playing "dog related" and Halloween tunes and vendors will be begin at 12:30 – come check out these dog-related vendors: Northeast Ohio Shetland Sheepdog Rescue, CCLAS and the Lakewood Animal Shelter, Pet's General Store, Kris's Canine Cookies, Pet-tique, The Furry Nation, Moochie & Co., PAWS, Pawsitive Influence Day Care, Camp Bow Wow and many more.

Sponsorship and vendor opportunities still available, please visit downtownlakewood.org or call LakewoodAlive at 216-521-0655 for more details.


Spectators are encouraged and welcome to come see the "Spooky Pooches" and enjoy this unique event – you can't help but leave with a smile.




United We Dine

United Way of Greater Cleveland presents
United We Dine – Lakewood

In partnership with



The City of Lakewood



The Lakewood Observer


From October 8 – 10, 2009 the following Lakewood restaurants will make a one-time donation to United Way of Greater Cleveland

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DEWEY'S PIZZA * 18516 DETROIT AVENUE
ITALIAN CREATIONS * 16104 HILLIARD ROAD
KENILWORTH TAVERN * 18204 DETROIT AVENUE
MR. HERO * 16204 DETROIT AVENUE
LUXE * 6605 DETROIT AVENUE
MULLEN'S ON MADISON * 17014 MADISON AVENUE
RIVERWOOD CAFE * 18500 DETROIT AVENUE
... AND MORE!!!

Please visit these restaurants during United We Dine days and your meal and beverages will help support the more than 200 health and human service programs in our community that help 400,000 Greater Cleveland residents every year.

New establishments are joining the list every day!
Check uws.org/UnitedWeDine for updates!

To learn more about Lakewood's United We Dine program please contact Jim Mullen at 216-436-2188 or jmullen@uws.org.



LECPTA Features "The Money Man," William Mahnic

by Regina Westlake

The Lakewood Early Childhood PTA (LECPTA) is thrilled to have William Mahnic, "The Money Man", speak to the LECPTA on Monday, October 26 at 7:00 p.m. at Harding Middle School. He will present on the topic, "Starting A Smart Investment and Saving Plan".

William Mahnic has been a Professor in the Practice of Banking & Finance at the Weatherhead School of Manage-

ment at Case Western Reserve University for over 18 years. His areas of concentration are corporate finance, money & banking, mergers & acquisitions, the capital markets, and investment banking.

Professor Mahnic spent more than 22 years at National City Corporation in its Capital Markets Group, specializing in mergers & acquisitions, the placement of debt & equity, valuation

of businesses, and interest rate derivative contracts. He left National City in 2007, changing his status from adjunct to full-time faculty member at Case.

Mahnic appears regularly as a financial/economic analyst on local and national television and radio stations. He is a regular guest on the "Trapper Jack Morning Show" on WDOK 102.1FM and an economic analyst for local television Channels 3 and 5.

He has spoken at numerous national and regional conferences such as the National Treasury Management Association Conference, the Annual EuroMoney Derivatives Conference, and the Annual Ohio CPA Conference. Professor Mahnic is quoted in numerous local, regional, and national newspapers and magazines.

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Lakewood City Council

Landmark Confusion And Misdemeanors

After Council’s last meeting, which consisted of 37 docket items and lasted about three hours, it appeared that Council was looking for a shorter, less stressful meeting. On September 21, only 19 items appeared on the meetings docket. At 7:32 P.M. Council President Michael Dever called the meeting to order. The first order of business discussed was a resolution recognizing Lakewood resident Captain Harry Anderson’s 100th birthday. The resolution discussed the life and achievements of Captain Anderson, including his immigration to the United States from Sweden at age ten through the years he spent as a Captain for the Cleveland Cliffs Great Lakes Company. Captain Anderson sailed all over the Great lakes for almost 50 years working on cargo ships, including as Captain of the William G. Mather for years, for which he earned much recognition. For years since his retirement, and continuing today, Captain Anderson still visits the decks of the Mather, at the Great Lakes Science Center, to tell stories of his life and the time he spent on that ship sailing the Great Lakes. He has earned several honors over the years including a Merchant Marine Bar from World War II and a Silver Metal for his bravery during a heroic rescue in rough seas. Captain Anderson has been a resident of Lakewood for over 73 years

Council unanimously passed the resolution which was quickly followed by a standing ovation from council and the audience. Captain Anderson and his daughter, who were both present, were touched and very grateful to the City.

The next topic on the agenda was a last minute addition. After a member of the Nuisance Abatement Appeals Board moved out of town, a seat was left vacant. The Council discussed three candidates for the position and selected Daniel Bartos for the job, approving his appointment.

After being introduced at the last meeting, the ordinance to create a Landmark program in Lakewood, which would preserve the inside, as well as the outside of historic buildings, has been in committee. As all proposed ordinances must be read three times and referred to committees before being adopted as law, at this meeting the ordinance was given its second reading and referred back to both the Planning Commission and the Committee of the Whole. A member from the community, as well of St. James Parish, Ms. Rita Carroll, was present to comment on the proposed ordinance.

Ms. Carroll asked Council to reconsider the landmark legislation and not pass it. She believed that the passage of this ordinance would put unpredicted burdens on the parish financially, because the ordinance requires owners of landmark buildings to keep their property to the standards designated to their building. If the

owner does not, the City would have the right to cite the owner and charge noncompliance fees. It was Ms. Carroll’s worry that any such fees would cripple a parish that is already barely holding on financially. She also worries that even if they are able to repair and keep up the building with cheaper alternatives than what is currently being used, the landmark designation would not allow these more affordable options. As an example she discussed St. James Spanish tile roof. Where the parish might be able to afford a new roof of cheaper materials, they could not afford to replace it with the same kind of tiles, and she believed the ordinance would require them to.

Ms. Carroll also stated “neither the Pastor nor the parish leaders desire this designation for St. James.” In closing, she asked the Mayor and Council why it has taken them until September to respond to something that started in March.

After waiting patiently for Ms. Carroll to finish, Mayor Edward Fitzgerald responded to her remarks beginning by saying there were a number of things he wanted to correct her on that were just, “flat out, not true.” The first of these was regarding the presence of the City in this situation over the last six months. The Mayor quoted Bishop Lennon saying, “there is no other City administration in the Diocese that has had more contact with the Diocese about the impact a closing would have on their City.” He continued saying that from the very start, when there was only the possibility of any of Lakewood’s Churches closing, that his administration has been working to keep them open and communicating to the Bishop what the impact would be on the City if they closed. After it was announced that St. James was going to close, the Mayor said the City was very involved in the several appeals that have been submitted since then.

Next, the Mayor wanted to correct the idea the ordinance being passed is only to make St. James a landmark. The Mayor said to pass any ordinance like this with only one building in mind would not be appropriate. The reason the language in this law is written the way it is, was so that it would encompass any building in Lakewood that might be considered a landmark, not just St. James. That being said, the Mayor wanted to make it clear that like any other building codes in the City, the planning commission has the ability to grant leniency. He stated that it is not the intention of anyone involved in this process to “take money out of the collection plates at St. James.” The reason this ordinances is being considered now, although the Mayor says the idea of it has been discussed for a while, is because Bishop Lennon has made it clear that he has no commitment to preserving St. James Church.

Moving forward on the agenda, the

By Christopher Bindel

Mayor asked Council to declare October 4th as Fallen Firefighter Memorial Day and also to designate the week of October 5-9 as Fire Prevention Week in the City to join the rest of the Nation. On October 4th a ceremony will be held at the Fallen Firefighter Memorial Statue in front of the fire station on Madison to commemorate the day and remember the fallen. The Council passed both measures.

Director of the Law Department, Nora Hurley, then asked Council to consider changes she recommends to a sidewalk ordinance council passed earlier this year. Whereas the current ordinance has a maximum of a \$100 dollar fine for anyone who does not comply to the City’s sidewalk codes, Director Hurley suggest adding a misdemeanor charge to that penalty. Also, she mentioned, as a suggestion from Public Works Director Joe Beno, that the definition of sidewalk be changed to include what is commonly called the “tree lawn” so that the rules governing the upkeep would apply to both.

Councilman Kevin Butler, as the Chair of the Rules and Ordinance Committee, to which the changes were being submitted for consideration, asked Director Hurly if she could include the law, and source, that allows a municipality to require a citizen to

manage City land. Although he is sure that this has been looked at in the past, he preferred to have it available to look at, and will do so when the Committee considers these changes.

Director Beno then asked Council to approve a resolution which would allow the City to apply for a grant to help pay for the replacement of water mains on Athens- Warren to Belle, Clarence-Madison to Franklin, Bell= Madison to Franklin, and Westwood- Hilliard to Detroit. The grant would cover half of the cost of the project which would have a total cost of \$1,650,000 dollars.

Councilman Michael Summers (Ward III) raised his concerns about applying for grant money that, if awarded and accepted, would require the City to spend \$825,000 to complete the project. As Councilman Summers is the Chair of the Finance Committee and he is looking at a momentous challenge of balancing the 2010 budget; he does not want council to lock the City into an agreement it can not afford down the line. Director Beno clarified that the resolution before them was only to let them apply for the grant and if they win it does not require them to accept it. It will be up to the Council at that time to decide if the City can afford to take the project on and whether to accept the money or not.

continued on page 7

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The Lakewood Hospital SeniorCare team is dedicated to enhancing the lives of aging adults while providing guidance to caregivers. From assessing concerns and lifestyle changes to providing an individualized plan of care, the goal of our board-certified geriatric specialists is to promote healthier and safer aging.

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lakewoodhospital.org/seniors

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Join the Discussion at: www.lakewoodobserver.com

Lakewood Public Library Events

All Events and Programs Are Free And Open To The Public

Saturday, October 10
LAKEWOOD PUBLIC CINEMA: Star Wars: Episode III - Revenge of the Sith (2005) Directed by George Lucas. Rated PG-13
6:00 p.m. in the Main Library Auditorium
As the Clone Wars draw to a close, a brilliant young Jedi Knight begins his descent into darkness. Will his best friend and mentor have to strike him down? And will the errant youth only come back more powerful than anyone could imagine? The answers were fated a long time ago... The saga is complete.

Sunday, October 11
SUNDAY WITH THE FRIENDS: The Dixon Family Band
2:00 p.m. in the Main Library Auditorium
From rhythm & blues to the old rock’n’roll, this family plays American music dating back to the turn of the twentieth century. You’ll feel like you’ve stepped back in time and space into a smoky 1950s roadhouse—without leaving the clean, modern comfort of the Library.

Tuesday, October 13
TRUE CRIME CLEVELAND: Dusk & Shadow: The Mystery of Beverly Potts
7:00 p.m. in the Main Library Auditorium
Mark Wade Stone presents selections from Doris O’Donnell’s Cleveland, the Emmy award winning TV series on Cleveland history produced by Storytellers Media Group. A short time before sunset—August 1951—was the last time they saw her. Ten-year-old Beverly Potts vanished without a trace and the case is unsolved to this day.

Thursday, October 15
THINK GREEN! PRESERVATION AND SUSTAINABILITY IN YOUR OLDER HOME
7:00 p.m. in the Main Library Auditorium. See page 18 for full details.

Saturday, October 17
FIVE STAR FILMS: Bullets Over Broadway (1994) Directed by Woody Allen Rated PG
6:00 p.m. in the Main Library Auditorium
In 1920s New York, gangsters and the Broadway stage collide with hilarious consequences. A mediocre playwright is forced to accept mobsters as producers of his play, or it will never see the footlights. Jennifer Tilly as a gangster’s actress girlfriend and Dianne Wiest as a past-her-prime diva are divine. Each earned an Oscar nomination. Also Stars: John Cusack, Chazz Palmintieri.

Sunday, October 18
SUNDAY WITH THE FRIENDS: Lizzie Borden
2:00 p.m. in the Main Library Auditorium
A proper Victorian lady from a respectable family, how could she commit such a heinous crime? Did she really give her father forty whacks? Actress Christy Igo invites you to be the judge in a moving (and often humorous) look at the strange case of Lizzie Borden.

Wednesday, October 21
MEET THE AUTHOR: A Body at Rest by Susan Petrone
7:00 p.m. in the Main Library Auditorium
Martha and Nina are just two more of Cleveland’s over-educated, under-employed slackers, stuck in dead-end jobs. What makes them different is a series of strange events that change them (literally?) into the fictional characters with whom they most identify: Emma Woodhouse and Don Quixote. Author Susan Petrone will not only read from her book, but will also discuss the process by which she turned her initial idea into a finished, published book. Books will be available for sale and signing at the event.

BOOK GROUPS
Thursday, October 8
BOOKED FOR MURDER: Tonight’s book discussion is about Suspitions of Mr. Whicher by Kate Summerscale
7:00 p.m. in the Main Library Meeting Room
In this Victorian true crime tale, the Kents wake up one day to find their four-year-old son murdered. All clues point to the distasteful notion that the killer lives among them. But when Mr. Whicher of Scotland Yard suspects the boy’s half-sister, his career is nearly ruined. Five years later, the killer’s confession sets the nation into hysterics and inspires a generation of mystery writers. For more details, visit www.lkwdpl.org/bookclubs.

Tuesday, October 20
KNIT & LIT BOOK CLUB: SPECIAL AUTHOR VISIT!
Paula McLain, author of A Ticket to Ride will join the group this evening for a discussion of her novel.
7:00 p.m. in the Main Library Meeting Room
Lynda Tuennerman hosts a social club for multitaskers—a book club and a stitch-ery group! She’s looking for readers who can enjoy intense discussion of modern classics while relaxing with their latest stitching project. Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. At each meeting, the group decides what will be read next. Call (216) 226-8275 ext. 127 or visit www.lkwdpl.org/bookclubs to learn more. Tonight’s book discussion is about The Zookeeper’s Wife by Diane Ackerman.

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.
All held in the Main Library Learning Lab
Word Processing Basics: Saturday, October 10 at 3:00 p.m.
Job Hunting Workshop: Thursday, October 15 from 10:00 a.m. to 12:00 p.m.
Web Searching Basics: Saturday, October 17 at 3:00 p.m.

CHILDRENS & YOUTH SERVICES

AFTER SCHOOL PROGRAMS
THE ZONE: For students in kindergarten through fifth grade
Get in the Zone and sign up for a week of themed activities! Visit www.lkwdpl.org/youth for the list of fun and exciting programs just for kids. To register, please stop in or call (216) 226-8275, ext. 140. Tuesday, September 8 – Thursday, May 27
October 5-8: ZONE is the Word
October 12-15: Get in the Act
Monday – Thursday at 4:00 p.m. in the Children’s and Youth Services Department at Main Library and Madison Branch

CREATION STATION: For students in kindergarten through fifth grade
Join us for crafts each and every Friday after school. There is no need to register; however, to schedule groups, please call Main Library (216) 226-8275, Ext. 140 or Madison Branch (216) 228-7428.
Fridays, September 11 – May 28 at 4:00 p.m.
Children’s and Youth Services Department at Main Library and Madison Branch

HOMEWORK ER: For students in kindergarten through eighth grade
Need help with your homework or just want a cool place to work? Come to the Homework Room for help and resources. No need to register. Tuesday, September 8 – Thursday, May 27
Monday – Thursday, 3:00 p.m. – 5:00 p.m., in the Children’s and Youth Services Department at Main Library and Madison Branch

LAKEWOOD PUBLIC LIBRARY SPELLING BEE: For youth in fourth through eighth grade
Can you spell c-a-c-o-p-h-o-n-y? If you can or want to try, then be a part of our first spelling bee. Grab your dictionary and get ready to “bee” the best speller in Lakewood. To register and receive your word list, please stop by the Children’s and Youth Services Department at the Main Library.
Thursdays, October 1 – October 29 at 4:00 p.m. in the Main Library Multipurpose Room
Spelling Bee Championship will be held Friday, November 6 at 7:00 p.m. in the Main Library Auditorium.

YOUTH READING PROGRAMS

GETTING GRAPHIC: For youth in sixth through eighth grade
Tuesdays @ 7:30 p.m. - 8:30 p.m. in the Main Library Multipurpose Room
October 13: Out from Boneville by Jeff Smith
They say “a picture is worth a thousand words.” Join us as we discover the truth behind that sentiment and explore graphic novels as an artistic and literary medium. To register, please stop in or call (216) 226-8275, ext. 140.

CHOOSE YOUR READING ADVENTURE: Youth 6th through 8th grade
Thursdays @ 7:30pm - 8:30pm, Main Library Multipurpose Room
October 15 Mystery: The Mysterious Benedict Society by Trenton Lee Stewart
What to read after a page-turning mystery? You be the judge of that. Venture inside a vampire’s lair, set sail on an 18th century pirate ship, or ensnare yourself in the world of fairies. Each month, vote for which title to read from a different genre. To register, please stop in or call (216) 226-8275 ext. 140.

ART EXPLOSION: For youth in fifth through eighth grade
Learn about different artists, then experiment with and create your own style to display at a special art show. To register, please stop in, call (216) 226-8275, ext. 140.
Tuesdays: October 6, October 20, November 3, November 17, December 1 from 7:00 p.m. – 8:30 p.m.
Art Show on Saturday, December 5, 2:00 p.m. – 4:00 p.m.
Main Library Multipurpose Room

HOGWARTS EXPRESS: For youth in fifth through eighth grade
Meet us on Platform 9¾ for a journey into the fantastical realm of Harry Potter. All registrants will be granted admission into the world’s most prestigious School of Magic. Once the term begins, students will compete in Harry Potter-themed games and activities for the chance to win the house cup. How will you be sorted? To register, please stop in, call (216) 226-8275, ext. 140.
Wednesdays, October 7 – November 18, 7:00 p.m. – 8:30 p.m. in the Main Library Multipurpose Room

T4RF: TWEENS FOR READING FUN: For youth fourth or fifth grade
How better to relate to books than to read about characters who are similar to you? Book discussion, activities and team games guarantee lively and entertaining evenings! To register, please stop in or call (216) 226-8275, ext. 140.
Thursday, November 5: The Sisters Grimm by Michael Buckley
7:30 p.m. – 8:30 p.m. in the Main Library Multipurpose Room

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., Sunday 3:00 p.m.
October 9, 10, 11: Apples and Pumpkins
October 16, 17, 18: Dogs on Parade

Lakewood Public Library

Friends Of Lakewood Public Library

FALL BOOK SALE
Saturday, October 24
9:00 a.m. to 5:00 p.m.

(Members-only preview sale on Thursday, October 22 from 6:00 to 9:00 p.m.)

Think Green! Preservation And Sustainability In Older Homes

by Leana Donofrio

Anyone who has been or is the owner of an older Lakewood home knows both the joys and pitfalls that come with restoration, renovation and upkeep. Keeping your designs and ideas environmentally friendly is something many homeowners want to do, but may not know how to with an older home.

Jamie Bertram, Historic Preservation Specialist for the Cleveland Restoration Society, believes that sustainable initiatives and preservation go hand in hand, and she will be sharing her knowledge and tips for Lakewood homeowners at 7 p.m. on Oct. 15 in the Main Library Auditorium at Lakewood Public Library.

This program outlines simple ways owners of older homes can think green and be environmentally sensitive, without changing the historic character of the home or breaking the budget.

- Bertram will cover:
- Contributors of energy loss.
 - Cost effective remedies that are also sensitive to historical homes.
 - New green technologies available to homeowners.
 - The negative impact of synthetic siding (from a green and preservation viewpoint).
 - How and why preservation and your old house is inherently green.
 - Tips on sustainable living.
 - Information on energy audits.

Bertram, who holds a Master's of Architectural History from the University of Virginia and has worked for the Restoration Society since 2008, assists homeowners in the "Heritage home Program" in Cuyahoga and Summit Counties by providing preservation-based technical assistance. She also facilitates low-interest loans and rehabilitation projects.

Landmark Confusion And Misdemeanors For Bad Sidewalks

continued from page 5

Director of the Department of Planning and Development, Nathan Kelly, asked council to approve a resolution to allow the City to apply to the Northeast Ohio Area Wide Coordinating Agency's (NOACA) Transportation for Livable Communities Initiative (TLCI) Program to do a study on Madison. The study would be very similar to the streetscape one done for Detroit; however, this one would be much smaller concentrating

on the area of Madison from the RTA station on 117th Street to around the Madison Park area. The study would cost about \$50,000 dollars with 20% being covered by the party applying for the study. As Lakewood is not applying for this study alone it would not be responsible for the full 20%. The resolution was referred to the Public Works Committee to be looked into further.

As a relief after the previous, very lengthy meeting, Councilman Dever adjourned the meeting at 8:36, just slightly over an hour after it started.



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Lakewood Schools

LHS' Snyder Selected For National Honors Orchestra

by Christine Gordillo

Lakewood High senior Jonathan Lincoln Snyder has been selected to perform with the National High School Honors Orchestra (NHSO), an honor bestowed upon only 120 student musicians across the country. Snyder, who plays the oboe and the English horn, will perform with the orchestra in February in California at the national conference of the American String Teachers Association, which sponsors the orchestra. He was the only English horn player selected.

"I was so happy when I found out," Snyder said. His admittance to the national orchestra comes after a highly selective audition process, said Lakewood High orchestra director Beth Hankins. Audition CDs are judged by a panel of state judges who then narrow the applicants down to a group of about 10 to be nominated for selection in the national orchestra. Fellow orchestra player and junior Carter Strong, who plays viola, was selected along with Snyder as a state nominee.

Hankins recalls first meeting Snyder when as a very young elemen-

tary-age student, his parents paid for the privilege of conducting the high school orchestra as part of a music boosters fund-raiser. Mike and Janice Snyder chose their son Jonathan to conduct.

"He showed up in a little tuxedo and would only conduct Mozart," Hankins said. "It shows you how at such a young age, music and playing was his focus."

When Snyder arrived at high school years later, he ended up in the orchestra by accident due to a scheduling error that didn't place him in the band as he had requested. Hankins asked him to stay and once she heard him play she realized, "this is something special," she said. She immediately helped arrange lessons with a Cleveland Orchestra oboist to help further develop a talent she said comes once in a generation.

Snyder also performs in the high school's Wind Ensemble, Symphonic, and Symphonic Mixed choir. He has been part of the rock orchestra, The Lakewood Project, as well. He is a member of the Cleveland Orchestra Youth Orchestra as well as the Cleveland Contemporary

Youth Orchestra. With all those music commitments (he plays the piano and flute as well), Snyder also finds time to be president of the LHS French Club and an active member in his church's youth group.

Snyder would like to continue his music studies at Boston University in the fall. He is also applying to other top music schools such as the Cleveland Institute of Music, Curtis Institute of Music in Philadelphia, and Oberlin College.

When asked if he would like to play professionally some day, Snyder said he "really wants to teach, because my own teacher has given me such a unique insight into music and playing that I want to pass that on."



LHS senior Jonathan Snyder

LHS Fills Ranks Of Region, All-State Orchestras


by Christine Gordillo

Members of the Ohio Music Education Association Northeast Region Orchestra have been selected and Lakewood High has the highest representation of any school in Northeast Ohio. Auditions were held Sept. 26 for this prestigious ensemble that will perform the difficult Symphony No. 5 by Shostakovich at Cleveland State on Nov. 8. One hundred and twenty high school students from all over Northeast Ohio auditioned, including 17 from Lakewood High. Fourteen LHS players were chosen.

Congratulations to the following Lakewood students who will be participating in the Region Orchestra: Samantha Whitney, bassoon;

Bethany Zettler, trombone; Andy Peng, violin; Abby Wimbiscus, violin; Jonathan Snyder, oboe; Kent Dockus, violin; Katherine Reading, harp; Kyle Kubovcik, string bass; Chelsea Polk, cello; Christine Sun, piano; Alberto Rodriguez, string bass; Carter Strong, viola; Beatrice Aldrich, viola; and Hannah Gallovic, cello.

Participants in the OMEA's All-State Orchestra, which will perform in Cincinnati at the OMEA conference January 29, were also recently named. Congratulations to the following Lakewood students who will be participating in the 2010 All-State Orchestra: Andy Peng, Carter Strong, Kyle Kubovcik, and Al Rodriguez; Abby Wimbiscus and Hannah Gallovic are All-State alternates.



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Lakewood Schools

LHS Students Collect Academic Honors

by Christine Gordillo

September is the traditional time for honors to be doled out for outstanding academic performances from the previous school year. This September, Lakewood High has much to be proud of as the academic accolades pile up.

National Merit Scholarship Competition

LHS senior Grant Colvin is in exclusive company as he recently has been named a National Merit Scholarship Semifinalist. More than 1.5 million students in over 21,000 high schools entered the 2010 competition, with 16,000 top scorers named Semifinalists. Students enter the competition by taking the PSAT their junior year. Semifinalists like Colvin represent less than one percent of U. S. high school seniors and are the highest scoring entrants in their state. Colvin is now eligible to continue on in the competition in hopes of receiving one of more than 8,000 scholarships to be awarded in the spring.

In addition to Colvin, two other

LHS seniors earned recognition for their exceptional academic promise for placing among the top 5 percent of National Merit competitors. Ino Gjermeni and Zachary Urbach are both named one of the 34,000 National Merit Commended Scholars nationwide. Although they will not continue in the Scholarship competition, the students named Commended Scholars have demonstrated outstanding academic potential by their strong performance in this highly competitive program.

AP Scholar Awards

In addition to LHS' National Merit honorees, a number of members from the Classes of 2009 and 2010 have earned AP Scholar Awards in recognition of their exceptional achievement on the Advanced Placement Exams. These AP Scholars represent about 18 percent of the nearly 1.7 million students worldwide who took AP Exams last spring.

The following were named AP Scholars with Distinction, an award

earned by averaging at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of these exams:

Class of 2009: Thealexa Becker, Amelia Eberlein, Benjamin Gallovic, Matthew Huffman, Alec Jokubaitis, John Kearney, Frank Kushnar-Sanderson, Peter Malonis, Rebecca McKinsey, Christopher Murrett, Emily Patsouras, Daniel Pizzo, John Reulbach, Cecily Rus

Class of 2010: Ino Gjermeni

AP Scholars with Honor earn their recognition by averaging at least 3.25 on all AP Exams taken and grades of 3 or higher on four or more of these exams. The following are LHS' AP Scholars with Honor:

Class of 2009: Rachel Caja, Joanna Gobeille, Sarah Jawhari, Bridget McKay, Eva Nemethy, Hilary Szabo, Ryan Walsh

Class of 2010: Grant Colvin, Mary Beth Donahoe, Myles Moran

AP Scholars earn the award by completing three or more AP Exams with grades of 3 or higher. The AP

Scholars are:

Class of 2009: Ian Brieck, Christian Cerda-Smith, Sam DeBaltzo, Joseph Ebner, Julian Ellins, Grace Elliot, Tessa Endress, Nicole Furtado, Stephanie Herman, Sara Luehring, Jacob McConnell, Mark Miller, Julia Millman, Daniel Mitchell, Kelsey Moran, Aaron Morris, Emily Ott, Jacob Ott, Kristine Walsh, Paul Wesley, Heather Zappala

Class of 2010: Seth Baker, Frank Blackman, Erin Carney, Kristina Hila, Matthew McKee, Zachary Urbach

All-American Academic Teams

Finally, for the third consecutive year the LHS girls' varsity soccer team has qualified as an All-Ohio and an All-American Academic team. The Rangers earned a 3.42 team GPA to qualify for All-Ohio, and a 3.57 team GPA to make the All-America team (freshmen GPAs are not counted for the All-Ohio team). Senior Ericka Schmidt was named an All-Ohio Scholar Athlete, which requires a cumulative GPA of above 3.7.

It's the Great Pumpkin Palooza, Lakewood!

by Caileigh Carey

Cool weather, changing leaves, earlier nights, this could only mean one thing, Pumpkin Palooza is on its way!

That's right, the 10th annual Pumpkin Palooza will be held on Sunday, October 25th from 1-4pm! This awesome fall celebration takes place at Lakewood High School, in the L Room, East Gym and East Cafeteria. Come prepared for a hauntingly good time!

Pumpkin Palooza features indoor carnival games, kid's crafts, a "Haunted Hallway," a crawl through maze, and much more. Almost all games and activities are only 1 ticket, or 25 cents. Make sure you and your kids are dressed appropriately for the costume parade! It's a free event and tons of fun for everyone! Spooky fun stories in "Sleepy Hollow" are also free. The Horace Mann Elementary School Choir is scheduled to give a special Halloween performance at 1:15 in the E. Gym, so don't be late!

You also won't want to miss the great Palooza Pumpkin Patch! The patch, as always, will have tons of decorated pumpkins. We want to make it bigger and better than ever this year! Anyone who wants to show

off their pumpkin decorating skills is encouraged to enter Palooza's fundraising raffle. Real pumpkins, or foam ones, are happily accepted in the patch. One creative restriction applies – no carved pumpkins please. Winners like to display their pumpkin prizes as long as possible. Pumpkin artists can drop off their entries at Lakewood High's E. Café on Friday, Oct 24th from 3-5:00pm, or Sunday, October 25th from 10am-noon. Contact H2O at 529-4173 if you have any questions.

While you're at Palooza, be sure to pick up a slice of delicious pizza and other home-made goodies from the festival's gracious supporters. You can sample amazing pizza from Roman Fountain and Domino's and find time to chat with old friends in the community, while making new ones! Pumpkin Palooza was started in 1999 by the City of Lakewood's youth volunteer program, H2O "Help to Others." Today, dozens of organizations, city departments, and businesses come together to host this "Make A Difference Day" community event.

Major sponsors this year include



Hinkley Lighting, Lakewood Alumni Foundation, Lakewood Hospital, and Erie deSign. Thank you all! One hundred percent of the proceeds from Pumpkin Palooza will be donated to Lakewood Christian Service Center and Lakewood Charitable Assistance Corporation, two charities that help local residents and families in need.

There is no admission charge for Pumpkin Palooza; however, donations of canned goods will be gratefully

accepted at the door. Canned food items received at Palooza will be donated to the above charities. As the high school representative for LCAC, and a proud member of H2O, I can say how very important everyone's support is! There is no way we could do what we do without all who attend events like these and Lakewood's enormous support! Thank you so much for your continuous enthusiasm and I hope to see you all there!



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Shop For A Cause Shop For CCLAS

by Brad Kenney

Do you love animals? Do you love shopping? You can satisfy both these loves at the upcoming Macy's Shop-for-a-Cause event on October 17, as Citizens Committee for a Lakewood Animal Shelter (CCLAS) is participating in this year's event for the first time.

As an active retailer for community causes, Macy's has partnered for years with non-profit organizations from around the country to raise more than \$28 million for their ongoing charitable efforts. "Now it's coming to

Lakewood," says CCLAS PR Director Dawn Pyne. "We're pleased to be participating in this unique and charitable event to gain awareness and support for our own Lakewood Animal Shelter."

The details are simple. For a charitable donation of \$5.00, you will receive exclusive all-day savings storewide on a wide assortment of merchandise (as well as an extra-special offer for selected departments). Macy's will provide CCLAS these special Shopping Passes to sell for \$5 each, and CCLAS will get to keep 100 percent

of the proceeds to go towards aiding in the adoption of abandoned cats and dogs, as well as advocacy on behalf of animals and responsible pet ownership in the Lakewood community.

If you're interested in making a \$5.00 contribution to the CCLAS and receiving one of these exclusive all-day Macy's shopping passes, please contact the CCLAS board at cclaspromo@yahoo.com, or attend the upcoming Annual Board Member meeting at the Lakewood Animal Shelter, 1299



Fashionable Adoptable Kitty

Metropark Drive (in the Rocky River Reservation) on Tuesday, October 6th at 7:00 p.m.

Flu Shot Clinics Begin November 5th

by Melissa Garrett

The Lakewood Department of Human Services-Division of Aging and the Cuyahoga County Board of Health will be offering season flu shots on the following dates:

Thursday, November 5, 2009
1:00 p.m. - 4:00 p.m.
Woman's Club Pavilion,
Lakewood Park

Thursday, November 12, 2009
2:00 p.m. - 5:00 p.m.
Woman's Club Pavilion,
Lakewood Park

Tuesday, November 17, 2009
9:30 a.m. - 11:00 a.m.
Fedor Manor, 12400 Madison Ave.
Reservations are recommended for all clinics. Beginning October 1, 2009,

individuals may call (216) 521-1198 between 8:30 a.m.-4:30 p.m., Monday through Friday to make a reservation.

Flu shots will be free for all individuals with Medicare Part B, or who are on Medicaid. There will be a \$30.00 fee for individuals enrolled in Medicare HMOs or having other insurance. Insurance reimbursement forms will be available. Reimbursement depends on your individual coverage benefits. Please bring all medical insurance cards or other documentation to the flu shot clinic.

There will be separate pediatric flu shot clinics for individuals under the age of 18. Please call the Cuyahoga County Board of Health at 216-201-2001 for more information.

Cold And Flu Season

by Dr.Allison Norris

A-choo! Cold and flu season is around the corner again, let me share some simple and natural tips you can use to stay healthy this year.

Hand washing-30 seconds of hot water and soap before and after eating, on arrivals, before cooking, after the restroom and after contact with others. A 2007 study from the Mayo Clinic showed use of antibacterials increased bacteria resistance, making the bacteria more difficult to eliminate later.

Vitamins-it is ideal to get our nutrients from our food, but stress and illness cause our body to use nutrients quickly and we must replenish more often. At a minimum a high quality multi-vitamin and essential fatty acids are recommended. Sesame seed oil is a great immune booster. It builds platelet cells associated with functions of B (fighter) cells in our immune system.

Low Sugar Diet-Refined sugars, in high doses overwork your pancreas and liver which in turn stresses the immune system. The immune system is already struggling during illness so a high sugar diet further stresses the system. It is advisable to limit refined sugars and

eliminate at the first sign of illness.

Sleep-Studies reported by Time Magazine in 2008 concluded that 6.5-8 hours of sleep each night is ideal. Health Magazine's research from January 2009 revealed that people who lose sleep are more susceptible to getting a cold.

Fluids-keeping hydrated during illness loosens mucus and prevents dehydration, a potentially dangerous outcome of cold or flu. Additionally you can take Epsom salt baths to aid in hydration, ease muscle aches and calm yourself before sleep.

Fresh linens and towels-It is easy to ignore housework when sick, but a clean home can make all the difference in fighting off germs. Pick up extra sets of sheets and towels for the season. When sick, change the sheets more regularly and use a new towel everyday. Do the laundry once you feel better with hot water and white vinegar.

These are some easy first steps to keep those sneezes to a minimum, but you can always go further. Explore homeopathic remedies as an alternative to medicines. It's always easy to reduce your chance of sickness and live naturally.

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Wellness Watch

Inevitable Fall Brings About Injuries

by Michael Russell

School is in session; the nights are cool, and ahhh, the evening sound of the local high school marching band practicing. Each is a sure-fire way to tell us that Fall is here. And so are the injuries related to fall sports participation. From swinging the drumsticks in the marching band, to football, volleyball, basketball, and soccer, injuries inevitably occur.

However, we are learning you don't need to be an athlete to get injured; it is happening with more regularity in good ole gym class. A recent study indicated that between 1997 and 2007, PE-related injuries are up 150 percent. Why is that so? I am certainly not an expert in studying trends, but I am willing to bet that a more sedentary lifestyle and poor diet have something to do with it. We can't win the gold medal in the long jump on the Wii Fit and then expect to do it in gym class without running the risk of injury.

I am not in a position to overhaul

the physical education curriculum; we all know it needs some tweaking. As a licensed chiropractor, however, I am in a position to help with the aches and pains, sprains and strains that result from overexertion or accidents that result in injury during gym class or on the athletic field. Within the last week our office has helped with a leg injury suffered in a soccer game, a sprained ankle as a result of a skateboard fall, and two marching band injuries, one shoulder and one middle and lower back pain. Chiropractic care works great for young athletes to manage the aches and pains of competition as well as injuries to the gym class warrior. The sprained ankle needs the same type of attention and care as does the strained neck from the auto accident or the strained lower back from lifting a heavy object. While we do preach that chiropractic care is for optimization of the nervous system and health maintenance, it is also a great option for treatment of athletic injuries for both young and old, and those of us

in between.

We certainly want to keep everybody active and exercising on a regular basis. It is proving to do more than just keep us in shape. An excellent book on the non-physical benefits of exercise is Spark: The Revolutionary New Science of Exercise and the Brain, by Dr. John Ratey. It details the science and physiology behind brain growth and development, improvements in attention and focus, decreases in aggressive behavior, and improvements in test scores when our children are involved

in a regular exercise program. Dr. Ratey follows a school district that evolves gym class into a life fitness class and chronicles their improvements in everyday functioning and scholastic achievement. The results are astounding. I feel this should be a model for our physical education curriculum, especially at a time when we seem to be cutting back on gym class in lieu of additional math and science. The opposite just might be what we need in our schools. Have a great first month of school and we hope to see you soon.

Not Your Average 5K Race

by Bill Russell

The crew at CrossFit Cleveland is hosting a different kind of 5K this weekend at their gym in Lakewood. On Saturday October 10th, 2009 at 9:00 am, local fitness enthusiasts will participate in a rigorous workout to benefit two local charities. The Lakewood Christian Service Center and the USO of Northern Ohio will be the recipients of all proceeds from the first annual CrossFit Cleveland 5K Plus*.

If you are looking for a way to jazz up your fitness routine, why not give this 5K a whirl? They mix a bunch of body weight exercises in with the running to really test your mettle. You start with a 500 meter run followed by 5 pull-ups, 10 pushups, and 15 squats, then you do it

again 9 more times. Sound easy? Give it a try, it just might break you! Don't worry if you can't do many pull-ups or pushups, their trainers will teach you variations to match your current strength and fitness level. There will be several scaled down versions so that everyone can participate and finish the workout.

You can register for the event on their website at www.crossfitcleveland.com. The cost is \$15 per participant. There are prizes for top finishers and for being DFL. For questions call 216-812-7841 or email bill@crossfitcleveland.com. CrossFit Cleveland, approaching their 2nd year anniversary in Lakewood, is located at 17140 Madison Avenue at the intersection of McKinley/Larchmont.

5th Annual JWCL Great Pumpkin Fun Run And 5K

by Chrissy Pursifull Kadleck

Take your Halloween costume for a test run and support stellar Lakewood organizations on Sunday, October 18, 2009, at the Great Pumpkin Fun Run & 5K Race in Lakewood Park.

An annual fundraiser of the Junior Women's Club of Lakewood (JWCL), the race kicks off at 9 a.m. for walkers and runners taking the 5K (3.1-mile) course through Lakewood's beautiful tree-lined streets. At 9:45 a.m., a one-mile "Fun Run"—a perfect event for families with little ones on the move—begins along the paved course at Lakewood Park. Registration opens at 8 a.m. at the Women's Pavilion.

What could be more fun than running and walking with friends and neighbors? How about breaking a sweat for three Lakewood non-profits that help make our community a great

place to live at the same time?! All proceeds from this year's race benefit H2O – Help to Others, LakewoodAlive, and Lakewood Charitable Assistance Corporation.

The fee for the 5K is \$20 (19 and older) and \$15 (18 and under). The 1-mile Fun Run is \$12 per participant. Awards will be given to the top overall male and female runners, the top three finishers by gender and age categories, and the best Halloween costume.

Register early to make sure you receive a cool long-sleeved t-shirt. Only the first 300 runners/walkers get one! For more information or to register, visit www.hermescleveland.com or call 216.623.9933.

Sponsors of the event include Geiger's Clothing & Sports, Hinkley Lighting, Lakewood Hospital, Dick's Sporting Goods, and Norris Family Chiropractic.

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Voter's Guide

Prepared and Published by the Lakewood Chapter of League of Women Voters – Cuyahoga Area

LAKEWOOD CITY COUNCIL AT LARGE, 4 YEAR TERM

Candidates	Qualifications	What is the most important is- sue currently in Lakewood?	If elected, how would you address this problem?
Nickie J. Antonio Human Services Administrator MBA, Bs. Ed. Special Education	Effective member of City Council for the past 4 years, working for sensible policies for positive growth and sustainability of our community. I understand and have experience in the complexities of municipal govern-ment and policy.	How to continue to provide quality services, maintain a safe, viable community during such an economic climate.	1)Lean, efficient government without compromis- ing quality 2)Attract and retain residents and businesses to our unique, walkable community by promoting the best attributes of our city.
Ryan Patrick Demro Teacher; Commission, United States Army; M.A. Ursuline College- Education B.A. Capital University– Polital Science/ Economics; Diploma Lakewood High School '97	Councilman, City of Lakewood 2004-2007; Lieutenant, United States Army Reserve 2008 to Present; Board Member, Lakewood Hospital governing board 2004-2006; Board Member, Lakewood YMCA Com-munity Board 2001-2002; Member, Lakewood	I think the most challenging issue facing Lakewood is its housing stock. If housing continues to decline the quality of resident that we can attract will decline. This means we will have fewer homeowners and people who are vested in the attractiveness of the City and its long term health.	The best way to address the issue is to fix the dysfunction within City Hall. We need to better integrate technology into the Building Depart-ment, reform the building code, and streamline the process of getting uncooperative property owners from citations to court.
Brian Powers Managing Partner, Lazorpoint Bowling Green State University (Eco-nomics major) Harvard law School (Law Degree)	Planning commission, Chair; Library Citizens' Committee, Chair; Campaign committee to build our new main library, Chair; Grow Lakewood Task force; Mayor's Winterhurst Commission. Lakewood Hospital Board of Trustees; homeowner and taxpayer for more than 20 years	The greatest challenge facing Lakewood is our ability to continue providing excellent core services under a balanced budget, without raising taxes. In my two years on Council, we have had to cut \$6 million from our City's budget. This year, we are facing additional cuts of up to \$2 million.	In 2008 and 2009, we have faced the most challenging economic times since the Great De-pression. But we passed a structurally balanced budget two years in a row, and for the first time in 27 years. We must continue the hard work of balancing our revenues and expenses, without raising taxes.
Jared K. Shapiro Sales Rep (Territory Business Manager) Ferris State University	Concerned citizen with a passion to help the local government in a positive man-ner. Understanding of sales concepts and feel I can help grow the business economy and promote home ownership within Lakewood.	Finance is our most challenging issue. Keep-ing our budget on the right path is the most challenging issue.	I think it would be important to set up a 5 year financial forecast and show where we can help develop the city of Lakewood in these areas listed. I would like to see additional jobs created in our city within these four sectors: A. Health Services; B. Food Services; C. Profes-sional; D. Technical
Daniel E. Shields Attorney St. Ignatius High School; Bowling Green State University; Case Western Reserve law School	As a 20+ year attorney I've served businesses, families and children in Lakewood. I've been a trustee for numerous civic, church and volunteer organizations, a youth sports coach, and member of the city's charter review commission.	Trying to redevelop and renovate Lake-wood's aging housing stock while simultane-ously attracting and growing new businesses in a very tough economy.	I propose Lakewood adopt a point-of-sale ordi-nance to maintain a higher quality in housing stock. I would also facilitate a city-wide, compre-hensive business development plan.
Monique Smith Sales Customer Account Manager- Bachelor of Arts, Ohio State Univer-sity Major: Political Science	10 years corporate business experience Member of Citizens Advisory Commit-tee; Member of Nuisance board of Ap-peals; Member of Arts and Downtown Development Committees	Lakewood's most challenging issue is the gradual physical deterioration of our aging community infrastructure, streets, housing, commercial properties and parks.	I will insist that we devote budget dollars and human resources toward the protection and improvement of these assets. I will also work with city staff to identify more efficient and effective ways to deliver these services in order to minimize cuts to human services funding.

LAKEWOOD BOARD OF EDUCATION

Candidates	Qualifications	What is the most challenging issue facing the Lakewood schools?	If elected, how would you address this problem?
Edward Favre			
John N. Kamkutis Self-Employed Bluffton College, B.A. in Business	Appointed in January of 2009 and have 2 children going through Lakewood City Schools currently. A life long resident, attended Roosevelt, Harding and LHS	Finishing the Phase III construction project and process.	Educate the voters/members of the community of what promises we made and kept during the 1st and 2nd phases of the largest construction project in the city of Lakewood. And explain who the issues we face will effect not only the schools but the community.
Betsy Shaughnessy			

Pulse Of The City

The Ones Who Remain Nameless
With Their Gifts From The Heart...

My dear late mom used to say that she wanted no credit of any kind for whatever she did on this earth. She did not believe that we should seek recognition in this life for the good works that we do. She wanted her rewards to be in Heaven.

There are others among us having similar thoughts.

While writing this column, I've been thinking about two men and a wonderful woman who all declined recognition for what they have recently done for others in life. While I would have loved to tell you their names, they all wanted the deeds of their lives to remain private, and so they shall be.

Their deeds, however, commend their names to the heavens.

No doubt about it, my one friend's a BIG guy, towering above most of us in stature. Having said that, I would quickly add that his heart is both physiologically and spiritually about as big as it gets! This guy not only represents a vital part of the pulse of this city. He often measured it!

See, he's a retired fireman and a former paramedic, as well as a former Navy man. Over the years, he's had the opportunity to save lives. Lots of lives. More importantly, though, for the purpose of this column, he's helped

By Gary Rice

hundreds of other people young and old to do the same by conducting life-saving courses for Scouts and for so many others.

These days, it's a common fact that life-saving training saves lives. What you or I do in the moments when a friend, loved one, or even a stranger on the street develops a medical emergency can make the difference of life or death. Every Boy or Girl Scout learns basic first-aid, and this has helped the Scouting community be of invaluable service through the course of countless disasters large and small.

Scout leaders are very aware of their responsibility to inculcate numerous aspects of specialized training into the lives of their Scout troops. This guy has quietly been a Scout leader for many years in our community, having served a number of area troops both in leadership roles and with their training.

A Lakewood resident, this man and his family raised their children in our community, and his entire family has been active in many aspects of Lakewood living. Also, you may have seen him at the Berea fairgrounds at the County Fair, helping with the many aspects of the Boy Scout exhibit, and especially with teaching the skills of

wood carving. To say that this guy's a carver would be an understatement indeed. He claims to be able to find wood spirits hidden in old branches and logs. From these logs come stunningly life-like images of Native Americans, trolls, and other fascinating objects under the hands of his remarkable creativity.

Recently he created a beautiful carving from a piece of Linden wood taken from a tree that had to be removed from the property of another good friend of mine in Rocky River. That friend and his father had planted that tree when he had been a child. During a recent hospitalization, the man had expressed the hope that something could be made from a part of that tree, as a remembrance to his father.

On a muddy, rainy day, the big guy and I trudged out to the tree, where he found a suitable branch, and the carving was done. Needless to say, my other friend certainly appreciates his new totem treasure!

As with my first friend, the totem recipient too did not want any publicity, even though his life has been dedicated to serving others in so very many ways.


Oh yeah, there's this great gal too...

who's also been helping the Rocky River friend out. Whether with going places or doing things for him--this gal's really special in her own right, as well. She's another one of those types of people who want to be nameless with their good deeds. She also represents one of those special people whom this column is all about.

When it comes to caring, these warm and open-hearted people represent the best that the pulse of any




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Lakewood Observer

Cox Employees Launch Cox Charities

by Stacie Schafer

Cox Cleveland employees build foundation for 2011 grant program.

Cox Communications Cleveland announced today the success of its inaugural employee campaign to fund Cox Charities. The Cox Charities Employee Campaign will have raised more than \$15,000 by the end of 2010. “Cox has a long-standing commitment to helping organizations whose efforts touch the lives of others,” said Anne Doris, vice president and general manager of Cox Communications Cleveland. “Cox Charities provides us with an opportunity to positively impact our local communities.” This is the inaugural year for Cox Charities, which is the Cox employee way of funding needy organizations in local communities. “We connect Cleveland’s Westside communities through digital cable, high speed data and telephone service,” said Doris. “As part of our continued commitment to the communities we serve, we established Cox Charities to assist worthwhile charitable organizations in our neighborhoods.” Cox will hold a variety of fundraising events each year to generate additional funds for Cox Charities. A majority of Cox Charities fundraising will come from employees, and hopefully customer and vendor contributions. Beginning in 2011, Cox Charities will award grants on an annual basis to non-profit organizations that support the areas served by Cox Cleveland. Cox Charities grant recipients will be carefully chosen through a rigorous screening process. Funding decisions will be made by an Advisory Committee comprised of Cox employees who contribute to Cox Charities as well as local community leaders. Funds will be generally targeted to programs that help meet the community’s most pressing needs. “Cox Charities is committed to building, strengthening and investing primarily in Cleveland’s Westside communities,” said Stacie Schafer, public affairs specialist for Cox Communications Cleveland. “By raising and granting funds, we can bring awareness and program support to select groups working tirelessly to make a difference in the lives of others.” In addition to the annual grant program, Cox employees are generously giving through volunteerism and board participation to enrich the communities where they live and work. On October 3rd, Cox employees are participating in a Cox Charities Day of Caring with a hands-on painting and landscaping project for the children’s area at the Ridgewood YMCA in Parma. Cox Charities partners with the United Way of Greater Cleveland as its fiscal agent and administrative partner. In addition to acting as the 501(c)(3) fiscal agent of the foundation, the United Way will aid in the grant application, review and allocation process of Cox Charities.

About Cox Communications:

Cox Communications is a multi-service broadband communications and entertainment company with 6.2 million total residential and commercial customers. The third-largest cable television company in the United States, Cox offers an array of advanced digital video, high-speed Internet and telephony services over its own nationwide IP network. Cox Business is a full-service, facilities-based provider of communications solutions for commercial customers, providing high-speed Internet, voice and long distance services, as well as data and video transport services for small to large-sized businesses. Cox Media offers national and local cable advertising in traditional spot and new media formats, along with promotional opportunities and production services. Cox Communications wholly owns and operates the Travel Channel. More information about the services of Cox Communications, a wholly owned subsidiary of Cox Enterprises, is available at www.cox.com, www.coxbusiness.com, and www.coxmedia.com. Focused on exceptional customer service, Cox Communications Cleveland operates in the cities of Broadview Heights, Brooklyn Heights, Fairview Park, Lakewood, Olmsted Falls, Olmsted Township, Parma, Parma Heights, Rocky River and Seven Hills. For more information about Cox Communications Cleveland please visit www.cox.com/cleveland.

Family To Family Initiative
Shining A Light On Unsung Heros

continued from page 1

crisis, to keep struggling families as strong and as connected to community resources as possible, and make sure the kids stay in Lakewood. Nationally, more than 500,000 children are in foster care, which includes a wide variety of settings. By far, children living with caring and supportive families in their home communities have a much greater chance to thrive and achieve. “In the U.S., there are thousands more kids in need of the security and love of a strong home. And Lakewood is no different,” said Colleen McNamara of Family to Family. “We don’t always take note that our strong young men and women come from families of all kinds, all configurations. There are grandparents and aunts and uncles, older brothers and sisters raising kids in Lakewood. And foster parents. They’ve all come forward out of love, a sense of duty and a special knowledge of what kids need to survive hardship and loss,” said McNamara. “And we need more of them.”

Community Information Night on Foster and Adoptive Parenting In November, Family to Family will sponsor a “Community Information Night” for parents interested in learning more

about becoming foster and adoptive parents and the system that supports families who have opened their homes to children in need (watch the Observer for more details). “We are looking for folks who might be ready to come forward to fill the huge void in the lives of some of our most promising young people,” said Molly Smith, the resource specialist at Family to Family.

The Lakewood Family Collaborative As part of their initiative, Family to Family also established the Lakewood Family Collaborative in 2007. The “Collab,” as they call it, is a group of agencies, organizations, and caring citizens who work together to make sure families have a strong network of services and resources available to them. The “Collab” meets on the fourth Thursday of the month at the Lakewood YMCA, 16915 Detroit Ave. Anyone interested in working on projects that strengthen families and the community, including foster parent and adoptive parent recruitment, is welcomed into the Collab. To find out more about the Collaborative, the services of the Family to Family Initiative, foster, adoptive and kinship parenting, and the Community Information Night in November, call Molly Smith at the Division of Youth at 529-6108.

Cuyahoga Community College
Seeks Resident Support For Issue 4

by Randi Hansen

Every five years, Cuyahoga Community College must go to County residents to get a vote of approval for continued funding. On November 3, the College will ask County residents to support a property tax that will enable the College to continue meeting its mission.

When a levy expires the College needs to secure continued approval from the County voters to renew and/or replace the monies in order to keep the College tuition affordable, provide quality programs, and remain financially stable. The November 2009 ballot request is Issue 4, a replacement of the current \$1.6 million and an increase of \$0.3 million for a ten year period.

This levy, if approved, will ensure

that student tuition remains affordable, student services are enhanced, high quality university transfer programs continue, education and training programs are updated, job skills training is upgraded, and the College continues to improve training for good jobs. As an economic engine to job creation, incumbent worker training and our region’s economic development, Issue 4 is of the utmost importance to our community.

Cuyahoga County voters have a long history of supporting the college; the past few levies have resulted in convincing votes of confidence. “Friends of Cuyahoga Community College,” the group leading this year’s levy passage campaign, hopes residents will continue to recognize Tri-C as the place “Where Futures Begin.”

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Observer's Perspective

Failure: When Your Best Just Isn't Good Enough

Dear Cleveland,
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Sincerely,
Bret Callentine

By Bret Callentine

You heard me right. Not good enough! And that goes for just about everyone. Cleveland Indians: Horrible! Browns: Embarrassing! Cavaliers: Close but no cigar, so still, disappointing! And don't think this is just about sports. Rapid Transit Authority: Disgusting. City of Cleveland: appalling. Cuyahoga County: Despicable. State of Ohio: Downright awful. And let's not stop there. There's plenty of blame to go around; every one of us gets a share of this shame. After all, we're the people that continue to vote these people into power. We continue to buy tickets in support of mediocrity. We're all guilty of suspending at least some of our individual responsibilities for the yet to be delivered promise of hope and change.

Remember when we were growing up and we dreamt of being rock stars, astronauts or professional athletes? As time went by, if you were lucky, you discovered what gifts you had, and if you were smart, you worked hard to develop them. But unfortunately, no matter how many ribbons you got for participation or how many awards you got for giving "110 percent", most of us found those lofty goals to be just a bit out of reach. But that's not to say that

we were failures. The reality is that regardless of dreams, only the smallest percentage of us makes it to the NFL, NASA or the Rock and Roll Hall of Fame. But real failure isn't discovering our limitations, it's refusing to admit to them despite repeatedly missing the mark.

Unlike those of us sitting at home on a Sunday afternoon in a comfortable armchair, the people and teams listed above are missing the mark for a completely different reason. Unlike most of us, they have the gifts. The Cleveland franchises aren't losing games because of a lack of talent, and the government isn't facing record deficits due to any lack of education or shortage of intelligence. You just can't get to that level by accident, so the problem must lie elsewhere. Unfortunately, this isn't kindergarten, where you still get an "atta-boy, nice try, you'll get 'em next time". With the increased pay grade comes a dramatic increase in expectations.

I don't care how much you do or don't get paid. You have a responsibility to yourself to do the best job you can. Anything less is a waste of your potential. And, if you're in a position where others depend on your actions, your responsibility doesn't end with just trying hard, but with your accom-

plishments. And toward that end, if you can't get it done, you have a duty to get out of the way for someone else who can. I can't tell you what it's like to go toe to toe with the Pittsburgh Steelers or step into the batter's box against the New York Yankees, but I do know enough about my own pride to tell you that if I put up the same kind of embarrassing effort as the Indians or Browns players, I would be hard pressed to show my face in public. And to tell you the truth, you'd be hard pressed to get me off the practice field or out of the tape room until I corrected the matter.

The same goes for our government representatives. I'll never understand how you could sit in a committee and decide that, "Well, we can't balance our own budget, but it's okay, we'll just keep spending and hope that something happens in the future that will fix everything." It's not acceptable. You have at your disposal hundreds, if not thousands of individuals, business leaders, professors, and professionals of all sectors who would gladly lend their expertise to solve just about any problem we face. Are we to believe that this is the best you can do?

Everyone needs to get back to the basics. It's time to throw out the business-as-usual plan and start again with the attitude that whatever you've been doing up 'til now is not enough. We will need to work harder AND smarter going forward. And we cannot accept a minimal effort from anyone.

So here's the plan, regardless of what you do for a living; it's time to up the ante. From now until at least the end of the year, I want you to make a concerted effort to do more, better, cheaper and faster. And that goes

across the board. If you see a problem, don't wait for someone else to solve it. If you know how to help, get in there and do it. If you see litter in the street, don't walk past it, pick it up. If you can pull a couple of extra hours at work, do it, and don't ask for compensation. Or, if your company isn't making enough money, don't just take the easy way out and cut payroll, find an advisor, investigate new options and don't just settle, thrive.

I know a lot of people are already burning the candle at both ends. If this is you, don't lose heart. It's time for you to hold the rest of our feet to the fire. Take a stand and demand the same level of commitment from your co-workers, family and friends. This country used to measure itself against its own achievements. Now it seems to pride itself in entitlements. Well, the party is over. With budget deficits reaching trillions of dollars, the only thing we're entitled to is to start paying our bills.

Once you make this kind of investment of your own time and toil, there is no way you will sit back and settle for the same old attitude from an elected official. Stop re-electing mediocrity. Stop celebrating empty promises and start demanding results. If you meet a politician, stop talking about their proposals and start evaluating the outcome. If you see a professional athlete, stop asking for their autograph and start telling them to get back to the training facility. Take the time to research the candidates and issues you will vote on, and choose wisely where to spend your entertainment dollars.

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Green Lakewood

Lilly's Garden: A Green Gem in Lakewood

by Mary Evans

There are green gems throughout the City of Lakewood. I discovered one when a friend introduced me to Lilly Murphy. While Lilly herself is a gem, in this case I am talking about her backyard. The yard is a model of sustainability, including a flower garden, compost herb garden, goldfish pond, compost pile and triple rain barrel system!

Upon entering the backyard, walking under a trellis designed by Lilly and built by her husband Sean (a recurring theme!), the first thing that came into view was a child's swimming pool, neatly camouflaged with a wicker curtain surrounding its base, that had been converted into a compost herb garden. The pool was introduced this year when the Murphy's compost pile, situated behind their garage, was full. The compost-converted-to-soil mix is incredibly rich, and provides an ideal growing environment for the herbs that were planted there. In addition to a variety of herbs, including several varieties of basil and the sweet herb Stevia, the pool was used to grow this year's pumpkins. The wandering vine was another clear indication of the health of the growing environment.

To the right of the herb garden is



Lilly's Flower Garden

the triple rain barrel system. Knowing how quickly one barrel fills, Lilly challenged Sean to figure out a way to triple their capacity. The three barrels are connected to one another by PVC piping; the final barrel has an overflow valve with a spigot so that a hose can be connected; in the case of full barrels, the water will not be wasted but rather diverted to the gardens.

To the left of the pool is the flower garden and pond. While not there yet, Lilly is in the process of converting to all native plants. The current garden is a work of art, blending colors, shapes, heights and scents. Central to the gar-

den are milkweeds which, as Lilly taught me, are the only food upon which Monarch Butterfly caterpillars will feast.

In addition to the rain barrels and gardens, there are other clear examples of sustainability throughout the yard. The walking path in the yard was made



The triple rainbarrel system

from reclaimed sandstone from old sidewalks, and several stone benches were rescued just before they were to be sent to a landfill. One special stone marker, with the words "Weber Hill Terrace", holds a special place in the yard as well as the Murphy's hearts: it was found when they were in their 20's and has traveled to several locations along with them.

Tied for my favorite spot in the yard is the 15 feet or so behind the Murphy's garage. A trellis covered with vines covers an amazing hammock. Lilly envisions this spot to be the place where they will house their chickens once Lakewood allows them. Sean is already at work drawing up the plans in accordance with Lilly's vision.

My other favorite spot? Adjacent to the back of the house, Lilly and Sean have set up a tent with comfy furniture, candles, and a lovely wine rack. Our tour of the yard concluded with a glass of wine, fine bread and a special homemade pesto. Of course, the pesto included fresh basil, tomatoes and garlic from Lilly's garden.

So, how long has Lilly been focused on sustainability? Her answer: "Forever." If you meet Lilly, you believe it. It's not a learned behavior; this stuff is in Lilly's blood.

Family Combats Overwhelming Utility Bills With Home Diagnostic Testing

by Judy Hilow

As long-time residents, my husband Henry Hilow and I stood to lower our overwhelming utility bills by 30%-50% after performing a Home Diagnostic Test and following through with insulation and weatherization steps. After living for 8 years in a sweet little home on Lakeland, we took a chance 15 years ago when we moved to the "money pit" on the east end of town. Since then, we have raised five children in this sprawling mansion and along with family and friends have celebrated life in this wonderful home and never looked back, until now.

We had little concern for our utility bills until they had the same price tag as the yearly tuition of a private high school. With three in college, one in high school and one in grade school we had to act. We decided to make a

proactive decision and hire Evergreen Energy Group to reduce our energy costs.

We felt the blower door test was simple and inexpensive: we closed up the home as if it were winter, a huge fan secured to our door sucked out the air (decompresses the home), specialized computer equipment monitored the standardized numbers, and then the fan is shut off to bring all the air back in. After they determined exactly where the air was coming in and going out, we began the process of insulation and weatherization in our home. You can do the repairs yourself but we chose not to.

After doing the research, we hired Evergreen. It turns out that President, Martin G. Berry, is a long time grade school friend. Evergreen is reducing the Carbon Footprint of the Lakewood com-

munity one house, one school and one building at a time. "I can't change the prices but I can reduce my energy costs and I would be happy to help anyone do the same." I would also like to see the

residents of Lakewood and other communities, depending on their income, take advantage of the weatherization programs throughout the county. People could really use the help.



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The Wishing Tree



by Sunny Updegrave

The first time my morning walk took me down Summit Avenue, I found myself gazing up, up upward at the most magnificent white oak tree I had ever seen. My pace slowed as my heart filled with a sense of wonder and awe. I paused to take in its massive girth and widespread and welcoming branches and then felt a wash of serenity pass over me. I might have said a prayer; instead, I made a wish to the sky and

whispered a promise to this glorious monument.

“The oaks and the pines, and their brethren of the wood, have seen so many suns rise and set, so many seasons come and go, and so many generations pass into silence, that we may well wonder what ‘the story of the trees’ would be to us if they had tongues to tell it, or we ears fine enough to understand” – Author Unknown

As I walked the sidewalk so gracefully curving around the base, I noted a small plaque stating “This is a Moses Cleaveland Tree. It was standing here as part of the original forest when Moses Cleaveland landed at the Mouth of the Cuyahoga River, July 22, 1796. Let us preserve it as a living memorial to the first settlers of the Western Reserve.”

This was one of 150 native trees over the age of 150 years old selected in 1946 by the Cleveland Museum of Natural History as representative of those standing as noted above. Several hundred trees were nominated around the county and Lakewood is proud to have this noble giant.

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cheaply built, congestion-breeding apartment houses". Another ordinance was passed in 1920 to restrict business and apartment buildings to Detroit and Madison Avenues, and manufacturing to the southeast corner of the city. Struggles between homeowners and developers continued, yet City Council members kept the beauty of the city in mind as they made those long-range planning decisions – decisions that gave Lakewood a unique look that residents still enjoy some 90 years later.

others) in eclectic and lovely Lakewood. A quote from architect James B. Garrison, from the New York-based architecture firm RMJM, is a perfect summary. Garrison said that, “Despite their many differences, houses of the Victorian genre shared an optimistic spirit, manifested by complex rooflines, rambling front porches, detailed ornamentation, and asymmetrical layouts. These design idiosyncrasies appealed to a growing number of constituencies—developers trying to outdo one another with curb appeal, construction professionals showing off skills with emerging technologies, and home owners displaying new wealth and individuality.” The designs of Victorian Homes are unquestionably unique, complex and even ‘rule-breaking’ - ignoring previous constraints. It’s a terrific reflection of the time in history that inspired a style we can enjoy in our neighborhood today.

Lakewood's Look Defined By Early Zoning Decisions

Development in Lakewood, as haphazard as it may appear to someone visiting Lakewood for the first time (where else do you see a large Tudor next to a four-square colonial next to an Arts & Crafts bungalow next to a stately Victorian?) was, in fact, carefully planned. A 1918 zoning ordinance was passed to prevent the ruin of certain residential sections of Lakewood by those who proposed the construction of “unsightly,

Victorian Homes

Art is everywhere... and home styles are just one more form to enjoy! It's been said that art imitates life, and the Victorian style certainly mirrors the time period named after Queen Victoria of England during the second half of the 1800's. It was an age of change and paradox. The economy was booming, architectural detailing became more affordable because of mass production and there was a positive spirit. One of many cultural results was the Victorian design styles.

Just compare the crazy mansion portrayed in the Addams Family TV show to the more simple lines in the painting “American Gothic”, plus all of the many variations in between! We’re lucky- there are some wonderful, even award-winning examples to see on Cook, Grace, Clarence, Hilliard (and

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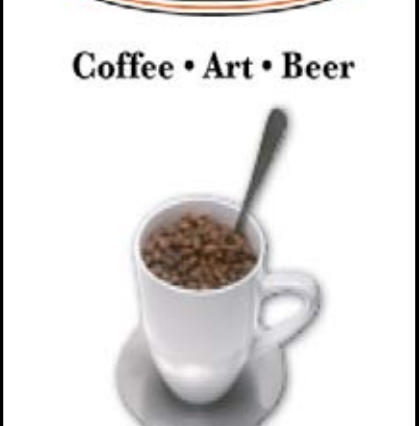
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