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2nd Annual Home Show Saturday March 27 At Harding-FREE



THE LAKEWOOD OBSERVER

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Volume 6, Issue 6, March 23, 2010

Lakewood Looking More Like Hollywood At 2010 Cleveland Film Festival



Patrick and Mike Norman, Lakewood filmmakers who had their local premiere March 19, 2010 at the Cleveland International Film Festival. Mike coached wrestling for Lakewood Middle schools. Their film company Lakewood Films Ltd. produced and directed "Pinned" which is getting international acclaim.

by Margaret Brinich
Editor-In-Chief

In the midst of nearly three hundred films from across the globe, Lakewood talent shines brightly through two films, "Out of Place" and "Pinned." The first was featured last fall by LO photographer and writer, Taylor Trimarchi and highlighted the film's director, Scott Ditzenberger, a Lakewood resident. Ditzenberger's fascination with Lake Erie's surfing culture inspired his account of cold weather

surfers- a little known pastime in which he is himself an avid participant.

The local footage prominently features the frigid and familiar shores of Lake Erie along Edgewater Park, capturing the strong bond of these less than conventional surfers between the Lake itself and each other. In his interview with Trimarchi, Ditzenberger emphasized his commitment and positive experience with keeping his filmmaking as local as possible by drawing

attention to his collaboration with three Lakewood bands, The Dreadful Yawns, The All Golden, and The Celebrity **continued on page 12**

The census forms have arrived in our mailboxes the last two weeks. If you are living in Lakewood on April 1, 2010 BE COUNTED! Lakewood can't move forward 'til you mail it back.

Lakewood's Very Own Home Expo



Glenn Palmer of Lakewood Hardware shows some of the prizes you can win at the Lakewood Home Fair Expo Saturday March 27 at Harding School. Stop by it is FREE! See stories on pages 10 and 11.

by Mel Page

Publisher

The Lakewood Home Fair Expo is this Saturday, March 27 from 11 a.m. to 4 p.m. at Harding Middle School (at Hilliard & Madison). Admission is free.

No more blindly searching through yellow page listings or scouring the overwhelming Northeast Ohio home improvement shows for the goods and services that best cater to older houses. Owning a Lakewood home or space is a labor of love for most. You can spend lots of time and energy sorting through information and seeking out businesses that best serve older homes. Sometimes residents can do the work themselves. Sometimes we need to pay professionals to do it. Either way, expertise and guidance of local professionals and resources is necessary and

valuable in order to give our century homes a sound start for their next 100 years.

Whether you are putting sweat equity into your home or commissioning experts to make those repairs or improvements, there is no doubt you will get something valuable out of this one-of-a-kind Lakewood Home Fair Expo. All the sixty exhibitors are home improvement or home-related and all but a few, are Lakewood area businesses and services. That means for most of them they aren't only experts on Lakewood housing, but they are your neighbors who also value their Lakewood home and community. Exhibitor areas of expertise include, but are not limited to: general contractors, remodelers, repair, garage builders, kitchen and bath suppliers, electricians, heating and cooling, computer service,

wood working, roofers, painters, waterproofers, landscapers, interior design, home improvement and maintenance products. To complete the scope of getting you going on your way, several City of Lakewood and non-profit resources and organizations will be there to answer questions and provide guidance.

Even if you have no home-related needs at this time you really have to check this local event out for yourself. There are huge door prizes and tons of booth raffles to have fun with and take advantage of. This event is also family friendly with a kids' corner so the kids will be happy too. Two Madison Ave. restaurants will be offering sandwiches, salads, sweets, and beverages during lunch hours. See pages 10 and 11 for more details.

Weekly Shopper Shuttle To Start Friday, March 26

by Jerry Masek

A weekly Shopper shuttle will begin service on Friday noon, March 26. On March 15, Lakewood City Council approved a one-year contract with RTA. The service is a joint effort of RTA and the cities of Lakewood and Cleveland. The Shopper will serve Lakewood and part of Ward 16 in the City of Cleveland.

Lakewood agreed to pay RTA \$15,000 for the service. RTA will supply one Paratransit operator and one handicapped accessible Paratransit vehicle, from noon-6 p.m. on Fridays.

All regular RTA fare media will be accepted. A one-way cash fare is \$2.25, senior fare is \$1.

continued on page 4

No Refuse Collection On April 2nd

by Melissa Garrett

Due to the Good Friday holiday, there will be no refuse or recycling collected on Friday, April 2, 2010. Residents whose refuse is normally collected on Monday will have collection on Monday. Residents whose refuse is normally collected on Tuesday, Wednesday and Thursday should have their refuse and recyclables available for collection on the day before their regular day and it will be collected either on that day or their regular day. Residents whose refuse is normally

collected on Friday will have collection on Thursday.

Residents are reminded that refuse and recycling should not be placed on the curb or tree lawn until after 6:00 p.m. on the night before your collection day and should be available for collection by 6:30 a.m. on the collection day.

In addition, all Lakewood city offices will be closed on Friday, April 2, 2010 for the holiday.

For further information contact the Lakewood Division of Refuse & Recycling at (216) 252-4322.

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). Calendar items can be submitted at our website at www.lakewoodobserver.com on the Home Page. Whereas this printed calendar listing is limited to non-profit events relevant to Lakewood, our website calendar welcomes all Lakewood events!

Cleveland International Film Festival - Runs through March 28

In its 34th year the festival takes place during the week of March 18 - 28. Look for schedule on www.clevelandfilm.org. Tower City Cinemas, Downtown Cleveland

Thursday, March 25

Elementary Choral Festival

7:00 PM, Lakewood Civic Auditorium, 14000 Franklin Ave.
Choirs from Lakewood City Schools elementary schools will perform.

Friday, March 26

A Lullaby Concert for Children

6:30 - 7:30 PM, 13216 Detroit Ave.
There will be a 'Lullaby Concert' for your young ones at Church of the Ascension. The children, dressed in their pajamas and sitting on their favorite blanket, will enjoy the music of Lakewood High School Chamber Orchestra, storyteller Misty Drotleff and lullabies with Marjorie Hildebrandt. This free event will be followed by a milk and cookies reception. There will be a freewill offering taken. For more information contact the church at 216-521-8727 or bach2schol@hotmail.com.

Lakewood Catholic Academy Corn Hole Tournament

6:30 PM, Lakewood Catholic Academy Gym, 14808 Lake Avenue
, Benefits the LCA Athletics program. There is still time to register a team or purchase spectator tickets in advance. Don't have a full team, but you'd still like to play? We can place you on a team! Just want to watch? That's fine too - there will be plenty of beverages, food, raffle baskets, side games, and we'll also be showing NCAA basketball on a big screen TV. The Ohio State Buckeyes play at 7 p.m.!! Questions? Contact Holly at 216.702.4802 or by email at ghlauch@att.net

The 25th Annual Putnam County Spelling Bee

Beck Center for the Arts, Mackey Main Stage, 17801 Detroit Avenue
Runs March 26 - April 25. See Page 13 for details.

Saturday, March 27

Easter Bunny Photo Shoot

10:00 AM - 12:00 PM, Walgreens. 11701 Detroit Ave Lakewood, OH 44107
Come get a free 4x6 photo with the Easter Bunny at your Lakewood Walgreens (W117th and Detroit). See the Easter Bunny and receive an egg with treats.

Lakewood Home Fair Expo

11:00 AM - 4:00 PM, Harding Middle School, 166001 Hilliard Ave. (at Hilliard & Madison Ave.). See Page 10 & 11 for full details.

Cirque Imaginaire: Sachsenheim Showcase

4:00 PM. Sachsenheim Hall, 7001 Denison Avenue, Cleveland, OH
Features over 30 local artists from all over the Cleveland & Lakewood areas.
See Page 12 for story.

Earth Hour 8:30 - 9:30 PM, See Page 18 for story.

Monday, March 29

Income Tax Preparation Clinic

12:00 - 3:30 PM held Monday & Tuesday through April 13, Lawther Center (West) 16024 Madison Ave.

Hosted by the City of Lakewood-Division of Aging and AARP, these clinics are open to anyone filing uncomplicated tax returns, regardless of age, residency, and income or whether they are AARP members. AARP Tax Preparation volunteers will meet individually with interested participants to assist with the completion of the year's tax returns. Appointments are by reservation only. To make a reservation call 216-521-1198 between the hours of 10:30 A.M. and 2:30 P.M., Monday through Friday.

Tuesday, March 30

GI Blues? We've Got You Covered. Dinner & health presentation to learn how to best prevent and treat gastrointestinal disorders.

5:30 - 7:00 PM, Lakewood Hospital Wasmer Auditorium
Do you suffer from IBS, GERD or other GI problems? March is Colorectal Cancer Awareness month; and we want to give you the facts on why your gastrointestinal health is important to your overall wellbeing. When problems develop, you need immediate answers. Expert Mousab Tabbaa, MD, chief of gastroenterology at the

Lakewood Hospital Digestive Health Center will answer your questions and discuss the latest procedures to diagnose and treat a variety of digestive health disorders. Dinner will be served at 5:30 pm. The health presentation will begin at 6 pm. Reservations are required and seating is limited for this free event. Please call toll-free 1-877-234-FITT (3488) to reserve your seat today!

Wednesday, March 31

Lakewood Recreation Summer Youth Baseball Registration Ends

Lakewood Recreation Department, 1456 Warren Rd.
Summer youth baseball ages 4-12. Call (216) 529-4081 for more information.

Spring Fling Intergenerational Variety Show

3:30 - 5:30 PM, Garfield Middle School, 13114 Detroit Avenue
Hosted by: City of Lakewood H20 (Help to Others) youth volunteers, LHS Key Club, Jazz Band, Work Shop Band, Garfield Jazz Band, Garfield 7th grade choir, Viva la Garfield and the Garfield Music Crew. Refreshments provided by: Lakewood High School Ranger Catering. Tickets: \$6.00 each. Jr. King & Sr. Queen and Sr. King & Jr. Queen will be voted for at the event. For Reservations, contact the Division on Aging at 521-1515.

Creating Healthy Eating Habits in Children - Free seminar

7:00 PM - 9:00 PM, Russell Chiropractic, 18624 Detroit Ave., Lakewood
See Page 4 ad.

LakewoodAlive Presents a Community Forum: "Count Your Assets

7:00 PM, Horace Mann School, 1215 West Clifton Boulevard
See Page 3 for full details.

Thursday, April 1

2010 Census Day. Did you mail your census yet?

Saturday, April 3

Spring Fling at The Furry Nation

10:00 AM - 5:00 PM, The Furry Nation 15800 Detroit Ave.
One Year Celebration of the opening of The Furry Nation. A huge Chinese raffle will be part of the event with prizes from \$20 gift baskets, gift certificates to local restaurants, Cleveland Indians tickets, and a free year's supply of dog and cat food. Proceeds from the raffle benefit local Lakewood rescue All Dog's Heaven.

Riders To Bring Back The Daily Lakewood Circulator meeting

3:00 PM, Lakewood Public Library, 15425 Detroit Ave, 1st floor multi-purpose room.
Free public meeting to discuss and plan how to bring back a daily circulator bus in Lakewood, that RTA eliminated, but is still needed. Lakewood's mayor stated Lakewood could run it daily and possibly break even or make a profit, paying for itself. RTA admitted it was the most economical of all 12 RTA circulator buses (so should have saved it). The one day 6 hour RTA "shopper" bus may start soon, but is not enough. Your help is needed to get a daily circulator. Call 216-221-2724.

Visit www.lakewoodobserver.com for many more events going on around town.



THE
**LAKEWOOD
OBSERVER**

Your Independent Source for
Lakewood News & Opinion

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The mission of the Lakewood Observer is to attract, articulate, and amplify civic intelligence and community good will in the city of Lakewood and beyond.

Become an Observer!

As a product of citizen journalism, The Lakewood Observer is looking for people, ages 3-100, to get involved in the paper and the city. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process. Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos. No need to register to post online calendar or classified ads.

Upcoming Submission Deadline Publish Date

Sunday, March 28	Tuesday, April 6
Sunday, April 11	Tuesday, April 20

www.lakewoodobserver.com - 216.712.7070
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18514 Detroit Avenue,
Lakewood, OH 44107
phone: 216-521-7684
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West End Tavern presents:
"Sunday Brunch"

A 20-Year Lakewood Tradition

Eggs Benedict • Eggs Sardoux •
Stuffed French Toast • Pot Roast Hash
Omelets • Fritatas • and more!

featuring our famous
"Mega Mimosas"

Lakewood Observed

LakewoodAlive Presents A Community Forum “Count Your Assets”

by Kim McCarty,

LakewoodAlive, a nonpartisan economic development corporation, will host a community forum, “Count Your Assets” on Wednesday, March 31 at 7:00 p.m. at Horace Mann School, 1215 West Clifton Boulevard in Lakewood. The forum, hosted by Mayor Ed Fitzgerald, will highlight three areas of current economic importance to Lakewood, including the City of Lakewood Census, which is a key factor in determining Lakewood’s level of government funding. Lakewood receives a specific category of funding because of the population size. If that level dips below 50,000 residents, funding will be changed and likely decreased.

Guest speaker Jill Paulsen of the Cleveland Foundation will discuss how everyone in the community can contribute to an accurate census. The forum will also feature Jan Murphy, President of Lakewood Hospital. The city’s largest employer, Lakewood Hospital provides a service that is integral to Lakewood’s

economic stability and growth. Murphy will share more about how the hospital’s new business model and management structure will ensure its continued vitality. Finally, Dr. P. Joseph Madak, Lakewood City Schools Superintendent, and Mike Summers, Chairman of the Citizens for Lakewood’s Children levy campaign, will detail how the schools “excellence” rating and new facilities positively impact Lakewood’s economic strength and how passage of the upcoming levy is essential to the district delivering on Lakewood’s educational needs now and in the future.

“We’re pleased to be able to provide an opportunity for the citizens of Lakewood to learn more about these important and time sensitive issues that directly impact Lakewood’s economic vitality,” says Mary Anne Crampton, Executive Director of LakewoodAlive.

The forum is free and open to the public. No advance registration is required.

Lakewood Hospital Employees Were All A-Buzz Over United Way Campaign Fundraising Celebration

Lakewood Hospital’s United Way Campaign raised more than \$39,000 for its 2010 campaign. This outstanding accomplishment was celebrated at the hospital with a head shaving of the campaign captain, Bill Baddour.

Baddour challenged the hospital staff to exceed our United Way campaign goal by 10% with the promise of shaving his head. The promise of a head shaving was the clear winner. “They say bald is beautiful,” said Baddour. “The jury is still out with my wife and kids, but I was happy to do this for our team.”

The hospital celebrated the head shaving on February 24 by Lakewood barber, Rino Dovico, owner of Lakewood



photo by Frank Lanza

Continental Barbershop, located in the INA Building in Lakewood. “The United Way supports those in need in our local communities, and our hospital staff has always been generous and very supportive of this initiative,” said Janice Murphy, president of Lakewood and Fairview



Grace Powers with some of the diapers she has collected.

Student Collects Diapers For Babies In Need

by Brian Powers

An eighth grade student at Lakewood Catholic Academy has started a campaign to help solve a challenge faced by low income parents in our community. “Earlier this year, I learned that government assistance programs like food stamps cannot be used to buy disposable diapers,” said Grace Powers. “This causes a number of problems. For example, most day care centers require parents to supply disposable diapers. If a parent cannot afford diapers, the child cannot attend day care, so the parent sometimes can-

Hospitals. “When Bill announced he would shave his head if the employees met the stretch goal, I knew it would be a success! Our staff made it their personal mission to reach the goal because of the two positive outcomes; we could help the community and watch Bill’s full head of hair being shaved off.”

not go to work, meaning the family has even less money,” she said. “And parents who cannot afford enough diapers sometimes let their children wear dirty diapers for a long time, which can lead to illness,” Grace added.

To help with this situation, Grace has started a “Diaper Drive” to collect disposable diapers and baby wipes, which will be distributed through the Lakewood Christian Service Center. So far, she has collected almost 100 packs of disposable diapers and is halfway to her goal. Anyone wishing to help with this effort can leave a message at 216-496-3238 and Grace will make arrangements to pick up your donation. “The people of Lakewood have been very generous so far, and I’m hoping we can reach even more good people in the next few weeks,” said Grace, “The babies and their parents need our help.”

GI Blues? We’ve Got You Covered!

Join us for a dinner & health presentation

March is Colorectal Cancer Awareness month and we want to give you the facts on why your gastrointestinal health is important to your overall wellbeing.

Presenter: Mousab Tabbaa, MD, chief of gastroenterology at the Lakewood Hospital Digestive Health Center.

Lakewood Hospital Wasmer Auditorium

Tuesday, March 30

5:30 to 7 p.m.

Dinner served at 5:30 p.m. Presentation begins at 6 p.m.

Reservations are required and seating is limited for this free event.

Please call toll-free 1.877.234.FITT (3488) to reserve your seat today!



 **Lakewood Hospital**
a Cleveland Clinic hospital

lakewoodhospital.org

Lakewood City News

Sierra Club Endorses Bullock In Statehouse Race

by Glenn Campbell

The Sierra Club announced March 15 that it is endorsing Lakewood Councilman Tom Bullock for the Ohio House of Representatives. Bullock, a Democrat, is running in the 13th House District, which includes Lakewood and parts of Cleveland's west side. Since Ohio has term limits, it is an open-seat contest with no incumbent.

Northeast Ohio Sierra Club Chair

Pat McKenna said the environmental group decided to endorse Bullock because he is an "exceptionally strong" advocate for clean energy, fighting urban sprawl, strengthening parks and conservation areas, and improving the health and cleanliness of our water and air--and because these issues are coming to a crucial crossroads at the state level. "We need strong environmental champions leading our government, and we

need leaders to stand up to industry special interests that too often dominate Columbus," said McKenna. "Sierra Club doesn't always make an endorsement for state representative this early, but our members felt strongly that with Tom Bullock, we have an exceptionally strong advocate for clean energy and for making our cities sustainable."

McKenna says Bullock has been a passionate advocate of environmental causes for years. He works full-time to promote the development of clean energy industries for Ohio such as wind, solar, and energy efficiency, and is a founding member of Lakewood Earth and Food (LEAF) Community, a local-foods group. As a Lakewood City Councilperson, Bullock has sponsored an initiative to create a citywide solar special improvement district to offer better-than-market rates for property owners to finance solar energy projects.

If elected to the state legislature, Bullock promises to sponsor legislation to strengthen solar special improvement districts in Ohio and to broaden them to include other renewable energy

sources, such as wind and geothermal. This would be a critical measure to help make Ohio a leader in developing and encouraging sustainable alternative energy resources. Bullock also pledges to work against the tide of anti-environmental actions that have been creeping up in our state, such as the livestock-related Issue 2 which passed last fall, despite Sierra Club opposition, due to support from both political parties.

Bullock has promised the Sierra Club he will fight for stable, independent funding sources for transit and state parks, both of which have seen a steady decline in funding and now face shortages and cutbacks. He also has pledged to work against sprawl and to strengthen core communities like Cleveland and Lakewood to support their progress toward becoming model green, walkable cities.

The Sierra Club has worked since 1892 to protect communities, wild places, and the planet as a whole. It is the oldest, largest, and most influential grassroots environmental organization in the United States.

Weekly Shopper Shuttle To Start

continued from page 1

"We are pleased to be one of the first communities to begin this new service. There is a demonstrated need in Lakewood for this type of community-oriented public transportation option," says Lakewood Mayor Ed FitzGerald.

"Residents of the Clifton-Detroit neighborhood are looking forward to the new Shopper Shuttle service," says Ward 16 Councilman Jay Westbrook. "This is a wonderful partnership with Lakewood, and we look forward to getting it rolling."

"We are pleased to be able to work with the City of Lakewood to provide this service," says Joe Calabrese, RTA's CEO and General Manager, "This will help the residents of Lakewood and Cleveland reach their destination."

He points out that Lakewood is served by 5 other RTA bus routes and two nearby Red Line Rapid stations.

The Shopper service will operate on Madison, Detroit and Lake avenues, and West 117th Street. The Shopper service will pick up customers only at scheduled stops. The vehicle is expected to complete about 4 trips in the 6 hours, for a 90-minute frequency.

Timetables are now being developed. They will be available at most pick-up points before service begins.

For more information, visit www.rideRTA.com, or call the RTAanswerline, 216-621-9500.

Here are the scheduled pick-up points, in order of service:

- Giant Eagle, 14100 Bunts Road at Detroit Avenue.
- Winton Place apartments and the Carlyle, 12700 Lake Ave., at the RTA stop.
- Intersection of Edgewater Ave. and Cove Ave., at RTA shelter on northbound Cove.
- Opposite Lakehouse Apartments, 11850 Edgewater Ave.
- Opposite the Shoreham Apartments, 11800 Edgewater Ave.
- Corner of West 115th Street and Clifton Boulevard, on West 115th at the bench in front of National City Bank.
- Kirby Manor apartments, 11500 Detroit Ave.
- Walgreens, 11701 Detroit Ave.. Stop is on West 117th Street.
- Giant Eagle and Target, 3050 West 117th St. Stop is near Pharmacy sign
- Fedor Manor apartments and Lakewood Senior Center East, 12400 Madison Ave.
- Walgreens, 14815 Madison Ave. at Warren Road.
- Nature's Bin, 18120 Sloane Ave.
- RTA's Rocky River loop, 18856 Detroit Road.
- Opposite Castlewood Apartments, 17600 Detroit Ave. at Roycroft Avenue.
- Lakewood Public Library, 15425 Detroit Avenue, near CVS and Discount Drug Mart. Stop is on Detroit, just before Mars Avenue, heading eastbound.
- Lakewood Hospital, 14519 Detroit Ave. Stop is in parking lot off Belle Avenue, at patient drop-off area for the emergency room.
- Opposite Southwesterly Towers apartments. The stop is near 14300 Detroit Ave. at Lincoln Avenue.

Vote By Mail Applications Are On The Way

by Mike West

A total of 715,995 Vote by mail applications will soon be arriving in mailboxes for the May 4, 2010 Primary Election. The Cuyahoga County Board of Elections will begin mailing applications on March 16, 2010.

Voter interest in the May 4, 2010 Primary Election is expected to be high. Voters will cast ballots for US Senate, US House of Representatives, state offices, including Governor, and Judicial Candidates. Voters will select Democratic, Republican, Libertarian, and Green Party State Central Committee Members, and Democratic, Libertarian, and Green Party voters will choose their County Central Committee Members. There are also 49 local, county, and state issues on the ballot and 1,293 candidates running for election in Cuyahoga County.

Election Officials are reminding voters to pay close attention to exactly what type of ballot they request.

Voters who submit their application will establish, maintain, or change

their party affiliation. Voters must indicate their choice of a Democratic, Republican, Green, Libertarian, Constitution, Socialist, or an Issues Only ballot. Issues Only voters are considered Non-Partisan.

Voters are also advised:

* To return their ballot promptly. Waiting until the last minute can force voters to make the trip to the Board of Elections to drop off their ballots on Election Day. Ballots must be postmarked on or before May 3, 2010. Ballots cannot be dropped off at a voting location on Election Day.

* To use the Vote by Mail ballot they have requested. Voting on Election Day after requesting a Vote by Mail ballot means the voter will have to vote a provisional ballot.

Voters may also obtain ballot applications from the Board of Elections website, www.boe.cuyahogacounty.us or by calling the Voter Information Hotline at 216-443-3298.

Ballots will be mailed to voters after March 30, 2010.



Dr. Michael Russell
18624 Detroit Avenue
Lakewood
216-221-1788

**Do you have high cholesterol or high blood pressure?
Our 4-Week Nutrition Boot Camp Can Help**

Studies show that our 21-Day Purification Program can help bring high cholesterol to within normal levels. Based on this program, our 4-Week Nutrition Boot Camp will arm you with the tools you need to get healthy and stay healthy. Each week during the program we will cover various health and nutrition topics with guest speakers and presentations. Space for the Boot Camp is limited to 50 participants.

For more information regarding the Boot Camp or the 21-Day Purification Program, please join us for a FREE SEMINAR on the following dates:
Monday – March 15, 7-9 p.m.
Saturday – April 10, 10 a.m.-Noon
www.russellchiro.net
Kick-off day is May 3, 2010



Dr. Michael Russell
18624 Detroit Avenue
Lakewood
216-221-1788
www.russellchiro.net

Does your child struggle with ADD/ADHD/behavioral issues, ear infections, allergies, obesity, or chronic and acute illnesses?

This program will cover the following topics:

- Why you should care about what your children eat
- Traffic Light Eating
- The skinny on FAT
- Know the No's
- Why breakfast is important
- Good carbs vs. bad carbs

This is a **FUN**, interactive and educational short course for busy parents who want to make some simple steps towards learning more about nutrition and healthy living for their family.

FREE HEALTH SEMINAR

Learn 9 simple steps to creating a family of healthy eaters. Healthy children make happy parents!

March 31, 2010 – 7-9 p.m.
Located in our office at 18624 Detroit Ave.

Space is limited - Call today!
Free fruit smoothies & healthy snacks!

Lakewood City Council

Council Congratulates First Federal Of Lakewood On 75 Years Of Service To Lakewood

by Christopher Bindel

The March 15, 2010 Council Meeting was called to order by Council President Kevin Butler (Ward I) at 7:30 P.M. The first order of business was presented by Councilman Butler regarding a Committee of the Whole meeting discussing legislative priorities for the years of 2010 and 2011. They created a list of what are the most pressing topics facing Lakewood, on which they should concentrate their time and effort. The number one issue all agreed on was housing. Ways to handle housing issues were discussed. Besides housing, they also looked at what they thought was important for each committee to spend their time concentrating on.

Next, Councilwoman Monique Smith (At-Large) read a communication from the Rules and Ordinances Committee regarding an amendment to the hiring rules for police officers that was requested by Chief Malley. He had asked that Council consider changing the rules to give extra points to officers taking the civil service exam who had worked at least as a part time officer for no less than twelve months. With some minor adjustments, the Committee recommended passage. Council received the communication and then passed the ordinance.

Councilman Butler then read a communication discussing the creation of an Economic Development Committee, which had been discussed in the Committee of the Whole meeting. The committee would work with the Department of Planning and Development to discuss ways to facilitate development in Lakewood. Councilman Butler asked Council to approve the creation of the committee with Councilwoman Nickie Antonio (At-Large) as chair and Councilwoman Smith as a member. Council received the communication, approving of the Committee.

Councilwoman Mary Louise Madigan (Ward IV) read a communication sponsored by every member on Council asking Council to pass a resolution supporting the Cuyahoga County Health and Human Services Levy which will appear on the May 4th ballot. The Levy is just a renewal; it does not include any increase. The money is used for prevention, early

intervention and trauma services for residents throughout the county. This is directly connected to services that help abused and neglected children, as well as senior and adult services. Some of the money also goes to Metro Health Systems to help pay for things such as the trauma unit, burn unit and life flight.

After the letter from Council supporting the County Levy, there was also a communication from Mayor Ed Fitzgerald supporting the Levy. Once both communications had been read and accepted by Council, they unanimously voted in favor of a resolution supporting the levy and asked everyone to vote yes on Issue 15.

Councilman Mike Summers (Ward III) then asked Council to join him in congratulating First Federal of Lakewood Savings and Loan on their 75th anniversary. He also announced an open house First Federal will be holding to celebrate their achievement. It will be Tuesday, March 30, 2010 from 5-8 P.M. Members of the public are welcome to attend and celebrate this long standing Lakewood institution. Council agreed with Councilman Summers and passed the resolution.

Councilman Tom Bullock (Ward II) then asked Council to make Lakewood an official participant in Earth Hour. Earth Hour is a green movement activity that encourages people all over the country to turn off all of their lights, appliances, and anything else electric for one hour to raise awareness of excessive energy use and alternative energy sources. Last year Lakewood was the first Ohio city to participate. This year the state is an official Earth Hour state and will turn the lights off at the Governor's Mansion. Also, several cities across the state, including Cincinnati, are participating. Earth Hour 2010 will occur on March 27th from 8:30-9:30 P.M. Council approved the resolution.

Councilman Bullock continued, asking Council to consider passing an ordinance that would allow the City to create a one year graffiti prevention program pilot. Although the

City's Law Enforcement and Building Department have been successful at fighting graffiti, with a spike in recent months of graffiti damage and attacks, more needs to be done. The ordinance would allow the Director of Public Safety to spend up to \$5,000 on items and information that would allow the City to better fight against graffiti. Some possible ways these funds could be used is for educational programs for schools and businesses on how graffiti affects us all, or for security for places of repeat attacks. Council received the communication and referred the ordinance to the Public Safety Committee.

Dorothy Buckon, Director of Human Services, then asked Council to allow the City to enter into an agreement with the Cuyahoga County Juvenile Court so they might fund the Lakewood Juvenile Court Diversion Program. The Diversion Program is a collaborative effort between the Lakewood Division of Youth, Police and Law Department. The goal is to increase the likelihood youths will not become repeat offenders and prevent them from falling through the cracks. The program does this by making the adolescents take responsibility for their actions and serve their community. In 2009, 117 youths participated in the program providing 1,610 hours of community service. Council received the communication and passed the resolution.

Fire Chief Lawrence Mroz asked Council to pass a resolution making the week of March 22-26 Severe Weather Awareness Week. This week is a great time for schools and other institutions to review their severe weather emergency procedures as well as allows the City to test its severe weather warning system. Council passed the resolution.

Director of the Department of Planning and Development, Nathan Kelly, asked Council to review a proposal from First Federal of Lakewood to purchase the municipal parking lot immediately behind and adjacent to them. The proposal would give about half of the lot to the use of First Federal for employees and customers during office hours while allowing the remainder of the lot to continue with City

meter and permit parking. First Federal would maintain the lot, while the City would still be allowed to monitor.

Council received the communication and referred it to the Economic Development Committee. Councilman Summers abstained from the vote as he is a member of First Federal of Lakewood's Board of Directors. He made a statement that he has abstained from any talks on this matter that have taken place with First Federal and would continue to do so on both sides of the discussion.

Director Kelly then read a communication asking Council to pass an ordinance that would allow the sale of a driveway that is just north of Misencik Funeral Home, on the corner of Madison and Lakewood Avenues, to the funeral home for \$8,000. Council referred the matter to the Economic Development Committee.

After a standard, unremarkable meeting, Council President Butler adjourned the meeting at 8:30 P.M.

Council meetings are held every first and third Monday of the month at 7:30 P.M. in the City Hall Auditorium. The next regularly scheduled council meeting will be held on April 5, 2010. For a copy of the agenda or for any other information regarding the Lakewood City Council, you can find it at onelakewood.com/citygovern_council.html.

9/29/2004

by Christopher Bindel

Can you start to understand

The strength of our emotions band

In this union we seek to keep

Can we trust those you teach

And if we not be trusted so

Trust my word that we will go

Never to return again

For this land will be our end



Lakewood Public Library Events

All Events and Programs Are Free And Open To The Public

Compiled by Martha Wood

Wednesday, March 24

Lakewood Historical Society Presents:

Cleveland's Soldiers' And Sailors' Monument

Contemplate the beauty, the history and the sacrifice behind the Soldiers' and Sailors' Monument, located on Cleveland's Public Square. Built to commemorate veterans of the Civil War, the monument recently underwent a major restoration. Learn more from Timothy M. Daley, Executive Director of the monument's support group.

7:00 p.m. in the Main Library Auditorium

Sunday, March 28

Sunday With The Friends: Cats On Holiday

From the shores of Lake Erie by way of the Bayou, the Cats are purveyors of high-energy swamp pop with roots that dig straight through rock 'n' roll into pure Americana and Louisiana zydeco. Romp with them through new interpretations of classic songs and hand-crafted originals.

2:00 p.m. in the Main Library Auditorium

Tuesday, March 30

Family Matters: Aging Drivers

Matt Gurwell considers the legal, ethical and emotional challenges faced by the family members, caregivers and loved ones of senior citizen drivers. He'll answer any questions you may have and offer sensitive solutions.

7:00 p.m. in the Main Library Auditorium

Wednesday, March 31

MEET THE AUTHORS:

McGowan's Call, McGowan's Retreat by Rob Smith

The Long River Home by Larry Smith

Two novelists and small press publishers, Rob Smith and Larry Smith (from Drinian Press and Bottom Dog Press, respectively) will read from their novels and discuss the writing process. They will also discuss the craft and business of publishing. Books will be available for sale and signing. Rob Smith's McGowan books, filled with contemporary tales of a pastor and his parishioners, are often compared to Sherwood Anderson's Winesburg, Ohio. In The Long River Home, Larry Smith chronicles the lives of four generations of Ohio Appalachians and searches for a deeper understanding of the nation at large.

7:00 p.m. in the Main Library Auditorium

Saturday, April 3

Back To The Movies: Vintage Hitchcock

The Lodger (1927) Directed by Alfred Hitchcock Not Rated

A tall man in a cape with his face all wrapped in a scarf knocks at your door and asks for lodgings. To make matters worse, a Jack-the-Ripper-like killer is roaming the streets of London, killing blondes. What would you do? If you were Alfred Hitchcock, you'd make a movie. Matinee idol Ivor Novello plays the first in a long line of innocent characters wrongly accused.

6:00 p.m. in the Main Library Auditorium

Tuesday, April 6

Books Uncovered: Finding Money In Your Old Books

Find out if your old books are valuable! Zupal Books is one of the largest antiquarian and rare book dealers in the country and Michael Zupal himself is coming to the Library to reveal the secrets of what makes a book rare and valuable. Everyone who attends is invited to bring in as many as three books for a free evaluation.

7:00 p.m. in the Main Library Auditorium

Wednesday, April 7

Lakewood Historical Society Presents: Exterior Painting & Historic Color

Kerry Adams from the Cleveland Restoration Society examines different types of paint failure, highlights what to look for when hiring a painting contractor, reviews historic color schemes, and provides tips on how to choose and place appropriate colors for an older home.

7:00 p.m. in the Main Library Auditorium

BOOK GROUPS:

Thursday, April 8

Booked For Murder: A Corpse In The Koryo By James Church

In a closed society where nothing works as it should, Inspector O is strangely committed to justice. Set up by the North Korean Military, he will pursue the truth about unsolved kidnappings and a fresh corpse through a maelstrom of betrayal and death all the way up to the Great Leader.

7:00 p.m. in the Main Library Meeting Room

SPRING BOOK SALES

FRIENDS BOOK SALES:

Join the Friends and receive entrance to a special, members-only preview sale on Thursday, April 22 from 6:00 p.m. to 9:00 p.m. Memberships may be purchased at the door or by returning the form above.

SPRING BOOK SALE

Saturday, April 24 from 9:00 a.m. to 5:00 p.m.

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 classes take place in the Main Library Learning Lab on the 2nd floor.

UPCOMING MARCH and APRIL CLASSES:

Saturday, March 27: E-MAIL BASICS @ 3:00 p.m.

Saturday, April 3: INTERNET BASICS @ 3:00 p.m.

Tuesday, April 6: WORD PROCESSING BASICS @ 7:00 p.m.

CHILDRENS & YOUTH SERVICES

AFTER SCHOOL PROGRAMS

THE ZONE: For students in kindergarten through fifth grade

Get in the Zone! Spend 30 minutes doing the activity of your choice. Choose from crafts, games, puzzles and more. Visit www.lakewoodpubliclibrary.com/youth to see the current and upcoming activities.

Tuesday, September 8 – Thursday, May 27

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 - 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 at 4:00 p.m., ongoing through May 28

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

HOMEWORK ER: For students in kindergarten - 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.

Mondays – Thursdays, 3:00 p.m. – 5:00 p.m., ongoing through May 27

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

WEEKEND 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.

March 26, 27, 28: What's That Smell?

April 2, 3, 4: Hop-A-Long

WEEKENDS WITH WEE ONES:

For families with children under 2 years old

Spend a part of your family weekend time clapping your hands, tapping your feet, singing nursery rhymes and, of course, sharing books. We will provide materials and ideas for families wishing to continue the fun at home. Programs are offered every weekend throughout the year, and there is no need to register in advance.

Saturdays at 11:30 a.m. and Sundays at 3:30 p.m.

Madison Branch Children's and Youth Services Department

Saturday, March 27

FAMILY MUSIC & MORE: For the whole family

Mr. Magic

A rabbit out of a hat? Dancing scarves of many colors? Mr. Magic will astound you with his amazing sleight of hand! Audience participation is encouraged.

7:00 p.m. in the Main Library Multipurpose Room

TAIL WAGGIN' TUTORS: For children ages 7 – 12

Bone up on your reading skills by reading to a dog. Drop in for a one-on-one session with one of our dogs and owners that have been certified through Therapy Dogs International.

Saturday, April 10 from 12:00 p.m. – 2:00 p.m. in the Main Library Multipurpose Room

Lakewood Public Library

Mr. Magic To Wow Crowds

by Amy Dreger

Sometimes life's magical moments have the potential to send us down roads we never thought possible. This is, quite literally, what happened to Matt Prader. Thirteen years ago, while working a construction job, Matt drove past Mr. Fun's Magic Shop in Cuyahoga Falls which was offering free Thursday-evening classes. On a whim, he decided to join in on one of the classes and was immediately hooked. He worked to perfect his craft, continuing classes, attending seminars and conventions, and purchasing more than 50 instructional videos. Two years later, Prader transformed himself into "Mr. Magic" and unveiled his tricks at a Cub Scout jamboree.

Since then, Matt has taken his act on the road, performing at children's shows, birthday parties, and corporate events. More recently, he has had the opportunity to venture away from

Northeast Ohio to perform street magic in cities such as Key West and Atlantic City.

Part of magic's appeal to Matt is the interaction it allows with his audiences. He enjoys seeing the astonishment on people's faces when they can't believe what they have just seen. He also uses their reactions to gauge his performances and plan for future trick and comic relief. "You always have to be closely observing your audience in order to see opportunities to add comedy to your show based on the people around you," he explained.

Magic fans can catch Mr. Magic's fast-paced performance full of magic and comedy on Saturday, March 27 in the Lakewood Public Library's Multipurpose Room. The Family Music and More program is free, open to the public, and will begin at 7:00 p.m. with doors opening 15 minutes before the performance.

Hey, Baby!

by Arlie Matera

Do you enjoy board books and bubbles? How about shakers, finger puppets, and dancing librarians? Have your parents ever wondered aloud what to do with you on the weekend?

If you answered yes to the above questions and you are a child age two or under, the Lakewood Public Library has a program for you! Weekends With Wee Ones is a brand new, drop in story time for babies and their caregivers. The program is offered every weekend of the year, and there's no registration required. So pack your diaper bags and come on down to the Madison Branch for thirty minutes of baby-paced, baby-proofed, baby-approved fun!

Weekends With Wee Ones is held at the Madison Branch, 13229 Madison Ave. on Saturdays at 11:30 a.m., Sundays at 3:30 p.m. For more information call the Children's & Youth Services department at (216) 226-8275 xt. 140.

Cats On Holiday Bring Their "Swamp Pop" To The Lakewood Public Library

by Joan Rubenking

Purveyors of high energy swamp pop, music with roots that dig straight through Rock 'n' Roll into pure Americana and Louisiana zydeco, Cats on Holiday will entertain all music enthusiasts at Lakewood Public Library on Sunday, March 28, at 2:00 p.m. The band's instrumentation of blistering guitar, button-box washboard, and a solid rhythm section will delight fans new and old with an afternoon's romp from the shores of Lake Erie to the bayou of Louisiana. Cats on Holiday promises and delivers a "Mardi Gras" atmosphere in a sophisticated and professional manner.

Cats on Holiday is comprised of Denis and Dillon DeVito, Rick Christyson, Kevin Price, and Jeffrey Bowen, "remnants of some of Cleveland's most popular as well as most obscure bands," and the group continues to perform over a hundred live shows a year, from their regular northcoast nightclubs to outdoor music festivals and private affairs. They recently released their third full length CD, "Working Man." Like its predecessors, this CD blends classic cover tunes like Hank Williams' "Hey Hey Good Lookin'," Doug Kershaw's "Louisiana Man," and Squeeze's "Goodbye Girl," with well-crafted original songs that represent the "blue collar working man" themes in many Denis DeVito compositions. Accustomed fans of the band will remember previous unique interpretations of songs by icons like Johnny Cash, The Kinks, and The Band.

If the name Cats on Holiday sounds familiar, it may be that you



have seen or heard them recently. The Cats were proud to represent Cleveland on one of National Public Radio's weekly broadcasts. They have shared the stage with Los Lobos and Big Bad Voodoo Daddy at the House of Blues, and have performed at the Akron "Lock 3 Live" event several times. Cats on Holiday have also played Severance Hall, the home of the Cleveland Orchestra. Other performance venues include: Blossom Music Center, Cain Park, Fox8 in the Morning, WCPN's "Around Noon," Ingenuity Festival, and the Kent State Folk Festival.

Whether your musical tastes run to the pure sounds of American roots and you relish fresh interpretations of standards, or you enjoy original compositions of an eclectic vein, Cats on Holiday guarantees a rollicking good time for all. Join them at the Lakewood Public Library on Sunday, March 28, and kick back for a while. This free event is generously funded by Cuyahoga residents through Cuyahoga Arts and Culture and the Friends of the Lakewood Public Library.

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Lakewood Schools

High School Artists, Scientists, Career-Tech Students Honored

by Christine Gordillo

Lakewood High senior Max Listkowski has been chosen as a State winner in the Ohio Governor's Youth Art Exhibition for 2010. Listkowski's work, "Stare Down", was chosen from over 12,000 entries from across the state. The process of selection the art for the state exhibition begins on the regional level, where three other LHS students were also honored for their work: Danielle Curran, Kimberly Farkas and Julie Herman, along with Listkowski.

The Ohio Governor's Youth Art Exhibition, now in its 40th year, is dedicated to the educational and artistic advancement of our talented young people across the state of Ohio. This contest is open to all Ohio high schools, both public and private. The purpose of this show is to give all budding young artists of the state an opportunity to advance their talent, whether that be through scholarships or simply experiencing the process of entering their work in a competition.

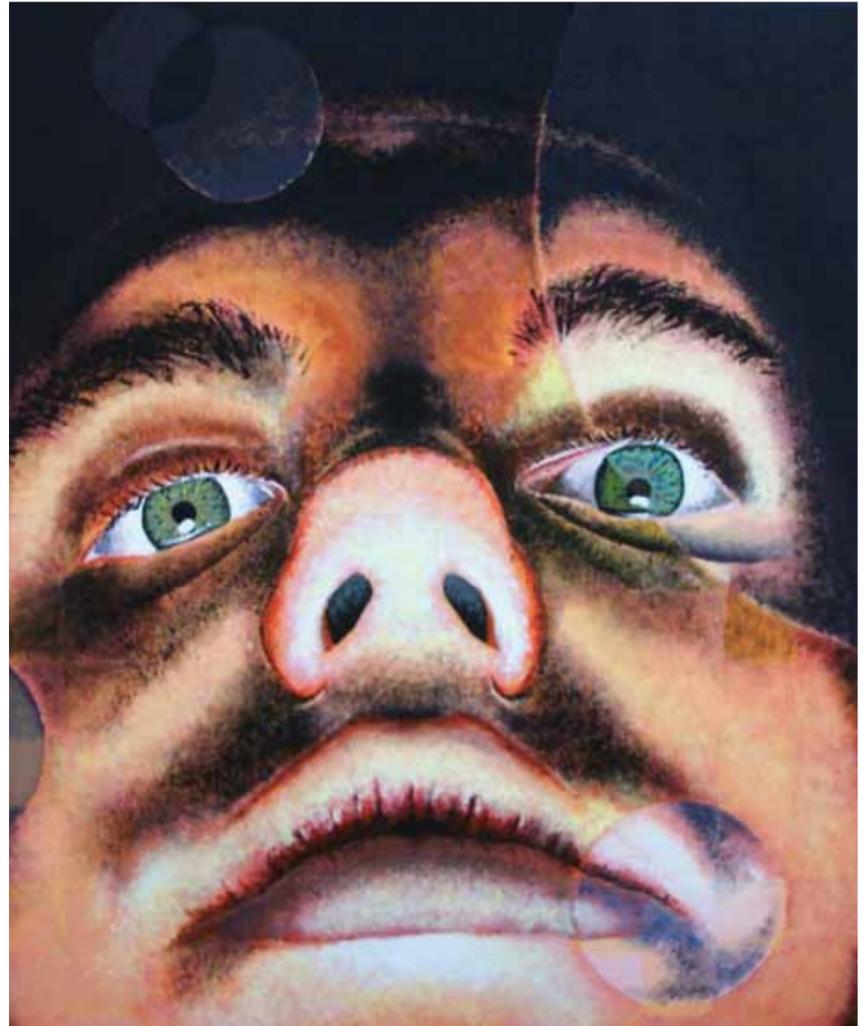
The regional competition drew more than 1,108 pieces of art from 30 schools in our region. From those entries, 332 were chosen to be judged for the State level, including the works of the four LHS students. The exhibition of the state winners opens at the James A. Rhodes State Office Tower in Columbus in April and will close later in May.

WEST SHORE'S OUTSTANDING STUDENTS

The Lakewood-Rocky River Rotary Club recognized 20 West Shore Career-Technical District students at their annual Outstanding Student luncheon March 15 at the Rocky River Civic Center. Students are acknowledged as the top performers in their career-technical program. Outstanding students share traits of leadership, academic excellence, dedication, responsibility, caring, community involvement, and initiative. Each recipient is awarded a savings bond and plaque.

Outstanding Student recipients are automatically nominated for the "Career-Technical Student of the Year," which is announced at the Career Passport and Student Recognition Assembly on May 25.

Award recipients: Accounting & Financial Services: Samantha Kash; Auto Maintenance: Conor Adams; Auto Technology: Robert Anderton; Biotechnology: Carrie Beatty; Business Management: Elyse Corridoni; Career Paths to Teaching: Mary Porter; Community Based Training, Bonne Bell: Michael Humphrey; Community Based Training, Marlin: Koby Bibbs; Community Based Training - Marriott: Nichole Perlman; Community Based Training - Rae Ann: Catherine Lavelle; Construction Trades: Daniel Hartsel; Culinary Arts: Jessika Nieves; Early Childhood Education/Senior



Max Listkowski's "Stare Down" was selected as a State level winner of the Governor's Youth Art Exhibition.

Services: Emily Barker; Electronic Technology: Jiewei Li; Health Careers: John Wesley; Interactive Media: Rachel Juniewicz; Medical Office Management: Marla Nakhle; Networking: Nathan Wright; Project Lead the Way: David Beargie; Service Occupations Training: Halle Ramella

3rd Place: Sam Aprile –Comparing Indoor Plant Growing Systems

LHS CHOIRS SCORE TOP RATING

On Friday, March 5, the Symphonic Mixed Choir and the Symphonic Treble Choir, under the direction of Dr. Lisa Hanson, participated in the Ohio Music Educators Association (OMEA) District High School Adjudicated Event. Each choir performed three prepared selections for three judges, and then went to a separate room where they were given a piece of music they had never seen, and were judged on their ability to accurately sight read that piece. Both choirs received unanimous "Superior" or "I" ratings from their judges, both in the prepared performance and the sight reading portion.

The Symphonic Treble Choir entered in class "C" and the Symphonic Mixed Choir in the highest class, "AA." Some of the comments from the judges for the Symphonic Treble Choir included, "Excellent job tonight! You sing so expressively!" and, "Keep doing what your director tells you - she knows her stuff!" Symphonic Mixed Choir received these comments: "Bravo! Congratulations on a beautifully detailed study (of the music)!" and "Excellent choral sound - most impressive. Your hard work is evident."

In April, the Symphonic Mixed Choir will travel to Virginia to perform at the Shenandoah Conservatory in Winchester, Virginia and at Bruton Parish in Williamsburg, Virginia, as part of their Candlelight Concert Series.

LHS STUDENTS SHINE AT SCIENCE FAIR

Lakewood High sent nine students to the Northeast Ohio Science and Engineering Fair at CSU March 15-18 and all nine received special recognition for their entry, including a first place award for Hannah Kiralyi in biology. The event draws students from seven Northeast Ohio counties.

The breakdown of awards included:

Honorable Mention Engineering
Chris Brinich – Effect of Variables on Rebound of Tennis Balls

Wes Carney – Wind Turbine Efficiency

Corrigan Kenny – Aerodynamics of Rockets

Peter Schleckman – Solar Ovens

Honorable Mention Biology

Lindsay Furtado – Hydroponics

Physics

3rd Place: Rachel Elder – The Study of Sound Waves in a Tube

Biology

1st Place: Hannah Kiraly - Do Fingerprints Reoccur in Families?

2nd Place: Lily Pollack – Phototropism of Plants

Grant PTA Endorses Levy

by Christina McCallum and Bobbi Sheehan

This letter was delivered 3/17/2010:

Dear Mayor Fitzgerald and Councilman Summers,

On behalf of Grant Elementary PTA, we are pleased to inform you of the PTA's recent vote to donate \$100 to the levy campaign. This contribution was made to Charlie Page on March 10, 2010, and is in addition to the \$250 Grant Elementary PTA contributes annually to the levy fund.

Grant Elementary PTA is extremely proud of Lakewood City Schools' Excellent designation by the State of Ohio and, as Grant was also rated Excellent, we're proud that Grant contributes to this rating. The breadth of programs available to Lakewood's students, the quality of our teachers, and the ultimate successes of students beyond the classroom are invaluable not only to the children, but to the larger community. Grant PTA is pleased to support these endeavors as they pertain to Grant School.

With that in mind, Grant PTA further voted to formally endorse the 2010 School Levy. As you know, National PTA advocates for students across the U.S. in a variety of areas. Grant PTA believes its levy endorsement is one way to advocate for students at the local level.

Thank you for investing your time and efforts on behalf of Lakewood's students.

Sincerely,

Christina McCallum and Bobbi Sheehan
Co-Presidents
Grant Elementary PTA

Lakewood Youth



photo by Ivor Karabatkovic

As the JV squad finishes practice, Varsity players kill time by watching clouds and catching up on the latest sports news.

Spring Training Baseball League

by Mike Callahan

The Spring Training Baseball League, STBL, is a great opportunity for players to gain valuable experience on the field at multiple positions. This league is designed to help players transition into competitive baseball. The ACE staff will coach the teams and run the pre-game skill development sessions. Parents, if you are looking expose your young players to proper skill development and game strategies- this is the program for you!

"We are very excited about this opportunity to join forces with the Lakewood City Schools Community Recreation and Education Department to bring a program that is a tremendous resource for young players. Combining our staff and the phenomenal facilities of Lakewood makes for a great spring baseball experience!"- Neal Packanik, Program Director

Age Group:

U10 (All skill types welcome)

Who's eligible to play:

Players that are looking to prepare themselves for their summer season. (No residency requirement-open to anyone age 10 and under as of April 30, 2010)

Where:

Garfield Stadium, Garfield Middle School, 13114 Detroit Ave.

When:

Sundays (4/11, 4/18, 5/2, 5/9) 12:00pm-2:30pm (makeup 5/16)

Program Details:

- 4 hours of skill development
- 4 "controlled" games focusing on game situations and "on-time" repetitions.
- Each day will begin with an hour of skill training followed by 1 ½ hour of controlled games.
- 4 teams of 10 players each-each team will have an ACE staff member as a coach

Registration:

\$85-Register at Lakewood Recreation, 1456 Warren Rd. Lakewood, OH 44107

Office Hours: M-TH 8:30 AM-6:00 PM, F 8:30 AM-5:00 PM. Phone: (216) 529-4081

• Copy of Birth Certificate required at time of registration.

• Players that are 10 years of age at the time of the league must provide a sports physical form.

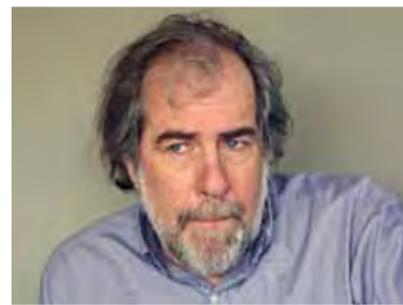
Registration Deadline March 31

• Fees cover umpires, team shirts, and baseballs

Lakewood Loses A Hero To Our Children

by Justine Cooper

hero [noun] 1. a man of distinguished courage or ability, admired for his brave deeds and noble qualities. 2. a person who, in the opinion of others, has heroic qualities or has performed a heroic act and is regarded as a model or ideal: He was a local hero when he saved the drowning child. 3. hero sandwich 4. the bread or roll used in making a hero sandwich.



Jim Muth

Lakewood has lost a hero in the sense of definition one. Not lost to the next dimension, but lost from our youth and downtrodden families eager for hope here in Lakewood. Jim Muth was one of the first two staff hired 30+ years ago. According to those he worked with, he "hit the ground running, creating an agency which would provide services and programs that would help kids overcome obstacles and enable them to be all that they could be." The Division of Youth has been transformed many times in those years, from "Lakewood Youth Services" to "Youth Office", "Family to Family", etc. But with every name change, Jim remained a constant, leaving his mark on every aspect of every program/service that has been developed and on the lives of so many, according to his colleagues.

For the last three decades, Jim has been passionate about his work and has had clear and consistent compassion for kids, with a focus on acknowledging and building on their unique strengths. I know this personally because when my own son went through some struggles as a young teen, he was able to meet with Jim to talk things through. The agency at that time had an open-door policy to counsel children, regardless of insurance and without red tape. It was simple, local, and invaluable. Jim has also been described by his colleagues as "a strong voice for the disenfranchised, a healer of those struggling with emotional pain, and a champion of unpopular causes that strengthen families." In short, he has changed the lives of many.

As a former high school teacher and a "star" of community theatre, Jim has used his many talents to engage kids in the process of "change", all the while advocating for them as they attempted to navigate local and county-wide systems. Whether individually or in groups, Jim empowered kids to enable them to make a difference in their lives and in their community. Through Youth Congress, a grass-roots group of young teens, he became involved in local issues and eventually issues coming out of the 10th District Congressional Office. As a strong proponent of restorative justice, he toiled with kids from the Diversion Program in one of Lakewood's first community gardens.

Reflecting on Jim's many contribu-

tions are words that clients, colleagues, and residents have used in describing Jim:

Committed, challenging, passionate, artistic, articulate, funny, wild-haired hippie, creative, well-read, rebel (with a cause), caring, outrageously wonderful, thought-provoking, and "Did I mention passionate!"

Me, I just call him a hero. He is the bread that holds the sandwich together, a man of distinguished ability and character, admired for his brave deeds and noble qualities, and has performed countless acts of bravery, most likely saving many lives. I also am proud to call him a friend. A friend to everyone, I have a sneaking suspicion that he will carry on his courageous and selfless acts to help others in other forums, so look for him behind the scenes.

Dottie Buckon, the Director of the Lakewood Department of Human Services, quoted Blaise Pascal, "The power of a man's virtue should not be measured by his special efforts, but by his ordinary doing". Per Dottie, Jim has positively touched the lives of so many kids, families, and co-workers in his day to day work.

Jim will be missed by so many and by the community he has served so well. To honor Jim, continue to advocate for funds for our youth and their division. As Lakewood continues in economic stability, be a voice for carrying and advocating for our youth and all the heroes in Lakewood who make that happen!

Written in collaboration with staff from the Division of Youth, who have expressed a loss in losing a handful of valuable Lakewood heroes.

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MAMA's Lakewood Home Fair Expo 20

You Can Win These

15 Must Have Tools

by Glen Palmer

Here's a smart investment every homeowner should make. These 15 tools are the absolute basics for a kit to last a lifetime. And you can buy them all for under \$200. **You can also win them this weekend at the Lakewood Home Fair Expo.**

If you don't have a handyman in your family and don't have a clue where to begin when it comes to assembling a proper home-repair tool kit, there's good news: For \$200, you can buy 90% of all the tools you'll ever need to repair and maintain your home.

Good tools purchased early in life can be a smart investment. You can spend a little money on a tool or two with each job, that way, you gather the tools you'll need slowly and less painfully. Of course, the sooner you purchase the basics, the longer you'll use them, hence the more cost-effective they become. The key is to buy only good tools from reputable name-brand manufacturers. Quality matters, Good tools work and bad tools don't. It's basically as simple as that.

Some essentials, some nice-to-haves

The secret to a great tool kit? Selection. Of the thousands of tools available at your local hardware store, it only takes about a dozen to tackle most home repair jobs, and only one of them plugs in.

Here are the tools our experts suggest as absolute musts for a lifetime of home improvements and repair. The first 15 items make up the absolute basics for a serviceable tool kit to last a lifetime -- all for just under \$200. That said, your handyman life can be made much easier with a few additions. Buy the last half-dozen items as needed.

1. Toolbox: \$30

Let's start with something to fill, shall we? A good, usable toolbox can save as much time on a job as having the right tools inside

Neighborhood Housing Services Of Greater Cleveland Receives \$192,500 Grant From NeighborWorks America

by Lou Tisler

On March 16th, Neighborhood Housing Services of Greater Cleveland, a member of the national NeighborWorks® network, announced that it received \$192,500 in flexible grants from NeighborWorks America. The money will support NHS of Greater Cleveland's affordable housing and community development activities such as homebuyer education, rehabilitation lending and foreclosure prevention, and comes at a time when communities need investment most.

"As the funding arena continues to be unpredictable, the consistent and much-needed funding from NeighborWorks America will allow NHS of Greater Cleveland to serve our client's housing needs in northeast Ohio," stated Lou Tisler, executive director of NHS of Greater Cleveland.

In 2010, NeighborWorks America will provide over \$119 million in grants to its national network of more than 230 nonprofit organizations operating in over 4,400 rural, urban, and suburban communities, including Greater Cleveland. The grants will be used to revitalize and strengthen communities by providing counseling for homeowners on the brink of foreclosure; increasing the number of certified foreclosure and homeownership counselors through training; stabilizing areas hard-hit by the foreclosure and economic crisis by putting vacant properties back into productive use; empowering consumers through financial and homeownership education and counseling; creating homeownership opportunities for low- and moderate-income families; and producing and managing affordable, high-quality rental properties.

"For every dollar in NeighborWorks

grants, an additional \$35 is invested in America's communities, resulting in a direct investment of nearly \$4 billion in the areas served," said NeighborWorks America CEO Ken Wade. "As good stewards of taxpayer dollars, NeighborWorks ensures our investments are working in ways that truly make a difference." The need for Neighborhood Housing Services of Greater Cleveland has never been greater. With the foreclosure rates in Greater Cleveland still high, delinquency rates climbing, etc., home values at a low, and the unemployment rate climbing, Greater Cleveland residents are increasingly more susceptible to, and affected by, the foreclosure and economic crisis."

"As NHS of Greater Cleveland strives to achieve economic stability in the lives of our clients, either by assisting in the purchase of housing that is affordable, giving access to lending capital for rehabilitation or successful avoidance of foreclosure," said Tisler, "the financial support and network experience from NeighborWorks America will allow NHS of Greater Cleveland to effectively address these issues."

Neighborhood Housing Services of Greater Cleveland is a member of the NeighborWorks network, which was created by NeighborWorks America to improve homeownership opportunities for low- and moderate-income families, provide financial education and improve financial literacy, rebuild and repair properties; develop affordable multifamily units, and, use innovative strategies to improve safety and revitalize communities across the nation. Collectively, NeighborWorks

continued on page 15

2. Hammer: \$15

A 16-ounce steel- or fiberglass-shaft hammer with a smooth (not checkered) head to avoid unnecessary marring. Choose a model with a straight or "rip" claw, not a curved claw; they're much more useful for demolition. "And sandpaper the face of the hammer once in a while so nails don't slip off,

3. Pry bar: \$8

A 12- to 15-inch pry bar is incredibly handy. There is one made of hexagonal steel that is infinitely superior to ones that are made of spring steel, which tend to bounce when you hammer them.

4. Vise-grips: \$12

Also known as locking pliers, vise-grips are the pit bull in your toolbox: Simply adjust the screw drive in the handle and clamp it on to anything that needs vice like stabilizing, typically metal or PVC pipes. When you're done, the lever in the opposite handle releases the jaws. Channel-lock pliers are a good second choice.

5. Needle-nose pliers: \$8

The long tapering forged head that gives needle-nose pliers their name is particularly useful in electrical work where spaces can get tight. Get a pair with a wire-cutting blade near the hinge.

6. Screwdrivers 6-in-1: \$5

You'll save money and get the most use out of a good quality mixed set that includes 1/4- and 3/8-inch flat heads and No. 1 and No. 2 Phillips head drivers. Magnetic heads come in handy, too.

7. Wire cutter/stripper: \$8

ECONOMY ALL PURPOSE TOOL: Strips solid or stranded wire. Strips and cuts copper or aluminum wire. Cuts and rethreads mild steel.

8. Tape measure (16-foot): \$8

You'll thank yourself for getting a good-quality, easy-locking, 3/4-inch-wide model. The half-inchers just don't stay in place when extended; the one-inchers are overkill.

9. Electrical tester: \$12

NON-CONTACT VOLTAGE DETECTOR: Indicates the presence of AC voltage from 50-600V. Visual (flashing) and audible (beeping) indicators signal presence of voltage, by pressing pocket clip. "Remember to test it in a working outlet each time before you use it to make sure it's still working, "Remember: If it's dead, you're dead."

10. Reversible drill with bit set: \$40

This 3/8th-inch reversible drill is the only electrical tool that you absolutely, positively have to have.

11. 1/2-inch steel chisel: \$10

One of the most ancient tools is also essential as well. When you need a chisel (and you will), there's really no acceptable substitute. And forget the plastic- and wooden-handled varieties. "The expectation that you're going to go and find a mallet to hit your chisel is just ridiculous, You're going to reach for a hammer."

12. Utility knife: \$4

Having a utility knife with replaceable blades comes in awfully handy, and again, when you need one there's really no substitute.

13. Handsaw: \$15

If you invest in a circular saw, you may find few situations in which you'll need a handsaw. A good choice is the 12-inch FatMax by Stanley; it's lighter and cuts straighter and faster than traditional handsaws.

14. 9-inch torpedo level: \$5

These palm-size levels with the bubble that floats to center are essential to leveling everything from picture frames to kitchen cabinets. If you need to level something long, simply add a board to the level.

15. Safety glasses: \$6

There simply is no substitute for effective eye protection.

6 nice-to-haves

1. 7-1/4-inch circular saw: \$60

Once your projects grow beyond a certain scale to include things like decks and fences, you won't hesitate to invest in a circular saw, which speeds up any project involving numerous cuts.

2. Electronic stud finder: \$15

Looking for the studs behind your walls to support shelves or other fixtures? This electronic device will locate them for you quickly and accurately.

3. Carpenter's square: \$6

Despite its name, a carpenter's square isn't square at all, but rather triangular in sort of a gun shape. It enables you to cut squarely when you use it to measure and mark a straight line at a right (90-degree) angle from any straight edge.

4. Random orbital sander: \$55

At some point, you'll likely need to remove a finish or sand smooth a large surface (table, cabinet, etc.). This is just the tool. Its random motion sands evenly from rough to smooth with optimal control.

5. Staple gun: \$15

A staple gun comes in handy for a variety of home projects that require fast tacking, such as upholstery.

6. Clamps: \$2-\$40

Clamps are as useful as they are problematic. They all have different uses: Some of them are fast, some of them are strong, some of them are heavy, some of them are too long except when you need that length. But clamps are really handy because you can clamp something down while you work on it or glue it or fasten it. They're also good for personal safety when you're trying to cut something that's wandering all over the place.

10 Harding School

Spring Is In The Air... Add It To Your Decor

by Robby Zettler

It's that time of year when we all start thinking about our gardens, planting schedules, and spring clean-up. Well...almost all of us. For me, it is the time of year to start thinking about bringing the outdoors in and adding it to the décor.

After Christmas, Easter is my favorite holiday. Pastel colored eggs hanging from trees or hidden in the yard, new spring outfits, kids home for spring break and, of course, the first blooms of the year. Every Easter, I have a big beautiful bouquet as my table centerpiece. No, not store bought, but from my yard: Forsythia. Even if they aren't in full-bloom by Easter, they can be forced a week ahead of time. Simply cut long branches from the bush, bring them inside and put them in your prettiest glass vessel or other container (see Design Tip, below) with warm water and give them 5 to 7 days. Voila! Spring is in the air and at your table's center. These long-legged yellow beauties can actually be brought in as early as January!

I don't usually hand out gardening tips, but if you aren't lucky enough to have a Forsythia bush in your yard, I highly recommend planting one for next year, as they are one of the first signs of spring. But for this year, you have plenty of options even if you don't have a yard. Another one of my favorites is the Hyacinth. I love these fragrant little gems at my table for Easter. You can find them anywhere, from grocery stores, to home and garden centers, local outlets, and farmer's markets. After I bring them home, I pull them out of their dirt and wash their bulb. I place each one in a clear glass water tumbler, fill them with water, and place them in a long narrow basket. I fill the basket with moss, tissue paper, or even the kids' Easter basket grass, and I have a simple flower arrangement. If you don't have a basket, just line them up on the table in matching glass vessels. They dazzle on their own.

After the petals start to die off, put them in the ground in clusters or lined up as a border (I prefer clusters) for

blooms next spring. In just a couple of years, you'll have a whole bed of lovely Hyacinth! Other lovely spring flowers for purchase or from the ground are tulips, crocus, daffodils, narcissus, jonquils and violas. Don't limit yourself to the table centerpiece. Arrangements throughout the house can add a lilt to your step. Try them on a bedside table, your kitchen countertop, in the bathroom (everybody eventually goes in there) or on a window with a dreary landscape or view.

Design Tip: Consider this arrangement in place of a standard glass container for your spring blooms. You'll need: A gift bag (I used 10x12), 4 sheets tissue paper, 2 or 3 tall narrow tumblers (1 or 2 if the bag is smaller), long-stemmed flowers such as Forsythia or Gerbera Daisies (if you are using smaller flowers use a smaller bag. See Note, below)

Here's How: 1. Fill each tumbler half-way with water and place in the bag. 2. Arrange flowers equally between the tumblers. 3. With all 5 fingers, grasp the tissue paper at its center in a pinching motion and snap it to create a cone shape. Stuff the pointed end in the front of one of the tumblers. 4. Repeat Step 3, stuffing another tissue paper in front of the tumblers and two behind the tumblers. 5. Smooth down the tissue paper slightly so it doesn't hide or dominate the flowers. This arrangement works great for baby or bridal showers and holidays because the bag and tissue paper can be coordinated with the décor or theme.

Note: If using a bag larger than 10x12, assemble and disassemble the bag in its permanent location, as the bag is not rigid enough to transport. Remember this rule of thumb: Use groupings of 3. Three smaller bags lined up or grouped together is an eye-catching arrangement.

For more ideas on spring décor beautification inside and out, don't miss The Lakewood Home Fair Expo scheduled for Saturday, March 27 from 11 a.m to 4 p.m. at Harding Middle School, 16601 Hilliard Rd. See you there!



Robby Zettler is a Home Design Consultant for Metropolitan Home Design & Real Estate Staging, located at 15226 Madison Ave.

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- \$400 Gift Certificate for Imperial Home Center bath & kitchen products;
- \$300 Rockwell Power Tool & homeowner tool kit from Lakewood Hardware;
- \$300 Lavatory & \$200 kitchen faucets from Moen w/install from Valu-Rooter
- \$190 36" W x 80" H new construction door from Reliable Construction;
- \$150 Interior design/home staging consultation by Metropolitan Home Design;
- \$100 Gutter cleaning by Allure Painting;
- \$200 4 Indians tickets, Row D by J & M Ellis Electric.

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- Free children's book, *Wobblefoot*, to 1st 100 families from Wobblefoot Gallery
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Nonprofit Organizations & Services Exhibitors

Lakewood Historical Society & Lakewood City Heritage Advisory Board
Cleveland Restoration Society
City of Lakewood: Community Development, Building & Housing Department, Neighborhood Block Club
Keep Lakewood Beautiful
LEAF (Lakewood Earth & Food Community)
The Lakewood Public Library
LakewoodAlive Housing Outreach
Habitat For Humanity
The Lakewood Observer
MAMA (Madison Avenue Merchant Association)
Lakewood Chamber of Commerce
Lakewood Schools & Lakewood Community Recreation & Education Dept.
Nature's Bin
The Family Room

Additional information & participation from

The Lakewood Family Room will be sponsoring our kids activity area;
2010 US Census Lakewood Committee
Edgewater Cove Apartments will be displaying their extensive renovations.

Plan to have lunch at the Home Fair Expo!

The Beer Engine & The Greek Village Grill will be offering their favorite sandwich, salads and sweets.

Visit www.lakewoodobserver.com/forum (Observation Deck) under House Talk for ongoing online discussions concerning Lakewood homes and Home Fair Expo.

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Out And About

Lakewood Looking More Like Hollywood



From Scott Ditzenberger film "Out of Place."

continued from page 1

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Pilots, who provided the film's entire soundtrack.

"Pinned" also draws from a close personal connection between the team of directors and the film's subject matter. Directors Patrick and Mike Norman bring to life the familiar Lakewood rivalry between St. Edward's and Lakewood High sports teams. Mike, a 1986 LHS alumnus and brother Pat, St. Ed's Class of 2003, took Pat's time as a film student at Ohio University, as an opportunity to use this internal city feud as a vehicle to enlighten viewers about the world of high school wrestling.

Much like "Out of Place," the brothers set out to capture the passion of a sub-culture of sorts, in this case, high school wrestling, and produce a documentary. The story line follows the 2005 wrestling season for Matt Curley (LHS) and Lance Palmer (St. Eds), two dedicated high school athletes, highlighting their personal struggles and powerful competitive drive to illustrate the determination of so many young men in the sport of wrestling. The lengths to which Curley and Palmer go for victory may seem unthinkable and extreme for anyone unfamiliar with the sport, but the film's vivid depiction is simply reality for these adolescent athletes.

For Lakewoodites, emotions will certainly run high whether you are watching St. Ed's take on LHS in a state championship wrestling match, or watching surfers in wet suits take on the icy waves of Lake Erie in winter. But no matter where your loyalties may lie, we in Lakewood can be proud to see our homegrown, local talent take to the big screen.

Cirque Imaginaire Art Gallery And Bazaar Comes To Cleveland

by Erin Carek - Ringleader

"The Greatest Show in Cleveland" (216) 496-2140

Cirque Imaginaire, the traveling art gallery and bazaar, is drawing together creative types from all over the Cleveland and Lakewood area. The Grand Opening event, the Sachsenheim Showcase, is March 27, 2010, and will feature over 25 local artists, 3 local bands, food, drinks, and more.

Each Cirque Imaginaire event showcases a different variety of artists, and demonstrates the raw talent that fills our city streets. These events enable local artists to network with one another, while making their creations more visible in the community. With a new location and rotating selection of artists at each show, there is always something unique to see.

Art work at the Sachsenheim Showcase will be very distinctive and non-redundant, as a diverse assortment of artists has been selected to attend. Performing musicians will include Casual Encounters, Safari, and Babblegab.

Admission to the event is free of charge. The event will be held from 4:00-9:00 pm at the Sachsenheim Hall (7001 Denison Avenue, Cleveland OH 44102).

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3 Items	\$7.50	\$9.75	\$12.75	\$15.25
4 Items	\$8.00	\$10.50	\$13.75	\$16.75
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Extra Cheese	\$0.75	\$1.25	\$1.75	\$2.50

BEST OF CLEVELAND 2009
Nunzio's Pizzeria

Out And About

Award-Winning NASA Physicist Speaks At LWV Event

by Joan Hirsh

Lakewood resident Dr. Sheila G. Bailey, Senior Research Physicist at NASA Glenn Research Center, is the featured speaker at the League of Women Voters' public meeting series titled, Women Who Know Their Place. Her talk, "Science and Petticoats," is set for Thursday, April 8, 2010, 7:00 pm to 9:00 pm, at Trinity Commons at Trinity Cathedral, 2230 Euclid Avenue, Cleveland. The public is invited to attend, with free parking for attendees behind the Cathedral off Prospect Avenue.

Dr. Bailey will talk in general about women in science, and more specifically, about women at NASA, especially Glenn Research Center. She will discuss Science and Engineering as careers for women. Bailey has a B.S. from Duke University in physics, a M.S. in physics from the University of North Carolina at Chapel Hill and a Ph.D. in solid state physics from the University of Manchester in England. She has authored or co-authored over 165

journals and conference publications, 9 book chapters, 8 patent disclosures and two patents. She is known as an active and ardent mentor, introducing women to physics.

Among Dr. Bailey's extensive achievements are the faculty excellence award from Baldwin Wallace College and the Federal Women's Program award. She is an Ohio Academy of Science "Exemplar." She was awarded the NASA Exceptional Service Medal for her work in space photovoltaics. Inducted into the Ohio Women's Hall of Fame in 2003, Dr. Bailey is the only female member of the IEEE Photovoltaic Specialist Conference Cherry Committee and the International World Conference Advisory Committee. She has been executive vice president of the Engineers and Scientists Pact of IFPTE Local 28 Lewis Engineers and Scientists Association for 20 years. Currently she is an associate faculty member of the International Space University.

Dr. Bailey's April 8th talk will conclude this season's series of Women Who Know Their Place. The League's First Thursdays speaker series has featured women who have achieved a high degree of success in their fields and also celebrates the 90th Anniversary of the League of Women Voters and the passage of the 19th Amendment to the Constitution, giving women the right to vote. Preceding Dr. Bailey in this speaker series were: Susan Goldberg, Editor of The Plain Dealer; Deborah Gribbon, Interim Director of the Cleveland Museum of Art; Secretary of State Jennifer Brunner and Barbara Anne Ferris, President of the International Women's Democracy Center.

For more information call the League office at 216 781-0555 or visit Program funding is provided by the League of Women Voters Cuyahoga Area Education Fund, Inc.

Tony Award-Winning Musical Buzzes Into The Beck Center

by Fran Storch

Beck Center for the Arts presents the Tony Award-winning hit musical, The 25th Annual Putnam County Spelling Bee, on the Mackey Main Stage, March 26 through April 25, 2010. Show times are 8 p.m. Fridays and Saturdays and 3 p.m. Sundays. There is no performance on Sunday, April 4.

Six adolescent outsiders learn that winning isn't everything and that losing doesn't necessarily make you a loser. Cheer on this quirky yet charming cast of characters for whom a spelling bee is the one place where they can stand out and fit in at the same time. Beck's production of Spelling Bee features Equity actress Robin Lee Gallo from the Broadway cast. Gallo performs as the multi-lingual, "all business" Marcy Park. She also worked behind the scenes as choreographer for the show.

Variety calls Spelling Bee "one of the funniest, sweetest and quirkiest small-scale musicals to come along in a long time." And the Boston Globe says it "has everything a rollicking musical should have: wit and grace, heart and soul, charm and a bit of a bite." Gather your friends and show off your O-R-T-H-O-G-R-A-P-H-I-C prowess! A few lucky audience members will be selected at each performance to join

the cast onstage to be a part of the show as a spelling bee contestant.

Tickets are \$28 for adults, \$25 for seniors (65 and older), \$17 for students (with valid ID), and \$10 for children (12 and under). An additional \$3 service fee per ticket is applied at the time of purchase. Preview night on Thursday, March 25, is \$10 with general admission seating. Group discounts are available for parties of 13 or more. For tickets, call the Beck Center box office at 216.521.2540, ext. 10, or request seats online at www.beckcenter.org. Beck Center is located at 17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Free onsite parking is available.

Beck Center's production of Spelling Bee is produced through special arrangement with Music Theatre International (MTI) and is sponsored by Fleishman Hillard, Oatey Co., West Roofing Systems, Cox Communications, the Ohio Arts Council, and Cuyahoga Arts and Culture. Beck Center for the Arts is a not-for-profit 501(c)3 organization that offers professional theater productions, arts education programming in dance, music, theater, visual arts, early childhood, and creative arts therapies for special needs students, and gallery exhibits featuring regional artists.

Lakewood Observer

Knitters Step Onto Olympic Podium

by Christina McCallum

Lori Thorrat of Lakewood took home the Gold medal on Sunday, February 28, as Lakewood's 2010 Knit Olympics concluded.

The 2010 Knit Olympics, Lakewood, began February 12. As viewers the world over watched the Olympic torch lighting in Vancouver, BC, twelve intrepid knitters from around northern Ohio began an epic journey of their own.

Their mission: cast on, or begin, a knitting project during the Vancouver Olympics Opening Ceremonies and finish within themselves the courage to finish before the Closing Ceremonies seventeen days later, February 28.

"It was so much fun! I haven't seen Iselin (DiMacchia) for months so it was great to see her in this setting," said Lakewood's Laura Abrahamsen.

The knitters ranged from age eight to "over 40." They presented a wide array of interests and skills, which was reflected in their projects. Scarves, shawls, toys, and sweaters were among the knitting challenges. The complexity of projects also varied. Basic garter

stitch as well as Fair Isle techniques and cablework made up the pieces, each a challenge to its creator.

Two Knit Olympic events were held at WYIF Arena in Lakewood. The first, held February 13, gave the athletes dedicated time to get out in front of the pack and make serious headway on their projects. Six participated. The knitters worked steadily, with coffee, tea and snacks available to sustain their caloric needs. TVs were also available to watch the other Olympic athletes in their pursuits.

Perhaps taking a cue from Vancouver Olympic athlete Shaun White, the remaining six knitters began their journeys in their own private knitting facilities. Speculation arose that this tactic would give them a greater edge on the competition.

Jill Milenski of Lakewood said, "It was really fun. It forced me to complete a lot of work in a short period of time." Kathleen Gill-Slee of Toledo agreed, "I work better with a deadline. Competition helps, too."

As the 17 days wore on, reports of dropped stitches, interrupted work days,

and even necessary Frogging trickled in. (For non-knitters: Frogging is what knitters do when errors are noticed in previously completed rows: they "rip it" out). These setbacks were no match for the athletes. . .

The proof was in the knitting on Sunday, February 28. Again converging on WYIF Arena, eight of the twelve knitters brought their Olympic efforts with them in the hopes of taking home the gold. A number of projects were not quite complete, but several committed knitters succeeded in making the final push to finish.

Three judges, representing France, Russia, and Germany, judged the event. The German judge kept everyone on task, in spite of the Russian judge's expressed willingness to accept bribes. The judges resurrected the old 6.0 scale formerly used in figure skating and evaluated the knitted items on technical and artistic merit. The judges tallied and averaged the scores to establish the winners.

The judging was not tainted as far as the Lakewood Knit Olympics Committee (LKOC) knows. In hindsight, the French judge said, "One of the hardest aspects of the judging was the technical merits vs. the finished projects. There were many Evan Lysaceks and Evgeni Plushenkos in the competition. Fortunately, all Olympians displayed true Olympic sportsmanship."

With mere tenths of a point separating the medalists, Jill Milenski (Lakewood) claimed the Bronze for her three projects: one pair of socks, and two "Amigurumi" toys—a "Nessie" monster and a jellyfish. Christina McCallum's (Lakewood) cap sleeve



The French, Russian and German judges pose after the medal ceremony.

sweater was not finished, but the complexity of the its cabled pattern earned her the Silver. And, as previously noted, Lori Thorrat (Lakewood) scored Gold with her completed two color, Fair Isle Christmas stocking.

The judges created an "honorable mention" fourth place prize for Kathleen Gill-Slee (Toledo), whose yellow, cabled hoodie vest missed Bronze by a fraction of a point. And they created a Junior Level recognition for Patrick McCallum, who made quite an effort with a scarf.

In addition to their medals and bragging rights, winners received ceramic "yarn bowls" made by Kathleen Gill-Slee. Gill-Slee throws pottery in a studio at her Toledo, Ohio home.

Bronze medalist Jill Milenski said she was, "Pleasantly surprised that there were judges. That made it so much more fun."

Now that the Lakewood podium is empty, and the Vancouver Olympic flame is on its way to Sochi, many eyes look with anticipation to 2014. Four years of training lie ahead; four years until the next Knit Olympics. You, too, could compete, stay tuned!

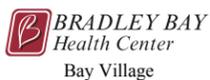


The Silver, Gold and Bronze medalists on the podium.



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"My apartment here is large and bright. I am happy living at Lakewood Senior Health Campus with good friends who, like me, enjoy being active. We have so many activities and outings to participate in that I have to do my laundry on Sunday. If you need assistance, the staff is kind and caring. I should have moved here sooner!"--Marian Siddall, 3-Year Resident

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Slow Food; Slow Burn

by Jeff Endress

There has been a good deal of discussion recently about our general state of fitness, with a particular emphasis on the fitness and diet of our children. As I mount my soapbox, let me first say I agree that there is a huge, nay, obese need to examine the manner of our food consumption. That would be Diet, with a capital "D", as in what we eat, as opposed to trying to lose weight. With that being said, I'm having a difficult time, as a professed foodie, understanding the measures advocated to resolve the issue.

I suppose the biggest of these is taxing high fructose corn-syrup additives, in drinks or other snack foods. Many object to the very idea, with the general objection being that the government should stay out of our pantries and refrigerators. PUHLEEZE! No one questions the taxes on beer, wine and spirits. Everyone is ready willing and able to slap a new tax on tobacco. How many states tax the bottles that beverages come in? It's pretty much a part of our cultural fabric. So, why not high fructose corn syrup? Hell, why not extend it to hydrogenated fats and zero nutrient, empty calorie snack foods? But, as surely as it will raise the same levels of income that the taxes on beer and tobacco raise, will it actually change the dietary behaviors that are causing the publicized problems? Doubtful.

We hear that our children are inside on their Xbox consoles, instead of playing outside (presumably on the basketball courts we no longer have). So why not tax the console and games? It would seem to be as logical as taxing the food products that are being consumed during the game play. Or perhaps digital sports channels, which, I am told, some people watch while sitting on their couches, munching potato based snacks. We could even throw a tax on recliners, with a special surtax on the really comfy ones with drink holders.

In an environment of school budgetary pressures and impending cuts, we hear talk about increased Phys. Ed. Activities. But why in the world do we need to require that students who are already earning athletic letters for their extracurricular participation in (sometimes) grueling physical activity also

go through a school mandated Phys. Ed. Requirement. They clearly don't need it, and absenting them from this unnecessary requirement would free them for other academic activities, but would also allow the school to eliminate unneeded staff. A couple hundred kids who no longer need to take Phys. Ed. would eliminate the need to provide that instruction. Probably save a good deal of money. Might also allow a smaller number of instructors to focus on the other students who really need to learn how to eat, to exercise, and to be generally healthy.

But, just for a moment, let's let our pudgy little toes touch the ground and breathe in the tobacco filled air of reality. The taxes won't change behavior. Look at the figures for alcohol consumption. Phys. Ed. classes haven't had the desired effect and even if there was funding available for appropriate increases, still probably wouldn't. Turning off the TVs most certainly would. So would changing our household dietary habits. But unfortunately, it's easier not to. Swinging by the Mickey Dee's and super sizing the family take a lot less effort than cooking dinner. Or so we think. There's a state of the art gourmet kitchen, complete with granite counters in which the extent of food preparation involves putting frozen preformed chicken nuggets in a stainless steel convection oven. It's much easier to let the kids veg out with the latest video than to go for a walk or play some catch.

So here's the reality check. The tax opponents scream, "IT IS OUR CHOICE WHAT WE EAT AND DRINK!!" You bet. It is our choice. So, the real question, and the real solution, is how do you educate people about changing those choices? How do you encourage them away from bad dietary decisions, and towards healthy diets? I wish I knew.

I wish I knew how I could convince you that the greens grown out in Lorain make more sense than a head of lettuce trucked in from California. Why the flavor and nutritional benefits from eating brown rice or whole grain

oatmeal and not instant packaged foods from the microwave is a better choice. Why you shop the perimeter of the supermarket and stay out of the interior. That freshly ground beef, hand formed into a thick patty, sizzling on the grill is preferable to some nuked, frozen grey piece of "bologna cow" (even without the special sauce). Some call the movement "slow food". It's the radical idea of eating what's grown and produced near you, fresh on your plate (hopefully) chemical and pesticide free, without the cost of storage and transportation. While I work towards looking for those products that fit into the genre, I really do appreciate the limits. I mean we live in Northern Ohio. Taken to its logical extreme, from October to May, I'd be

limited to root vegetables. While I like turnips and parsnips, I'm not prepared to go that far. But, I'll wait for a tomato from my garden that does not taste like cardboard, a peach from Catawba without the texture of plastic, or a strawberry still warm from the field. We can, I believe, come to a reasonable (and happy) medium.

I hear many different takes on "slow food", from the environmental concerns to the free range animal husbandry issues. I'm sure that each has its own valid points. But frankly, I'm really too selfish to base my decisions on those concerns. I live to eat. I love good food, good tastes and flavors. I opt to consume foods that reflect those concerns and define the essence of the pleasure of consumption. I choose not to eat a chemically enhanced piece of cardboard in favor of the tomato out of my garden. It's better because it tastes better and frankly, I think we're all entitled to settle for nothing less.

Neighborhood Housing Services Receives Grant From NeighborWorks America

continued from page 10

America and the NeighborWorks network have been able to:

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 - Invest in rebuilding efforts in hurricane-affected communities across the Gulf Coast; and
 - Mobilize hundreds of thousands of volunteers to revitalize communities.
- "We are grateful for the support from Congress and our other private, philanthropic and public funders who

make our work possible. Although no one organization or sector can resolve the foreclosure crisis and re-stabilize communities, NeighborWorks America and the NeighborWorks network are making a significant contribution to this effort because of the support from Congress and our partners," continued Wade. For more information about Neighborhood Housing Services of Greater Cleveland, please contact Lou Tisler, 216.458.4663 x12 or LTisler@nhsleveland.org.

For more information about NeighborWorks America, please contact Erin Angell Collins, 202-220-6317, ecolins@nw.org. Neighborhood Housing Services of Greater Cleveland (NHS GC) is an organization providing free, fair and unbiased information, programs and services to the residents of Greater Cleveland and the surrounding areas of northeast Ohio to assist residents in achieving, preserving and sustaining the American dream of homeownership. NHS GC is one of the first chartered NeighborWorks organizations working in nearly 4,400 communities nationwide. For more information call 216.458.HOME (4663) or visit our website at www.nhsleveland.org.

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Pulse Of The City

The Importance Of Renewal

by Gary Rice

Springtime has finally arrived, and the little sproutings of roses, daffodils and dandelions have commenced in our fair city. Our sidewalks, yards, and gutters have been freed from the incessant snowfalls that marked this past February's experience of living in Lakewood.

Adding to winter's weather conditions...in my own life, I've recently needed a new washer and dryer, as well as a new crown for a troublesome tooth. I lost my longtime family companion parrot Gilligan after about 27 years together, and then, the toilet mysteriously stopped up! As well, for many of us who are past the age of 50, those more frequent trips to the doctor are starting to elicit more frowns than smiles and lollipops.

To say that all these aspects might start to wear a person down would be an understatement.

A friend of mine in the undertaking business tells me that the winter holiday season, and those bleak months that follow, are often accompanied by a spike in depression-related deaths. Need I add that just when we think we're past those wintertime blues, tax time rears its head?

Wow.

Well, all of us face significant issues in our lives, and many people are faced with even more serious ones



every single day of their lives. We are so often amazed when we read stories about this person, or that one, who is able to bravely smile through the face of adversity. Perhaps we need to teach people that smiling through their adversities should be the norm, rather than the exception.

Many of those challenges are external to our lives. They are brought on, so often, by situations and circumstances beyond our control. In far too many

cases, however, we bring on our own maladies by poor choices and bad habits.

Springtime is traditionally a time for renewal. As the earth seeks to replenish and renew, it becomes vital that we do the same for ourselves. Our own personal renewals can be physical, spiritual, emotional, psychological... you name it, or perhaps best, a combination of all of the above, and more.

Intellectually, we certainly know that we need to re-charge our personal

batteries from time to time, but the wearing away process of life can easily cause us to lose sight of the fact that personal renewal must be one of the highest priorities in our lives. We owe it to our Creator, to our friends and family, and particularly to ourselves.

Perhaps communities, too, can be dragged down by the burdens and complexities of life. Like humans, perhaps communities also bring much of their own problems on by poor choices and bad habits. Perhaps communities need to renew as well.

A "community," of course, can be an entire nation, a local city like Lakewood, a church, a club, or even a group of neighbors.

The trouble is, negative thinking seems to feed upon itself. At some point, one has to deliberately break out of the cycle, and that's the neat thing about all of this. We can... and we must make that choice. Our attitude as to how we face up to life's challenges is very much in our own hands, I do believe.

Nature's springtime renewal takes place as naturally as the return of green grass. We, on the other hand, have that free choice as to whether or not to engage the process of renewal in our lives. That's real power, but it also entails significant and very real personal responsibility.

Choose to renew.

The pulse of our city will be made much stronger by your choice.

Lakewood Perspective

Everybody Counts

by Bret Callentine

I feel like I'm stalking Douglas Elmendorf. That's the name of the number one author on my reading list. But, he doesn't write mystery novels, cookbooks, or even comic books, and while I've never paid a dime for any of his publications, I log on almost every day in anticipation of his latest release. And no, despite being one of the most unassumingly influential people online, he's not really a blogger. Douglas Elmendorf is the current Director of the Congressional Budget Office.

If you haven't already, I highly recommend that you make www.cbo.gov a favorite on your web browser. Although the reports they present are packed with information and detail, the overall assessments they provide are surprisingly easy to follow and understand. After all, even though they're written BY geeks, they're written FOR congressmen, so everything is in plain English and very straightforward.

That said, and having read tons of financial assessments over the past couple of years, I do have one overall complaint. Most of the CBO's reports fail to really account for the economic effects on one critical sector: my wallet. While I am very concerned with the current pace of government spending and I appreciate knowing what a proposed bill's effect on the national debt will be, I think a lot of important people are missing the most important

point--we're paying for all this.

As the 2010 Census form is currently hitting mailboxes across the nation, our government keeps reminding us that everyone counts and should be counted. After all, the argument goes that this is the only way they know where the resources are needed and where the population stands. But if that is the case, why does Congress seem so focused on the laws they want and not the people they are supposed to serve?

In a report to Daniel Inouye (Chairman of the Senate Committee on Appropriations), Elmendorf and the CBO estimate that President Obama's current budget proposals would amount to a federal deficit of \$1.5 trillion in 2010 and \$1.3 trillion in 2011. So is that good or bad? While the amount is horrendous, isn't the fact that it's going down a good thing? Well, that's not the point. While 99% of the public discussion focuses on those questions, we're losing sight of the bigger issue. The deficit is the amount the government can't afford, but it's just the tip of the iceberg of what the American people have to pay.

While the deficit numbers get top billing, the real damage gets mentioned a couple of paragraphs further down in the report: "Under the President's budget, debt held by the public

would grow from \$7.5 trillion (53% of GDP) at the end of 2009 to \$20.3 trillion (90% of GDP) at the end of 2020." So now what's worse, being more over a smaller budget or less over a larger budget? To the average American, the term "deficit" isn't anywhere near as important as the term nobody seems to want to talk about: "revenues".

Go back and listen to some political speeches of late and you'll hear them mention "revenues". In the very report I mentioned above, the President's budget claims \$743 billion in additional revenues from the passage of new healthcare legislation. That's good right? Well, not exactly. If the government owned some timeshares on a tropical island, maybe. But last I heard, the United States government only really draws income from one primary source: YOU. Their "revenue" is your out of pocket expense through increases in taxes, whether to you directly or to the companies from which you purchase goods and services. Remember, the government can't give anyone anything they don't first take from someone else.

Now, while I do lean Libertarian on a lot of issues, I openly admit that we as citizens do need to pay taxes. After all, the government cannot assure the freedoms of "life, liberty

and the pursuit of happiness" without cold, hard cash. And I'm a firm believer of the premise, "you get what you pay for". But how about just a little bit of perspective?

When the city proposes a new tax levy to pay for schools or services, the language usually provides a guide suggesting just how much it will affect property taxes or sales taxes, or whatever source they target. It may not always be exact, but it gives every citizen the means by which they can figure out how much they, themselves will be paying. Each person can then make their own judgment call.

So here's what I want. From now on, I want the same kind of estimates for state and federal spending. Don't just tell me about the deficit, tell me what it's REALLY going to cost me. Break it down as a percentage increase to income tax if you have to, but don't go spending money on another "bridge to nowhere" without showing everyone paying the bill exactly what that bill will be.

When's the last time you gave a teenager your credit card without knowing where they were going and what they expected to spend? Are we all okay with giving Congress that same card and trusting they'll spend wisely? The Constitution makes them count us every ten years, but doesn't it also make them accountable to us every day in between?

Lakewood Cares

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Ministerial Musings: On Easter

by John Tamilio III

Remember Mel Gibson's 2004 movie *The Passion of the Christ*? The movie was controversial due to its graphic violence and the belief, in some quarters, that it was highly anti-Semitic. There are some, such as Dr. S. Mark Heim of Andover Newton Theological School, who challenged the theological concept of blood-atonement that lies at the center of the movie. I saw the film in the theatre when it was released, and felt that the anti-Semitism was a reflection of the complex anti-Semitic tenor that appears throughout the Gospels. Without getting too far into

it, it is clear that the Pharisees and the Sadducees are portrayed as "the bad guys" in the Gospel narrative. They are Jesus' foil. Are they representative of the entire Jewish community in first century Palestine or Jews in general? I do not think so. Remember, Jesus and his disciples were Jewish.

In any event, I was overcome by the violence that pervades the film. It borders on pornographic. By the time they reached the crucifixion scene, I was numb. It didn't matter what Gibson portrayed or how he portrayed it at that point. I had seen enough and my nerves had shut down.

What did trouble me more than anything else, though, was the resurrection scene, strangely enough. First of all, the movie is a little over two hours long and the filmmakers spent about two minutes on the resurrection. Second of all, whereas the film's cinematography is spectacular, the resurrection scene seemed shoddy to me. It was as if it was filmed quickly with some bad special effects and spliced onto the end of the movie to offer a glimmer of hope to shell-shocked audiences. It seemed to cheapen the whole thing. But then again, the film is entitled *The Passion of the Christ*, not *The Resurrection of the Christ*.

We also cheapen the resurrection of Christ in our theology and practice. I am thinking about two realities here.

The first is that many of the conversations we have about the empty tomb in contemporary theology have to do with whether or not the resurrection actually occurred as a historical event. Some argue that it did; others that it didn't. Still others, such as the twentieth century German theologian Rudolf Bultmann, claim that the resurrection is an event that occurred in the experience of the disciples. I believe it was Marcus Borg who said that he believes that everything in the Bible is true...and some of it really happened. In other words, there is a big difference between truth and fact. Something may or may not have occurred as an actual historical event, but the meaning behind it—or the myth surrounding it—is more important than historical accuracy.

Personally, I believe in the bodily resurrection of Jesus of Nazareth, but even if it did not occur, it is filled with much truth. What does the resurrection say about God? What does it say about us? What does it say about this



life and the life that is to come? Ask yourself these questions, instead of arguing over the historical accuracy of Easter.

And speaking of Easter, that brings us to my second point. Do you know why Lent is only forty days long, even though it covers a forty-six day period? The six Sundays in Lent do not really count as part of Lent. Some think of it as a respite: six oases amid our introspective wilderness trek. Maybe, but there is more of a theological reason for this. Sunday is always the day that we celebrate the resurrection, therefore, every Sunday is sort of a mini-Easter. We stand before the Risen Christ each Sabbath. That is why the Protestant cross is an empty cross, as opposed to the Catholic crucifix: it is the Easter cross.

So what is my point? It is simply that we do not have to get dressed up and come to church at the end of Holy Week to experience the Risen Christ in our midst. We find him there on the first morning of each week as well.

Maybe this edition of my Ministerial Musings is more of a Ministerial Rambling, but there is a point to all of this: the resurrection is much bigger than our understanding or experience of it. Regardless of what actually happened in Jerusalem around 30 CE, and whether or not we feel as if we experience those events more fully on one Sunday in the spring, the empty tomb forms, informs, and transforms who we are (and whose we are) as a Christian community. Death does not have the final word. Sin cannot separate us from God, even though it attempts to temporarily. Salvation, however you define it, does not culminate in the cross. It is ultimately about the new life that comes after it. That new life is available for you and for me. It shoots from tired soil like new spring blooms. Embrace that life, my friends, because it is poured out for all people, and it is good.

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Home And Garden

CSA Shares Still Available Through Covered Bridge Gardens

by Mick Prochko

With winter weather temporarily abating, spring planting and fall harvest may not be too far from everyone's minds. And now is the best time to be

planning for fresh produce.

For those who don't have the patience, time, or space to grow their own vegetables, a viable solution can be found at Covered Bridge Gardens and Peters

Creek Farm. The Ashtabula County-based farms have been delivering fresh, wholesome, locally grown vegetables to each week's LEAF Night at the Lakewood Public library since 2007. LEAF Night is a weekly community event hosted by the Lakewood Earth and Food Community and Lakewood Public Library where residents have the opportunity to access fresh, locally produced foods while experiencing local arts and culture.

The Covered Bridge Gardens / Peters Creek Farm Community Supported Agriculture program allows people to enjoy gourmet vegetables along with everyday garden varieties selected by their very own personal farmer. By subscribing for the 16-week growing season that runs from mid-June to early October, singles, couples, and families alike can experience the old-time favorite tastes of produce ranging from the typical green pepper to the juiciest of vine ripened tomatoes.

Early in the season, around week four, a customer's package may include broccoli, sweet corn, green beans, and white turnips. By week seven, the customer can begin to enjoy yellow beans, green tomatoes, summer squash, beets and even garlic. At week twelve, there would be purple cauliflower, corn, zucchini, watermelon, and cucumbers.

Subscriptions in the CSA program are available in three different size options, with corresponding price points. A family of four can purchase a subscription for \$516, while the cost for a couple / single's pack is \$330, and finally the holiday pack option offers a one-time delivery in November for \$50.

The holiday pack may include, for example, winter squash, root crops and the last fresh vegetables of the season,

Earth Hour March 27

by Melissa Garrett

The City of Lakewood will again participate in Earth Hour on Saturday, March 27, 2010 from 8:30 PM to 9:30 PM. Earth Hour is a global event that encourages individuals and businesses to show their support for reducing global warming by turning out lights and unplugging unneeded appliances for an hour. Lakewood residents and businesses are encouraged to turn off their lights from 8:30 PM to 9:30 PM on Saturday.

In 2009, more than 300 cities across

the globe joined the Earth Hour movement and Lakewood was the first city in Ohio to sign up. This year, Ohio is an official Earth Hour state and will turn off the lights at the governor's residence.

Earth Hour began in Sydney in 2007, when 2.2 million homes and businesses switched off their lights for one hour. In 2008 the message had grown into a global sustainability movement, with 50 million people switching off their lights. Global landmarks such as the Golden Gate Bridge in San Francisco.

Great Words, In Print

by Chris Weaver

Do you have a book in you? Have you already written a novel and wonder about the next step in getting it published? Join author-publishers Rob Smith and Larry Smith in the Lakewood Public Library Main Auditorium on Wednesday, March 31 at 7:00 p.m. for the Library's first double-header Meet the Author program. Both these men of words will read from their novels and will discuss the art and process of writing and the business of publishing.

Rob Smith has written and published numerous works, most recently McGowan's Call, a novel set in Dayton and the Lake Erie Islands which explores the consequences of the 2008 economic crash. Rob Smith's publishing company, Drinian Press, is "open to submissions from authors who appreciate compelling stories, and are willing to participate in a community of writers who feel the same way." In 2006, he received the Robert Frost Poetry Award for his poem "Catbird," and serves as part time faculty at Wright State University in Dayton and Firelands College in Huron.

Larry Smith's Bottom Dog Press has published over 130 titles and strives to support the art of writing in the Midwest. Its staff members "believe in a sense of place and person, in writing that reveals through its directness an essential human story." Larry Smith has written nine books of poetry, four books of fiction (including The Long River Home), and literary biographies on poets Lawrence Ferlinghetti and Kenneth Patchen. He is Professor Emeritus of English and Humanities at Firelands College and is a requested speaker on creative writing, the American Transcendental writers, Zen Buddhist writings, and working-class literature.

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Residential & Commercial

Home And Garden

Dan Morgan: He's Come A Long Way To Be Green

by Lilly Murphy

Dan Morgan was born in Lakewood in 1958 and is quick to admit that he hasn't always focused on sustainability. In fact, he tells about his childhood and the blatant disregard he had for environment: tossing pop bottles and cans out of their boat, while navigating the sludge; throwing toys and bikes over the cliff into the lake behind their Edgewater Dr. home; and watching the garbage trucks dump at Lakewood Park.

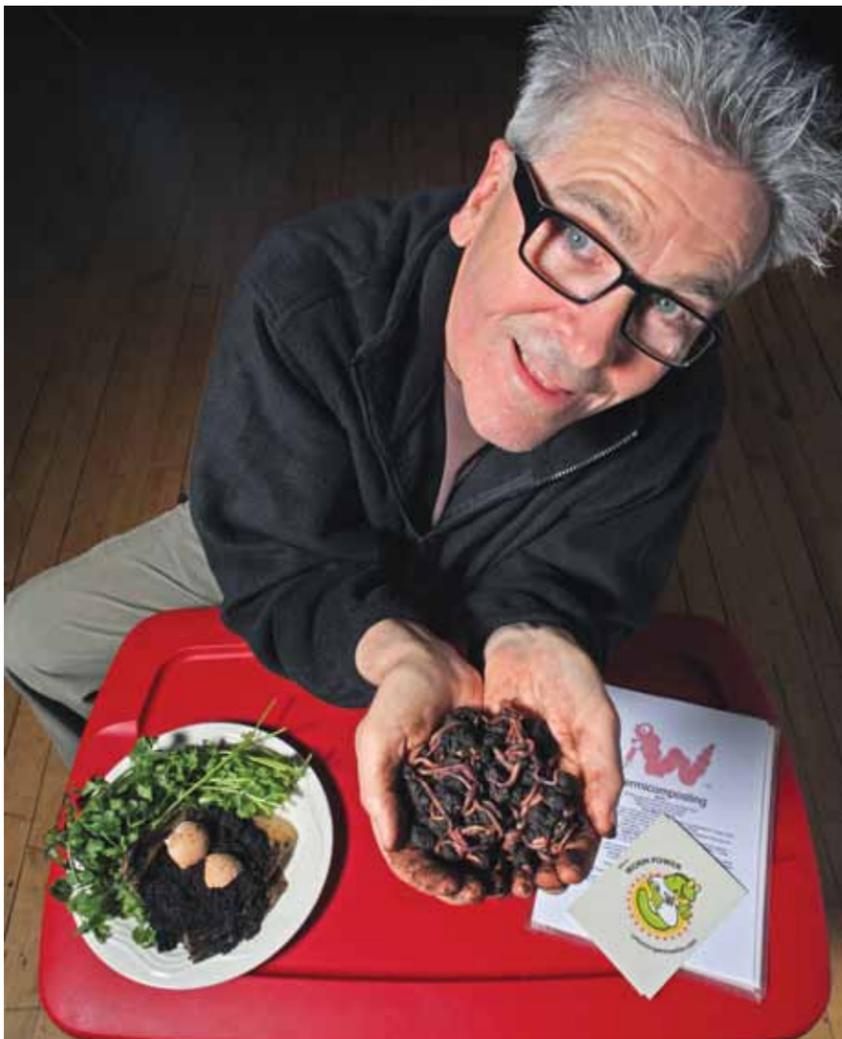
Let's fast forward: Dan graduates from LHS and University of Dayton and moves to the Big Apple to begin a career in photography--nary a care to his wasteful ways. Dan's mindset began to change after vacationing in Wales in 2003, where grass-fed farm animals, better public transportation and public trail systems throughout farmland were the norm. Ten years of city living pass before he began dreaming of moving from NYC back to Ohio, and buying property in the country--Ala "Green Acres."

Dan and his wife Annette purchased an Amish farm in Ashland, across from an Amish family who taught them a great deal about sustainable living. And in 2007, Dan and Annette returned to Dan's roots in

Lakewood with a new environmental consciousness. They reside in the Carlyle, and have furnished their place with furnishings from Lakewood estate and garage sales. They recycle, vermicompost, and eat and shop local. Dan is active in E4S, Local Food Cleveland, Zero Waste Cleveland, Slow Food Northern Ohio and more. He recently hosted a screening of the film "Fresh, The Movie" at the Carlyle. He markets SweetLand Soils, 100% organic products, including SweetPeet, made from manure from local farms. Dan was instrumental in getting a donation of 40 cubic yards of SweetPeet for Lakewood Christian Service Centers' community garden in Madison Park. He believes there is a strong connection between organics, nutrition, health-care and the economy.

What about the farm in Ashland? The Morgans rent it out to "city folk" for "haycations", complete with Nubian and Alpine goats, tended by their Amish friends.

For more information about the Morgans' farm and eco-friendly products, you can check them out at the following websites: MorganFarmStay.com, UrbanOrganicsOhio.com and AboutDanMorgan.com.



Dan showing off his vermicomposting worms.

Green Biz Spotlight: Going Green Is For The Dogs!

by Mary Evans

After having been a dog trainer for nearly a decade, and having had much discussion around dogs' nutritional needs with her clients, Kathleene (Kat) Berger decided to open a pet supply store that offered the good, wholesome products she was so often recommending to those clients.

Kat works hard to be green in her personal life by shopping locally, eating locally and/or organically grown food, and choosing vacations that combine travel with volunteer efforts. In the store, she is careful to recycle paper and cardboard packaging, reuse paper products and packaging, and watch energy consumption.

One thing that really stands out for this business, however, is the stringent "test" that Kat puts her

suppliers through. Among other things, suppliers must offer products that are made with natural, pesticide-free ingredients and/or earth-friendly materials, and must be concerned about their employees, their communities, and most importantly the well being of pets. Additionally, and in keeping with her overall holistic philosophy, Kat also looks at how her suppliers source their ingredients, and package and deliver their products. She also offers a recycling program within the store whereby customers can bring in used supplies that are still in good condition and receive store credit. The used goods are then re-sold in the "used" section of the store.

The store is as much about edu-

cating consumers as it is about selling products. Kat is thrilled to be able to help people and their pets along on their journey toward a greener, healthier lifestyle. Says Kat, "I believe we need to accept everyone at the level they are at...we are all 'in process'. We need to give people credit for at least moving forward."

So far, Kat has done well to stick by her high standards. The store has prospered even in this down economy. The Furry Nation is a classic example of the ability to achieve success by focusing on the "triple bottom line" (people, planet, profit). And that is nothing to bark at.

The Furry Nation is located at 15800 Detroit Ave in Lakewood, and is open every day from 11 am - 7 pm.

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The Back Page



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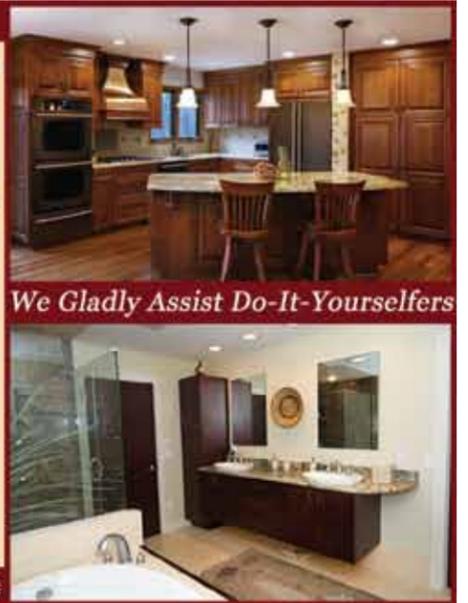
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