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# THE LAKEWOOD OBSERVER

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Volume 6, Issue 7, April 6, 2010

## City Proposal Would Give Reward Money For Tips On Catching Taggers

by Allison Wood

Along with being expensive to clean up for businesses, graffiti on visible surfaces can lead to damaging a city's

reputation as a safe and pleasant place to live. As a way to encourage citizen reporting on graffiti taggers, Lakewood city officials are proposing creating

a \$5,000 reward fund to help police efforts on tracking and arresting alleged offenders.

The proposal is being brought to City Council by Ward 2 City Councilman, Tom Bullock, who worked with city Building Inspector Jeffrey Ashby on its creation. If passed, the program would last for one year as a pilot program, Bullock said in a memo to council members in March. "These efforts have met with significant success, but more must be done, since the crime of graffiti is especially damaging because it frequently places the burden

## Shopper Shuttle Is Up And Running



Monica Hunter and Councilwoman Nickie Antonio

by Nickie Antonio

On Friday March 26, the long awaited Shopper Shuttle pulled into the Lakewood Giant Eagle Parking lot to transport local residents around town. Monica Hunter, a Lakewood resident who had just completed her shopping, chatted with me for a moment.

"Thanks to you and Mayor FitzGerald for working to make this happen" said Ms. Hunter. "I like the fact that I can make a few more stops today at some of my favorite stores in Lakewood on my own schedule."

The Shopper Shuttle is a win for the people who need and depend on public transportation and a win for local businesses as well. The Shuttle will operate every Friday from 12 noon to 6:00pm for a one-way fare of \$2.25 (with all other RTA fare media accepted). Local residents can complete their shopping errands in the comfort of a RTA Paratransit Vehicle, identified by the "Shopper Shuttle" running across the top (all shoppers are welcome to board this vehicle).

While our community continues to feel the loss of the RTA Circulator, the Shopper Shuttle was worth the advocacy and work

to carve out an option for those who can now independently travel throughout Lakewood, as well as a stop at the Target on 117th Street. This service is a partnership between the Cities of Cleveland and Lakewood and RTA.

I will continue to work and advocate for public transportation funding and support on the local and state levels. Ohio currently only spends 1% of our budget on public transportation and that certainly needs to change, especially in a community such as ours which is walkable and was originally designed for public transportation as the primary mode to navigate the area. But for now we have a model of partnership that we can build upon for the future as we work together to keep our community moving forward.

Schedules can be viewed at [www.rideRTA.com](http://www.rideRTA.com) or information is available at the RTA answer line 216-621-9500.

Nickie J. Antonio serves as Lakewood's at-large councilmember since 2006.

She is also a candidate for State Representative for the Ohio House District 13. Contact her at [www.nickieantonio.com](http://www.nickieantonio.com) or 216-221-4421.

**PLEASE RETURN YOUR CENSUS FORM**

**If You Are Having Problems**

**Contact the Census Bureau at (216) 820-4080**

**LAKEWOOD NEEDS YOUR CENSUS RETURNED!**

**LAKEWOOD'S FUTURE**

**DEPENDS ON YOU BEING COUNTED!**

*This space was originally a photo of some tagging to illustrate the story. But the Lakewood Observer will not publish in print or online tagging or graffiti that was placed illegally. Better use of this space is to remind you to GET YOUR CENSUS IN NOW!*

and expense of remediation on the victims, rather than the perpetrators, of the crime." stated Bullock.

The Building Department is responsible for photographing graffiti damage and sending out enforcement

letters to businesses who have not cleaned up graffiti in a timely matter. Businesses who do not clean up graffiti damage within a period of several days are sent letters by the city's Building Department to

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## Ambulance Chase....Don't Miss it!

by Kris Griesmar

Dust off your shoes and step into Spring at the 9th Annual Lakewood Hospital Ambulance Chase! Presented by Donald Martens & Sons Ambulance Services, the event is scheduled for Sunday, May 2, 2010, at Lakewood Park. Registration begins at 7:30 a.m. and festivities kickoff at 8:30. For more information about the Ambulance Chase or Lakewood Hospital Foundation, call 216-529-7009 or [lakewoodhospital.org/foundation](http://lakewoodhospital.org/foundation). To register on-line visit [hermesccleveland.com](http://hermesccleveland.com).

All preregistered participants will receive a commemorative sports t-shirt, goody bag and post-race refreshments. Shirts will be available for those registering the day of the race based on availability.

Various sponsorship opportunities are available; this is a great way to promote business throughout the community and to more than 800 participants all while supporting efforts to promote health and wellness.

Since its inception in 2002, the Ambulance Chase has raised more than \$250,000 for Lakewood Hospital. Funds raised are distributed through a grant process to benefit a variety of programs and services provided by the Hospital. Awards are carefully selected



Jane and Jack Jusko with mom Jeanine Gergel

to ensure the program/service funded will enhance the quality of healthcare provided and also fulfill the Hospital's vision of being the best place to receive care.

"The Ambulance Chase is a wonderful community event,"

says Joe Gibbons, the event co-chair. "All proceeds benefit very worthy programs at Lakewood Hospital and the Race not only provides terrific exposure for the good work of the Lakewood

**continued on page 7**

## Lakewood Catholic Academy To Mark Fifth Year With Gala Birthday Celebration

by Paul Nickels

Lakewood Catholic Academy will celebrate its fifth anniversary with a gala fundraiser, "A Wish Come True – A Celebration of Lakewood Catholic Academy" at 7 p.m. on Saturday, April 24, 2010. The party, which will raise funds to support the school's innovative curriculum, dedicated faculty, and beautiful campus, will take place at the school, located at 14808 Lake Avenue

in Lakewood. Tickets are \$100 per person and include cocktails, hors d'oeuvres, and a seated dinner, as well as a wine pull and birthday "games."

As part of the festivities, Lakewood Catholic Academy will recognize Joseph P. Gibbons with the inaugural "Insignis Award," the school's highest service honor. Gibbons, a founding member of school's LCA Board of Directors

**continued on page 4**



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](http://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!*

Wednesday, April 7

Clifton Boulevard Enhancement Project Public Meeting

7:00 PM - 9:00 PM, Emerson Elementary School, 13439 Clifton Blvd.  
In 2009, RTA applied for and received federal stimulus funds to design the Clifton Boulevard Enhancement Program with the cities of Lakewood and Cleveland. Over the coming months, residents will be invited to help planners, designers and engineers to gather input on details big and small. See story on Page 4.

Thursday, April 8

Malachi House Associate Board Seeks New Members

5:30 PM - 7:30 PM, Harry Buffalo Lakewood, 18605 Detroit Ave.,  
The Malachi House Associate Board is hosting an informational Social Hour for those who are interested in learning more about actively supporting the Malachi House mission. The Associate Board is an organization of young professionals providing membership with philanthropic, leadership, educational, and service programs benefitting Malachi House and the community.

Lakewood’s Dr. Sheila G. Bailey, Award-winning NASA Physicist, Speaks at LWV Event

7:00 PM - 9:00 PM, Trinity Commons at Trinity Cathedral, 2230 Euclid Ave. Cleveland. You are invited to hear Dr. Sheila G. Bailey, Senior Research Physicist at NASA Glenn Research Center, on Thursday, April 8, 2010, 7:00 pm to 9:00 pm, at Trinity Commons at Trinity Cathedral, 2230 Euclid Avenue, Cleveland. The event is free to the public with free parking for attendees behind the Cathedral off Prospect Ave. Titled, “Science and Petticoats,” her talk will cover women in science and women at NASA, especially at Glenn Research Center. She also will discuss Science and Engineering as careers for women. Dr. Bailey is known as an active and ardent mentor, introducing women to physics. This event is part of the League of Women Voters Cuyahoga Area’s speaker series called “Women Who Know Their Place.”

Friday, April 9

The 25th Annual Putnam County Spelling Bee

Beck Center for the Arts, Mackey Main Stage, 17801 Detroit Ave.  
Runs until April 25. For more info: (216) 521-2540 x10 or visit [www.beckcenter.org](http://www.beckcenter.org).

Drumming Circle

6:30 PM - 8:30 PM, Liberation United Church of Christ, 13714 Madison Avenue  
Group drumming is a unique experience designed to help people more fully realize how each of their voices contributes to the whole. Each participant will select a percussion instrument and communicate through rhythm with the help of trained facilitator Ed Boas. This rhythm-based experience is also designed to reduce stress, strengthen relationship and celebrate diversity. Cost is \$10:00, which includes soup & sandwich before drumming begins. Pre-registration requested. Go to website [www.liberationucc.org](http://www.liberationucc.org) and click on Enrichment Center.

Saturday, April 10

Russell Chiropractic 4-Wk Nutrition Boot Camp, Free Health Seminar

10:00 AM - 12:00 PM , Russell Chiropractic, 18624 Detroit Ave., [www.russellchiro.net](http://www.russellchiro.net), 216.221.1788. See inside ad for more details.

Sunday, April 11

Calvary Community School Open House

2:00 PM - 4:00 PM, 16305 Hilliard Road  
Calvary Community School, a private multi-age elementary school serving children in pre-k thru grade 3, is hosting an open house on Sunday, April 11, and again on Sunday, April 25th, from 2pm-4pm. For further information, call us at (216)221-4324.

Monday, April 12

Income Tax Preparation Clinic

12:00 - 3:30 PM, also on Tuesday April 13, Lawther Center, 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.

Thursday, April 15

LEAF Third Thursday: Rain Gardens

6:00 PM - 8:00 PM, Meeting Room of the Madison Branch of the Lakewood Public Library (13229 Madison Ave). Lakewood Earth & Food Community’s Third Thursday Speaker Series continues with a discussion of Rain Gardens presented by the Cuyahoga County Board of Health. See Page 10 for more details.

March to the Mailbox Day. Have you been counted on a household census form and has it been mailed yet?

For convenient locations where to pick up an extra form or assistance in filling out the form call 820-4080. Also, see Page 15 for more details.

Saturday, April 17

Healthy Kids Day

10:00 AM - 12:00 PM, Lakewood Family YMCA, 16915 Detroit Ave.  
Event is free to the Public! This event offers free demos of “healthy” classes offered at the YMCA for kids to participate in. It also is a venue for area guests to handout info and safety tips. The Police and Fire dept., the Coast Guard and a variety of guests from the community will be in attendance. Guests should register, again there is no cost.

Sunday, April 18

EarthFest 2010

10:00 AM - 5:00 PM, Cleveland Metroparks Zoo, 3900 Wildlife Way, Cleveland.  
EarthFest is Ohio’s largest environmental education festival, and will feature over 160 exhibitors working to create sustainable environmental solutions in areas such as clean transportation, alternative energy, green home improvement, and local and organic foods. Other exhibit and activity areas will feature groups working in the ecological non-profit sector, environmental science, and children’s education. Sign up for “Walk or Bike for the Earth” and embark on a five-mile nature hike through the Brookside Reservation looping back to the zoo. Along the way, you will learn about the zoo’s composting and recycling projects, nature preservation, water testing, and more. Registration for “Walk or Bike for the Earth” takes place the morning of April 18th at 7am at the zoo entrance, prior to the opening of EarthFest 2010. \$10 Adults, \$6 Children. For more information or if interested in volunteering, please call 216.281.6468 or visit [www.earthdaycoalition.org](http://www.earthdaycoalition.org).

The Weeks Annual Memorial Concert 2010: The Rutter Requiem

10:30 AM - 11:30 PM, Lakewood Presbyterian Church, 14502 Detroit Ave.  
Enjoy this free performance of the ever-popular Requiem by British composer John Rutter: with soprano soloist Holly Walker; the Lakewood Presbyterian Chancel Choir and singers from the Good Company vocal ensemble; organist Margaret Limkemann; and instrumentalists including woodwinds, cello, harp and timpani. Conducted by Karen Weaver, the performance, free and open to all.

Monday, April 19

City Council Meeting

7:30 PM, Lakewood City Hall Auditorium, 12650 Detroit Ave.

Lakewood Schools Board of Education Meeting

7 PM, Emerson Elementary School Cafetorium, Clifton Blvd.

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

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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 11	Tuesday, April 20
Sunday, April 25	Tuesday, May 4

**[www.lakewoodobserver.com](http://www.lakewoodobserver.com) – 216.712.7070**  
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Join the Discussion at: [www.lakewoodobserver.com](http://www.lakewoodobserver.com)



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Neurology is just one of many specialties in which Lakewood Hospital is investing heavily, to provide you with a level of expertise and technology like never before. Visit us online to learn more about our visionary leadership in neurology, orthopaedics, rehabilitation, diabetes care and senior care.

 **Lakewood Hospital**  
a Cleveland Clinic hospital

**For an appointment, please call 216.529.7110.**  
[lakewoodhospital.org/neuro](http://lakewoodhospital.org/neuro)

\*Ranked by U.S. News & World Report, 2009.



Lakewood City News

# Bullock Pushes For Tougher Donation Limits And Disclosure Rules On Candidates

by Molly Jacob

Lakewood City Councilman Tom Bullock recently introduced a pair of ordinances to toughen campaign donation limits and increase disclosure requirements on candidates for municipal office in the City of Lakewood. Bullock said tougher ethics requirements on public officials are called for in light of the recent investigation and prosecution of alleged and actual misdeeds by public officials, employees, and contractors of Cuyahoga County and a number of its localities.

## April 7 Meeting On Clifton Blvd. Project

by Jerry Masek

*Media Relations Manager of RTA*

RTA will host a meeting on April 7 to begin a public involvement process about the upcoming transit project on Clifton Boulevard. The meeting will be held from 7-9 p.m. on Wednesday, April 7 at the Emerson Elementary School, 13439 Clifton Blvd., Lakewood.

Working with RTA, Congressman Dennis Kucinich (D-10) has requested a FY2011 appropriations earmark of \$5.0 million for the construction of the Clifton Boulevard Transit Enhancement Project in the cities of Cleveland and Lakewood.

The project covers a little more than four miles of Clifton Boulevard, from the end of the West Shoreway to the Lakewood/Rocky River border. The goal is to make Clifton Boulevard more pedestrian friendly and visually pleasant with a landscaped medium, 30 upgraded curbside stations and dedicated bus lanes during rush hours.

The attractive curbside stations will fit into the neighborhoods, RTA says. They will, “Be designed to reflect the architectural characteristics of their neighborhoods in concert with residents and stakeholders. The stations will reflect current practices in urban design, sustainability and incorporate appropriate green technology.”

RTA says the design will be developed during meetings with planners, residents, stakeholders and community leaders.

The project will also include a transit-priority-based traffic signal system that uses current RTA activation technology, a 3M GPS-based system.

Clifton has always been a popular transit corridor. About 90 percent of residents in Lakewood live within a 10-minute walk to a bus stop. Over the past few years, bus routes on Clifton Boulevard have supplied about 600,000 rides annually.

Total construction cost of the project will depend on enhancements included in the final design.

“The public trust has been broken by too many county and local officials across Cuyahoga County, and the public is rightly outraged,” said Bullock. “Lakewood can help turn this around if we lead by example and adopt the

highest ethical standards and the greatest transparency in our campaign rules. These two ordinances are important first steps.”

Specifically, Bullock proposed an ordinance to increase transpar-

## Join Keep Lakewood Beautiful For The Great American Cleanup

*Dear Citizens of Lakewood:*

With spring rapidly approaching, Keep Lakewood Beautiful needs your help to Keep America beautiful in Lakewood. You, or a group to which you belong, can take part in the nation’s largest organized annual cleanup, beautification and community improvement program---Keep America Beautiful’s Great American Cleanup™.

Last year, over 2.3 million volunteers in over 15,000 communities volunteered to pick up millions of tons of litter, renew hundreds of parks, plant thousands of community gardens, beautify thousands of miles of community roadways, and clean up rivers, lakes and seashores... and more! This year, Keep Lakewood Beautiful will be participating in the Great American Cleanup™ and we are seeking volunteers, residents and Lakewood organizations to join us. Our city’s annual Great American Cleanup™ program will be Saturday, April 24 from 9:00 – 12:00.

There are several ways you can help. Call Keep Lakewood Beautiful and select a neighborhood, school or any other site to clean up, beautify or improve. You can also join one of the clean- up, beautification or community improvement events that have already been organized. All registered groups will receive complimentary Trash Bags for litter cleanups. Other event “tools” may be available at no charge as well. For more information or to register, call 529 – 6602, or email Holly.Lauch@lakewoodoh.net.

This has been a successful community event in Lakewood for many years. We are thrilled that Lakewood continues to support this event . So, organize your neighbors, church groups, school kids for this vital community effort and show your pride and help us Cleanup Lakewood on April 24th. Keep Lakewood Beautiful looks forward to working with you and will be in touch after you contact us and leave a message with your interest in the Great American Cleanup and joining this vital community effort.

Melissa Meehan  
Chairperson of KLB’s  
Great American Cleanup in Lakewood

## Reward Money For Tips On Catching Taggers

**continued from page 1**

paint over it.

“It’s annoying and it’s costly,” Bullock said, who has heard some businesses have had problems cleaning up graffiti because they are either not local or do not have the money to clean up after being hit several times. He compares the effect of graffiti in a neighborhood to one where there are several visibly vacant homes because both can encourage criminal incidents. “People who do it (tagging) don’t know

the damage to the city, you don’t mess the bed you sleep in,” Bullock said. The proposal must go through council committee before being approved as a resolution in a regular City Council meeting, he said.

It will be considered an emergency resolution, so members have the option of starting the program immediately after passage. Along with the creation of a reward fund, Bullock said he would like to see some outreach to businesses about the best way to clean up graffiti

ency and public access to information about political campaign donations and expenditures by requiring candidates for municipal office in the City of Lakewood to electronically file reports on their campaign donations and expenditures with the Law Director. The ordinance would also require this information to be made publicly available in a searchable database. Bullock noted that currently, searchable databases of campaign donations are only available for state candidates.

Bullock proposed a second ordinance to increase protections against improper compensation of Lakewood public officials in the form of campaign donations by city employees and their family members. It would also prohibit improper solicitation of campaign donations from Lakewood employees and their families by candidates for, or holding, municipal office in the city of Lakewood.

“These ordinances say ‘no’ to ‘Pay to Play’ and ‘no’ to keeping the public in the dark,” said Bullock. “As citizens, we all can agree that tougher campaign limits and more transparency in reporting help combat impropriety and the appearance of impropriety. Lakewood should lead the way in cracking down on the corruption problems we’ve seen.”

Bullock also called for a broader campaign finance law to limit the amount that any single donor may contribute to Lakewood municipal candidates in a given election and calendar year. Due to the complexity of designing an ordinance that would accomplish these goals in the public interest and at the same time withstand court scrutiny, Bullock requested that the Law Department research the legal authority by which Lakewood might address these issues.

## Lakewood Catholic Academy To Mark Fifth Year With Gala Birthday Celebration

**continued from page 1**

tors, recently concluded his term as the Board’s Chairman. Gibbons has served the City of Lakewood as a councilman and member of many civic organizations. Currently, he is a member of the Lakewood Hospital Foundation Board of Trustees and continues to serve on the LCA Board. Gibbons and his wife Peggy are residents of Lakewood.

“Five years ago members of our founding parishes came together and united the schools from St. Clement, St. James and St. Luke into one school community,” said Maureen Arbeznic, Principal of Lakewood Catholic Academy, “Now is the time to celebrate all that the Lakewood Catholic Academy students, parents and community have achieved over the past five years, as well as look for-

ward to a bright future as a vibrant and thriving regional Catholic school.”

Visit [www.lakewoodcatholicacademy.com/fifthbirthday](http://www.lakewoodcatholicacademy.com/fifthbirthday) to purchase tickets or for more information about the gala celebration, or contact Director of Advancement Mary Ann Campbell at 216.521.0559 or by email at [macampbell@lakewoodcatholicacademy.com](mailto:macampbell@lakewoodcatholicacademy.com).



# Lakewood Public Library

## Children’s And Youth Services: From Cradle To College Part 1: The Pre-School Years (Birth To Pre-School)

by Michele Sommerfelt

The Lakewood Public Library’s Children’s and Youth Services Department (C&YS) is much more than just a children’s book area: our department provides a wide range of programs, services, and materials for patrons ranging from birth to college-age. Over the next several editions of The Lakewood Observer, we’ll explore the many exciting services C&YS provide at the library, all of which are provided free of charge.

Each season, we host a variety of

traditional registered story times for audiences ranging from babies to school-age children where even the youngest participants can enjoy books, songs, fingerplays, and movements. Whether it’s age-specific story times such as “Just Baby ‘N Me” and “Shake, Rattle and Roll” or whole family programs such as “Pajama Party,” all of our story times reinforce early literacy skills that are important to developing readers.

If a drop-in story time is more your style, then stop by the library on the weekends. Offered multiple times

throughout the weekend at the Main Library and on Fridays at 10:30 a.m. at the Madison Branch, our “Family Weekend Wonders” program is geared toward families with young children and includes stories, music, and a craft. Additionally, in March 2010 we began offering “Weekends with Wee Ones” at the Madison Branch on Saturdays and Sundays. Designed for families with children under two years old, parents and caregivers can spend time with their little ones sharing nursery rhymes, reading books, and singing

along to familiar childhood songs.

Not only does C&YS offer programs such as these within the library, but we can bring the story time experience to your childcare center or classroom as well. Presented by knowledgeable and enthusiastic staff, our “Storytime to Go” outreach programs are developed with little ones in mind and include age-appropriate books, songs, and movements to share with toddlers and preschoolers. Simply call us to schedule a day and time that’s convenient for you.

Another classroom service that C&YS offers to teachers, preschool teachers, and daycare providers is our Teacher Loan Courier (TLC) program. Teachers choose the subjects, themes, or titles, and the dedicated C&YS’ staff selects the materials based on the class’s age, reading level, and other factors. Teachers may then elect to pick up the materials at the Main Library or have the materials conveniently delivered to the Lakewood school, preschool, or daycare at which they’re employed. If a teacher lives in Lakewood but teaches in another community, in-library pick-up or delivery to the teacher’s Lakewood home address are options as well. If you’re a teacher and you haven’t done so already, make sure you take advantage of this fantastic service.

One of the most popular attractions in our department is the Librainium, an interactive play area filled with hands-on activities designed to help young children learn through play. It is a place for families with young children to gather, read, and play with other young families while experiencing a rich, literacy-based environment. If you haven’t visited the Librainium, you will be amazed by the array of creative and educational activities that young children can enjoy, including a puppet theater, a whirligig letter factory, and a fish and feather height chart. Stop by and see for yourself how incredible the Librainium is!

Yet another in-library treat is our Computer Connections Room’s Kid Kiosks, special computers with pre-loaded educational games for children age three to six to play. The kiosks also include Tumblebooks, an interactive website that brings books to life for young children; it’s a great way for emerging readers to experience the joy of books electronically. As an added convenience, Tumblebooks can also be accessed from home by logging on to the Lakewood Public Library’s website with your library card.

These are just a few of the outstanding programs and services we offer every day in the Children’s and Youth Services Department. More information on these and the rest of our programs can be found on the department’s web page at [www.lkwdpl.org/youth](http://www.lkwdpl.org/youth), in our bi-annual mailer, or by contacting the library’s friendly children’s librarians at (216) 226-8275, ext. 140.

## CDs And DVDs And Audio Books...Oh My!

by Lisa Calfee

Thanks to the wonderful support of the citizens of Lakewood, Lakewood Public Library continues to add materials to its flourishing collection of books, magazines and audio-visual materials, further enriching the lives of more and more Lakewood residents. The Audio-Visual Department on the second floor, in particular, has seen a substantial increase of traffic as patrons explore over one hundred thousand DVDs, CDs and audio books.

Along with such an extensive and expensive collection comes responsibility. It is important to protect this investment while keeping the library as free and as open to the public as possible. The policy requiring anyone 7 years old and above to submit their card at the desk before browsing the Audio-Visual area has been a big success in achieving this balance between protection and accessibility.

But what’s the best news? The best news is, once you submit your card there is an engaging world of art, entertainment and information awaiting you!

As you enter the room you will find the DVD collection to your immediate left along the south wall. It begins with hundreds of Television series titles, both old classics and new hits. And all with no commercials! Next you will find the popular Tooning-Out section of animated shows which is followed by thousands of movies, from classics like *Gone With The Wind* to the very latest releases in a variety of genres. If you are in the mood for expanding your mind and sharpening your knowledge of the world, continue on to the ever-expanding selection of non-fiction DVDs, including documentaries, concerts, stand-up comedians, nature shows, exercise programs and much more.

Rounding out the collection of DVDs are the Foreign Films which

continue to intrigue. Unlike the general DVD collection, the Foreign Films are a collection of the very best from the international scene, so nearly any one you choose will offer something thought-provoking.

Audio books on both CD and cassette are located in the adjoining room on the north side of the Audio Visual Department. Many patrons take along audio books on vacation, letting the miles fly by while James Patterson tells his latest tale. Lakewood Public Library chooses the finest titles in fiction, mystery, science fiction and non-fiction for your travel companions. You will also find Graphic Novels in the center of this room. Graphic novels offer a unique approach to the written word, combining art and fiction... and superheroes!

So now that you have the inside scoop, come in soon! Drop off your card and explore this popular Lakewood destination!

## Lakewood Public Library Ditches Plastic Bags To Go Green!

by Leana Donofrio

Lakewood Public Library is getting a little “greener.” Beginning April 22, Earth Day, Lakewood Public Library will stop passing out plastic bags and ask its patrons to switch to cloth and other renewable materials. The change is part of a wider “Go Green!” campaign now underway.

Patrons who are interested in donating usable, clean plastic bags can now do so in bins located in the first floor Community Room, second floor Audio Visual department or at the Madison Branch.

Lakewood Public Library does a lot to be environmentally friendly. Motion lights, sleep mode on computer moni-

tors and staff recycling programs are just a few examples. Now, patrons will be encouraged to bring their own cloth or plastic bags, or re-use and recycle plastic bags at the select locations.

To Kick things off, Lakewood Public Library is also hosting a “Sew Your Own Library Tote!” day from 9 a.m. to noon on April 17 in the Multipurpose Room. This event is open to anyone who is at least 8 years of age. Those interested in registering for the event, donating time, a sewing machine or fabric and thread may call 216-226-8275 x. 140. Donations can also be made at any LPL desk. Fabric that is donated should be at least 19 by 23 inches, durable woven and able to

be sewn on the average home sewing machine. No knits or fancy dress fabric please.

Children and Youth Services Supervisor Kate MacGregor, who is spearheading the event, said the goal of “Sew Your Own Tote” is to have a “Groovy, barn raising quilting bee atmosphere, with sewing machines humming along as we sew green together.”

Patrons are always encouraged to bring their own reusable bags to the Library. The Friends of Lakewood Public Library will continue to sell their durable, cloth Library bag for \$10.

According to the “Wall Street Journal,” U.S. consumers go through an average of 100 billion plastic shopping bags annually; producing that many bags requires 12 billion barrels of oil. According to the Environmental Protection Agency, only 1 percent of plastic bags are recycled. And plastic bags were among the top three items collected during the 2008 International Coastal Cleanup, second only to cigarette butts.

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Lakewood City

# Ambulance Chase....Don't Miss it!

continued from page 1

Hospital Foundation... but also promotes fitness and community engagement. The Ambulance Chase truly is an event for all, from the youngest among us participating in the Children's Chase to a 2009 5K award winner at the age of 67. We encourage the entire family to come down for what promises to be a great event!"

Lakewood Hospital's Teen Health Center, which celebrated its 10-year anniversary last year, is proud to be a part of the Ambulance Chase again this year. The Center provides approximately 3,000 visits per year to adolescents seeking care ranging from clinical visits to counseling. A multidisciplinary staff work together to ensure the unique issues adolescents face are addressed in a safe and professional manner. The Center provides

group therapy for patients to teach tools in addressing adolescent issues such as self-esteem, anger management, anxiety, and nutrition management.

The Teen Health Center has benefited from proceeds raised from the Ambulance Chase for several years. Proceeds have been used to provide uncompensated care for adolescents in our community and funded renovations of the group therapy room.

"Lakewood Hospital's Teen Health Center Staff are very grateful to the supporters of the Ambulance Chase. Funds provided have enabled us to enhance the quality of care, experiences and services benefiting the youth in our community," says Holly Bennett, the director of Lakewood Hospital Teen Health Center.

About Lakewood Hospital Foundation  
Founded in 1956 and guided by a



The start of the 2009 Ambulance Chase.

dedicated and civic-minded board of directors, Lakewood Hospital Foundation operates exclusively to steward philanthropic gifts for Lakewood Hospital. The foundation supports the enhancement of hospital programs and services through building lifelong

relationships with members of the community, raising funds and dedicating its resources to help meet the needs of those served by the hospital. To learn more about the meaningful ways to support Lakewood Hospital's lifesaving work, visit [lakewoodhospital.org/foundation](http://lakewoodhospital.org/foundation).

## League Supports Health And Human Services Levy Renewal

by Susan Jankite

The League of Women Voters strongly supports Issue #15, the Cuyahoga County Health and Human Services levy on the May 4, 2010 ballot. This is a renewal of the current 2.9 mill levy, with no tax increase. The levy amounts to 29 cents for every one hundred dollars of valuation, and will be in place for four years, commencing in 2010, first due in calendar year 2011.

Issue #15 will generate vital funds for the care and protection of several hundred thousand people every year in every community in Cuyahoga

County. It will ensure the continuation of critically important services, including emergency services at MetroHealth Medical Center, Life Flight, the Severe Burn Treatment Center, and Northeast Ohio's only Level 1 Trauma Center. Services funded by the levy include health and social service programs that benefit children, senior citizens, the disabled, and the poor. It is a much-needed helping hand in these difficult times.

The Leagues of Women Voters of the Cleveland Area, Cuyahoga Area and Shaker Heights recommend a "Yes" vote for Issue #15 on May 4.



Curt Brosky, Dorothy Belgrave and Rosemary Faulhaber

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Join the Discussion at: [www.lakewoodobserver.com](http://www.lakewoodobserver.com)



Lakewood Schools

# Why Do You Choose To Live In Lakewood?

*by Larry Nehring*

I moved to Lakewood 16 years ago because friends told me it was the best place to live. It has a neighborhood feel, diverse restaurants & shops, and a solid arts & culture scene. It also has great highway access and the lake.

But what stands out to me most is the school system. Schools are the true measure of a community: education, work ethic, artistic expression, sports... If the school doesn't offer those, then the community can't either. Lakewood has it all. A variety of strong sports teams, cultural diversity, and incredible arts education. The schools offer orchestras, bands, ensembles, and choruses and musicals. The Lakewood Project has been a leader in alternative music education for nearly a decade.

**How important are Lakewood's schools to you?**

In these tough economic times, Lakewood Schools face a problem of funding. The last operating levy passed in 2002 was promised to last 3 years. Through careful management, it has lasted 8 years. Bond issues passed in '04 and '07 could only be used for new construction. The new schools themselves created efficiencies that saved

the district money. Every dollar generated by this levy will be used in the classroom. Without new money, programming needed to keep our schools excellent will be cut.

I am writing to remind people of the reasons they choose to live here. Lakewood is a place where people return and settle. The schools gave them the same foundation they want for their kids. A commitment to a school system is not only for the time you have children in school. You support it before so that good teachers are retained and you support it after because it served you well and should be strong when your children return with their children. You support it because it's inextricably entwined with the pride and health of the community.

Lakewood graduates, come to Around the Corner on Thursday, April 8th from 7-10 pm. Reconnect with old teachers, enjoy the band "70 Lewis" (all Lakewood alumni) and get answers to your questions about how to help support your schools. Bring everyone you know, especially if they need more info about Issue 6.

For everyone else, visit [www.lakewoodschildren.org](http://www.lakewoodschildren.org) for more information on Issue 6.

# Board to Consider Staff, Budget Cuts on April 19

*by Christine Gordillo*

The Lakewood Board of Education at its Monday, April 19 meeting will be asked to approve budget cuts, including staff reductions that the district has been working on for the past few months. The district is following through on a promise to cut more than \$4 million from the 2010-2011 school year budget even if the operating levy on the May 4 ballot passes.

Preliminary figures indicate that 62 staff positions will be eliminated for the next school year. This number is balanced among all staff classifications: teachers, administrators and support staff. Due to the success of the district's early retirement incentive plan offered, all but 18 of the positions will be achieved through attrition. Of those 18 staff members who will lose their jobs, eight are teachers. While this will have some impact on teaching and learning, the district still will be able to maintain the integrity of its teaching mission. While retirements have helped ease the impact on the rest of the budget-cutting process, the district regrets that it will be losing so many experienced and talented staff

members who have contributed greatly to our students' success over the years.

As the layoffs are made public, it is inevitable that rumors about programming and class sizes will arise in relation to the fewer number of staff. Much is hinging on the success of Issue 6, however, it is important to note that state law dictates that our class size average must be no greater than 25.

Beyond staff reductions, more than \$350,000 in non-staff cuts also have been identified for next year's budget. These reductions have been carefully considered in regards to how they will affect our classrooms.

The district is confident that with the passage of Issue 6 and continued judicious budget cutting Lakewood City Schools will emerge an even more efficient and effective district. The schools and communities that pass their levies this May will still make cuts, will make some concessions in the classroom, but will emerge from the recession able to regain their losses and move ahead. Those communities that lose their levies will be forced to make much deeper cuts and will spend many years catching up with those districts whose communities supported them.

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This photo by 2nd grader Jacob Laux of Grant Elementary titled "My Beautiful Dog Scarlet" earned Jacob an Honorable Mention in the state level PTA Reflections art contest.

# Student Creative Works Earn Top State Honors

*by Christine Gordillo*

A literature piece written by Lakewood High freshman Grace Lazos has been chosen as one of the top 24 entries by the Ohio PTA to compete at the national level as part of the National PTA Reflections Program. Lazos was awarded an Award of Excellence, the highest state level award, for her piece titled "A Sense of Beauty." Her piece was chosen from among more than 16,000 entries from across the state. Joining Lazos in earning state recognition for their creative works are five other students from the district: Zoe Budzar, Jacob Laux, Haley McGinty, Max Mulready and Raven Odorizzi.

All six of the students' pieces will be on display at the Ohio PTA Convention, April 17-18, at the Crowne Plaza North Hotel in Columbus. All six have been invited to attend the convention. National winners will be notified around the beginning of June. The six will also be recognized at the May 17 Lakewood Board of Education meeting.

Student winners, their level of state recognition, and their category are as follows:

Award of Excellence: Grace Lazos, LHS (9th grade), literature;

Award of Outstanding Merit: Haley McGinty, LHS (11th grade), film; Award of Merit: Zoe Budzar, Harding Middle School (6th grade), visual arts, Max Mulready, Harding Middle School (8th grade), music composition; Honorable Mention: Jacob Laux, Grant Elementary (2nd grade), photography; Raven Odorizzi, LHS (9th grade), music composition;

For receiving the three highest awards at the Ohio PTA level, Grace Lazos, Haley McGinty, Zoe Budzar and Max Mulready all received invitations to attend the Ohio PTA Reflections Awards Program that will be held May 15 at the Columbus Zoo.

The National PTA Reflections Program, established in 1969, is an arts recognition and achievement program for students. The Reflections Program provides opportunities for students to express themselves creatively and to receive positive recognition for original works of art inspired by a pre-selected theme, while increasing community awareness on the importance of the arts in education. This year's theme was "Beauty Is..." Lakewood schools with active PTAs are eligible to participate. The 2009-2010 contest drew 353 entries from five elementary schools, the two middle schools and the high school.

# LBOE VP Markling Wins Achievement Award



Lakewood School Board Vice-President Matt Markling receives the 2010 Ohio School Boards Association Award of Achievement from OSBA President John Pennycuff at the Spring Northeast Region Ohio School Boards Association Conference. Out of more than 3,400 board members in Ohio, Markling is one of 93 to be given the award this year.



## Lakewood Schools

# Keeping 7 Elementary Schools Is The Right Thing To Do For Lakewood

by Kristine Pagsuyoin

Last month, I attended the Community Leaders Breakfast at Lakewood High School, an event at which city, business, and school leaders come together for networking, to experience tasty food provided by Ranger Catering, and to hear about what is going on in our community and in the Greater Cleveland region.

One of the issues discussed was the Lakewood Schools Levy coming up on May 4th. Mayor Fitzgerald, a co-chair for the committee promoting the levy campaign, reminded the leaders in the audience that all Lakewood citizens have a stake in the levy, whether or not they have kids in school, or just have a house or business in Lakewood. He reminded all of us that having excellent schools in Lakewood plays a huge role in attracting new residents and families to our city. Now more than ever, it is crucial that Lakewood be able to do this.

As we learn more about the census it is becoming clear that keeping our population above 50,000 allows us to receive the funding we need to help keep Lakewood a great place to live. Attracting new families is necessary. Losing families would be catastrophic.

The recent decision by the Lakewood Board of Education not to include Grant Elementary as part of the Phase 3 Facilities Plan, which may lead to this centrally located school being closed, will send out the wrong message to people, particularly families, looking to make Lakewood their new home. Lakewood is a city positioned to attract new residents and businesses that will increase student enrollment in our schools.

When you factor in the “grandchildren of the babyboom” phenomenon that journalists have been talking about (Google “new baby boom” to read about it)--you realize that Lakewood’s current student enrollment has just recently been affected by the spike in births that parallels the baby boom that began in 1953. According to the CDC, since 2003, live birth rates have been rising in a curve that almost exactly parallels the curve in 1953. In 2007, there were more live births than ever before in the United State’s history. These children are three years old, and have yet to hit our schools, but they are on their way, and we’re feeling it here. In fact, Lakewood’s student enrollment has been increasing over the past two years, and that is before you factor in SS Cyril and Methodius Elementary School closing. As of right now, our SEVEN school buildings are very close to being filled to their maximum capacity.

Keeping our remaining seven elementary schools in Lakewood sends out the positive message that Lakewood Schools are excellent and financially healthy, the community is committed to making decisions that are educa-

tionally sound (i.e. that we are able to maintain reasonable class sizes) and that Lakewood is and will continue to be a unique and walkable city that values its children. Without seven schools, and particularly without the one in the center, Lakewood is a lot less walkable. If potential new homeowners are interested in schools for their families, or families they might like to have someday, they will see that Lakewood has NOT made it easy for them to get those children to school, especially if they are looking at some of Lakewood’s most attractive real estate, homes that are less than ten minutes from the centrally located Downtown.

Citizens of Lakewood would welcome and embrace the opportunity to decide for ourselves whether or not we want to close another elementary school.

Unfortunately, the community has

not been given the opportunity to vote on a ballot whether or not they would be willing to pay for the renovation of one of our elementary schools. The cost to renovate or rebuild an elementary school on our own is very low, costing citizens only a few dollars per month. We could also decide to wait to renovate keeping a school open that requires only minor repairs, until a day when the District’s economic health is more robust, and then that last school could be renovated. All of the schools don’t have to be renovated at once, especially during difficult economic times.

The investment in our community to keep all of our current elementary schools would ensure equitable class sizes, provide safe walking routes, would make certain our tax dollars are being used responsibly and benefit all students who want an excellent

education. This, more than anything else, would send out a positive message attracting families to our city, and would allow us the maximum flexibility our school district requires. It is the only responsible way to prepare for the next 50 years.

The levy is May 4th, and I hope that Lakewood will provide our schools with the funding they need to maintain excellent programming.

I would also ask that citizens think critically about the decisions the Lakewood Board of Education is making not only for our schools, but for our city, and the long-term impact those decisions will have on our city.

Lakewood citizens can and do make a difference. We should have the opportunity to choose what is best for our city, our schools, our neighborhoods and our future.

## LHS’ Ballash Named Region’s Outstanding Educator

by Christine Gordillo

For her ability to energize her students and her knack of bringing out the creativity and talent in all of them, Lakewood High School journalism and English teacher Karen Ballash has won the Outstanding Educator Award for District 11 of the Ohio PTA.

Ballash, who was eligible for the award by being named Lakewood PTA’s Educator of the Year, competed with teachers from the nine other Northeast Ohio districts that make up District 11 including Cleveland, Fairview Park and Cleveland Heights/University Heights.

“Everywhere I’ve worked I met wonderful teachers who have inspired me with their hard work and service to their students. They do this without looking for recognition. They all share a part of this honor for their daily example to me -- of putting their students first,” said Ballash.

Those who recommended Ballash noted how she teaches her classes with “enthusiasm and passion.” Known for her work as adviser to the award-winning student newsmagazine “*The Times*,” Ballash is able to bring students together to work collaboratively and produce a publication that is well-read, well-respected and provides the students a unique creative outlet.

Ballash also strives to teach her students about more than just the subject at hand. “(She) awakes in the students an awareness of the world around them, both social and political,” noted her nominating group.

A National Board Certified teacher, Ballash encourages her students to get involved in their community beyond the schools’ walls. This past year, *Times* staffers each adopted an immigrant student from the high school’s ESL class. The students bought gifts for their adoptee and



Karen Ballash.

organized games and a holiday party. The effort is just one of many service projects Ballash has initiated throughout her teaching career that enlist help from both students and staff.

For Ballash, the joy of learning never diminishes. “When I can turn a kid on to a new idea, or better yet, have that kid show me a new insight –

I feel like I’ve made a million dollars. It’s like we’re working to enrich each other,” she said. Ballash will receive her award at the Ohio PTA convention on April 17 in Columbus. This is the second straight year a Lakewood teacher will be walking away with the award. Garfield band director Julie Tabaj was named Outstanding Educator in 2009.

## New Grad Requirements, Gym Waiver Topic Of Parent Meeting

by Christine Gordillo

Under mandate from the Ohio Department of Education, the Lakewood Board of Education has approved new high school graduation requirements that go in effect with the Class of 2014, or next year’s freshmen class. A meeting is scheduled for Thursday, April 15 at 7 p.m. at the Civic Auditorium for parents of 8th graders and younger to learn more about these changes, including flexible credit options that allow students to earn credit in ways beyond the traditional classroom setting.

In addition to the graduation requirement changes, a new physical education credit waiver will also be discussed. This new policy gives athletes and marching band participants the option of waiving their phys ed credit if they meet certain criteria. Come find out more about these important changes that will affect all students 8th grade and younger.



LEAF Community

# LEAF's Rutabaga Nights Returns!

by Heather Ramsey

The Lakewood Earth & Food (LEAF) Community is pleased to announce the 2nd Annual Rutabaga Nights celebration and fundraiser, to take place Saturday May 1st at the Lake Erie Screw Factory Building at 13000 Athens Avenue, in Lakewood, from 7pm to midnight. The event will include

local food from some of the best restaurants in Lakewood and surrounding communities, local beer and wine, local music, and a silent auction with items from local businesses and artists.

Proceeds from the event will benefit LEAF programs, including LEAF Nights, offering weekly access for hundreds of families to local Community Supported

Agriculture programs (including City Fresh, which will also benefit from the event) as well as local vendors, music, and art, from June through October. LEAF activities that will benefit from the event also include overseeing 150 community garden plots, organizing bulk purchases of local and organic dry goods, and providing educational programming to the community through the Third Thursday Speaker Series.

Pre-sale tickets for the event are available at \$25, \$50, and \$100 price levels, with \$15 tickets available for

students and those under 21 (Add \$5 at the door). Payments beyond \$25 are tax-deductible. Tickets are available at the Root Café (15118 Detroit Ave.), GreenSmartGifts (14534 Detroit Ave.) in Lakewood and Gypsy Beans and Baking Co (6425 Detroit Ave.) in Cleveland.

To learn more about the LEAF Community and its initiatives in Lakewood or for ticketing or sponsorship information for Rutabaga Nights, go to <http://www.leafcommunity.org>, e-mail [leafcommunity@gmail.com](mailto:leafcommunity@gmail.com), or call LEAF at (216) 367-2834.

## LEAF Third Thursday Speaker Series:

# Rain Gardens

by Heather Ramsey

When it rains, it pours. And when it pours, stormwater flows into storm drains, causing erosion, water pollution, flooding, and diminished groundwater. The chemicals and particles picked up by rain as it finds its way over pavement and through our sewer system causes a great deal of the pollution of our lakes, streams, and rivers. And, as it turns out, creates an undue burden on that sewer system.

You've probably seen rain gardens around and not even known it (one example that comes to mind is the gardens in the parking lot of the YMCA). These shallow depressions of native plants, grasses, and/or shrubs that allow rainwater runoff from driveways, roofs, walkways, and other impervious surfaces to be absorbed into the

soil, are one important solution to this problem. Filled with deep-rooted plants, rain gardens help to filter pollutants and retain water and nutrients in the surrounding soil, which will benefit your entire garden ecosystem.

Come learn more about rain gardens and how you can benefit from them with the Lakewood Earth & Food (LEAF) Community and the Cuyahoga County Board of Health at this month's Third Thursday Speaker Series event on April 15th at 6pm in the Meeting Room at the Madison Branch of the Lakewood Public Library (13229 Madison Avenue).

For more information about LEAF or this event, check out our website at [www.leafcommunity.org](http://www.leafcommunity.org), email us at [leafcommunity@gmail.com](mailto:leafcommunity@gmail.com), or give us a call at (216) 367-2834.



56 West's Jay Leitson and Don Sarone had a going-away-party for Luke Bliesner who is headed over for a tour of duty in Afghanistan. I took Luke away from the party for a quick picture. Back row Luke Bliesner, Laura Bliesner, Sadie Bliesner, Greg Benson (Luke's stepdad), Alex Benson (Luke's brother). Front row is Zoe Bliesner and Bonnie Benson (Luke's mom). God Speed! I look forward to your return party! The family would like to thank 56West, Jay Leitson and Don Sarone for throwing the party.



# Rutabaga NIGHTS II

## MAY 1, 2010

Lakewood Earth and Food Community welcomes the 2010 growing season with a party at the Screw Factory, 13000 Athens Ave., Lakewood 7 p.m. to midnight Saturday, May 1, 2010

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## Lakewood Entertainment

# Businesses Back The Beck Campaign

by Valerie Mechenbier

The Lakewood Chamber of Commerce, Cox Business, and the City of Lakewood are sponsoring the second annual "Businesses Back the Beck" campaign beginning April 9th. Over 200 Lakewood and West Shore area businesses will have eye-catching donation cans on their counters or at their registers labeled "This Business Backs the Beck" where customers can drop their change to show support for The Beck Center for the Arts. The Chamber's involvement in "Businesses Back the Beck" is an acknowledgement of the \$10 million annual economic impact that The Beck Center has on the City of Lakewood: seventy-five percent of The Beck's customers – over 56,000 people – are drawn from other communities to The Beck Center, and while they are in Lakewood, they often patronize Lakewood businesses.

Many people know the Beck Cen-

ter because of its professional theater program. In addition, the Beck provides the most comprehensive arts education program in the region, with classes in dance, theater, music, visual arts, and Creative Arts Therapies. They serve 3,000 students every week, with programming for infants to adults.

One year ago at this time, there were concerns that The Beck Center might be forced to close. The organization worked hard to cut costs and raised enough funds to keep the doors open. Fortunately, they were able to maintain the bulk of their programming during that time. The Beck staff continues to work smart, but contributions are always going to be necessary in order to keep their programming affordable and accessible to the community.

To that end, there is another component of the "Businesses Back the Beck" West Shore Business Campaign:

the Corporate Membership program. Depending on the Membership level, benefits include corporate recognition in Beck's Theater Playbill and on the Wall of Fame in the lobby, plus employer/employee discounts and complimentary tickets.

Beck Center Board member Kathleen Neal and Beck Center Development Committee member Patti Geiger are Co-Chairing the West Shore Business Campaign. The goal of the campaign is to raise \$15,000 over the next few months. The Beck Center and the Lakewood Chamber of Commerce are encouraging businesses to participate in the West Shore Business Campaign for several very important reasons: a) The Beck Center is a valuable community asset, b) Lakewood businesses have a unique and visible opportunity to demonstrate good corporate citizenship, and c) a financially healthy Beck Center will have a posi-



tive impact on the Lakewood business community. The Beck Center, with the support of Lakewood's business community, looks forward to continuing its mission, "To offer the highest quality arts experience, performance, and education to all people and communities of the region."

For more information on the "Businesses Back the Beck" campaign, please contact the Beck Center at 216-521-2540.

## Second Annual Junk2Funk Charity Event To Benefit North Coast Health Ministry

by Jeanine Gergel

Lakewood's Local Girl Gallery will be a fashion diva's mecca on Saturday, April 24, 2010, from 7 p.m. to 10 p.m., for Junk2Funk, where artists and designers will be auctioning off "new" chic, sustainable fashions and art to benefit North Coast Health Ministry, the West Side's free clinic for the low-income uninsured. The Junk2Funk Auction, also sponsored by GreenSmart Gifts, EcoLakewood, Lakewood Is Art, and other business and artists' advocates, will benefit North Coast Health Ministry while touting the four Rs of life: Reduce, Reuse, Recycle and Respect, during the city's month-long Earth Day celebration in April. For the auction, Northeast Ohio artists are asked to design one-of-a-kind fashion and art, from clothes to jewelry to sculpture, all made with recycled materials.

"We have all heard that green is the new black," said Mary Evans, owner of Green Smart Gifts in Lakewood, a gift shop offering only earth-friendly products. "Lakewood has long been at the forefront of eco-friendly initiatives and in prompting the community to think

seriously about sustainability and take accountability for its actions."

"Not only is our community leading the green movement but also it is incredibly rich in design talent and creative thinking. This exciting event sheds light on some serious topics in a very fun way," says Linda Goik, owner of Local Girl Gallery.

Respect and support for those without health insurance will be sewn into each design, as every designer will choose their supplies from discarded materials. These gorgeous art pieces will have their beginnings as "trash," but will be transformed into unique, one-of-a-kind art pieces.

Ruthie Koenigsmark, president of Lakewood is Art, presenting sponsor of Junk2Funk, adds, "Art is how we express our individual style and values every day – contributing artists are in a unique position to promote the message of sustainability and help to others by participating in this event."

The April 24th gala evening features a "green" cocktail reception, hors d'oeuvres from local restaurants, compostable plates and cutlery, and

organic, fair-trade coffee from Coffee for a Cause, a new local business started by Mireille Sjoblom-Kious and Ruthie Koenigsmark that donates \$3 per bag of coffee sold to a number of local and national charities. Fashion designers, artists, restaurants and companies looking to support this auction should contact Ruthie Koenigsmark at rkoenigsmark@yahoo.com or Lakewood is Art at 216-521-2894. Creations should be dropped off at Local Girl Gallery at 16106 Detroit Ave. no later than April 10, 2010 to be part of the auction. Tickets for the event can be purchased in advance and are \$12 a piece. To order online, go to North Coast Health Ministry's website: <http://nchealth-ministry.org>. Tickets are \$15 day of

the event, as available. Last year's event was a sell-out. Artists that produce a piece for the auction are admitted to the event at no cost.

About North Coast Health Ministry: North Coast Health Ministry is the West Side's free clinic for the low-income uninsured, serving more than 2,400 patients who have no other route to health care. With the support of approximately 150 volunteer physicians, nurses and other caregivers, NCHM is able to provide primary health care, specialty referrals, prescription assistance, and health education to the medically underserved. Founded in 1986, North Coast Health Ministry is a bridge to better health for our medically underserved neighbors in need.

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Wellness Watch

# Getting To The Heart Of Good Health

by Meg Perry

Trust your heart, listen to your heart, follow your heart and protect your heart. Your heart is the organ which is most damaged by the American life-

style. Heart disease is our number one killer. What makes the heart so sensitive and what can you do to protect yours? What does it mean to have a sensitive heart? We know emotionally what that

implies; what about a heart sensitive to oxidative damage and stress?

The same oxygen that rusts our cars and fuels our lungs is also one of the causes of free radicals. Free radicals are molecules that are one electron short of a full deck. They grab electrons from other molecules, making them unstable; anti-oxidants are molecules that will donate an electron to anyone in need. Both our skin and our cardiovascular system need anti-oxidants due to their exposure to oxygen.

Vitamin C is a great anti-oxidant and is especially good for the heart. You can find it in skin care products, in immune-system health care products, in oranges and other citrus fruits, red bell peppers, cabbage, melons, berries and other fruits and vegetables. Humans and chimps are the only mammals that do not make their own vitamin C and so need to get it from the foods they eat.

To take care of your heart with the same wholeness that we approach other Mind and Body medicine we need to address the role that stress and emotions play in cardiovascular health. A recent study at John Hopkins medical school tracked 1,337 male medical students for 36 years. Those who became angry quickly under stress were three times more likely to develop premature heart disease and five times more likely to have an early heart attack.

What can this tell us? Stress management is as important to your heart health as it is to your emotional health.

Learning simple techniques like deep belly breathing when you feel your blood begin to boil or your frustration levels rising will switch your nervous system back to calm. You cannot be simultaneously calm and agitated. Breathe deeply, allowing your stomach to rise and fall. Breathe in through your nose for the count of four and out through your mouth for the count of four. Doing this for five minutes during a stressful situation will protect your heart.

Another recent study showed that people who had the highest levels of EPA in their blood over time had the fewest heart attacks. EPA is found in cold water fish and fish oil supplements. Taking a supplement of fish oil that has 800 EPA and 400 DHA will also help to reduce your bad cholesterol, increase your good cholesterol, decrease inflammation and decrease triglycerides. Up to 40% of people with hypertension are low in CoQ10. Generally people in their twenties and thirties have sufficient CoQ10, but after that it begins to decline.

To ensure a strong heart be sure to exercise daily for 30 minutes, eat a healthy low fat diet with lots of vegetables, fruits and lean protein and begin stress-reducing techniques such as meditation, yoga, journaling and deep breathing.

Protect your heart the same way you protect your skin with sun screen, your car from rust and your family from harm and you will have a strong heart you can trust to keep you going well into your golden years.

## Lakewood Residents Host Charity Event For The Families Of The War Wounded

by Woody Calleri

Burning River Lacrosse (owned by Woody Calleri of Lakewood) and Fisher House Foundation team up to bring you their Third Annual Lacrosse Showcase to benefit the Fisher House Foundation, serving our military families. This year's event will be held on April 24, 2010. The 'Showcase' is an all day series of College, High School and Middle School lacrosse games held to raise money and awareness for the Fisher House Foundation. The event features one College game, three High School Varsity lacrosse games and three Middle School games. Teams are paired up on the field to show their talents, have some fun and learn what it's like to give back to their community. Players are given the opportunity to show their appreciation to our military families and participate in an event to benefit others.

This success of this event is made possible by local and national sponsorships, many parent and coaching volunteers and of course the main attraction – the players. In the past two years the event raised approximately \$90,000 to benefit the foundation. The Fisher House™ program is a unique private-public partnership that supports America's military in their time of need. Because members of the military and their families are stationed worldwide and must often travel

great distances for specialized medical care, Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times- during the hospitalization for an unexpected illness, disease, or injury. There is at least one Fisher House™ at every major military medical center (43 total) to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. The program began in 1990, and has offered approximately 3 million days of lodging to more than 120,000 families at a savings of more than \$100 million in lodging costs, plus savings on subsistence and transportation costs since its inception. This year's event will be held on April 24, 2010 at Hawken School's Walton Stadium, located at 12465 County Line Road, Chesterland.

Tickets are available the day of the event or in advance by contacting Burning River at 216.373.5684. Donations can be made at [www.active.com/donate/fisherhouse2010lax](http://www.active.com/donate/fisherhouse2010lax). More event information is available at the Burning River Lacrosse website at [www.brlax.net](http://www.brlax.net). Burning River Lacrosse provides year-round lacrosse programs for players throughout northeast Ohio.

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# Wellness Watch

# Pregnancy, Err, I Mean Spring Is In The Air!

*by Allison Norris*

Spring is in the air and the pregnant women are in full swing. Every year around this time I notice more pregnant bellies than usual. I don't know if this is mere coincidence or just me being in tune with the sprouting of life, in the earth and within these women. At any rate, what better thing to discuss than Pregnancy health!

From morning sickness to swollen ankles, pregnancy gives many women a run for their money. There are many simple things to consider in having a healthy, easier pregnancy!

**Morning Sickness** - We have all known someone to suffer from this. What causes it? Simply, it is the vast hormone changes occurring in the body all at one time. There does not seem to be a rhyme or reason why one person gets affected more so than others, but there is a relationship once you have had it that you are likely to have it in subsequent pregnancies. Oh joy. Many women find help in eating small, protein dense snacks frequently to combat the queasy feeling. Others find sour things such as lemons, lemonade, or sour candies to be helpful. Vitamin B6 can help as well, but should only be used if under the help of a medical practitioner. Lastly, ginger (candied, cooked, or in tea) helps many women.

**Sciatica and Round Ligament Pain** - There is a lot that is normal within this category of discomfort. Your pelvis experiences a lot of change during pregnancy, especially towards the latter half. Chiropractic, regular

stretching, walking, massage, yoga, and a variety of other manual therapies can be very helpful. If you are not familiar with some of these and suffer from aches, get informed! You might be suffering more than is necessary.

**Carpal Tunnel** - It is very normal for ligaments to become strained and looser while pregnant. We have a hormone called relaxin that pumps through our body, preparing our bodies for labor. In some women this effects them more negatively than others. Once again, a variety of stretching, manual therapies, and even bracing

## Adopt A Spot Volunteer Opportunities

*by Susan Lust and Gail Higgins*

For 24 years, the Keep Lakewood Beautiful organization has been recruiting volunteers to aid the City of Lakewood with maintaining green spaces within our community. We have grown the program from seven Adopt a Spots in 1986 to the current 59. We are looking for a few interested new gardeners.

Colorful Adopt a Spots dot our city streets, parks and parking lots. They add beauty to otherwise dull street corners and other venues. Volunteer gardeners prepare their designated spots early in the spring. Then, when Keep Lakewood Beautiful holds their only fundraiser, the Leaf Humus and Plant sale, these gardeners receive free humus to amend the soil in their spots. The City helps us by providing a budget with which flats of colorful annuals are purchased and are given to the garden-

can be helpful. Try some things to help this ache!

**Swollen Ankles** - While this can be a first sign of high blood pressure or dangerous water retention, this can also be very normal towards the end of pregnancy. Try an epsom salt foot soak or even reflexology from a licensed professional. Yoga and stretching can also be very helpful.

**Insomnia and leg cramping** - I have personally suffered from these two. How awful! You want desperately to sleep and you just can't. What helped me? Magnesium/calcium supplements.

Once again, consult with your doctor, but these vitamins can be essential in getting and staying to sleep comfortably. Many of my patients sleep like a baby after their adjustments. I know I always did for a few nights in a row! How wonderful.

There are so many aches, pains, and discomforts of pregnancy but it is worth it in the end to hold that snuggly baby. Working through some of these problems naturally can make the wait even easier! Happy Spring!

Dr. Allison K. Norris, D.C. Owner  
of Norris Family Chiropractic.



the winter. We love our volunteers.

Presently Keep Lakewood Beautiful (an affiliate of Keep America Beautiful) is an all volunteer organization in Lakewood. Other projects include the Beautiful Home Awards, Earth Day and the Great American Cleanup.

For more information or to volunteer to Adopt a Spot, please contact one of the co-chairmen, Sue Lust (216-228-3277) or Gail Higgins (216-228-1220).

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## Cauliflower Gold

This recipe is provided thanks to Jim Perko & Dr. Michael Roizen and is part of the Cleveland Clinic's Lifestyle 180 program.

### Cauliflower Gold Ingredients:

One Cauliflower, small florets  
4 T Extra Virgin Olive Oil  
½ tsp Chili powder  
1 tsp Ground cumin  
½ tsp Turmeric  
1 T Garam Masala  
½ C Toasted chopped walnuts  
Pinch Cayenne pepper  
3 T Tomato paste  
1 ½ C Vegetable stock

Procedure: Lightly brown cauliflower in olive oil while agitating frequently (takes about 15 – 20 minutes) and remove. To the hot pan add spices, lightly toast in pan (about 30 seconds), add vegetable stock to prevent spices from over-toasting, add tomato paste and mix well. Add cauliflower, toss, sauté 2 minutes. Add chopped walnuts, mix well and serve.

½ cup serving size  
 calories 140  
 sat fat 1g  
 sodium 310mg  
 fiber 2g  
 sugars 2g  
 protein 8g

Go Gold! Did you know that Turmeric, the spice found in this recipe has major anti-inflammatory properties? It may help you add life to your years as well as decrease inflammation caused by specific inflammatory disorders. Alongside this powerful spice is a wonderful cruciferous veggie, cauliflower, that provides lots of fiber and vitamin C. Cauliflower and other cruciferous veggies have been shown to fight against cancers.

# Lakewood Cares

## Ministerial Musings: “Religion And Music”

by John Tamilio III

I am a singer-songwriter-guitarist. During my last two years at Beverly High School (Massachusetts) and all throughout my time at Salem State College, I played in the four-piece Boston-based band 3D. We disbanded around 1990 and just recently reunited. We live in different states, so playing together is a rare gift we share a couple times a year. That said, we are in the process of having a book written about us (believe it or not) and are gearing up to record a CD of our best original songs.

Music is one of the few outlets that I have. It touches my heart and soul and gives me a release that transcends mere words. Sometimes music is prayer. Sometimes it is angst. Although my tastes range from classical to hard rock — save country music, which I still have not acquired a taste for — I am enamored with the classic rock sound. Listing my top ten favorite artists is easy: Thin Lizzy, Dire Straits, Pink Floyd, The Who, The Band, Bob Dylan, The Beatles, Warren Zevon, Buddy Holly, and Rush. This gives you a sense of what I listen to as an audiophile and a musician.

Music cuts to the depths of our spirits. Think of a song that touches you — be it your favorite song or one that moves you to tears. Maybe it reminds you of a hallowed place that only you, one other person, and the wind know about. Maybe it recalls someone you loved and lost. Maybe it conjures a time when you were young, hadn't a care in the world, and life was about living life to the fullest, to conjure Henry David Thoreau. When I listen to “The Weight” by The Band, “Somebody Saved Me” by Pete Townsh-



end (that one is for you Jim), or anything off Dylan's “Blood on the Tracks,” it is almost as if I am reading a Psalm or the sacrosanct words that drip from Jeremiah's pen. Clefs and staves usher me into the presence of the sacred. Music does not have to be religious to be religious.

When I stand in the chancel of my church, however, surrounded by my flock singing hymns such as “Be Thou My Vision,” “Come, O Fount of Every Blessing,” or the Henry van Dyke and Ludwig van Beethoven chestnut “Joyful, Joyful We Adore Thee,” I am swept into ethereal realms where there is peace, and, for a moment, it is as if I am standing next to Isaiah and am looking in awe at the seraphim in Yahweh's Temple.

Friedrich Nietzsche once said, “Without music, life would be a mistake.” I believe that without music, life would be hollow — we would experience far less of the presence of God and the life that God wills for all of creation. As the Psalmist declares, “Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing” (Ps. 100:1-2). That singing may be in the sanctuary — or it may be in the sanctuary of the world. Sing praise!

## Delores Berish Selected As Barton Center's Volunteer Of The Year

by Curt Brosky

Delores Berish was voted by Barton Center members as the 2010 Barton Center ‘Sweetheart,’ or Volunteer of the Year. She was honored at a dinner held recently to recognize her many years of volunteer service at Barton Community Center. This was the 36th annual ceremony held to recognize Barton Center volunteers and was attended by 100 members, including 12 previous award recipients.



Delores was raised in Brownsville, PA, a small coal mining town south of Pittsburgh. At the end of World War II, she married a returning veteran and moved to Cleveland. They raised four children in the Detroit/Shoreway area of town, which at the time housed a large Italian population. After 17 years of marriage, her husband died and she remarried, adding two more children to the family. She has now been with her husband Lou for 47 years.


In addition to raising six children, Delores also worked at May Company downtown for 15 years, rising to Department Manager. After retiring, she and Lou moved to North Carolina. But within two years, they came back ‘home’ and lived in a house on Rosewood in Lakewood for 12 years. While living in Lakewood, Delores and Lou attended events at Barton Center, so when they needed to find housing without stairs, it was an easy decision to move to the Westerly Apartments.

Delores and Lou have now lived at Westerly for seven years, and Delores keeps herself busy volunteering at Barton Center. She started volunteering at the Hodge Podge retail shop, sorting and pricing items. She contin-

ues to volunteer there 3 to 4 days per week. Her duties also include handling the receipt of donated women's clothing and household items on weekends. Delores also helps with BINGO and every month walks door-to-door in the Westerly delivering hundreds of copies of the Barton Center newsletter.

Delores said she likes to keep busy and does not know what she would do with her time without the volunteer opportunities at Barton Center. She has made many friends, and said she does not know of a better place to live and socialize than at the Westerly Apartments and Barton Center.


Delores invites everyone to visit the Barton Center with its various shops, including: Hodge Podge furniture and resale shop, Greenhouse, Corner Store, Fabric Shop and Book Nook. Membership in the Barton Center is available to anyone age 55 or over for \$15 per year. To find out more about Ohio's first senior center, call Barton Center at 216-221-3400. Barton Center is located on the Ground Floor of the Westerly Apartments at 14300 Detroit Ave. and is open M-F 9 AM–3 PM.




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Pulse Of The City

Lakewood's Churches...

# Is The Mainstream Drying Up...And If So, Why?

by Gary Rice

Those of you who follow my columns know that, from time to time, I've included a discussion about faith. Sometimes that discussion has been personal, and other times I've tried to take a wider look at our city and the various faiths that worship here. The bottom line for me would simply be that I hope you all know that I am a firm supporter of a faithful, God-respecting life. Far too many times in my life have I known, or felt, the intervention of something far greater than myself. I am indeed a believer in faith. As well, I have great respect for any house of worship that is sincerely dedicated to God.

I mention this bias to you so that the rest of this column might be framed in that context. I certainly have no interest in wanting to question particular religious practices, but at the same time, I am trying to understand, in a broader framework, what seems to be going wrong with organized religion in America generally, and here in Lakewood, particularly.

That honest and caring people of differing faith traditions have often historically disagreed is well-known. That severe and long-standing prejudices, as well as persecutions, have also occurred in the history of religion are also well-established facts. Whatever one's religious tradition might be, one can generally point to a time when others of their faith tradition were relentlessly hunted down, tortured, or even killed.

In our own country's beginnings, we adopted a special clause in the First Amendment to our Constitution that attempted to insure that one's private faith practices would not be persecuted; and to a great degree, that's been the norm in our country. While there really is no "Wall of Separation" between Church and State (that particular wording is not in the Constitution), we tend to live and let live with our neighbors' faith practices.

Lakewood has, at least until recently, been a fairly representative model of traditional mainstream religious freedom of expression in the American urban environment. Although Lakewood's houses of worship have been primarily Christian, they have represented a diversity of beliefs within that faith tradition. (Our non-Christian neighbors, who have been involved with their own faith traditions, generally established their meeting places in regional settings beyond Lakewood's borders.)

In recent years, "For Sale" signs have appeared on the front of a number of Lakewood Churches, while others have been torn down, or merged with other congregations. At the same time, new or alternative worship experiences like the "Impact" service at Lakewood United Methodist Church, the Cross Point Church meeting at Harding Middle School, the Lakewood New Life Church meeting at (but unaffiliated with) the Lakewood Masonic Temple, and some extra-urban mega-churches seem to be

attracting increasing numbers of worshippers. Some of these types of services offer coffee, juice, and cookies, while joyful music and interactive cues are often projected onto big screens, and happy children sometimes roam the aisles. Frankly, some of these newer experiences are "packing them in," so to speak, while older traditional churches seem to be withering on the vine.

Why might that be the case?

That's a question that even trained church leaders debate, but I have a few theories. First, it's an open secret that there's long been a philosophical conflict between some religious points of view and certain elements of contemporary psychological thinking. Some traditional faiths, for example, never seem to arrive at a complete resolution of difficulties that many people have. At some point, on the other hand, psychological therapists often try to assist the beginnings of healing and resolution in a person's life.

Feelings of guilt, discomfort, doubt, and insecurity as to life's "big questions" sometimes can be difficult to resolve with some religious groups, and a kind of negative "co-dependency" can develop that can seem to be entirely at odds with Jesus' message of forgiveness and with moving ahead in one's life. People seek to feel better when they go to a worship service, but sometimes they can end up leaving a church feeling worse than when they came in!

As mainstream churches decline, money woes can also increase at an exponential rate. Constant pulpit talk about money can, and often will, increase as the collection plates get lighter. My grandfather sometimes said of his church that they were more concerned with "what I give, than how I live." I think that his feelings are shared by many frustrated believers these days.

At some point in the '50's and '60's, many mainstream denominations started to emphasize the "social gospel" more (feeding the hungry, saving the world, etc...), while de-emphasizing the traditional Bible-based religious worship experience. From the pulpit, one sometimes heard more about missions and money than they did the Word of God. After a time, frustrated people who were unable to effect change in their churches started to vote their dissatisfactions either with their feet or with their pocketbooks. It wasn't that the "social gospel" was necessarily a bad thing, in and of itself, but let's face it, listening to bad news on television every day is one thing. Hearing more of it on Sunday mornings, as a captive audience, is quite another story. Christians say that they love to tell people about the "good news" of Jesus, but so often, they seem to replace that good news with bad news!

The old joke about churches having their congregants simply "pay, pray, and obey" seemed at one time to be a

very real template for some traditional churches that were content to rake in their money without providing either adequate solace or accountability to their congregants. These days, the laity is demanding a more participatory role in their churches, and greater accountability by their leadership. Churches still clinging to the traditional model of "pay, pray, and obey" are finding that not to be as easy to do as it once was.

More people these days are also looking for acceptance, understanding, and even some human flexibility. All too often, when they encounter some traditional churches, they find brick walls and rigid rules, at best circumvented by quiet winks and nods.

As well, there's been the historical "us vs. them" doctrinal mentality that in the past has split up churches, amoeba-like, into more and more denominations. Warm and loving congregational acceptance can change on a dime if a church member starts to openly dissent from the rules of some congregations.

Lastly, the ugly issue of "cover-up" must be included in this type of discussion. While the most sensitive, offensive and damaging cover-ups by church leaders involved the abuse of children, there were also aspects of financial and personal abuses of power that, too many times and with too

many churches, were either covered up or hushed away.

While some people, in Christian forgiveness, no doubt wanted to believe that these sins could be forgiven and should perhaps even be forgotten, that's not so easy to do for the victims of these terrible crimes. When basic trust is lost in any case, there goes the whole show. These days, while many if not most churches have procedures in place to minimize some of the mistakes of the past, they still can never change that past, and that is something they must deal with on an ongoing basis.

So, is there a "fix" to the problems of declining mainstream churches? Well, one has to wonder whether these church tragedies might signal some celestial consequence for Lakewood's own lack of faithful stewardship with her many precious religious resources. It would not take a leap of faith to realize that, at very least, Lakewood's faithful need to start thinking about getting back to the fundamentally important aspects of their various faiths. Whatever our personal beliefs might be about the particulars, perhaps a good place to begin our own personal faith rebuilding process is within each of our own hearts (particularly as so many of our earthly houses of faith here in Lakewood crumble into dust).

Once, when I was young, I said something critical about churches. I'll never forget my dear late mom's response to me:

"Gary, they're still the best thing we have on this earth."

## Census Questionnaire Assistance Centers Now Open

The 2010 Census forms have been mailed to all Lakewood households. It is very important to Lakewood's future that everyone living here be counted. The Census Bureau has set up the following Questionnaire Assistance Centers (QACs) in Lakewood to help residents requiring assistance in filling out their census forms:

**Lakewood Senior Health Campus** - 13900 Detroit Avenue

Hours: 10:00 AM to 2:00 PM on Monday, Wednesday and Friday and 2:00 PM to 5:00 PM on Tuesday

**Lakewood City Hall** - 12650 Detroit Avenue Hours: 10 AM to 3:00 PM on Monday, 12:00 PM to 5:00 PM on Tuesday and Thursday

**Lakewood Senior Center East (Fedor Manor)** - 12400 Madison Avenue Hours: 12:00 PM to 5:00 PM on Monday, Wednesday and Friday

**Harding Middle School** - 16601 Madison Avenue Hours: 6:00 PM to 9:00 PM, Monday-Friday

**Lakewood Christian Service Center** - 14032 Madison Ave. Hours: 10:00 AM to 1:00 PM, Mon., Tue., Thur. and Fri. and 5:30 PM to 7:30 PM on Wed.  
For more information, contact the Census Bureau at (216) 820-4080.



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# Lakewood Perspectives

## Nothing To Fear But Fear Itself

by Bret Callentine

I choose not to live in fear. It's amazing how many people don't even realize they have this choice. But, even more amazing is the number of people that opt out of that choice. Have you noticed how much the news is dominated by crisis after crisis? Every other headline seems to focus on the next big adult equivalent of a monster in the closet, or boogeyman under the bed.

Terrorism, global warming, healthcare, financial collapse, unemployment, education... there isn't a single major issue around that isn't reported as being at DEFCON 1, with alarms sounding and lights flashing in desperate warning. "If we don't recycle, the icecaps will melt, the seas will rise and people will die! If we don't mandate health insurance, costs will go up, people go untreated and die! If we don't bailout banks, car companies, mortgage holders, etc, people will go broke, become homeless... and probably die!!!"

So, what's the next threat to this fragile world on the edge of destruction? Apparently, it's my wife. All five foot-nine, hundred-something pounds of her. She doesn't own a gun, isn't that athletic, and I don't think she's ever thrown a punch in her life, but several members of the House and Senate seem to think that she's a potential powder keg simply because she's a member of

a local Tea Party. That's right, "Run for your lives! She watches Glenn Beck!"

With all the turmoil on Capitol Hill, there is a renewed focus on Terrorism, not just globally but locally. Yet, I don't need any statistics or federal reports to know what's really going on in our society; there are bad people in this world. Shocking, isn't it. But wait, there's more; no matter what you do, you can't stop these people from doing evil things. Whether that be throwing bricks through your window or arming for a potential assault.

I'm not saying what some radicals on both sides of the issues are doing isn't wrong, I just think it's important to point out that regardless of what you do, evil exists and evil will always find a reason to do bad things.

But don't despair, this isn't a reason to panic, this is a plea to focus once again on the first two words in the initial sentence. I choose not to live in fear. It doesn't mean that there aren't things in this world to be afraid of. It doesn't mean that we shouldn't take certain precautions. It means that I choose not to let those societal imperfections keep me from living the life I want, and acting in a means more befitting my age and education.

Legislation doesn't stop crime, it

only forces criminals to change their methods. FAA regulations didn't keep terrorists from flying planes into the World Trade Center and Guns were not permitted on the campus of Virginia Tech prior to the shootings. Metal detectors don't stop people from being stabbed and nothing you do to restrict free speech or control public protests will eliminate any underlying hate, or rid the world of anger.

But, if you fear crime, you're already a victim. And those who fear irrational behavior are more susceptible to exhibiting it themselves. And this is why, dangerous or not, fear is front and center in most political debate. And this is also why people like Hillary Clinton and Rahm Emanuel suggest you should, "Never waste a good crisis." Whether you fear something or not does not make you any more or less susceptible to being affected by it. But fear can go a long way to getting you to act in a manner outside of your normal comfort zone.

How many Senators admitted openly that they were opposed to the recent Health Care bill, but that, "Something HAD to be done,"? Fear of consequences, whether real or perceived, forced them into action,

whether or not that action had any positive effects or not. And fear is also their convenient excuse if things don't go as planned. When the stimulus bill didn't deliver the desired effect on the unemployment rate, did you hear anyone say, "Oops, maybe we were wrong,"? No, instead, we got even more distress; "It was a bigger problem than we thought," or "Well, if we didn't act immediately it would have been worse."

Terrorists use fear to get you to act irrationally, politicians use fear to get you to vote irrationally. But both want you to replace thoughtful debate and logical inquiry with an impassioned desire to leap before you look, because more often than not, they already have a desired course of action laid out, but it's a course that only looks good in a world of panic. So to get you to act accordingly they need to manipulate and exploit the chaos, even if that means they must first create it.

Make no mistake about it, there are evils out there. There are people that wish to do harm, and there are financial and ecological hurdles that must be overcome. But when we suspend reason and rational thought for the type of logic that suggests, "We have to pass the bill so you can find out what's in the bill," we often times disregard the real threat and instead become victims of fear itself.

## Minding The Issues

by Gordon Brumm

Our time has come. Tea Parties, state elections, and the rising voice of the people proclaim that the forces of Big Government will soon be defeated and a new era of Freedom is at hand. Now it is for us to throw off the bonds of Socialism and exhibit our God-given Personal Responsibility.

Obama's Socialist health-care grab will soon go down to defeat, along with his other Socialist measures that make us slaves to government. We will defeat his environmental proposals built on the myth of global warming, and we will drill for whatever natural resources God has given us to enjoy.

Likewise for the Socialist regulation of banks that Obama has

proposed. Let business flourish in the Free Market and bring prosperity to the nation, free of the chokehold of government bureaucrats.

Next we will get rid of the existing forms of Socialized Medicine, namely Medicare and Medicaid. Let all health insurance be in the hands of private insurance companies, competing among themselves to make the greatest profit possible. Let it be the Personal Responsibility of each individual to carry his own insurance. That is the American Way.

And the same for Social Security. Let every person recognize and exercise his Personal Responsibility to

provide for his retirement years.

We will also gain freedom from gun control. The Second Amendment is the most important part of the Constitution, because it protects us from tyranny. Let every American be free to carry any firearms he wishes, any time, in any place.

And after Socialism is abolished at the national level, we must do away with it on the local level. Public school systems must be abolished. No longer will our children be subject to the president's Socialist agenda.

Next, we must abolish government-run water and sewage systems, as well as fire and police departments, perhaps the most pervasive Socialist institutions of all. Let good citizens band together to hire their own fire protection, and their own police protection as well. Of course, on many occasions citizens will be beyond the reach of their own hired police organizations, but that is all right, because every right-thinking citizen will be carrying a firearm and will exercise his Personal Responsibility to protect himself as well as others who may be unable to protect themselves.

(Does this sound like the Wild West? -- Good. Frontier society had moral clarity. Everyone knew the difference between Good and Evil, and those who were on the side of the Good delivered swift justice to Evildoers,

without the interference of namby-pamby liberal courts.)

Finally, we must abolish the Socialist system of roads and streets. Why should I pay for a street that is used only by others? Let all streets be put in the hands of private, profit-seeking organizations who will make their money by charging travelers as they travel. This can be accomplished by setting up toll booths on each intersection, where each traveler will pay by credit card for travel to the next intersection. Whatever inconvenience arises from this system is a small price to pay for the abolition of Socialism, root and branch.

And this is what we will accomplish if real, right-thinking Americans unite.

Dear Reader: I hope this little satire helps you realize the true nature of the barbaric, paranoid, anti-government movement that is poisoning our political system. It is founded on nothing more than mean-spirited self-interest. For its adherents accept without question those government activities that serve their own interests and distorted sense of integrity, and they slander whatever government functions fail to do so by calling them "Socialist."

But one point – personal responsibility – deserves attention. We all share in the responsibility to achieve a government that is fair to all and adequate to our nation's needs – and working against the kind of thinking represented above is a big step in that direction.



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# Lakewood Observer

## The Root Shares Its Walls With Two New Local Artists This April

by Haley Morris

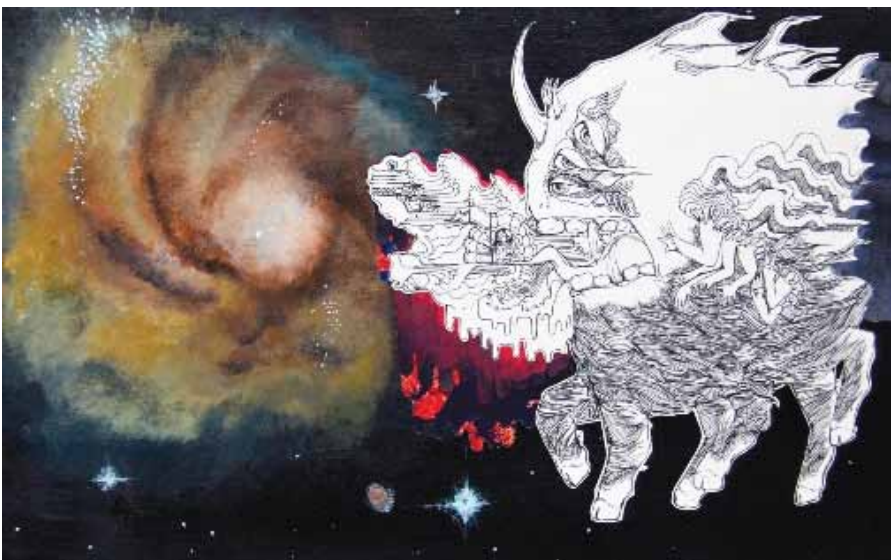
Starting on Friday, April 2nd, The Root Cafe in Lakewood will be freeing up their walls to welcome two new local artists.

Danielle Curran, whose pieces will be hanging on the Cleveland

cityscape wall, is a junior at Lakewood High school where she is an Honors student, varsity tennis player, avid snowboarder and a student of the arts. She has received numerous awards for her work; most notably the Gold Key award for the Scholastic National Art Competition and 2nd place in the Beachwood 15th Annual juried High School Art Show.

“I would say that my style combines elements that are natural, with shapes and patterns that are unnatural, but organic in texture. I’ve chosen to work with mixed media on wood panels because it gives more dimensions to the piece than a canvas would. Combining paper, paint, and other bits and pieces of what I can find around; with intricate line drawings of inventive critters as the focal point for most of my pieces.”

“I gather inspiration from natural and industrial objects; especially trees, moss and the intricate construction of factories. Artists that have had an impact on me include Mark Ryden, Jeremy Fish, Banksy, Peter Max, and Alphonse Mucha. Although the Hubble Space Telescope isn’t an artist, it’s images are an art not found on this planet and provide the background to a few of my pieces.”



by Danielle Curran

Danielle will be having an official opening reception the evening of Friday, April 16th. The Root encourages anyone and everyone to stop by and take a peak through her little windows into a different universe, and maybe drink some coffee too!

John Musarra is also a Cleveland local. His framed works will find their temporary home on our brown and green walls.

“I am a self-taught artist that has worked in various mediums since childhood. I choose to specialize in pen and ink renderings of homes, businesses and local landmarks. I have enjoyed working with clients in the Greater Cleveland Area for the past 16 years creating special keepsakes. I use

only high quality, heavy weight, acid free, bristol board and high quality, non-fading archival ink pens.”

So stop on by anytime during the month of April to sip your coffee or tea, and have a nice meal surrounded by two artists that compliment each other well with their little snippets into two somewhat different walks of life. Imagine yourself walking the streets of your beloved city, passing all of your favorite places, the ones you may have known for years, these stationary icons of Cleveland, only to turn a corner into a land not so familiar, filled with friendly-four-legged creatures ready to stampede into the nighttime sky!

Both artists’ works will be for sale. Ch-ch-ch-check it out!



by John Musarra

## Home Fair Expo Focused On Lakewood

by Mel Page

The Lakewood Home Fair Expo was held Saturday, March 27th, at Harding Middle School. If you missed it this year, look for it next year. In it’s second year this event grew offering 44 home-related contractors, subcontractors, services, and retailers. We also had twelve nonprofit exhibitors ranging from our city services, nonprofit corporations, or volunteer organizations that strive to reach out to and serve residents with home-related resources and needs. We also provided exhibitors and attendees lunch and pastries from 3 local businesses: Tommy’s Pastries, The Greek Village, and The Beer Engine.

We estimate about eight hundred people from Lakewood took time out Saturday afternoon to attend or participate in the Home Fair Expo. But the benefits will continue to spread for

Lakewood as these residents and businesses will share what they have learned with their neighbors and future customers to positively impact our living spaces and housing. This event opens up such an opportunity to local non-profit organizations, city services, and businesses which no doubt sent each household off with at least one great piece of information they didn’t know before. We couldn’t be more thrilled with the range and caliber of home-related businesses (mostly from Lakewood) that surfaced from this. They were a pleasure to meet and get to know. Their eagerness to advise and answer questions in their areas of expertise was no surprise. For many of these smaller local businesses this event is a good fit for them providing a low cost, convenient, and effective venue to reach local residents in comparison to the large Northeast Ohio home shows. Lakewood



Dave Slife of Slife Heating and Cooling says hello to Jack and Anne Palomaki.



The Home Expo gave everyone a chance to ask questions and learn about the many services being offered by Lakewood’s finest contractors and businesses.

residents benefit as we can keep our exhibitors narrowed to those that know and can properly care for our old homes.

Special thanks to: Glenn Palmer, Fair Expo Co-chair, and all the people of Lakewood Hardware who served as ambassadors recruiting businesses and encouraging them to exhibit; Erin Fach and the Lakewood Recreation Department who saw to it we had the space and venue resources to bring the community this event; additionally, The Lakewood Observer who gave the resources of the newspaper, website, and so much more to notify the community. Exhibitors were generous with donations for door prizes and booth raffles to help many residents with a start on their improvements around their home. Donations valued at \$200 or more came from Slife Heating & Cooling, Imperial Home Center, BGE Technologies, Metropolitan Home

Design, Lakewood Hardware, Valu-Rooter, Precision Door, Neubert Painting, J & M Ellis Electric, and Reliable Construction. Finally, thanks to Mike Tuttle of the Lakewood Block Club and Toni Gelsomino and the Lakewood Family Room, and event volunteers Charlie Page, Shari Page, Criss Grozdanov, Nick Mahoney, and Councilwoman Nickie Antonio who kept the event running smoothly and enjoyable for all.

Remaining funds raised from this event went towards the printing costs of the second annual Madison Avenue Business Directory, which includes the Home Fair Expo exhibitor directory with contact information and a short description of their service and offerings. Pick up your copy of the directory at many of the storefronts on Madison where The Lakewood Observer papers are distributed or from the Madison Branch Library.



Real Estate

# Real Estate Reality Patience, Patience, Patience

by Eric Lowrey

In the new world of real estate, one situation is occurring with a higher frequency than in the past. This is a short sale. This occurs when the market price of a home is not enough to cover the balance on the mortgage. Thus the seller is Short on funds to pay off the mortgage. The seller has to either come up with the needed funds or if that is not possible the lending institution will be asked to approve the sale without all the needed funds.

For the seller a short sale is a very trying process. There are no standardized processes for a short

sale and many times a third party are involved negotiating on behalf of the bank. The people assigned to the particular transaction are often taken out of the transaction and new people are assigned and the process starts all over again. It is an emotionally taxing process for the seller and can take six months or more. What a seller needs most during a short sale is patience. They have to understand that a process as vexing and unexplainable as the short sale can appear, with patience and perseverance they may eventually sell their home and move forward with their lives.

# Schools Matter

by Monica Woodman

Our community has a decision to make and as a Lakewood citizen for over thirteen years I for one will decide yes. In 2009 our city was voted "Ohio's Best Place to Raise Kids" by businessweek.com. The rating was based on among other things our schools. This Old House, another national publication rated Lakewood as being one of the top three places in the Midwest to own an older home. As Lakewood citizens we should

be proud of this type of national recognition. On May 4th, 2010 a Lakewood schools levy will be on the ballot. As a realtor I am acutely aware of how important schools are when making a home purchase. It usually ends up on a buyers top 10 list. Contrary to what many might think it ends up as a top 10 even on buyers without children. Schools make a difference so on May 4th Let's all get out and make the right decision! Let's do it for our kids, teachers, and community.

# LakewoodAlive Contractor Evaluation Service

by Hillary Schickler

Have you had work done to your home? Share your contractor experience with other residents!

Finding the right contractor is vital to the success of any home repair project. As part of our housing outreach initiative, LakewoodAlive is collecting contractor evaluations. This community service is modeled after a program of the Cleveland Height's Home Repair Resource Center and is designed to help homeowners identify quality contractors to perform home repair. While it is still the duty of a homeowner hiring a contractor to thoroughly check references and screen potential contractors,

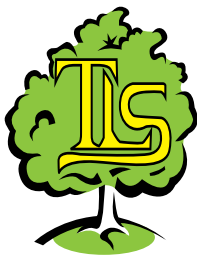
residents can review comments made by neighbors based on their experience. Homeowners providing feedback must certify their opinion to be truthful and their identity will be kept confidential.

The completed evaluations are stored in the LakewoodAlive office and are available to Lakewood residents to review.

Forms are also available at the LakewoodAlive office at 14701 Detroit (lower level 10, under Panera) and at the Building Department of City Hall.

THANK YOU for sharing your experience with your neighbors.

If you have any questions, please call Hilary at 216-521-1554.



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# Real Estate

## Make Sure Your Home Stands Tall

by Andreas Tabor

Home sellers today must convince a new era of buyers returning to the market that their homes stand for value and quality.

The time-honored open house event remains a terrific way to expose your property to many consumers and gain distinction from the competition. While your real estate professional will advertise and manage the event, it is up to you to ensure that your home is seen in the best light possible. Remember, you only have one chance to make a first impression, so approach your open house event as your property's showcase. Here are several ways to make your property shine, inside and out.

Start with the outside. Do a visual check of the front of the house from across the street. Does your property have curb appeal? It should look inviting, with a trimmed lawn, flowerbed and a freshly painted front door. Polish door handles and knockers and replace worn items such as a rusty doorbell. Consider adding a new doormat and flowering plants at the entrance. Don't forget to wash your windows and clean any oil or rust spots from the driveway. Be sure to inspect the side and back yards. Add some flowering plants to the back as well. Clean and rearrange the outdoor furniture to look inviting. Put away gardening tools, and tidy around the grill area. Next focus on the inside of the home where cleanliness, space, smell and lighting are vital. First, get your house in tip-top condition by cleaning and clearing away clutter. Steam clean and vacuum the carpet. Make sure your floors are waxed and shiny. Touch up nicks on the walls and make sure the porcelain sinks, tubs and

metallic fixtures shine. Be conscious of any lingering odors such as smoke, pets or strong-smelling foods. You may need to air out your home prior to your open house event. Consider grinding fresh lemons in the garbage disposal. And don't forget to empty all trash containers. Look at your countertops in the kitchen and bathrooms and the tops of your bureaus. Do they seem cluttered? Clear away and store as much as possible. You want your home to seem spacious. Next, set the mood. Let your prospective buyers picture your home as their own. Rearrange the furniture so that rooms look more spacious, or consider removing furniture and accessories. Lighting is also important to creating a desirable atmosphere. Bright lights provide a cheerful environment and make a small space appear larger. Pull back all the drapes and open the blinds. Turn on all the lights. Make sure all light sockets have fresh bulbs. Use softer lights for rooms in which you want a warm, cozy feeling.

Don't forget little touches such as fresh flowers, lighted candles in the bathrooms, new logs in the fireplace, or a bowl of fresh fruit on the kitchen counter. You may even want to set your dining-room table with color-coordinated table settings.

Home buying is steeped in emotion. Sellers shouldn't rely on buyers to use their imagination; they must capture buyers' imagination. Remember that buyers may see seven or eight homes in a single day. The most memorable home will be the one that seemed the brightest, the most spacious and the most cheerful.

Andreas Tabor is a Licensed Realtor.

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PIZZA	Small 6 Cut - 9"	Medium 8 Cut - 12"	Large 12 Cut - 16"	Party Tray Half Sheet
Plain	\$6.00	\$7.50	\$9.75	\$10.75
1 Item	\$6.50	\$8.25	\$10.75	\$12.25
2 Items	\$7.00	\$9.00	\$11.75	\$13.75
3 Items	\$7.50	\$9.75	\$12.75	\$15.25
4 Items	\$8.00	\$10.50	\$13.75	\$16.75
Deluxe	\$8.50	\$11.25	\$14.75	\$18.25
Extra Items	\$0.50	\$0.75	\$1.00	\$1.50
Extra Cheese	\$0.75	\$1.25	\$1.75	\$2.50

**BEST OF Cleveland 2009**  
Nunzio's Pizzeria

Presented by U.S. Commerce Association

**KIWANIS PANCAKE BREAKFAST**

Church of the Ascension 13216 Detroit Avenue, Lakewood, OH 44107

Sunday April 25, 2010  
8 AM - 1 PM

Tickets: \$7.00 (children under 6 free)  
**100% Benefiting  
Lakewood Kiwanis Community Projects**

Tickets available from any  
Lakewood Kiwanian, or at the door



**The Best Hotdogs in Cleveland!**

**The Doghouse**

- Chicago Style Italian Beef
- Beef Hot Dog
- Specialty Dogs
- Turkey Dog
- Veggie Dog
- Beef Polish
- Polish Boy
- Italian Sausage
- Chicken Dings
- Fries (Cheese/Chili)
- Sweet Potato Fries
- Onion Rings

Open Mon-Sat 11-8

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