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Special Patio and Dining Pull Out Section

Meet The Trucks June 5 • Taste Of Lakewood – June 9 • Bike Rodeo June 12

THE LAKEWOOD OBSERVER

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Volume 6, Issue 11, June 1, 2010

Dunking The Civic Dream:

Bringing Hoops Back To The Wood

by Dan Slife

As Lakewood's athletic youth enter their third summer without outdoor basketball courts, a movement is underway that shows promise of delivering a trial outdoor court by the middle of the summer, 2010. The Lakewood

Outdoor Basketball Committee (LOBC), founded in 2009, has dedicated itself to the realization of this goal.

Once swarming hives of athletic activity, Lakewood's outdoor basketball courts were disabled in 2007 when Cleveland and most of her inner-ring

suburbs removed their hoops in response to neighborhood complaints that the courts had become hot-spots of vandalism, littering, fighting, and a host of other anti-social behaviors. In Lakewood, leaders received similar complaints; anti-social behavior was disrupting the good order within the neighborhoods
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Members of Lakewood Outdoor Basketball Committee (LOBC) working a table at a recent sporting event are getting ready for a full court press to get their hoops back in Lakewood.

LEAF Nights Are Bursting With Local Flavor



photo: Rob Burgoyne

Mick and Kay Prochko of Covered Bridge Gardens

by Annie Stahlheber

Lakewood Earth and Food Community (LEAF) will begin our 20 week celebration of local food and culture on June 9th. Every Wednesday night from 5:30 to 8:00 p.m., farmers will be driving to the front porch of the Lakewood Public Library to deliver and vend their fresh picked produce. Two Community Supported Agriculture programs, multiple additional local vendors with fresh, local, naturally grown or created goodies, and music will be included at each LEAF Night this summer. In addition to

the Wednesday LEAF Nights, a third CSA program will be delivered to the Root Cafe on Thursday evenings.

2010 will be the fifth year Lakewood residents have been participating in Community Supported Agriculture. Starting back in 2006, the first 15 shareholders started the Community Supported Agriculture interest with the Covered Bridge Gardens CSA program. Last year, LEAF assisted over 400 families participate in one of three CSA programs. Community Sup-
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Lakewood Police Hold Bike Rodeo For Kids

by Mel Page

With school out next week there will be more kids out riding their bikes. Lakewood's Neighborhood Police Officers want to do something proactive to help keep our kids safe while they enjoy their summer. They have been dedicating off-duty time planning for a Bike Rodeo here in Lakewood. The Bike Rodeo will be held Satur-

day, June 12, from 10 a.m. to 1 p.m. at Madison Park on Madison Avenue. Held in many other communities, a Bike Rodeo is a bike safety program usually held for kids.

The big three top causes of bike-car crashes for kids under age 15 are: riding out of a driveway without stopping, running stop signs, and turn-
continued on page 4

City To Launch Buy Lakewood Program!

by Melissa Garrett

Recently, Lakewood Mayor Ed FitzGerald announced an initiative to create a program that would help stimulate Lakewood's economy as well as create a healthy interaction between residents and merchants within the city. As a result, the Buy Lakewood! Loyalty Program will begin on June 1st. It is a free program offered to Lakewood businesses and Lakewood residents. It is dedicated to educating residents on the importance of buying locally and the economic impact it has on our city.

This program is one of the only programs in northeast Ohio that provides an opportunity for each Lakewood merchant to choose any type of discount they would like to offer card holding members. Merchants within the city limits will have the ability to go online and enroll their business at www.onelakewood.com. Once the business is enrolled, the city will add their business to an online directory showing their participation in the program. Business owners will receive a window cling displaying their support for the Buy Lakewood! Loyalty Program.

All Lakewood residents are encouraged to register at www.onelakewood.com to
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New Farmers Market Kicks Off On Detroit

by Alicia Delvaux

Sinagra Park is getting a little bit greener starting in June, thanks to a dedicated team of local urban farmers and farm enthusiasts. The little green space on Detroit Avenue will become home to a new farmers market on Saturdays from 9 a.m. until 1 p.m. The idea began when the city approached another regional market about selling in Lakewood. When that market declined, the mission fell on a group of volunteers.

"Our mission statement," says Whitney Gersak, market manager, "is: 'To provide a local food venue for growers and cottage industries in Lakewood and encourage

entrepreneurship while unifying the community through sustainable endeavors.' [It] really sums up what we are doing. We are trying to get urban growers in the city of Lakewood, as well as residents who do cottage products to vend. It's as local as local gets. We really wanted to provide a venue for new vendors who were just starting out in the business, and give them a chance to have a starting point, as well as increase the downtown foot traffic on Detroit."

Two vendors who will be participating in the market are Annabel Khouri and Eric Stoffer. The married couple,

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Lakewood public Library Director James Crawford greets Genevieve Reiner, who is 91 years young, when she stopped by to visit her former place of employment, the Lakewood Public Library. Mrs. Reiner, was employed by the library from August 5, 1974, until her retirement on September 6, 1988.

Calendar

This calendar presents various public Lakewood events and notices for the next two weeks (excluding Lakewood Public Library sponsored events found separately on the Lakewood Library page). Calendar items can be submitted at our website at www.lakewoodobserver.com on the Home Page. Whereas this printed calendar listing is limited to non-profit events relevant to Lakewood, our website calendar welcomes all Lakewood events!

Compiled From LO’s Online Calendar
by Mel Page

Wednesday, June 2

Wednesday Farmer’s Market

10:00 AM - 1:00 PM, Kaufmann Park Parking Lot behind Drug Mart, 15412 Detroit
Locally grown produce along with freshly baked breads and pastries, artisans and craftspeople who help to create a festive market atmosphere for the Lakewood community. The Market will operate every Wednesday through September 29. The Market is operated by the North Union Farmer’s Market in collaboration with the City of Lakewood and features vendors who grow their own produce on small, family-owned farms. Organizers expect up to 15 vendors at each Wednesday’s market.

Live Well Lakewood Wellness Challenge

7:00 - 8:15 PM, Lakewood City Hall Auditorium, 12650 Detroit Ave.
The Wellness Challenge participants encourage each other to practice healthy eating, to get moving, and to explore Lakewood on foot or bicycle. Anyone 12 years or older who lives or works in Lakewood is welcome to participate. Topic: Detox, Immune System You can join the challenge anytime. Just come to one of our sessions. For more information, visit <http://livewelllakewood.org> or call (216) 529-7695.

Friday, June 4
SPLASH!

6:00 - 8:00 PM, Lakewood Family YMCA - Pool area
Beginning Friday June 4th and running through June 6th the Lakewood YMCA will be hosting a free splash program that will promote water safety and introduces children to have fun while learning. Class sizes are limited call 521-8400.

Saturday, June 5
Barton Center Flea Market

9:00 AM - 3:00 PM, 14300 Detroit Ave.
Indoor Flea Market with vendors and Barton Center shops open. Snack bar offers donuts at breakfast, pulled pork sandwiches, hot dogs and fixings for lunch to purchase. Also, strawberry desserts and a bake sale. Free admission. All are welcome!

Meet the Trucks

10:00 AM - 2:00 PM, Lakewood Park, 14512 Lake Ave.
Come and see the City’s finest fleet of trucks. They’ll be on display to see, touch and even blow the horn! Plus Balloon Artist, Burning River Roller Derby Girls, Bike Helmets for Sale, Cleveland MetroParks Nature Tracks, Jungle Bob, Bounce Houses, Face Painting, DJ and much more.

Walking Tour of Historical “Birdtown”

10:00 AM - 1:30 PM, Begins at 12920 Madison Ave. Lakewood, St. Gregory’s Hall
A guide will give a tour of Lakewood’s Pleasant Hill area. Historical information will highlight churches, businesses and homes of the Carbon Disrict. Only five streets were named for birds, yet the neighborhood became known as Birdtown. \$20 charge includes lunch and donations for churches participating. Call 1-440-729-2045 for more information.

SPLASH!

1:00 - 3:00 PM on Saturday & Sunday, Lakewood Family YMCA - Aquatic area
Lakewood YMCA will be hosting a free splash program that will promote water safety and introduces children to have fun while learning. Call 521-8400 to sign up.

Performance Festival at the Phoenix Project

5:00 - 9:00 PM, The Phoenix Project, 13351 Madison Ave.
Share you talent; beautiful, bizarre, or just beginning. Visual and Performance art-ists will be showcased throughout the evening - poets, musicians, dancers, photographers, painters, and more. Performances will be limited to 10 minutes and visual art will be on display during the entire event. This event is free and open to all people. Donations will be enthusiastically accepted. All proceeds will go to benefit the ongoing ministry and mission of the Phoenix Project. Contact Jerome Lynch if you would like to participate 216-262-1833 or Meredith White-Zeager for more information 216-906-3026.

Sunday, June 6

Bring Back Daily Lakewood Circulator bus meeting.

3:00 PM, Lakewood Public Library 15425 Detroit Avenue, multi-purpose room.
Meeting to discuss and plan to bring back the daily Lakewood circulator bus that RTA eliminated September 20. Call 216-221-2724 for details.

Barefoot Sunday, Soles4Souls

10:00 - 11:00 AM, Lakewood Congregational Church, 1375 West Clifton Blvd.
The members of Lakewood Congregational Church will be asked to leave their shoes at the door as they exit worship on Sunday! The church is participating in a shoe drive sponsored by Soles4Souls, which distributes new or gently worn shoes to the needy all around the world. Join us as we worship and leave our shoes behind so that we can experience what it is like to “walk in the shoes of those who have none.” Shoes can also be dropped off at LCC Monday, June 7-Friday, June 11 from 9:30 am-3:30 pm.

FREE HIP HOP/Jazz Dance Workshops to Benefit the
Lakewood Christian Service Ctr. Food Bank

1:00 PM - 3:00 PM, EAST END Main Ballroom, 12501 Madison Ave. (above Bi-Rite)
Silhouette DANCE & FINE ARTS is having FREE HIP HOP workshops to kick off its Summer 2010 Classes and to collect a lot of food to donate. If you are interested in HIP HOP Dance bring two non-perishable food items that will be donated to the Lakewood Christian Service Ctr. Beginner and experienced dancers are all welcome. Ages 8–13 years @ 1:00 – 2:00 PM. Ages 14+ @ 2:00 – 3:00 PM. Please call Miss Donna at 216-228-3871 or www.silhouettedance.net. Registration is required.

Change Your Mind Day

12:00 PM - 4:00 PM, Lakewood Park Kiwanis Pavilion, 14532 Lake Ave.
The event, which is free and open to the public, will start with a potluck picnic. From 1:00-4:00 pm many Cleveland Buddhist groups will present various aspects of Buddhist practice. Cleveland’s CYMD celebration will include dharma talks, seated meditation, qigong, tai chi, and Dances of Universal Peace. The public is most welcome to attend all or any part of the day’s events. Participating: Cleveland Buddhist Temple, Cleveland Shambala Meditation Center, CloudWater Zendo, Flowing Water, and Insight Meditation of Cleveland. Sponsored by the Cleveland Buddhist Peace Fellowship.

For more information contact Kate White at 216-862-3217 or kohlberg1@yahoo.com

Seventh Annual Taste of Lakewood

4:00 - 7:00 PM, The Clifton Club, 17884 Lake Road. See Page 3 for more details.

Wednesday, June 9

Wednesday Farmers Market

10:00 AM - 2:00 PM, Kaufmann Park Parking Lot. See details under June 2.

LEAF Nights begin on the Lakewood Library Porch!

Live Well Lakewood Wellness Challenge

7:00 - 8:15 PM, Lakewood City Hall Auditorium, 12650 Detroit Ave. See description under June 2. Topic: Stress Management/Weight Gain, Fitness Session: Yoga, Puma Yoga.

Friday, June 11

Friday Night Flick - “Beethoven’s 4th”

9:30 PM, Lakewood Park Bandstand, 14532 Lake Ave.
Free movie nights in the parks begin for the summer! In case of rain, shown at 8:00 PM in the City Hall Auditorium, 12650 Detroit Ave. Call (216) 529-6650 after 5:00 PM on movie night or tune into Lakewood Radio 1660 AM if unsure of weather.

Saturday, June 12

Kids Bike Rodeo

10:00 AM - 1:00 PM, Madison Park, Athens Ave. parking lot. See Page 3 for info.

Lakewood Early Childhood PTA & The City of Lakewood Present:
5th Annual
MEET THE TRUCKS!

10:00 AM – 2:00 PM • June 5, 2010 • Lakewood Park
COME SEE THE FLEET THAT KEEPS THE CITY RUNNING!
They'll be on display to see, touch, and even blow the horns!
Ambulance • Fire Dept. Ladder Truck • Police Cruiser • Dump Truck
Police Motorcycle • SWAT Team Vehicle • Aerial Truck • Garbage Truck
Metroparks Nature Tracks Bus • Snow Plow • Street Cleaner
LECPPTA will be collecting canned goods for the Lakewood Christian Service Center.
Lakewood Early Childhood PTA
Lakewood Ohio

THE LAKESWOOD OBSERVER

Your Independent Source for
Lakewood News & Opinion

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

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

Upcoming Submission Deadline Publish Date

Sunday, June 6	Tuesday, June 15
Sunday, June 20	Tuesday, June 29

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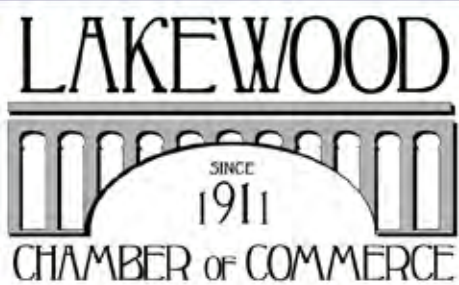
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7th Annual

TASTE OF



Sunday, June 6, 2010 4:00pm - 7:00pm
presented by



Featured
Restaurants



56 West
Aladdin's
Angelo's Pizza
Around the Corner
Beck Café
Buckeye Beer Engine
The Clifton Club
Cozumel Restaurante
Dewey's Pizza
Donatos
Gatherings Kitchen

The Greek Village Grille
Italian Creations
Melt Bar & Grilled
Nature's Bin
Pacers
Pepper's Italian Restaurant
Pier W
The Ranger Café
The Root Café
Souper Market
Sweetwater Landing

www.tasteoflakewood.com The Clifton Club 17884 Lake Road
Donation: \$25 Cash bar
Reservations are necessary as quantities are limited. Call Lakewood Chamber office 216-226-2900

Lakewood City News

Lakewood Hospital Foundation Elects New Trustees And Officers

by Kris Griesmar

Tom Baker and Rick Smith were elected to each serve a three-year term on the Lakewood Hospital Foundation Board of Trustees at its recent annual board meeting. Mr. Baker, a Lakewood native and resident, is a partner with the law firm Tucker Ellis & West LLP. He is a trial attorney whose practice focuses on commercial, product liability and maritime litigation. Baker serves as a trustee of the Lakewood Public Library Foundation and was a member of the Cleveland Leadership Center's Bridge Builders Class of 2008. He is a graduate of Cleveland Marshall College of Law and Baldwin-Wallace College. Tom and his wife Jenni have three children who attend Lakewood Catholic Academy. They are both actively involved with LakewoodAlive, Lakewood's community development organization.

Mr. Smith is senior vice president and chief financial officer of First Federal of Lakewood. He is a Certified Public Accountant and a graduate of

the University of Akron. Smith has a strong background in serving the community in both his professional and personal life. Over the past 20 years, he has been a CFO of local, community banks and an active member and leader of numerous local charity organizations, including Rotary, Kiwanis, Red Cross and United Way. He and his wife Becky, a healthcare professional at Fairview Hospital, have three children and reside in Medina.

Chas Geiger was elected as Vice President and Wendy Summers as Secretary, joining President Ken Haber and Treasurer Bob Potts as board officers. Additionally, Marge Fitzgerald, Lute Harmon and Cal Ratcliff were recognized for their years of service as they concluded their terms as foundation trustees.

About Lakewood Hospital Foundation

Founded in 1956 and guided by a dedicated and civic-minded board of directors, Lakewood Hospital Foun-



Tom Baker

dation operates exclusively to steward philanthropic gifts for Lakewood Hospital. The foundation supports the enhancement of hospital programs and services through building life-long relationships with members of the community, raising funds and dedicat-



Rick Smith

ing 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.

Lakewood Police Hold Bike Rodeo For Kids

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ing left without yielding. Secondly, without a helmet on, your child is at risk of serious brain trauma or death from as little as a three feet drop.

Most kids ride their bikes on the sidewalk and, in fact, it is Lakewood law that all kids age 8 and under do so. However, as they get bigger and ride the sidewalks and crosswalks faster there will come a time when it is safer for all if they were 'driving' with the road traffic. It is key that these young bike 'drivers' know traffic rules and acquire skills to prevent accidents and

harm just as an automobile driver must. The Rodeo program will take kids through a series of activity stations that cover many bike related topics that will be beneficial for sidewalk or road riding. The Bike Shop activity station will teach your kids about the mechanics of their bike and check that everything is in good working condition. Even sidewalk riders will benefit from activities such as the Rock Dodge, Who's There, Demon Driveway, Crazy Crossroads, and Slow Race that will go over traffic rules, reaction to hazards, and maintaining control.

The Rodeo program targets kids age's six to twelve, but there is something for everyone at this FREE event. Additional reasons to come to the Rodeo:

- Get a bike license free of charge. Many times stolen bikes end up getting turned into the police and this is the only way to know to whom the bike belongs to so it can be returned. What's more, if a policeman suspects a bike rider to be on a stolen bike some will flip the bike over to find the serial number and check it against the license records.

- Get a Child Identification Card. If your child were to be missing this is the must have document that you can give to the police immediately to help search efforts.

- Get a kid's helmet for only \$3. Various kid's sizes will be available while supplies last.

- Activities for ages six and under provided by City of Lakewood Family Room.

- Interact with and get to know your local policemen in an off-duty, casual and fun environment.

- After the Rodeo, catch a swim at the Becks Pool at Madison Park. It opens this day at noon!

Bring your bikes down to the park anytime from 10 a.m. to 1 p.m. Saturday, June 12. All rodeo participants should be accompanied by an adult age 18 or older and must wear a helmet (some helmets will be available to borrow if needed). Every child that finishes the rodeo will be entered into a bike giveaway raffle.

This Bike Rodeo is an effort of The Lakewood Police Department with help from many City Hall Departments and Friends of Madison Park. And with the financial and in-kind support from the following Birdtown neighborhood businesses this event was made possible: Steel Valley Credit Union, Silhouette Dance and Fine Arts, Laskey CPA, Madison Bi-Rite, and The Coffee Pot Restaurant.



For the first time in over 20 years the Lakewood Fire Department swore in an Assistant Fire Chief. It was also time to swear in two new firefighters, and promote another firefighter to Captain. Left to right Mayor Edward FitzGerald, Assistant Chief Darren Collins, Captain Pete Hempfling, Firefighter Nicholas Sambula, Firefighter Dominic Schirripa, and Chief Lawrence Mroz.

Lakewood Public Library Events

All Events and Programs Are Free And Open To The Public

Saturday, June 5

BACK TO THE MOVIES: Vintage Hitchcock
The 39 Steps (1935) Directed by Alfred Hitchcock Not Rated
When gunshots ring out in a London music hall, everyone heads for the exits. Lucie Mannheim latches onto Robert Donat and accompanies him back to his flat, only to find they’ve been followed. Before the night is out, Donat will be drawn into a web of international intrigue and accused of murder. Escaping to Scotland, he must elude both police and foreign agents while handcuffed to a woman who is convinced of his guilt.
6:00 p.m. in the Main Library Auditorium

Monday, June 7

POWER LIVING: Power Getting
Do you have problems getting what you want or need from others? Do you wish you had more love in your life? Are you looking to bring more joy to the world around you? Are tender emotional wounds getting in the way of the life you want to live? Dr. River Smith, a local psychologist and the author of A Conspiracy to Love: Living a Life of Joy, Generosity & Power, introduces powerful techniques designed to put you back in control.
7:00 p.m. in the Main Library Auditorium

Tuesday, June 8

FAMILY MATTERS: PROTECTING CHILDREN: Ohio Internet Crimes Against Children Task Force
Jesse W. Canonico from the Cuyahoga County Prosecutor’s Office provides parents, teachers and community members with the information they need to keep children safe from online sexual predators. Learn a little bit about the evolution of online crime prevention and find out what’s coming next in this ongoing battle.
7:00 p.m. in the Main Library Auditorium

Saturday, June 12

THE LAKEWOOD PUBLIC CINEMA : Labyrinth (1986)
Directed by Jim Henson Rated PG
Wouldn’t it be great if the creators of Star Wars and the Muppets teamed up on a fantasy film starring David Bowie as the Goblin King? They did! When goblins kidnap her baby brother, Jennifer Connelly must find her way through a magical maze filled with impossible riddles and strange creatures in order to save him.
6:00 p.m. in the Main Library Auditorium

Sunday, June 13

SUNDAY WITH THE FRIENDS: ERIE LIGHTS & Lighthouse LORE
Georgann and Mike Wachter know all sorts of practical things about light-houses, from when they were built to how the lights operate, but it’s the lighthouses themselves that know all the good stories. The silent sentinels featured in this presentation have born witness to tragedy and served as beacons of romance. Hear their stories, as told by the Wachters.
2:00 p.m. in the Main Library Auditorium

Monday, June 14

POWER LIVING: Power Loving
Do you have problems getting what you want or need from others? Do you wish you had more love in your life? Are you looking to bring more joy to the world around you? Are tender emotional wounds getting in the way of the life you want to live? Dr. River Smith, a local psychologist and the author of A Conspiracy to Love: Living a Life of Joy, Generosity & Power, introduces powerful techniques designed to put you back in control.
7:00 p.m. in the Main Library Auditorium

MEET THE AUTHOR:
Wednesday, June 16

A Passion for the Land: John F. Seiberling and the Environmental Movement by Dan Nelson
Arguably Ohio’s most influential politician of the last half-century, John F. Seiberling is best known around these parts for the creation of the Cuyahoga Valley National Park. What too many Ohioan’s fail to appreciate is that this single effort comprised only one small aspect of an entire career spent transforming America’s system of public land management and ushering in a transition from commodity timber and mineral production to parks, education, biodiversity and simple wild-erness. Books will be available for sale and signing.
7:00 p.m. in the Main Library Auditorium

BOOK GROUPS:
Thursday, June 10

BOOKED FOR MURDER: The Manual of Detection by Jedediah Berry
A clerk who is promoted to detective only after two of his colleagues turn up missing, must rely on a dog-eared copy of The Manual of Detection—and it’s missing a chapter! Guess he’ll have to enter the dreams of the deceased and battle murderers to re-solve the mis-solved cases of his colleagues. It’s a little surreal.
7:00 p.m. in the Main Library Meeting Room

Tuesday, June 15

KNIT & LIT BOOK CLUB
Lynda Tuennerman hosts a social club for multitaskers—a combination book club and stitchery group. She’s looking for readers who can enjoy intense discus-sion of modern classics while relaxing with their latest stitching project. Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. At each meeting, the group decides what will be read next. Call (216) 226-8275, ext. 127 or visit www.lkwdpl.org/bookclubs to learn more. This evening’s book is The Awakening by Kate Chopin.
7:00 p.m. in the Main Library Meeting Room

LEARNING LAB CLASSES:
Reservations for computer instruction classes begin the first of each month. To register, please stop in or call (216) 226-8275, ext. 127. We ask that all stu-dents come to class with a working knowledge of the mouse. If you need help, visit the Technology Center and ask the staff to set you up on our Mouse Training Pro-gram. It’s fun, easy and essential to becoming computer literate. All classes take place in the Main Library Learning Lab on the 2nd floor.
UPCOMING JUNE CLASSES:
Sat. June 5: WEB SEARCHING BASICS @ 3:00 p.m.
Tues. June 8: WORD PROCESSING BASICS @ 7:00 p.m.
Sat. June 12: WORD PROCESSING BASICS @ 3:00 p.m.
Thurs. June 17: JOB HUNTING WORKSHOP 10:00 a.m. -12:00 p.m.
Sat. June 19: INTERNET BASICS @ 3:00 p.m.
Sat. June 26: E-MAIL BASICS @ 3:00 p.m.

CHILDRENS & YOUTH SERVICES
WEEKEND PROGRAMS:
FAMILY WEEKEND WONDERS

Make the Library a part of your family weekend time with programs featuring stories, activities, music and crafts. Our staff will provide materials and ideas for families wishing to continue reading and storytelling at home. The programs are free and there is no need to register in advance.
Main Library: Friday: 10:30 a.m., 2:00 p.m., 7:00 p.m.
Saturday: 10:30 a.m., 2:00 p.m., 4:00p.m.
Sunday: 2:00 p.m.
Madison Branch: Friday 10:30 a.m.

Main:
June 4, 5, 6: Keep on Truckin’
June 11, 12, 13: Out of the Ballpark!

Madison:
June 4, 5, 6 : Making Music
June 11, 12, 13: Keep on Truckin’

WEEKENDS WITH WEE ONES: For families with children under 2 years old
Spend a part of your family weekend time clapping your hands, tapping your feet, singing nursery rhymes and, of course, sharing books. We will provide materi-als and ideas for families wishing to continue the fun at home. Programs are offered every weekend throughout the year, and there is no need to register in advance.
Saturdays at 11:30 a.m. and Sundays at 3:30 p.m.
Madison Branch Children’s and Youth Services Department

TAIL WAGGIN’ TUTORS: For children ages 7 – 12
Bone up on your reading skills by reading to a dog. Drop in for a one-on-one session with one of our dogs and owners that have been certified through Therapy Dogs International.
Saturday, June 12 from 12:00 p.m. – 2:00 p.m. in the Main Library Multi-purpose Room

Programs for Youth and Teens

WHAT NOVEL IDEAS!: For youth entering sixth through eighth grade
Need to read before school begins? Participate in book discussions designed to help with your summer reading assignments. Look for dates and titles in the Chil-dren’s and Youth Services Department, on the web at www.lkwdpl.org/sumread, and in summer reading assignment packets from Lakewood City Middle Schools.

SUMMER READING CLUB 2010
KNIGHTS OF THE READING TABLE: For children age birth through fifth grade
Be it known across the land, all noble, brave and chivalrous readers are sum-moned to join the Summer Reading Club and choose to complete 30 books or 30 hours of reading. Visit the Reading Club table once a week to collect medieval stamps and tickets toward prize drawings. Receive a certificate, a nameplate and a special reward befitting a knight when you finish.
Monday, May 10 – Saturday, August 14
Children’s and Youth Services Department at Main Library and Madison

Lakewood Public Library

From Cradle To College Part 3: The Middle School Years

by Emmie Hutchison

Little kids to one side of you, teenagers to the other, and there you are, stuck in the middle (of school, that is). At Lakewood Public Library, we welcome our middle-schoolers, offering them great programming, resources and librarians who are committed to meeting their educational, social and intellectual needs.

Finding a book isn't as simple as pulling one off the shelf and see-

ing if it's the "right" length or for the right age. By middle school, even the most avid readers have refined their tastes in books they choose to read for pleasure. The Children's and Youth Services staff take great pride in staying current with our collection and are familiar with resources to match readers with great books that are appropriate for their age and their taste. It's not uncommon for the staff to form an impromptu book-finding

committee whenever a student seeks our assistance since we each have our own special areas of interest and love getting in on a good book search!

Our staff can also help students with special projects as well. Two large assignments that middle-schoolers consistently research are Science Fair and History Day projects, and our collection has plenty of books to support their study. Additionally, the library keeps current sets of encyclopedias

and subscribes to numerous online databases, journals and magazines that provide current, relevant and citable information. Some teachers even choose to schedule a visit with their classes to tour the library's resources, discuss primary and secondary sources, and begin their research with a librarian.

Perhaps you're a middle-school student looking for something engaging to do after school; if so, then check out the library! Programming for this age group has expanded over the past couple of years, and we are proud to offer several unique programs for middle-schoolers. One of our newest and most popular programs is Art Explosion where students spend eight weeks learning the elements of creating art. While the students are exposed to various styles and techniques, the emphasis is not on reproducing images but on developing the participants' creativity and skills. At the conclusion of the eight weeks, families and friends are invited to a reception where the students' art is displayed and celebrated.

Booked For Murder: Come Rain Or Shine

by Andrea Fisher

Looking for an escape from the deadly summer heat? Come to the Library this summer and join our deadly mystery book discussion group, Booked for Murder. An unlikely cast of detectives grace the pages of the mysteries on this summer's list, so join us the second Thursday of every month at 7:00 p.m. in the Main Library Meeting Room.

On June 10, we will be discussing Jedidiah Berry's *The Manual of Detection*. In this decidedly unconventional mystery, a lowly clerk is unexpectedly promoted to detective when his famous boss Travis T. Sivart goes missing. The only thing that Unwin knows about detection, he learned from Sivart; and the more he learns about the cases of Sivart, he sees that they were mis-solved. To

make matters worse, Unwin discovers he is being framed for his boss's murder. Unwin must enter the dreams of a murdered man to solve the mysteries.

Then on July 8, Boston's intellectual elite are called upon to catch a serial killer in *The Dante Club* by Matthew Pearl. A group of poets including the likes of Oliver Wendell Holmes and Henry Wadsworth Longfellow are working hard to bring the first translation of Dante's *Inferno* to America. However, Boston's Brahmins think that ideas presented in the work might corrupt immigrants coming to the New World. The Dante Club's literary labor comes to a halt when killings are taking place in and around Boston. Only the group realizes that the style of these murders is ripped right off the pages of Dante's *Inferno* so the police need their help to catch the killer.

The *Sweetness at the Bottom of the Pie* by Alan Bradley will be discussed on August 12. 11-year-old Flavia de Luce has a natural curiosity about the world around her, whether she doing chemistry experiments in her basement, eavesdropping on her older sisters or trying to uncover the past of her silent father. Her days of innocent amusement end when a dead bird is found on the doorstep and worse, a dying man is found in the cucumber patch.

No registration is required to join Booked for Murder, just come (rain or shine) ready to discuss these haunting mysteries on the second Thursday of every month at 7:00 p.m. As always this Library program is free and open to all.

Another well-received program at the library is our role-playing game, which has long been a staple for middle-school students. In recent years, the *Hogwart's Express* and *Camp Half-Blood*, based on the Harry Potter and Percy Jackson series respectively, have been developed and have met with great success. In a role-playing game, the purpose is not to discuss the book but rather draw upon the fantasy world created within the books. Students are immersed in their assigned roles for the entirety of the game and compete each week to complete challenging games, puzzles, brain teasers, and other activities. While many participants display an almost encyclopedic knowledge of the books at the heart of each role-playing game, all middle-schoolers may register whether they've read the books or not. The emphasis of the program is to have fun with the theme while engaged in challenges, competition, and physical games.

Young And Hitchcock: Thrilling Films At The Library

by Ben Burdick

Lots of young film buffs cut their teeth on the films of Alfred Hitchcock, but with sixty odd films to the master's credit, it's easy to overlook some true gems. Is "Psycho" his best movie, or is it just the most notorious? Or is "Notorious" his best film? Frankly, too many of the titles sound alike. And big Hollywood studios tend to emphasize big Hollywood productions over smaller triumphs. That's why we've asked real-life film professor Terry Meehan to help us sort through the early Hitch with the film and lecture program, *Vintage Hitchcock*.

The series focuses on Hitchcock's British films, from his first flashes of silent genius to layered, sensory assaults from the eve of the Second World War. Not content to merely talk his way through the subject, Terry introduces each movie with interesting film clips, rare interviews, and his own original documentaries. Audience participation is encouraged before and after the show (not during) with open-ended discussions, conducted with a sense of humor and a genuine love of film.

On Saturday, June 5 at 6:00 p.m., Terry will screen his personal favorite from the British period, 1935's "The

39 Steps." It begins in a London nightclub and ends with a life-or-death flight into Scotland—all part of a sticky web of international intrigue for an innocent man handcuffed to a woman who is convinced of his guilt. Learn how the author of the 1914 novel felt about Mr. Hitchcock and this film adaptation.

Next month, on Saturday July 10, the series will continue with "Young and Innocent" from 1937. A man with a twitching eye argues with his movie-star wife who is later found dead. Have you ever seen a movie where a character with a twitching eye is innocent? This movie's big reveal has been featured in every cinema textbook ever since.

To learn more about the films, the series and other big screen movies at the Library, visit lakewoodpubliclibrary.com/film.

Whether you need a good book for your downtime, materials for research, or a place to expand your knowledge and connect with other middle-school students, Lakewood Public Library is your community anchor for learning. Our well-trained staff in Children's and Youth Services is always eager to help all patrons, be they children, teens, or somewhere in the middle, so make sure you stop by.

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Lakewood City

Lakewood Historic Preservation Awards

Council President Kevin Butler called the May 17, 2010 Council Meeting to order at 7:43 P.M. He then turned the floor over to Director of Planning and Development, Nathan Kelly, who introduced Rick Sicha, Chairman of the Lakewood Heritage Advisory Board, to present the Historic Preservation Awards.

This year marked the ninth year Lakewood has presented Historic Preservation Awards to home and building owners in Lakewood who have exhibited excellent rehab and preservation of their property. The awards were created by the National Trust for Historic Preservation over 40 years ago and this years slogan is “Old is the New Green.” The reason they have chosen this slogan is because a recent federal Department of Energy study showed that even the most energy efficient houses being produced today would take 30-50 years to make

up for their environmental impact. This year’s current winners included the CVS on Clifton & 117th, Panera Bread on St. Charles & Detroit, 5 Guys Burgers and Fries on Gladys & Detroit, the Masonic Temple on Andrews & Detroit, St. Peter & Paul Russian Orthodox Church on Dowd & Madison as well as residences on Mathews, Lakewood Heights, Erie Cliff, Edgewater, Manor Park and Clifton. Also receiving an award were the residents of Maple Cliff Dr. for their rehabilitation of the wall surrounding the entrance to their street. After many years the over 350 foot wall was starting to bow and fall over in places. The residents banded together to have the wall repaired, sections of it were disassembled then reassembled one at at

by Christopher Bindel

time. After Mr. Sicha’s presentation he awarded all the property owners their certificates. Moving on, Councilman Butler (Ward I) read a communication from the Committee of the Whole regarding the services Lakewood Hospital is to offer. As the city owns the structure in which Lakewood Hospital is in, and leases it to the Cleveland Clinic, there are certain criteria the City has that the Clinic must meet in order stay in compliance of the lease. If the Clinic is no longer interested in meeting any of those requirements, the change to the agreement has to be approved by the Council first. Recently the Clinic has shown interest in discontinuing trauma and pediatrics at Lakewood Hospital, both of which are currently on the list of required services. The Council met regarding these decisions and decided to hold a special meeting immediately following the Council Meeting which would allow members of the community as well as those from the Clinic to share their view points on the proposed changes. Next, Councilman Brian Powers (At-Large) read a communication from the Public Safety Committee regarding an ordinance that would decriminalize parking tickets. The Committee had previously met the required three times

to discuss the ordinance before it could be passed but asked that the matter be deferred until the proper civil agency could be developed to take over the processing of the tickets. Believing that those provisions had been met, the Committee recommended that the ordinance be passed. Upon voting on the measure, Council passed it. Councilman Tom Bullock (Ward 2) then read a communication from the Public Works Committee regarding an ordinance that would allow refuse workers to issue citations to people who do not comply with refuse regulations. The committee favorably recommended the ordinance and suggested it be passed. They decided to make the fee for an offense \$50 dollars, which is based on the time that is spent by Public Works employees taking care of non-compliance issues. Councilwoman Nickie Antonio (At-Large) asked if this ordinance would change the current order of warnings and fees and was assured it would not. As it is now, the ordinance includes warnings for violators before there are charges stating that “violators may be charged” as opposed to “will be charged.” Satisfied with the report and the ordinance, Council passed it. After a fairly short and to-the-point meeting, Council President Kevin Butler adjourned the meeting at 8:50 P.M.

Meet The Trucks - June 5th



by Melissa Garrett, The City of Lakewood and the Lakewood Early Childhood PTA invite you to attend the 5th Annual Meet the Trucks on Saturday, June 5, 2010 from 10:00 a.m. to 2:00 p.m. at Lakewood Park, 14532 Lake Avenue. Come see, touch and explore the City’s fine fleet of trucks and vehicles. Vehicles on display will include an aerial truck, dump truck, refuse truck, fire truck, ambulance, police car, police motorcycle, SWAT vehicles, MetroParks Nature Tracks Bus and more. In addition, the Lakewood Early Childhood PTA will offer crafts, face painting, a D.J., bounce houses, Jungle Bob, a bike raffle, a balloon artist and much more. Refreshment will be available. Quality bike and multi-purpose helmets will be available for purchase

while supplies last. The Burning River Roller Derby Girls will perform at 12:00 PM at the skate park and Spin Bike Shop of Lakewood will offer a bike repair station. At 9:30 AM, the City’s will hold it’s annual Arbor Day Ceremony prior to the start of the Meet the Trucks. Join us as we plant a tree near the swimming pool. Attendees are asked to bring a canned good which will be donated to the Lakewood Christian Service Center, the City’s food bank. The following organizations helped to sponsor this event: Lakewood Hospital, The Kiwanis Club of Lakewood, Romp n Stomp, Donatos, Cliff Tower’s Marathon Midway Oh Boy, Jungle Bob, Zap Entertainment and Music Connection.

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Lakewood Health

North Coast Health Ministry Receives Grant For Women's Health Days

by Jeanine Gergel

North Coast Health Ministry (NCHM) has received a grant from the Northeast Ohio Affiliate of Susan G. Komen for the Cure for its Women's Health Days. On Women's Health Days, low-income uninsured NCHM patients receive onsite mammography, breast health education, clinical breast exams and preventive gynecological care.

"Numerous studies have shown that women are significantly less likely to have had a recent mammogram if they lack health insurance," says Lee E. Elmore, NCHM executive director. "North Coast Health Ministry offers

its Women's Health Days to medically underserved women in our community to ensure all women who need breast health screenings and preventive care have access to it, regardless of means to pay." Multiple studies have shown that low-income, uninsured women are more likely to be diagnosed with advanced stages of breast cancer, are less likely to receive standard treatment, experience delays in initiating and completing treatment, and experience lower survival rates than those with health insurance. "With the support of the Komen Northeast Ohio Affiliate, we are working to make sure

no woman in our community slips through the cracks," says Elmore.

North Coast Health Ministry's Women's Health Days are scheduled for the first Wednesday of each month at 16110 Detroit Avenue, Lakewood, Ohio. Patients are seen by appointment only. Women wishing to make an appointment need to register as North Coast Health Ministry patients first and must be uninsured and fall below 200 percent of the federal poverty level to qualify. To complete the registration process, call 216-228-7878.

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.

Sleep Apnea: Don't Ignore The Snore

by Dr. Kurtis Dornan

Millions of Americans suffer from insomnia, restless leg syndrome, sleep apnea and a variety of other sleep disorders. However, one of the most deceiving of these disorders is sleep apnea, a disruption of breathing while sleeping. Some 90 percent of people of those who have sleep apnea don't even know that they have it. These people may have many episodes of choking or gasping for air at night, but have no memory of struggling for breath when they wake. It's often the sleep partner who first recognizes the problem of sleep apnea. If left untreated, this common disorder can be life threatening.

The word "apnea" is of Greek origin and literally means "without breath." Obstructive apnea is the most common of three types of sleep apnea, the others being central apnea and complex apnea (a combination of obstructive and central). No matter what the root cause, all people with untreated sleep apnea of any type repeatedly stop breathing during their sleep. This can happen hundreds of times during the night, often for as long as a minute or longer. Obstructive sleep apnea is caused by a blockage of the airway, usually when the soft tissue in the rear of the throat collapses and closes during sleep. With central sleep apnea, the airway remains open but the



brain fails to send a signal to the muscles to breathe. When an apnea event occurs, the brain briefly wakes the individual in order to resume breathing. As a result, sleep is extremely fragmented and of poor quality.

"There are a number of warning signs and symptoms to watch for when it comes to sleep apnea," says Kurtis Dornan, MD, from Lakewood Medical Associates, Rockport. These include frequent silences during sleep caused by breaks in breathing; choking or gasping during sleep to get air into the lungs; loud snoring; sudden awakenings to restart breathing or waking up in a cold sweat; waking up with a dry throat, or daytime sleepiness or a feeling of being

un-refreshed following a night's sleep.

"Simply put, you may have sleep apnea if you snore loudly and you wake up feeling un-refreshed," Dornan says.

Because of the lack of awareness by the public and many healthcare professionals, the vast majority of sleep apneas remain undiagnosed and therefore untreated. And if left untreated, sleep apnea can cause high blood pressure and other cardiovascular disease, memory problems, weight gain, impotency and headaches. It can also result in job performance impairment and motor vehicle crashes, not to mention sleepless nights for your partner. Fortunately, sleep apnea can be successfully diagnosed and treated. Several treatment options exist, and research continues into new options.

"Call your physician if you or your family notice any of the symptoms of sleep apnea," says Dornan. "Be sure to mention if you experience loud snoring, especially snoring that's punctuated by periods of silence. Treatment is necessary to avoid heart problems or other complications." Seek immediate medical attention if you experience decreased consciousness, extreme sleepiness, hallucinations or personality changes.

Depending on the severity of your sleep apnea, your doctor may refer you to a sleep specialist or recommend life-

style changes, such as avoiding alcohol, quitting smoking, losing weight, or avoiding sleeping on your back. If your condition is moderate or more severe, treatment options may include the use of an oral appliance designed to keep the airway open. In severe cases, surgery may be recommended to remove excess tissue from the nose or throat.

"Sleep apnea is treatable, so there's really no downside in getting it checked out with your health care provider," says Dornan. "It will result in improved sleep for you and your sleep partner. And it just may save your life."

To contact Kurtis Dornan, MD, of Lakewood Medical Associates, Rockport, please call 216.529.7125. The office is located at 11851 Detroit Ave, Lakewood.



Easter Seals Northern Ohio To Offer Summer Speech Programs in Lakewood

by Melissa Kocher

Easter Seals Northern Ohio is pleased to announce its plans for three summer speech therapy programs in Lakewood. The programs will offer services to children with speech and language disabilities or delays.

This summer, Easter Seals will offer "Social Skills: A Lesson in Life" for school aged children. Social skills groups are designed to enhance social skill development and speech-language skills. Groups

consist of 10-12 children and meet once a week for three hours during the summer. Skills addressed include eye contact, asking/answering questions, responding appropriately to peers, staying on topic, listening skills and use of expressive language.

Easter Seals will also offer "Play & Say", a program for children 18 months to 5 years of age. The "Play & Say" groups are designed to develop language skills through play. Each group consists of 4 - 5 children meeting one time a week

for 90 minutes. Children 18 months - 3 years old will work on language readiness skills and preschool children will focus on school readiness skills.

In addition to the group programs, Easter Seals is offering individual summer speech therapy. One-on-one sessions are designed around the specific age and need of the child. Activities may include hands-on activities, language experiences and structured play. Sessions are typically a half hour to one hour long and are held one

or two times a week, depending on the client's need. Easter Seals summer speech programs are provided by speech-language pathologists who are experienced in pediatrics, licensed by the State of Ohio and certified by the American Speech-Language Hearing Association. For more information about Easter Seals' Summer Speech Program, please call 1-888-325-8532, ext. 100.

Lakewood Schools

Teachers Do Their Part To Keep Lakewood Beautiful

by Christine Gordillo

Nearly two dozen Lakewood City Schools teachers have taken it on themselves to add a little beauty to the city, and Lakewood Park in particular. Twenty-two teachers have volunteered to take part in Keep Lakewood Beautiful's Adopt-a-Spot program, which assigns nearly 60 mini garden spaces throughout the city to volunteer gardeners to help maintain throughout the summer. The teachers group has been given the Adopt-a-Spot at the foot of the bandstand in Lakewood Park.

“Lakewood Teachers Association has been investigating ways for our teachers to become more involved in our Lakewood community,” said Amy Miller, one of the Adopt-a-Spot volunteers. Several ideas were investigated and the garden project received the best response. LTA will plant, weed and maintain the site until late fall and will

provide perennials and garden tools out of their union budget, said Miller.

The teachers began prepping the space in late April to be ready for the planting, which about a dozen of the teachers did on May 22. They met three times before May 22 in order to prepare the beds for the perennials and annuals added to spruce up the space.

Grant Elementary teacher Jessie Holland summed up her feelings about the project: “Being teachers in Lakewood affords us with many opportunities to foster growth and appreciate harmony each and every day. The LTA Adopt-a-Spot provides members with yet another way to demonstrate that we are truly vested in our fantastic community. Even outside of our school days and buildings, we care about our contributions toward, ‘Keeping Lakewood beautiful!’ “



Lakewood Teachers Association members clean up their Adopt-a-Spot in front of the Lakewood Park bandstand to ready the spot for planting later this month.

A Flash Mob Dance At Horace Mann

by Janet Vinciguerra

A Flash Mob Dance is happening at Horace Mann Middle School at the June 4th assembly to close this school year. The Flash Mob Dance is a high energy dance where what appears to be a casual mob of people randomly “going about their business,”

progressively gathers participants to sing and dance, then disperses to go their own ways as the song ends, leaving the onlookers dumbfounded as to how this could happen. “We’re Livin’ Life the Horace Mann Way” is the title of the song students of Mrs. Hildebrandt’s choir are learning in

their music class. Students are having a blast learning the movements to a Flash Mob Dance to the tune of the popular Black Eyed Peas song "I've Gotta Feelin." They will perform for the school in June and pass the message to classmates. Elisa Felici is the lead singer and choreographer

for the Flash Mob Dance. The song carries new lyrics created by Janet Vinciguerra of VINCI Consulting to pass the messages to help our children develop their STAR qualities. They'll sing about how Integrity is doing the right thing even when no one is watching. The Golden Rule helps students to honor their classmates by treating them the way they want to be treated. Students "rock out" with lyrics and dance reminding them to use "self control, work hard and the importance of a "trust bank" in relationships. Students will take the "I Will" Pledge as they promise to be a part of the solution to the common social problems in all our schools. Students will invite others to take the "I WILL" pledge so that they too can be a part of how to make a positive difference for everyone in our community.

Sign Up For LHS Freshmen Orientation

by Christine Gordillo

All incoming Lakewood High School freshmen are invited to attend Fresh Start orientation on August 19 and August 20. The two-day program is designed for students by students. Student mentors will lead the new high schoolers through a variety of activities that will help orient them to their new school as well as help build class camaraderie and school spirit. Students will tour the school, receive their locker location and ID badges as well as have a chance to sign up for clubs and other activities.

Students must register online at www.lakewoodcityschools.org then going to the high school page and clicking on the Fresh Start link on the left-hand side of the page. Deadline to register is July 1.

BALANCE

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Under the current plan Lakewood will have lost four central elementary schools since its implementation leaving elementary students without even a single school between Athens Avenue and the train tracks.

Join a growing group of concerned citizens to stay informed and add your name to the list of people who support maintaining a central elementary school by sending an e-mail message to: centralelementary@yahoo.com or mail a note to PO Box 771512, Lakewood, Ohio 44107.

DON'T LET THE MIDDLE BECOME THE GREAT DIVIDE.

Lakewood Schools

Emerson Students Display Creativity At Invention Convention

by Dawn Bilski

A group of creative students from Emerson Elementary were able to showcase their talents, Sunday May 16, taking part in the third annual Cleveland Regional Invention Convention at the Great Lakes Science Center. 100 student inventors from across Northeast Ohio participated in this year's program. The theme of the convention was "Creative Solutions", with students creating useful, often times fun and always interesting inventions.

With the support of Emerson teacher, Christine Karabinus and retired Lincoln teacher Maureen Marshall, the Emerson students identified common, every day problems and designed and presented a creative solution for the problem.

Examples included: Evan Bell, a second grader, who was frustrated that his pencil rolled off his desk-top when he lifted open his desk. He designed a magnetic pencil that could be held in place. Michael Ferrone didn't want to take off his shoes

when he came in the house. He designed a "Second Sole" for his tennis shoes that could be removed once inside, keeping the soles of his tennis shoes clean.

Each student presented their prototypes at a local Emerson convention and the finalists were selected to present at the Science Center.

At the regional competition student inventions were setup like a science fair with display boards and models of their inventions. The students were judged on their invention, supporting materials and individual presentation of the invention. The judges looked for originality, problem solving skills, inventiveness, and strong communication skills.

The Emerson team shined taking home eight awards. Nate Bilski, a third grader in Karabinus' class captured 1st place for his grade level with "Cover Cord", a cover for electrical cords designed to stop toddlers and pets from chewing on the cords. Nate earned a \$500 scholarship for his invention.

Besides Nate's invention, seven other Emerson students earned \$50 savings bonds for landing their inventions in the top 50. Those inventions included: Michael Ferrone for "Second Sole", Riley Geyer for "Cut N Chop" a pair of scissors attached to a cutting board, Sophia Murphy for "P.O.V.O.S." which pours the oil, vinegar and spices for salad dressing at the same time, Violet Jouriles for "B.X.R." which holds a water bottle on a bike and allows the rider to drink while riding, Ian Bell for Pasta 'N More a drying rack for homemade pasta that attaches to a kitchen drawer, Maggie Burns for "MeaSURE" an easy, accurate way to measure ingredients and Alyssa Belko for "Twice the brush, Double the Fun" two connected paint brushes that allows the painter to do twice the work at one time.

Marshall also received recognition

for her dedication and commitment to the invention program being named the convention's "Teacher of Excellence". Marshall was the teacher for the students in the 2008 convention, where six Lakewood School students captured awards. The Teacher of Excellence award comes with \$1,500 to spend on computer equipment, a pizza party, a field trip to the Great Lakes Science Center and a reptile-themed assembly for Karabinus' class.

The Invention Convention is offered free to area students. The students not only earn great prizes but gain real life skills in creative thinking and problem solving as they go through the process of developing their inventions. All students that participated this year agreed that the Invention Convention was a great experience. Many are already watching for new problems to solve next year.



Garfield Grabs Music Contest's Top Trophies

by Christine Gordillo

It was a thrilling sweep for the Garfield musicians who participated in the annual "Music in the Parks" festival at Cedar Point on May 15. The Jazz Band, Concert Band and Strolling Strings from Garfield all came out on top in their categories, each earning a Superior rating and placing first in their divisions. Each also was awarded the "Best Overall" trophy for their category. The Garfield Choir also performed well, finishing third in their division.

The Jazz Band edged out Rocky River Middle School by .15 points. Other schools the bands competed against were Lakewood Catholic Academy, Beachwood Middle School, Cuyahoga Heights Middle School and Shrine Catholic Academy.

"These kids were so pumped. It's really great because they worked so hard all year," said band director Julie

Tabaj.

The judges were effusive with their praise for the musical groups. "One of the best junior high string groups I've ever heard," remarked one judge about the Strolling Strings. Remarks from a judge for the Concert Band division said the group was "an exceptional middle school band."

The Strolling Strings group is directed by Patty Perec and the choir was led by Peter Hampton, who is substituting for choir director Lisa Hanson while she is on maternity leave.

The students celebrated their victories with a full day of rides at the amusement park following the contest.

Lakewood's other middle school, Harding, was scheduled to perform at the "Music in the Parks" contest on May 29, after this paper's deadline. Please check the next Observer issue for those results.

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	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

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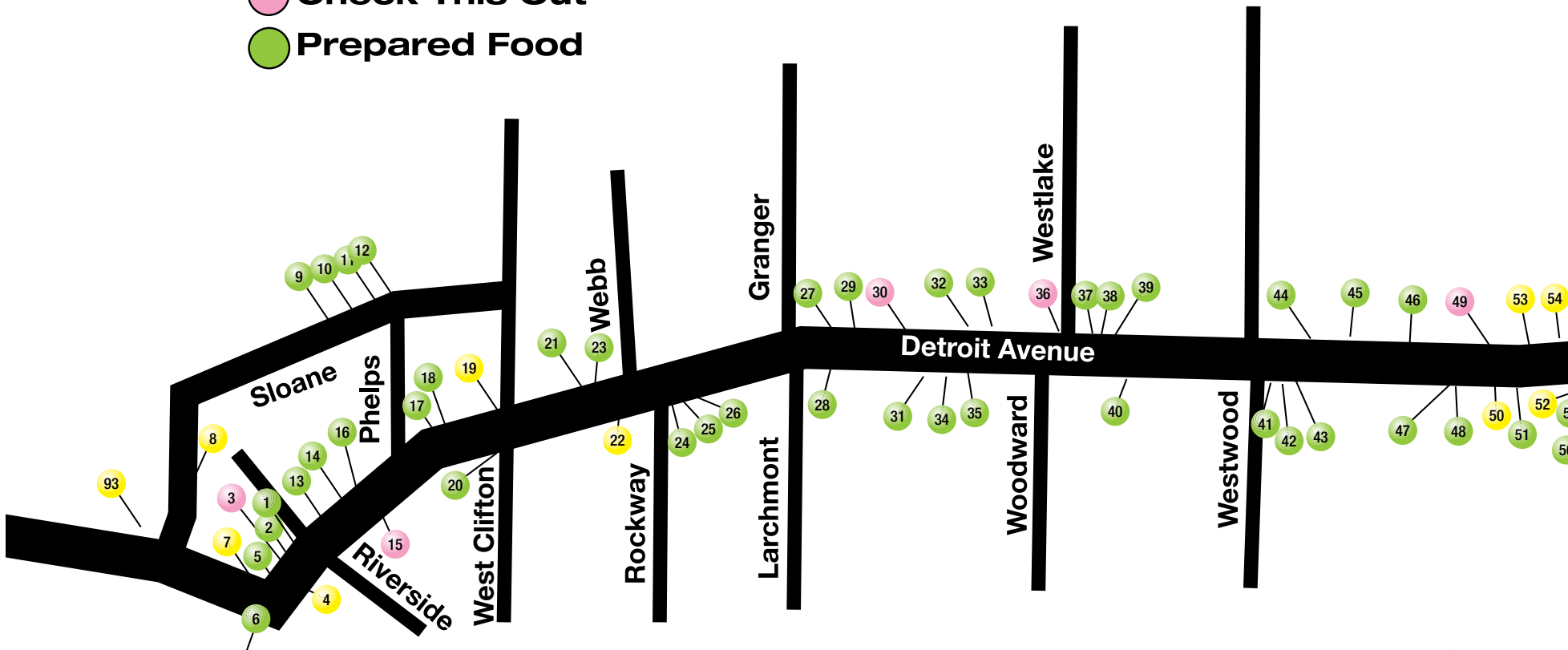
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- 1. Riverwood Café 18500 Detroit
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- 3. West End Tavern 18514 Detroit 521-7684
- 4. *Three Birds - Patio 18515 Detroit*
- 5. Dewey's Pizza 18516 Detroit
- 6. Harry Buffalo 18605 Detroit
- 7. *Around The Corner - Patio 18616 Detroit 521-4413*
- 8. *Blackbird Bakery - Patio 1391 Sloane*
- 9. McDonalds 18228 Sloane
- 10. Peking Restaurant 18198 Sloane
- 11. Sloane Pub

- 12. Nature's Bin 18120 Sloane 521-4600
- 13. Simone's Beverage & Deli 18414 Detroit
- 14. Papa John's Pizza 18400 Detroit
- 15. India Garden 18405 Detroit 221-0676
- 16. John's Diner 18260 Detroit
- 17. Put in Bay 18206 Detroit
- 18. Kenilworth Tavern 18204 Detroit
- 19. Donatos Pizzeria Patio 18100 Detroit
- 20. Breadsmith 18101 Detroit
- 21. Rush Inn 17800 Detroit
- 22. *Beck Café - Patio 17823 Detroit 712-4746*
- 23. Webb Food Mart 17796 Detroit
- 24. Pug Mahones 17621 Detroit 228-8874
- 25. *Nunzio's Pizzeria 17615 Detroit 228-2900*
- 26. Dunkin Donuts
- 27. Create-A-Cake 17114 Detroit
- 28. *Johnny Malloy's / Geppettos - Patio 17103 Detroit 529-1400*
- 29. Drink Café 16934 Detroit
- 30. *McCarthy's Olde Boston Ale 16918 Detroit 228-1340*
- 31. *Dairy Queen - Patio 16803 Detroit*
- 32. Mini Mart 16708 Detroit
- 33. Cozumel Mexican
- 34. United Dairy Farmers 16511 Detroit
- 35. Hot Spot Food Mart 16403 Detroit
- 36. *fiftysix west 16300 Detroit 226-0056*
- 37. Hungry Howies Pizza 16210 Detroit 521-7200
- 38. Mr. Hero 16204 Detroit 228-6489
- 39. Sweet Designs 16100 Detroit
- 40. Bobby O's 16103 Detroit
- 41. Route Six
- 42. Merry Arts Pub 15607 1/2 Detroit 226-4080
- 43. Roman Fountain Pizza 15603 Detroit 221-6683
- 44. Ross Deli 15524 Detroit 226-3650
- 45. Taco Bell 15500 Detroit
- 46. Sakura Japanese Restaurant 15400 Detroit
- 47. Subway 15317 Detroit
- 48. Domino's Pizza 15315 Detroit
- 49. Root Bakery & Café 15118 Detroit 226-4401

- 50. *Caribou Coffee*
- 51. Burger King
- 52. *Chipotle Mexican Grill*
- 53. Five Guys
- 54. *Rozi's Winery*
- 55. *Dog House*
- 56. China Garden
- 57. Boston Market
- 58. The Place
- 59. *Melt Bar & Grill*
- 60. *Panera Bread*
- 61. Einstein Bros
- 62. *Pacers - Pizzeria*
- 63. Aladdin's
- 64. *Lakewood*
- 65. *Two Dad's*
- 66. T.J.'s Butcher
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- 68. Edible Arrangements
- 69. Get Go 142
- 70. Giant Eagle
- 71. Winking Lion
- 72. Moon's Food
- 73. Georgio's
- 74. Szechwan
- 75. China Express
- 76. Pizza Pan
- 77. Little Dam
- 78. Feed Me 13
- 79. Irish Kevin
- 80. Tina's Deli
- 81. Corky's Pla
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- 85. Shore Resta
- 86. 5 O'Clock I
- 87. The Chambl

AROUND THE CORNER

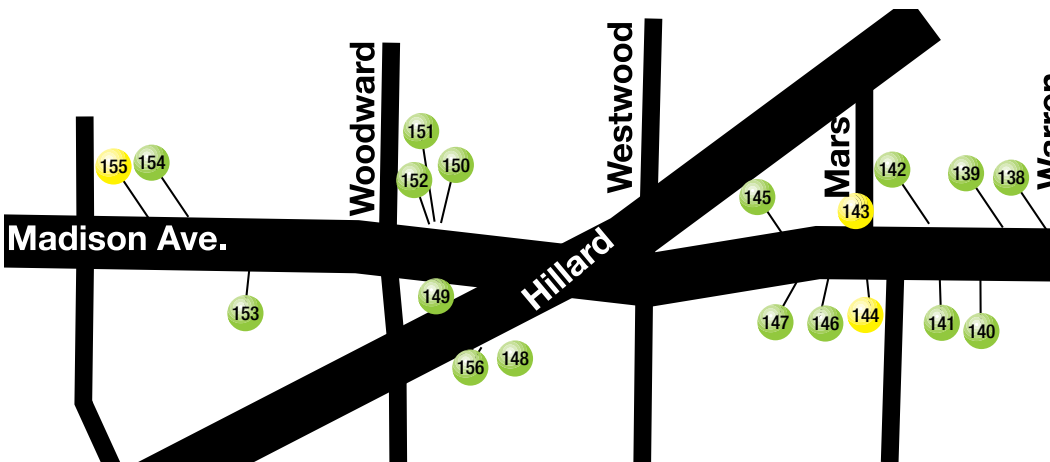
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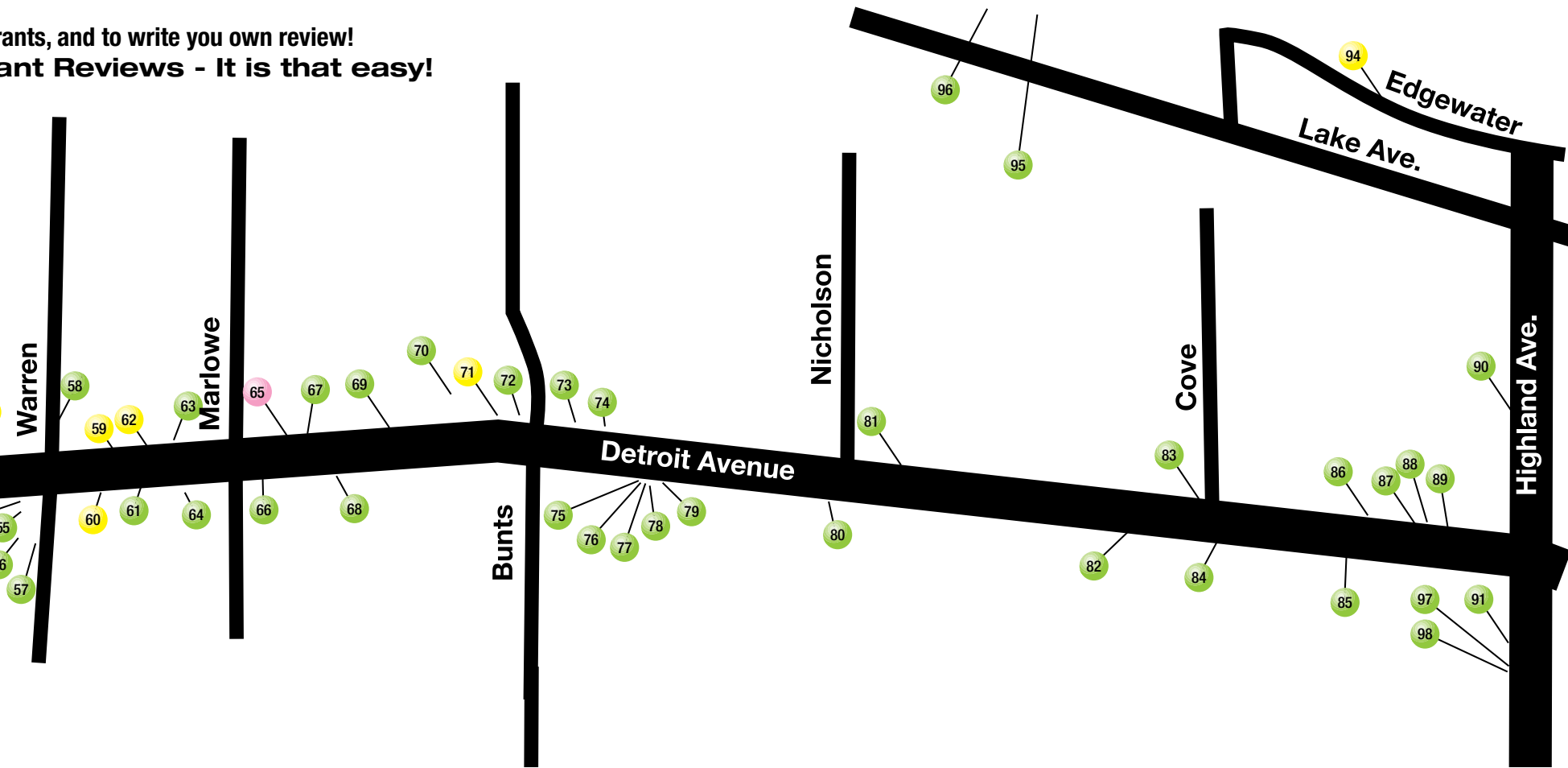
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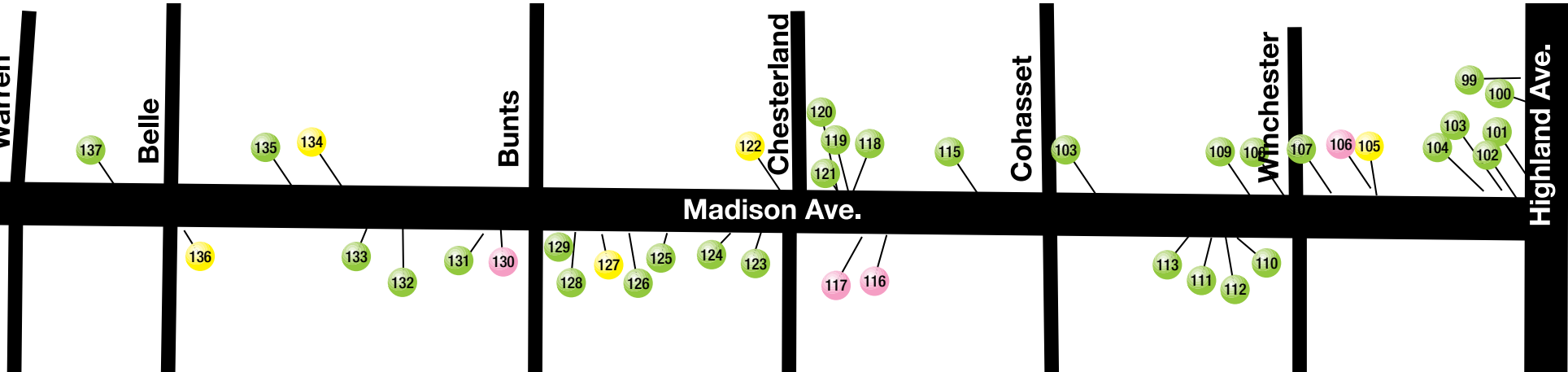


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Burgers Patio
e House - *Patio 14900 Detroit 221-1119*
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To Be 1391 Warren Rd.
Grille - *Patio 14718 Detroit 226-3699*
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Hospital 14519 Detroit 521-4200
Diner 14412 Detroit 226-3270
er Block Deli 14415 Detroit 521-3303
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Pizza 13804 Detroit
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restaurant 12401 Detroit
aurant 12009 Detroit
ounge 11906 Detroit
ber 11814 Detroit

88. The Phantasy Nite Club 11802 Detroit
89. The Symposium 11800 Detroit
90. Dianna's Deli & Restaurant 1332 Highland Avenue
91. McDonald's 1430 Highland Avenue
92. Speedway corner of Warren Rd. and Franklin Blvd.
93. *Sweetwater Landing Patio 1500 Scenic Park*
Drive in The Emerald Canyon
94. *Lake House Café - Patio 11850 Edgewater Drive*
226-7575
95. Pier W 12700 Lake Avenue
96. Mr.T's Deli 12900 Lake Avenue in the Carlyle
97. Mr. Hero 1510 Highland Avenue
98. Panda Wok 1512 Highland Avenue
99. KFC 1560 Highland Avenue
100. Bottom's Up 1571 Highland Avenue
101. Subway 1628 Highland Avenue
102. North Coast Wine & Beer
corner of Madison Ave. and Highland Ave.
103. Joe's Deli & Restaurant 11750 Madison
104. Burger King 11790 Madison
105. Shamrock Restaurant & Tavern Patio 11922 Madison
106. *Flying Rib 11926 Madison 521-0117*
107. *Sugar Bears Custard - Patio 12102 Madison*
108. Winchester Tavern & Music Hall 12112 Madison
109. Thai Kitchen 12210 Madison
110. Corner Pub 12301 Madison
111. Coffee Pot Restaurant 12415 Madison
112. Madison's 12401 Madison
113. Madison Bi-Rite 12503 Madison
114. Mama Mia's Pizza Express 12906 Madison 226-4000
115. Mahall's Twenty Lanes Restaurant 13200 Madison
116. *Bela Dubby Café 13321 Madison 221-4479*
117. *Waterbury Coach House 13333 Madison 226-9772*
118. *Beverage Square 13340 Madison*
119. Little Ceaser's Pizza 13342 Madison 221-5757
120. Tarrymore Inn 13356 Madison
121. Trio's Bar 13362 Madison
122. *Sullivan's Irish Pub & Restaurant - Patio*
13368 Madison

123. Manja 13373 Madison
124. Iggy's 13405 Madison
125. Lakewood Village Tavern 13437 Madison
126. Grafton Street Dublin Pub 13601 Madison
127. *Angelo's Pizza - Patio 13715 Madison*
128. Khiem's Vietnamese Cuisine 13735 Madison
129. McGinty's Achill Isle Pub 13751 Madison
130. *The Greek Village 14019 Madison 228-4976*
131. Richland Café 14027 Madison
132. C-Town Pizza 14201 Madison
133. Tommy's Pastries 14205 Madison
134. *El Tango Taqueria - Patio 14224 Madison*
135. Dairy Mart 14322 Madison
136. *Player's On Madison - Patio 14527 Madison*
137. Doughnut Pantry 14600 Madison
138. The Red Rose Café Patio 14810 Madison
139. Malley's Ice Cream Parlor & Chocolates 14822 Madison
140. Hobart Health Foods 15001 Madison
141. Madison Convenience Store 15019 Madison
142. Elmwood Bakery 15204 Madison
143. *Mars Bar - Patio 15314 Madison 248-4500*
144. *Buckeye Beer Engine - Patio 15315 Madison 226-2337*
145. Lakewood Beverage & Deli 15512 Madison
146. Screaming Rooster 15527 Madison
147. Patio Tavern 15615 Madison
148. Golden Gate Chinese Restaurant 16009 Hilliard
149. *Italian Creations Carry Out/Catering 16104 Hilliard*
150. O'Donnell's Pub 16204 Madison
151. Subway 16208 Madison
152. Lin Garden 16210A Madison
153. Convenient Food Mart 16811 Madison
154. Gatherings Kitchen Catering/Classes 17004 Madison
155. Mullen's of Letterfrack - Patio 17014 Madison 226-5224
156. 7-11 on Hilliard

This list was compiled with the help of MAMA - Madison Avenue Merchant's Association and DADA - Detroit Avenue Development Association - Thank you!



Dining

Talking Food In Lakewood

by Margaret Brinich

Lakewood’s excitement about food begins right at the source with several organizations taking up a community garden model. Again, I have no exact count, but a guess-timate around 200 community garden plots across the City seems reasonable- then add in hundreds if not thousands of vegetable gardens being tended right at home.

Again, staying close to the source of production, local food is readily available to those without a green thumb in Lakewood in the form of two farmers markets and several thriving Community Supported Agriculture programs. Although, easily taken for granted, Lakewood is also lucky to be home to several full size groceries, and corner stores. The relative ease with which Lakewood residents can access places to purchase food to prepare themselves is an easily overlooked asset of the city.

But what about the days food is not being prepared in the home? What if it is time for a night out on the town or dinner out with the whole family?

Despite being a city of only 5.6 square miles, Lakewood is home to an extraordinary number of establishments for food and drink, a trait that draws patrons in search of anything from a mom and pop diner to high end cuisine, or maybe just a cup of coffee with a friend.

In recent months Lakewood was thrown into the spotlight on national television thanks to the culinary creativity of The Melt.

While not every restaurant owner can be expected to be featured on Food Network, Melt’s moment in the sun does speak to the passion for food found here in Lakewood by residents and business owners alike.

There is a well-known cliché about the large number of bars and churches found in Lakewood. I don’t claim to know the exact count of either, but perhaps a more useful piece of knowledge about Lakewood would include all the bars, restaurants, groceries, beverage stores- in other words, all things food and drink. On the next two pages a map displays the incredibly rich landscape of food and drink that surrounds us.

As the hot summer months descend upon us, Lakewood is already coming alive with hungry and thirsty residents out and about, searching for not only something to eat, but for a full sensory experience. I will leave the specifics of the atmosphere and gastronomical preferences up to each of you, but in order to fully enjoy the warm, sunny weather, a patio dining experience seems a must during this fleeting respite from the winter months.

Again, the relatively small geographic footprint of Lakewood makes it an unlikely candidate for such exceptional patio dining options. However, with the help of innovative business owners and a relatively new sidewalk-dining ordinance passed at city hall, outdoor dining is a thriving part of business for many restaurant owners- weather permitting of course. Some patios come as a surprise, nestled behind the main building; only some of the regulars even know it exists. Other patios are clearly visible from the street, with large groups talking, laughing, and of course eating in the sunshine.

So the next time you get hungry, which will inevitably be quite soon, take a look through what Lakewood has to offer and dig in!

Check out the Lakewood Observer’s Restaurant / Business Directory on line at <http://lakewoodobserver.com> just click on Shopping Experience. It is the most complete in Lakewood. You can also rate your favorite restaurants or see what others think by clicking on Restaurant Reviews, and you can join the discussion on The Deck!



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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
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Lakewood Events

Darling Ducklings Debut At Beck Center!

by Fran Storch

For the second year in a row, a mother mallard has nested in an inner courtyard at the Beck Center. Appropriately her eggs hatched on Mother's Day, and 14 fuzzy little ducklings made their debut at Beck. Fondly named "Becky" by students at the arts center, the very protective mother duck guards her precious flock, and they obediently follow her wherever she goes. Beck staff has accommodated the new family by restricting access to the courtyard, installing a wading pool, and providing corn feed for the growing brood. There is always a crowd gathered at the courtyard windows as the ducks provide humorous entertainment for Beck patrons, students, and staff. They will remain safely in their courtyard haven until they are old enough to fly out on their own. Until then, visitors are welcome to come watch the ducks from the lobby at the Beck Center, 17801 Detroit Avenue, during regular business hours, Monday through Friday, 9 a.m. to 8 p.m. Call for weekend hours at 216.521.2540 x10.

Student Art Show at Beck Center

And while you are at the Beck visiting the ducks, take the time to walk through the lobby and enjoy the latest art exhibition featuring works created by talented students from Beck's visual arts program during the winter/spring semester. The exhibition is free, open to the public, and on display June 2 through July 30 in the Jean Bulicek Galleria at the Beck Center. For a more information on the Beck Center and a complete catalog of summer camps and classes go to www.beckcenter.org.

Beck Cafe's Red Stage Presents Free Summer Music Series

Stop by the Red Stage at the Beck Café every Friday and Saturday this summer for a unique outdoor concert series. An entourage of entertainers, including Two Men & A Campfire, Jim Shafer and Shawn Brewster, kicked off the series as part of the Beck Center's Community Celebration of the Arts festivities on Sunday, May 16. Sit at a table or bring a blanket, sip a delicious beverage, and enjoy an eclectic mix of musical entertainment for all ages and tastes in the inviting front courtyard of the Beck. Concerts are free and open to the public. Future guest performers include local talents, such as Emerald Frequency, David Fox, Gary Nelson, Neil Jacobs, and many more. The series continues through the first Saturday in August to coincide with the Lakewood Arts Festival. Throughout the year, the Beck Café also offers Open Mic nights featuring Jim Snively every Wednesday at 7 p.m. For a complete calendar of Beck Café events, visit www.beckcafe.com. Winner of the 2009 Beautiful Business Award, the Beck Café offers a wide selection of gourmet coffees, teas, bubble teas, fresh-baked pastries, and lunch items in a beautiful art setting. Catering and small meeting services are also available. For café hours and more information, call 216.712.4746 or email at info@beckcafe.com.



Becky Duck returns for an encore performance at Beck Center.



Becky and clan at Beck Center.



Becky with brood at Beck Center.

City-Wide Street Sale, Out With The Old

by Marvin Ranaldson

Save the date- June 24, 25, 26. The streets of Lakewood will be abuzz with bargains and fun for Lakewood's first city-wide street sale. Residents and merchants alike will be offering their wares. All are welcome - Residents, Block clubs, Merchants, PTA, Scouts, Non profits...

To find out how you can be a part of this City-Wide event go to www.downtownlakewood.org/streetsale or call 216-521-0655



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Lakewood Cares

Raise Your Voice!

by Meredith White-Zeager

The first time someone put a microphone in front of me, I gulped nervously and stammered out those oh so familiar words: “Um...check, check one, check, check...Can you hear me?” I was dismayed at how little protection that skinny metal pole offered, humbled that I could speak something that others would want

to hear, sick with the excitement and fear roiling through my psyche, and surprised that I was still on my feet. I had seen countless others stand before a crowd and share words, music, and humor and they had made it seem so easy. Later I would learn that public speaking outranks death on the list of things that people fear, and I knew that despite how easy it looked for

everyone else, my stammering, shaking, butterflies-in-the-stomach-self was in good company.

It is the company of all those people, past and present, who have heeded the call to Raise Your Voice. People who have believed in themselves enough to stand up and speak, to sing as if everyone was listening, and to share their gifts with the community around them. In today’s world of high-speed, hi-tech, dig-

ital multi-media, and social networking, to Raise Your Voice no longer requires large sums of money, vast talent, or a local audience. If you’ve spent any time on YouTube, you know that it doesn’t even require anything interesting to say. In today’s world, anyone can speak their mind...even if their voice shakes.

One of the things I love about Lakewood is that if you are willing to share your gift, you are likely to find someone who will appreciate it. The Root Cafe, the Beck Cafe, and the Winchester each host open mic nights for musicians and/or poets. Bela Dubby coffee shop on Madison hosts an open mic comedy night, an open improv evening, and is a venue for many experimental noise musicians and other uniquely fabulous creators. Many of our local boutiques, cafes, and store-fronts will display the work of artists from our community and, throughout the summer, a wide array of festivals and community events provide opportunities for you to enjoy the talents and gifts of your neighbors and to share your own. Last, but not least, the Lakewood Observer will publish news stories, photographs, poetry, and art.

The only thing that remains to be overcome is the fear of standing in front of a crowd affirming that we do in fact have something to share. I believe that we all have something to share and, even more importantly, I believe that everyone should take the opportunity to “stand in front of the mic”, whether metaphorically or literally. Your talent might be verbal, visual, physical, or musical. You might have a talent for teaching, listening, baking, or sewing. Whatever your talent, find a place to share it with others. Raise Your Voice and encourage those around you to do the same.

On June 5, 2010 the Phoenix Project is hosting a performance festival to showcase the blooming talent in the Lakewood community. We will feature performers of all talents and varieties. We invite you to join us: bring your music, your poetry, your dancing shoes, your special cookies—bring your story and share it with us. Bring yourself and Raise Your Voice.

Meredith White-Zeager is the Pastor of the Phoenix Project, a Presbyterian new church development in Lakewood. The performance festival will be held June 5 from 5-9pm at 13351 Madison Avenue. Please call Meredith at 216-906-3026 for more information or if you would like to participate.

Something Is Always Happening At Trinity!

by Paula Maeder Connor

Trinity Lakewood Community Outreach is “off the boards.” A new service provider is being instituted through Trinity Lutheran Church. TLCO will focus on the hunger relief efforts, neighbor support, organic gardening and backpack summer project that Trinity Church began over the past number of years. New this year will be a theater production with cast and crew of Lakewood teens and tweens with intended to recruit those with financial challenges.

With the move of some ministries of the congregation to designations as programs of TLCO, an Advisory

Committee is being seated. Lakewood residents Jason Weiner, David Bowen, Katie Stadler, Jason Gatliff, Dee English, and Community Meal volunteer from Cleveland, David Mercado...all who come with enthusiasm for assisting the community...are to be on the Advisory Committee. Others are still being sought to bolster an active and forward thinking Committee that will deliver the above mentioned services to Lakewood’s needy. If you are interested in serving, contact www.trinitylakewood.org.

This move has been a result of two years’ planning with the Cleveland Foundation’s “Project Access”. Trinity Church’s Congregational Council

has had continued information sharing through their pastor and another congregational member who have attended these classes, a course on capacity building for non profits of faith based organizations.

Trinity has collaborated with the Cleveland Foodbank, Harrison School, Thrivent Financial for Lutherans, NORVA (Northern Ohio Returned Volunteers Association of the US Peace Corps), LEAF, the Lakewood Christian Service Center, the 3rd Saturday Hot Meal, the Lakewood Collaborative, the Lakewood Ministerial Association, Lakewood Hospital Foundation, and Fairview Hospital’s Parish Nurse Program. These collaborations have been helpful to the congregation in envisioning TLCO and some will be represented on the Advisory Committee.


This year, due to financial cuts of the Lakewood Hospital Foundation, the Parish Nurse program was eliminated. Just as that information was received, Trinity was invited to become a “Health Hub” of Lutheran Metropolitan Ministries. Recently, too, a grant from the Women of the Evangelical Lutheran Church in America was received to reinstate some nursing presence with and for community (free) meal guests. These two organizations’ assistance will include a variety of health screenings, a support group for women attendees of the community meals, and lead poisoning prevention information offered to the public. These programs will be under the auspices of Trinity Lakewood Community Outreach.

Paula Maeder Connor, Trinity’s pastor of the past twenty years, will also serve as executive director of Trinity Lakewood Community Outreach. Watch for more information about this newly developing service provider!

Peace Camp
June 21-25, 2010

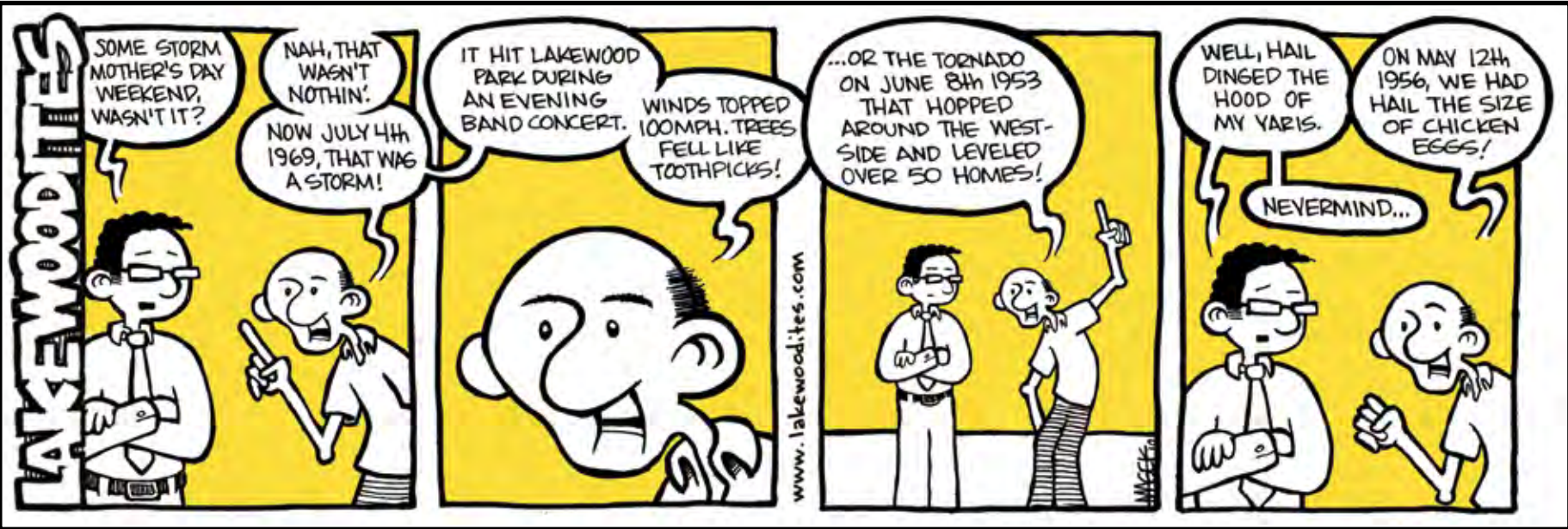

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Slife On Life

Bringing Hoops Back To The Wood

continued from page 1

abutting courts. The response by both the George administration and the School Board was swift and surgical. By the end of the summer, hoops were removed from all outdoor courts on both City of Lakewood and Board of Education properties in a quick fix to a complex problem.

Dr. Ernest Dezolt, a specialist on juvenile delinquency and associate professor of Sociology at John Carroll University questioned the feasibility of the 2007 solution. "If you want short-term results, you take down the hoops. However, for this to work you must beef up security in other places and create more viable solutions for the displaced kids," said Dezolt.

Citizens began asking similar questions and it didn't take long for the innocent players, their parents, mentors and advocates to begin organizing against this blanket prohibition. "Most parents feel that the hoops were just taken from the kids of Lakewood without being given an opportunity to voice their opposition," said Stephanie Toole, energetic mother of seven and LOBC co-founder. While in the post-Youth Master Plan era, a sense of responsibility for the total health and development of Lakewood's children still lacks a prudent theory and practice, Lakewood's grassroots tradition of strong child and community advocacy has risen to the challenge of finding a way.

The LOBC's vision is not powered by naïve, nostalgic hopes of returning to the past, they're keenly aware of the need to bring social order to a resurgent outdoor basketball scene in Lakewood. They understand the complexity of the situation and have listened intently to the concerns of fellow neighbors. LOBC's chief protest is against the surgical process employed, a solution that took place without public input or open discussion and the damage done to the image of the sport. Removal of hoops throughout the region has not only stigmatized the sport, it has unintentionally displaced lawful residents who must leave the city to play pick-up games at outdoor courts elsewhere.

The crisis of social order on Lakewood's outdoor courts raises broader questions of the state of civil society. And crisis is the name of the game. In an era marked by economic collapse and ethical deficits in business and government leadership, social capital-- or the ability of people to join together in relationship to community-- is in short supply. In "Moral Order and Social Disorder: The American Search for Civil Society", sociologist, Frank Hearn, chronicles the collapse of communitarian interdependencies in late 19th century America. According to Hearn, social control over anti-social behavior happens when individuals cultivate "Effective ongoing communitarian interdependencies that feed trust, reciprocity, and sense of mutuality on which rest responsible neighborhoods."

LOBC, true to the grain of the Lakewood civic tradition, is an exemplar of this spirit of citizenship. Over the past year the group has worked closely with the City of Lakewood, local churches, the Friends of Madison Park, elected officials and others to build the critical mass of intelligence and enthusiasm needed to dunk their civic dream in a manner addressing the complexities of the issues. According to Mayor Ed FitzGerald, "They understand that security concerns need to be addressed, and that the hoops must be in a visible area. They know that they need to be part of the solution due to the limited finances of the city." And LOBC has done their homework. "Much of the research we have done with basketball courts focused on the liveliness of each park. Where basketball courts are successful, and there are many in Northeast Ohio, the court is in the center of the park, in clear view of foot traffic and police," said Nadhal Eadeh, LOBC co-founder.

Eadeh and other members of LOBC see outdoor courts as a piece of the larger athletics puzzle. "We are missing the positive impact that outdoor hoops had on the sports program as a whole. It seems as if Lakewood's recreation leaders are not in the business of winning at the high school level anymore, and that



committee@lobc.org | lobc.org
fact is not unrelated to the anti-sports message that we send when we remove outlets for self-directed athletic development in our city's parks."

Eadeh alludes to a much broader issue. With the locking of the newly remodeled baseball field at Harding and the limiting of basketball options to indoor, pay-to-play venues such as the Lakewood YMCA, there is a movement toward exclusivity and privatization that marginalizes those lacking the resources to participate.

In addition, available fee-based options are in short supply or of questionable quality, according to LOBC. Open gyms at the Lakewood YMCA have consistently reached capacity. "We have a higher demand for basketball than we can accommodate," says Paul Rogerson, Program Director for the Lakewood YMCA. The open gym sessions at public schools present other issues. Stephanie Toole complains that they "are filled with bigger kids and it just is not wise or safe for younger kids to go and play after school."

The LOBC trial sessions will provide a free, outdoor alternative to the

fee-based, indoor options that the city's youth are currently afforded. Working with the City of Lakewood, they have identified several potential locations for a trial outdoor half-court in which the hoop will be functional only during monitored sessions, staffed by LOBC volunteers. This plan resonates with Dezolt, who has noted that, "The literature and research suggests that more supervised sports will lead to a more successful impact because you are engaging kids in more constructive activities that will foster positive growth in [their] development."

With youth increasingly moving toward the atomizing technologies of social networking and mass media as sources of identity and self-hood, it should be considered a civic sin to withhold opportunities for competitive play under the summer sun in the fresh air. Or, as Stephanie Toole said, "it will just be criminal to go another summer without a safe place for our kids to play ball outside."

The city and other partners seem to be in agreement. With the civic spirit as their guide, LOBC will continue to build the communitarian interdependencies needed to bring back outdoor basketball courts in Lakewood. For more information or to join their efforts, please visit <http://lobc.org>.

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Pulse Of The City

Bullying: An Ever-Present Threat...

by Gary Rice

Recently in the national news, there was a report of a teen suicide, allegedly due to repeated bullying by a number of other students.

That news item caused me to reflect on the issue of bullying in school, and with my own experiences (both as a classroom teacher, and as a student) with this reprehensible behavior.

Virtually anyone, at any time, whether in school, or in the workplace, or elsewhere, can become a victim... or even become a passive unwitting participant in the bullying process. Whether we like it or not, our school days, work days, and even our recreational times, are social laboratories for learning about people and about life in general. Sometimes, the lessons learned are not good ones.

In my early school experiences, I was on the receiving end of bullying for several reasons. (Although I'd better point out here that there is NEVER a valid reason to bully anyone!) In the first place, I was one of the youngest and smallest kids in the room. Adding to those issues, I had a speech impediment, a hearing problem, and difficulty with walking. Any one of those issues could have made me a target for bullies, and the combination of them made for a number of difficult moments in my elementary years. In junior high, my dad was a teacher in the same building



Little Gary...Who'd want to bully this little guy?

where I went, and this fact presented yet another twisted rationale for even more bullying to occur. Only after I had learned a number of techniques as to how to deal with bullies, did the bullying finally go away.

Unfortunately, far too many



Bigger Gary, on the beach...No sand in this guy's eyes!

people are not taught about those techniques as I had been. Even if people do learn how to deal with bullying, there can still remain long-term negative consequences with trust issues, evolving from those early childhood experiences. Trust issues, along with having a fear of social rejection, are but two of many consequences that can arise from negative childhood experience memories that can be difficult to overcome.

Fortunately, bullying, whether at school or in the workplace, is increasingly being recognized as the destructive and devastating behavior that it really is. Increasingly, teachers, caregivers, clergy, and workplace leaders are being trained to recognize and respond to aggressive actions brought on by those who seek to threaten and victimize others.

Bullying can either be direct, or it

can be applied in more subtle forms. Lately, there seem to be more and more incidents of comments made through texting and e-mails; often with devastating consequences for the victimized.

A quick check on the internet will reveal shocking statistics as to the thousands and thousands of students estimated to miss school each day as a result of bullying. An equally serious concern for both schools and institutions, would be how a victimized person might respond, once they have been confronted with bullying. Some victims, rather than seeking help, might resort to violence themselves. Any number of school or workplace violent incidents could well have been traced back to bullying.

Bullying, once thought to be a normal rite-of-childhood passage, is increasingly being recognized as the grave societal danger that it is. One of the best defenses against bullying is always to have a school, or office area, under active supervision and scrutiny. Bullying seems to crop up when there's no one around who can intervene. Bullies generally seem to want to try and avoid the limelight, whenever possible.

Of course, there have also been incidents where the bully actually turned out to be a person in authority. In those cases, that's another situation entirely. These days, for example, more teachers are trained to avoid the use of classroom sarcasm, or unnecessarily loud or personal language; as students can learn to model and perpetuate those types of behaviors with their peers.

As one who knew full well the effects of bullying as a student, and also as one who was forced to address school bullying many times in my role as a classroom teacher, (now retired) I would hope that we all would realize that bullying is certainly NOT considered to be a normal childhood rite-of-passage anymore. Indeed, bullying has been, and continues to be, a major (and costly) human tragedy; both nationwide, and in the pulse of this city.



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Flip Flops For Haiti

by Laura Gonzalez

"Flip Flops for Haiti", an idea conceived by Josie Katzbach of Fairview Park following a trip to help the people in Haiti, has grown into a community effort.

Katzbach's goal is to collect 2000 pairs of new flip-flops in a variety of sizes to provide for the men, women and children in the mountains of Haiti, many of whom have only hand-me-down shoes or are barefoot.

Pam Hazelton, an LPN at the Cleveland Clinic in Lakewood, learned of the effort and is supporting the cause by providing a collection box at the Cleveland Clinic Lakewood office located at 16215 Madison Ave (on the corner of Madison Avenue and Woodward).

Residents and organizations who wish to donate at this location may drop off flip flops between the hours of 8am-8pm Monday through Thursday; 8am-5pm Friday and 8am-noon Saturday.

Other locations where donations are being accepted include Peppi's Pizza at 26569 Center Ridge Road in Westlake; Curves at 21629 Center Ridge Road in Rocky River; Gina's Place at 21930 Lorain Avenue in Fairview Park and Gayle's Hair Studio at 23844 Lorain Avenue in North Olmsted.

Donations will be accepted through June 30th, after which Katzbach is planning to return to Haiti to deliver the flip flops in person.

For further information about donations or to set up a collection box, you may contact Katzbach at josieakay@yahoo.com.

A Lakewoodite's Perspective

A Retraction:

My Apologies, Mr. Holder

by Bret Callentine

Looking back, I may just owe Attorney General Eric Holder an apology. A year ago, I took considerable offense to him calling us a “nation of cowards”. In his speech, Holder pointed to the substantial number of racial inequalities and tensions that continue to haunt this nation. In my article, I argued that the primary problem wasn’t with the color of a person’s skin, but with the thickness. It was my opinion that the minimal amount of real racism that remained in the country was far outweighed by a residual social guilt kept alive in an out-of-control world of political correctness and perceived insult.

But after the past year, I may actually be changing my mind (or perhaps, just losing it). With each passing day, I'm beginning to think that Holder may have been more right than he knew. The United States of America, land that I love, may indeed be turning into a nation of cowards. Not just in confronting racism, but in the general amount of fear, or at the very least, lack of moral fortitude, its citizens continue to demonstrate when confronted with even basic life challenges.

Whether it's true or not of the general population, fear and cowardice are certainly nowhere more on display than in the hallowed halls of our elected officials. Congress has, in my opinion, long lost its luster. A body

once made up of men and women that would seemingly give it all away rather than violate what they believe in is now occupied by career politicians more concerned with winning the people's vote than earning the public's trust. Our founding fathers put their very lives on the line by signing the Declaration of Independence, yet our current representatives rarely wander off the pre-approved talking points in fear of making what might be a career-ending slip of the tongue.

Holder himself recently went to great lengths before a congressional panel to dance around a question regarding security threats to this nation rather than utter the words “radical Islam”. Nancy Pelosi tries to tell us she’s scared of the Tea Party demonstrators, but if you really want to watch her squirm, go back and watch her try to answer questions about her stance on abortion. And both Republican and Democrat alike run for cover when questioned about immigration because they fear looking bad in front of even the smallest portion of the voting demographic.

There was hardly a Democrat out there who wasn't calling for impeachment hearings for George W. Bush when they knew they didn't have the votes to get it done. But once they

did, I only remember one person putting his neck (and reputation) on the line by continuing that call. Likewise, for years the Republicans had every opportunity to attempt ground-breaking legislation to tackle the very same problems which they seem all too content to criticize the Democrats for now.

Unfortunately, this country is in a real crisis. And even the best solutions require severe risk and considerable sacrifice. If you truly believe that BP acted criminally in the events that led up to the spill of oil in the gulf, then let's have the trial. And if anyone did break the law, then throw their butts in jail. But then, be prepared for a rapid spike in the price of gasoline. It's a simple equation; safe isn't cheap. If you want change and you believe in keeping the environment safe, then we should be paying not just what it costs to get the oil quickly, but what it costs to make sure that things like this don't happen again. And don't try to subsidize the additional costs once they start going up. Nothing will spur innovation for cleaner energy faster than \$10 a gallon gas, and a 5% increase in the cost of everything shipped in by the trucks that use it.

But, my guess is that none of this will happen. Congress is too scared of their opinion polls to push the issue far enough to enable real change. And the citizens of this nation are too scared of an unknown future to risk the relative comfort of the status quo by demanding action.

It's the same story on Wall Street. The beltway blames the banks, the banks blame the brokers, and the brokers blame the beltway. But in the end, they'll appease each other with bailouts and backroom bargains rather than force a trial that might just implicate them all. No one will stand up to defend his own actions and take whatever consequences may come, so the cowardice continues.

The truth is that not everyone should buy a house, not everyone can afford a new car, and not everyone should be investing in the stock mar-

ket. There is no shortcut to prosperity. Like wisdom, it must be earned. But no one likes to say no. No one wants to be the bad guy. And no one seems brave enough to tell the American public that equal opportunity doesn't guarantee equal results.

It seems like, as a nation, we've become afraid of putting in the effort needed to continue to make this country great. We'd rather cede power and control to the government than take on the risk that comes from fighting for our own success. We all want the safety net, so we'll try anything and everything in an effort to get the greatest rewards without even the slightest of risks. But the Wright brothers had to leave the ground to be able to fly, and man couldn't walk on the moon if he didn't first crawl into the capsule.

Bravery isn't defined by a lack of fear, it's personified by those who put their fears aside in the name of duty, honor and personal responsibility; it's standing on principle in the face of unpopularity. It's the last word to our national anthem, but the first word in restoring our national pride.

Letter To The Editor

Dear Editor,

The ownership and staff of Troy Monuments & Urn Co., would like to thank everyone who visited our open house May 8th.

We would like to acknowledge all of the generous donations we received to make the day a big success. Many thanks to Lakewood Beverage, C-Town Pizza, Angelo's Pizza, Italian Creations, Root Bakery, Madison Bi-Rite, The Greek Village Grille, Coffee Pot Restaurant, Bela Dubby, Assad's Bakery, Affordable Florals, Roman Fountain Pizza and the Waterbury Coach House.

Sincerely,

Lynn Streidl
Manager

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Shop Local

Experts Ready To Help

by Liz Donnelly

According to the Centers for Disease Control and Prevention (CDC), it is estimated that half of the 4 million children injured during sports events or practices suffer repeat injuries. These figures are likely underestimated because other professionals like chiropractors and physical therapists, who also treat young injured players, are not included. There is mounting attention nationally on the growing problem of injuries incurred by our youth because of over-use problems.

An awareness group called STOP Sports Injuries is building national attention to address this problem. An April 1, 2010 online Wall Street Journal article mentions STOP:

“It (STOP) also is pushing against a cultural shift in youth sports. From baseball to volleyball, kids are increasingly trying to attain mastery of a sport by specializing. That has made cer-

tain sports increasingly competitive, further encouraging kids—backed by parents—to train harder and longer, parents and sports trainers say.”

Ankle sprains, ACL tears, shoulder injuries and head concussions are more prevalent than ever. Physicians are even seeing overuse patterns they’ve not seen before.

Dr. Mike Urban of Urban Chiropractic Spine and Sports Clinic and I will present a free lecture to parents, kids and coaches called “Staying in the Game: Injury Prevention for Young Soccer Players” on Saturday, May 22, 2010 from 4:00-4:45 p.m. at the Fairview Hospital Wellness Center, Room 100, 3035 Wooster Road in Rocky River. Attendees may call 440-623-0957 for more details.

It is the mission of Training by Liz, LLC, to keep families fit and healthy. Liz Donnelly is a Family Fitness Specialist

Lakewood To Offer Two Farmers Markets This Year

The North Union Farmer’s Market will open for its 12th season on Wednesday, June 2, 2010 at 10:00 a.m. in the Kaufmann Park Parking Lot behind Drug Mart, 15412 Detroit Avenue. The Market will operate every Wednesday through September 29, 2010 between 10:00 a.m. and 1:00 pm.

The new Lakewood Farmers Market will operate on Saturdays beginning June 26 from 9:00 AM to 1:00 PM in the City Center Park, in front of Marc’s. The market will operate every Saturday (expect August 7 due to the Lakewood Arts Festival) through October 2, 2010. This market is being organized by a volunteer group, with the support of the City, who saw a need to offer an additional market during the weekend.

Sacred Hour Massage Wants You to Express Yourself

by Jill Crino

Sacred Hour Massage in Lakewood is the place to go for the best massage in Cleveland. Don’t believe me? Just ask everyone who voted them best massage in Cleveland over the past 3 years! Owner and sole creator of Sacred Hour, Tabitha Baker is introducing a whole new way to experience Sacred Hour.

In her travels around the country and abroad Tabitha picked up on some aspects of her industry that she wanted to bring back to Cleveland. With only spending a few days in each city and being short on time she found how wonderful the convenience of a walk in 20-30 massage was as opposed to spending the whole day in a spa. Walk in, get a refresher and be on your way. People are so busy today running from one task to the next, family, school, work,... its so hard to find the time. Therefore, in addition to their regular menu, Sacred Hour is now offering the Sacred Express Menu. This additional menu is perfect for the busy mom or dad, the student on a shoe string budget, the client new to massage,

not sure if they want to commit to a full hour, but who still wants to try a massage. Perfect for stopping in on your lunch break or on the way home after a long day. The Sacred Express Menu, offers 7 choices:

3 items are Fully Clothed Table Massage, 20,30 and 45 minutes with no messy oils or creams all under \$45 walk ins only.

3 Swedish Express Massage, 30, 45 and 50 minutes, all under \$50 and the Express Facial 45 minutes \$45.

Staying current with the ebb & flow of today’s lifestyle Sacred Hour is offering the best quality therapeutic services to revitalize the body and soul with your time and budget in mind. Stress is the number one cause of illness in our society and massage is a proven method of reducing stress and rejuvenating the mind. With all of these new options with no appointment needed you really don’t have an excuse not to do something wonderful for yourself, you deserve it. Sacred Hour offers 10 massage therapists and one full time esthetician. Sacred Hour is located at 15217 Madison Avenue in Lakewood.www.sacredhour.com

Join the Discussion at: www.lakewoodobserver.com

Shop Local

The GreenSmart Story Continues...

by Margaret Brinich

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” -Dr. Seuss, The Lorax

These words from a lesser-known children’s book by Dr. Seuss grace the wall behind the cash register at GreenSmartGifts, located on Detroit Avenue across from Lakewood Hospital.

The path that led Shawn and Donna Witmer to the door of Green Smart Gifts and introduced them to the wisdom of The Lorax is different than that of Mary Evans, the previous owner. They arrived among Mary’s first customers in May of 2008, and kept coming back for more “green” gifts. In the course of those visits each party discovered remarkably common ground beneath their feet.

What first brought the Witmers to the store was a desire to support this new Lakewood business as another way of thinking globally and acting locally. They were instantly attracted to Mary’s vision for Green Smart: “live green, give green.”

Like many of Mary’s regular customers, the Witmers found themselves returning over the last two years, to see what was new, to consider new ways to support sustainable products and participate in the growing green movement.

In February Mary announced that she was moving on and was seeking someone to assume responsibility for

GreenSmartGifts. The Witmers do not have Mary’s business background, and are teachers by trade. They doubted their ability to face and embrace the many challenges of owning and operating a small business, even one they believed in so strongly. After several conversations with Mary, the Witmers decided to become the new owners of GreenSmartGifts. “But we definitely need to keep our day jobs,” Shawn Witmer added.

The Witmers intend to continue to focus on the core values of sustainability, renewability, locally produced and organic products. They plan to build upon the foundation which Mary has established and to nurture Green Smart Gifts as a family-owned and operated business offering products and options that are good for the giver, good for the receiver and good for the Earth.

Donna’s sister, Kathy (Dorsey) Matuszewski, will serve as store manager and store presence when school is in session. Like Donna, Kathy is a Lakewood native, and also brings many years of retail management experience and a commitment to a more “green” lifestyle. Donna commented that, “We feel very fortunate that Kathy was willing to share this adventure with us, and working so closely with my sister is a gift.”

Kathy added, “We will strive to always and everywhere treat the Earth

and all its inhabitants with the respect they deserve.”

GreenSmartGifts is located at 14534 Detroit Avenue, and can be reached by phone at 712-7980 or www.greensmartgifts.com.



Shawn and Donna Witmer looking forward to building on the great foundation which Mary Evans (in the middle) nurtured.

City To Launch Buy Lakewood Program!

continued from page 1

receive their card. Once their name, address, phone number, and an email address (if applicable) is entered, a card will be delivered to the resident’s house along with a letter of appreciation and further explanation of how buying locally helps improve our community in many ways. The Buy Lakewood! Program will provide residents immediate savings that will stay within the community.

Buying locally helps to improve our community in many ways:

- It keeps dollars in Lakewood’s Economy. For every \$100 spent at a locally owned business, \$45 stays in the local economy, creating jobs and expanding the city’s tax base.
- Likewise, this program embraces what makes Lakewood unique. Lakewood is a suburb where we shop, eat and entertain – it is what makes our neighborhood our home.
- Residents will also be able to have more choices. A marketplace of hundreds of small businesses helps to ensure more innovation, competition and lower prices over the long term. Local businesses choosing products based on what their local customers need and desire guarantee a more diverse range of product and service choices.
- Lastly, local businesses are the lifeblood of our community. When we keep our dollars in the city, every purchase contributes toward our schools, our culture and the well-being of our friends, relatives and neighbors.

The Buy Lakewood! Program has been implemented to support both the residents and merchants within the city. This program will provide citizens discounts at no additional charges while providing local merchants a boost in economic activity.

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LEAF Nights Are Bursting With Local Flavor

continued from page 1

ported Agriculture or CSA is becoming more and more popular, but many still don't really know what it means. CSA is a model of food distribution where consumers develop a direct relationship with the farmer. People become "share holders", in which they pay the farmer up front and then receive delivery of "shares" (packages of fresh picked food) throughout the season when the farmers harvest them. The CSA model has many benefits for the farmer, the consumer, the environment and the local economy.

The two traditional CSA programs that LEAF helps bring to Lakewood include Covered Bridge Gardens and Geauga Family Farms. With Covered Bridge Gardens, you get the added benefit of meeting and speaking directly with the farmers, Mick and Kay Prochko. Mick and Kay are a memorable duo, and will have you belly laughing as they share stories from their farm in Jefferson, Ohio. If you ever have a question about a vegetable, Kay Prochko can tell you what to do with it. The Geauga Family Farms program is the only program that LEAF offers. The other programs grow their products naturally (if they don't they will tell you), but Geauga Family Farms have taken the tedious steps to form an Organic Certified Cooperative

of farmers out in Geauga County. A modified version of a CSA, City Fresh, also sets up shop at LEAF Nights. City Fresh is different in that it offers more flexibility than a traditional program, and shareholders are only required to pay 1 week in advance. Another difference with the City Fresh program is that it offers an income qualifying discount to make fresh local food affordable to everyone.

The LEAF Community Supported Agriculture programs are brought to Lakewood with the help of over 50 volunteers. People take turns with unloading and setting up produce, greeting guests, assisting shareholders, providing recipes and information, and cleaning up. Thanks to these dedicated and selfless individuals, over 500 families will receive fresh, locally grown food each week over the summer in Lakewood. We always welcome new volunteers. If you are interested, simply stop by at a LEAF Night and meet us.

LEAF Community is planning a wonderful array of guest vendors to accompany the CSA programs and music this summer. The freshest, local and happy poultry, beef & cheese will be available to the public. Our favorite "honey lady" from the Berry Good Farm will be joining us weekly. We will also be offering crafts and locally made and environmentally friendly products and demonstrations by local vendors. All of the guest vendors will sell to the

public. Visit the LEAF Community website leafcommunity.org to view the schedule of guest vendors and join our shared google calendar and facebook page to keep informed of LEAF's scheduled vendors, Third Thursday Educational series, community gardening and bulk buying opportunities. The vendor schedule is tentative at this time and is subject to change.

If you have visited a LEAF Night in the past, you would agree that it is a very exciting event each week. People walk up and ask, "What is going on here?" "I heard the music and saw all the vegetables, and had to come up and see what was going on!" Most likely, that person will become a CSA shareholder by the next week. Smiling faces, lively discussion, recipe swapping, vegetable bartering, kids twirling to the music, and of course the lovely food draws you in. We hope to see you this summer!

- June 9
- Berry Good Farms
- Green Pastures Poultry
- Lucky Penny Creamery
- Woodstock Soap
- June 16
- Berry Good Farms
- Lake Erie Creamery
- Simple Solutions
- Timberlane Organic Farms (Beef)
- June 23
- Berry Good Farms
- Jammin'
- Westside Yoga Studio
- June 30
- Berry Good Farms
- Timberlane Organic Farms (Beef)
- Western Reserve Foods - Middlefield Cheese Co-Op
- Woodstock Soap

New Farmers Market Kicks Off On Detroit

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both employed in full-time jobs, and Lakewood residents since 2007, are co-owners of Baybranch Farm, a small but hearty plot on Lark Avenue. On a tour of the land, Stoffer confesses that a lot of people on the street have expressed enthusiasm for what they're doing. Stoffer and Khouri are entrepreneurial farmers--they purchased the vacant lot on Lark in 2009 with the intent of farming it for profit. "For the market this year, we're primarily focused on greens and root crops, so, lettuce, arugula, and carrots, beets, radishes, potatoes, onions and spinach," Khouri notes.

Cindy Bischof-Steinbrick, founder of Basil and Beyond, is another ven-

dor. She'll be providing all-natural herbs at the market, including several varieties of basil, oregano, chives, thyme, rosemary, mint, parsley, tarragon, and sage. "All of [the] herbs are grown in Lakewood...without synthetic pesticides, herbicides or fertilizers," she says. Her company, and the farmers market, she says, "will enhance Lakewood in several ways, first by providing another opportunity for Lakewood and surrounding residents to obtain fresh, locally-produced food, with the added bonus of being at a convenient time for those who work during the week. Secondly, the market will be [another] opportunity to draw customers to the downtown area, where in addition to purchasing great products at the market, they can eat at a wide selection of restaurants, visit an award-winning library and shop at unique, independently-owned shops, all within walking distance."

"We have the support of local businesses, through the act of sponsorship, donation and verbal support. Our hope is the farmers market will bring more foot traffic to the area on Saturdays, and that the people shopping [there] will also patronize the local businesses around the area," says Gersak. "All of our volunteers support not only local food, but local businesses as well. It's our hope that this market not only benefits the vendors and buyers, but all the local shops as well."

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Shop Local

Hidden Treasure in Lakewood

by Jim Steponick

There's a new store in town and it caters to your health, happiness, peace, and prosperity. I have stumbled upon a great treasure in Lakewood, Radiance Organics opened its doors at the end of last year with a commitment to improving the quality of life in Lakewood. Offering a wide range of products and services that are good for you, good for the environment, and good for the community. It's owner, Tom Murach, said, "I wanted to start a retail business that would make a significant impact on the quality of life. There are too many things in our environment that damage our health and well-being without us even being aware. Radiance Organics promotes healthy products and a healthy lifestyle through the great things we sell and the educational courses we offer."

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600 studies in peer reviewed, refereed journals attest to the efficacy of this natural technique. "TM is endorsed by doctors, psychologists, educators, clergy, and professionals from all walks of life. The National Institutes of Health has awarded more than 25 million dollars for studies on the TM technique and how it improves our health," said Tom. Free lectures are offered every Wednesday evening at 7:30 PM.

There are also seminars available on organic foods, GMO's, free radicals, toxins in our water, organic cosmetics, Maharishi Ayurveda, Vedic Architecture, and ORMUS minerals. Not just a store, but a friendly place to come and learn about what's good for you and the environment. There is always tea brewing to sip with organic cookies. Come in to relax and enjoy our warmth and hospitality. From the original copper ceilings, to the friendly atmosphere you will always find that your concerns are what Radiance Organics cares about most.

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