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# Spring Forward - Daylight Savings Time - March 13

## THE LAKEWOOD OBSERVER

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Volume 7, Issue 5, March 8, 2011

*Mary Louise Madigan New Council President*

## A New Face For Ward 1- David Anderson

by Jim O'Bryan  
and Betsy Voinovich

I first encountered David Anderson, as my neighbor on Franklin off of Riverside, and as a guy with some good answers about housing on the Observer's Observation Deck.

When we met for our interview, David was walking with a cane, he sprained his ankle on the way to delivering 20 pizzas to 100 volunteers painting inside Cleveland's John F. Kennedy High School, a service event led by City Year Cleveland, of which he is Deputy Director.

Though he is very active with his job, and is "the proud father of four," Brianna, 7, Reese, 5, Luke, 4, Benjamin Theodore, 20 months, he feels that now is the time to "re-inject himself into civic service." He's been active at St. Peter's Church, where he was senior warden for two years and a capital campaign co-chair. He is satisfied with his input there and is now back to being just "Parishioner Dave." He says he, "Is humbled to have been selected by council to serve."

He describes how he was bitten by the bug of civic duty: "It goes back to [being a staff member for] Metzenbaum," he



Multiple home owner, father of 4, and now Ward 1 Councilman  
David Anderson

says, "There's a lot that Metzenbaum's office did to help people with their problems-- case-work," he says. "So here I am out of undergrad, Kent State '91, and I'm seeing government work for people. I'm in DC, but we're solving individuals' problems."

Back in Lakewood, he describes being impressed by the way his own Ward 1 Councilman, Kevin Butler, got things done, such as

solving traffic and local highway access issues. "Kevin brought the neighborhood together to come up with a shared vision, we got it done, and I thought, wow, here we are, government solving problems." When he sought help from the City's housing department, he saw local government in action again. He bought a property to rehab and, "There were a lot of things I didn't consider," he says. "The housing department was my partner in the whole thing-- my advocate, they weren't an extra layer of red tape...they

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## Two More Big Changes For Council by Christopher Bindel

At last night's March 7, 2011 Council meeting two more important changes were made to Council. With Council President and Ward 1 Councilman Kevin Butler announcing in February that he would be taking the position of Law Director in the new administration, he had to give up his seat on council.

This meant Council once again had to appoint a new member to its body and select a new Council President. After thorough deliberations, which Council has become so good at over the last couple months, they decided on David Anderson to succeed Kevin Butler as Ward 1 Councilman.

After Councilman Anderson was sworn in with his family by his side, Council turned to the selection of Council President. In this decision they unanimously chose Ward 4 Councilwoman, and longest member of Council, Mary Louise Madigan. As she was the Vice-President of Council, they then chose At-Large Councilman Brian Powers for that position.

## Think Spring With LEAF!

by Margaret Brinich

If you care about healthy, local food and building community then join us at the Lakewood Earth And Food (LEAF) Community Open House 2011 to find out more about the LEAF Community, our programs, and sign up for volunteer opportunities during the growing season. You can even sign up for a plot in one of our five community gardens. This is also a great opportunity to show your support for small sustainable farmers from our region by signing up for a Community Supported (CSA) share or purchase some bulk goods (e.g. locally produced grains and cereals). And, if you are inspired to learn more after all of this talk about local food, don't forget to pick up a flier about LEAF's Third Thursday educational series as well!

LEAF Open House 2011 is on March 20, 2011 from 2:00 pm - 4:00 pm in the Multipurpose room of the Lakewood Library, Main Branch.

## Soul Food To Benefit Lakewood Hunger Relief Efforts

by Jason Weiner

Trinity Lakewood Community Outreach (TLCO) is pleased to announce its second annual fundraising event, Soul Food: Feed the Hungry, Feed the Soul, scheduled for Saturday, March 12, 2011 from 6:30 - 10:00 p.m. The event takes place in the community room at Trinity Lutheran Church, 16400 Detroit Avenue in Lakewood. A donation of \$5.00 gives you access to the evening's festivities: heavy appetizers, wine, raffle prizes (including an I-Pad) and a live auction of food-themed artwork from local and regional artists, including Kris Williams and Sally Hudak. Lakewood Mayor Michael Summers will address the guests at 8:00 p.m., and entertainment, including

a Soul Music dance party, will be provided by local musician extraordinaire, XeLa.

Founded in 2010, TLCO is the nonprofit community outreach arm of Trinity Lutheran Church with a mission to engage neighbors, create resources and connect individuals in support of a healthier community. The activities of TLCO focus on hunger relief and holistic health promotion:

- \* Community members come together to offer four hot meals each month to anyone who needs one.

- \* TLCO volunteers distribute free, fresh produce on the third Saturday between June and November.

- \* An organic community garden supplies the hot meals

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photo by Craig Lovejoy

Lakewood Park, shot from a kite camera.



# Calendar Page

## Thursday, March 10

### Startup Lakewood Ideation Session

6:00 PM - 8:00 PM, Bela Dubby, 13321 Madison Ave.  
These sessions are free. Just RSVP on StartupLakewood.com. Email Mike Belsito at info@startuplakewood.com.

### Gray's Auctioneers Fine Jewelry and Rare Coins Auction

1:00 PM, 10717 Detroit Avenue, Cleveland  
The auction takes place live at our auction showrooms in Cleveland, Ohio. Live bidding in-house and online, telephone bidding offered with pre-registration, absentee bidding offered live and online. Catalogue Now Online www.graysauctioneers.com/

## Friday, March 11

### Dovecote Opening Party

6:30 - 10:00 PM, Third Floor, Screw Factory, 13000 Athens Ave.  
Art, fashion and delicious food come together at Dovecote, a new work/display space at the Screw Factory in Lakewood. Dovecote will be open to the public for the first time on March 11th, 2011 featuring a carefully selected collection of artwork and made-from-scratch jewelry and accessories which range in price from \$20 to \$500. Cleveland's newest food truck, Umami Moto, will be on-site for the occasion, selling their authentic Asian, Thai and Vietnamese cuisine. dovecotecleveland.com/

### Lullaby Concert for Kids

6:30 - 7:30 PM, Church of the Ascension, 13216 Detroit Ave.  
A concert of Lullabies given by Lakewood High School's Chamber Orchestra, night-time stories by Misty Drotleff and lullabies sung with Marjorie Hildebrandt. Children should come in their pajamas and bring a blanket to sit on. Following the concert there will be a milk and cookie reception. Free event with a freewill offering taken.

### Regional Premiere! Jerry Springer: The Opera

8:00 PM, Studio Theater, Beck Center for the Arts, 17801 Detroit Ave.  
Showtimes Friday & Saturday 8PM, Sundays .7PM. Runs until March 27th. Call 521-2540 or purchase tickets online at www.beckcenter.org.

## Saturday, March 12

### Earned Income Tax Credit Clinic

10:00 AM - 2:00 PM, Lakewood Public Library, 15425 Detroit Ave.  
Trained volunteers will help you, at no charge, apply for the money you have earned. In order to qualify for the Earned Income Tax Credit, your earned income and adjusted gross income (AGI) must meet income eligible requirements. Clinics will be held at the Lakewood Public Library also March 5, 12, 19, 26, April 2 and 9. Appointment times on these dates will be 10:00 AM, 11:00 AM, 12:00 PM and 1:00 PM. To register call at (216) 226-8275 x 127.

### Dinner and Concert with minstrel pianist David McClintock!

5:30 PM, Calvary United Methodist Church, 16305 Hilliard Road  
David McClintock is a superb pianist that has played at past conferences. We are so excited he will be playing at Calvary United Methodist Church on March 12th. Tickets are \$10.00 and include dinner and the concert (adults/children 6 and up). Children 5 and under are Free! Dinner starts at 5:30 pm followed by the concert at 7:00 pm. Please call 216-221-4324 to reserve tickets!

### Soul Food: Feed the Hungry, Feed the Soul Fundraiser

6:30 PM - 10:00 PM, Trinity Lutheran Church, 16400 Detroit Ave. See Front Page.

## Monday, March 14

### Income Tax Preparation Clinic

12 - 3:30 PM, Lawther Center, 16024 Madison Ave.  
Offered Monday & Tuesdays in March. Hosted by The City of Lakewood-Division of Aging and AARP. Open to anyone filing uncomplicated tax returns, regardless of age, residency, and income or whether they are AARP members. Volunteers will meet individually with interested participants to assist with the completion of the year's tax returns. Appointments are by reservation only. To make a reservation, call 216-521-1515.

### Mediterranean Diet-Cleveland Style Pizza-Truly Mediterranean

6:30 - 8:30 PM, Harding Middle School, 16601 Madison Ave.  
The Mediterranean Diet is being hailed as one of the healthiest overall approaches to eating to make the news in decades. This class will teach techniques that are simple and can be recreated at home. 1 Night. \$40 Resident; www.lakewoodrecreation.com

### Slovak Heritage Memories Forum

7:00 - 9:00 PM, Old Town Hall, 6652 Brecksville Road, Independence  
Cleveland Bratislava Sister Cities, a Slovak cultural organization, is sponsoring an evening of sharing. All Cleveland area residents of Slovak heritage are encouraged to attend the CBSC Monday, March 14th meeting and to share their memories and also those of their parents, grandparents and other ancestor remembrances and stories of the "old country", early years in the U. S., Slovak foods, holidays, special items (linens,

other), photos and any and all memories "Slovak". For information on the program and/or for info on Cleveland-Bratislava Sister Cities, please call: 440-785-6315.

## Tuesday, March 15

### Lakewood Observer Outreach Community Conversations

7 - 9 PM, Beck Cafe, Detroit Ave.  
Always wanted to write, but not sure where to start? Curious about what is going on in your neighborhood? Want to make a difference in our community? Then join The Lakewood Observer for some conversation. It's a chance to sit down with other engaged citizens and talk about ideas, challenges, community issues, etc... And the coffee is on us! There will also be time set aside to focus on you- the contributors (or aspiring contributors)- and what you need from us as a writer, photographer or editor.

### Lakewood Photographic Society (LPS) presents "Birth to Border--Tales of the Rio Grande"

7:00 PM, Lakewood Senior Center, 16024 Madison Ave.  
The program, a multi-media presentation by Karen Beck, is at 7 p.m. The event is free and open to the public. (216) 226-8099. www.lakewoodphotographicsociety.org/

## Thursday, March 3

### Startup Lakewood Ideation Session

6:00 - 8:00 PM, Bela Dubby, 13321 Madison Ave. See under March 10.

### Voice-Overs You're On the Air (How to Make It)

7:00 - 9:00 PM, Harding Middle School, 16601 Madison Ave.  
Voice-overs for commercials, films, and videos are hot today! Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business. Registration required. \$30 Resident. Contact the Recreation Department at (216) 529-4081 or visit www.lakewoodrecreation.com.

### Get Organized - De-Clutter Workshop

7:30 - 8:30 PM, Harding Middle School, 16601 Madison Ave.  
Tired of a messy home, car, basement, etc? Can't find anything? Learn how to de-clutter your life and get organized. Registration Required. \$10 Residents. Contact the Recreation Department at (216) 529-4081 or visit www.lakewoodrecreation.com.

## Friday, March 18

### Lakewood Chamber of Commerce March Breakfast Meeting

7:30 - 9:00 AM, The Clifton Club, 17884 Lake Road, Lakewood  
Join us for the presentation "A Healthcare Model for the 21st Century" by Mr. Shannan Ritchie, Chief Operating Officer at Lakewood Hospital. Mr. Ritchie will address the broader implications of changes in healthcare delivery and reform, with specific references to the Cleveland Clinic system.

## Saturday, March 19

### Rupert's Tales: Illustrator Book Signing

1:00 - 5:00 PM, Goddess Blessed, 15729 Madison Ave.  
Come Meet the Artist & Illustrator Tonia Bennington - Osborn. Be one of the First people to get the book Rupert's Tales and have it signed by the illustrator. Your children will go crazy over of the beautiful color and detail in every page!

### Eaters of Lakewood next event is at Plank Road Tavern

5:00 - 9:00 PM, Plank Road Tavern, 16719 Detroit Ave.  
Do you need a night out? Then join Eaters of Lakewood and use us as your excuse to get out at least once a month. Everyone in attendance fills out a survey, which are compiled in a review which is then posted on our Facebook page and put in the Observer. This helps give each restaurant the exposure they need and deserve, while we give them some business. Interested? Check out our Facebook page. If you have any questions you can contact us at eatersoflakewood@gmail.com.

More listings at [www.lakewoodobserver.com](http://www.lakewoodobserver.com)



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featuring our famous  
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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

Sunday, March 13  
Sunday, March 27

Publish Date

Tuesday, March 22  
Tuesday, April 5

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



Advertising Feature

# Focus on Healthy Living



## Schedule a Date with Your Heart

When trying to live a heart-healthy lifestyle, it’s important to begin with a more comprehensive look at all of the risk factors for heart disease — or conditions that increase a person’s risk of developing heart disease. Some of the risk factors cannot be changed; however, you can reduce your risk of developing heart disease.

**What You Can Control**

- Stop smoking.
- Lower your total cholesterol, LDL (bad) cholesterol and triglyceride levels.
- Raise your HDL (good cholesterol).
- Lower high blood pressure.
- Control diabetes.
- Maintain a healthy body weight.
- Exercise.
- Follow a heart-healthy diet.

**Schedule a Date with Your Heart**

If it has been awhile since your last check up, it’s not too late to schedule a heart screening. Our team of cardiac nurses will help you understand the risks of heart disease and how to minimize those risks through a thorough history and physical.

The screening includes:

- Complete lipid profile and blood sugar
- Blood pressure and heart rate
- EKG
- Body Mass Index
- Stress assessment

The screening cost is just \$35. At the end of your visit you will receive a personalized cardiac health plan and a referral to any appropriate providers you may need.

For more information, call Lakewood Hospital Preventive Heart Clinic at 216.529.8500.

## Cold-weather Safety for Seniors

With frigid temperatures lasting for days on end, our senior population is vulnerable. One threat is hypothermia, which is when a person experiences dangerously low body temperature caused by prolonged exposure to cold temperatures. The older adult’s body is more prone to hypothermia because they produce less heat than younger bodies. Therefore, it requires a shorter time of exposure for them to develop hypothermia.

“A drop from 98.6 degrees, which is normal, to below 95 degrees may cause an older adult to have a heart attack, kidney problems, liver damage and more if the exposure persists. If a person’s body temperature falls below 95 degrees they will require immediate medical attention,” says David Levine, MD, medical director of Lakewood Hospital Emergency Department.

**Signs of trouble**

- A puffy or swollen face
- Acting sleepy
- Being angry or confused
- Cold feet and hands
- Lots of shivering early. As things worsen, they eventually stop shivering.
- Pale skin
- Slower than normal speech or slurring words

“Hypothermia is a medical emergency,” says Dr. Levine. “If you believe someone has hypothermia, call 911 if their body temperature does not rise to 96 degrees or higher. Most importantly, do not rub the person to warm them. Rubbing can cause severe damage. Try covering the person with a warm blanket or whatever is handy until help arrives.”

Do you know when to go to the ER? Learn what to look for at [lakewoodhospital.org/ER](http://lakewoodhospital.org/ER)



## Exercise Important for Stroke Survivors, Too

The importance of regular exercise doesn’t change after one has had a stroke.

“Many stroke patients may be unsure or unmotivated about starting an exercise program,” says M. Shazam Hussain, MD, vascular neurologist at Cleveland Clinic Neurological Institute at Lakewood Hospital.

With a physician’s referral, stroke survivors can join Lakewood Hospital’s Stroke Exercise Program. The program works to strengthen the arms, legs and midsection; helps with walking for exercise and balance; recommends aerobic exercises; and provides support for speech and cognitive activities.

“It’s our goal to maintain the survivor’s functional abilities and to improve cardiovascular conditioning,” says Dr. Hussain. The program is designed to help the survivor re-integrate into the community and get him or her on the road to a regular exercise program.

“Any kind of aerobic exercise is great,” says Dr. Hussain. “Even a 20-minute walk every day is helpful.” Other exercises – such as chair aerobics, swimming and jogging on a treadmill – also help to get the heart rate up and the weight down.

“A safe and effective exercise program allows patients to recover at a pace that fits their needs and abilities,” says Dr. Hussain.

For more information on Lakewood Hospital’s Stroke Exercise Program, call **216.529.7173**.

Cleveland Clinic Neurological Institute at Lakewood Hospital offers expert neurologists who specialize in a wide range of diseases, including stroke, multiple sclerosis, epilepsy and Parkinson’s disease. To make an appointment with Dr. Hussain, call 216.529.7110. For more information, visit [www.lakewoodhospital.org/neuro](http://www.lakewoodhospital.org/neuro).





# Lakewood City News

## A New Face For Ward 1- David Anderson

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were there to protect me and to protect the house.”

He sees housing as one of the biggest problems in Lakewood. “We need to make sure that people are secure in their homes,” he says. “People need to know that Lakewood can be their home for the next thirty years without worrying about their houses devaluing to the point where they can’t afford them anymore.” I think people genuinely are anxious. Housing stock keeps rent up, property values up, schools funded. Everything,” he says. “It keeps everything going. Everything is hinged on it.”

The idea of buying lots and marrying them to make bigger homes was proposed several years ago. When I ask David about it, it’s clear he’ll bring his rehabbing experience to Council: “I’m a preservationist at heart, I don’t like tearing down two homes to make one home. The triple I have on Franklin is a case in point, there are five tax-paying citizens there.”

He goes on: “If you tear down two homes to build one, that makes the



water bill for everyone in the city go up, you pay for the same infrastructure, but there’s less people paying into it. My initial reaction is, let’s preserve homes, but I do realize that there’s only a certain market out there willing to pay for hundred year old houses. We need a strategy that isn’t a one-sized approach. We need to look at every home, every opportunity, as a unique

situation. Let’s case work it,” he says.

He goes on: “I don’t think that we should have, ‘This is our strategy for moving forward,’ unless it is, ‘Let’s have a menu of options and do this one case at a time.’ What might work well on Edgewater, might not work well on Webb, what might not work well on Woodward, might work somewhere else.”

When asked if he thinks Lakewood has the resources to mount an offensive strategy to get people refinanced in their homes, he says, “We have to work with the administration to see what sort of comprehensive policy we can have—it shouldn’t be one size fits all—where every situation is reacted to in the same way—we’re going to have to be smarter than that.”

Ward 1 contains Harding Middle School, Horace Mann, and the now unused McKinley School. I asked David what he thinks about the relationship between the City and schools. “There’s no fiduciary responsibility that the Council has with the Board of Education,” he says, “But if something’s going on in my neighborhood with schools, and the community, and there are issues, I’m going to try to help bring some positive discussion. I’m not going to ignore it or say, ‘Well, that’s for the School Board.’ I think there’s an appropriate role. The

days where we’re in silos are gone,” he says. If we want a comprehensive approach to solving any of Lakewood’s opportunities, and turning those opportunities into situations where Lakewood can thrive, everything needs to be on the table, no more silos. It all has to be cross-horizontal. What happens in the schools impacts citizens, it impacts the tax base, the theater/entertainment district, it impacts the types of renters and landlords we can attract to the city.”

Here I bring up what has been the Observer’s motto for Lakewood: “Clean, safe, fun.” If a city is clean, if a city is safe, and you allow the residents to make it fun, who wouldn’t want to live there? What does he think?

“Oh, no doubt,” he says, “If we don’t have a block party on Naragansett it’s not a good summer.” Being involved with his neighbors is important to him; he’s been inspired by what goes on in his own block. Will he be an advocate of this kind of activity for the rest of the city?

“I’m going to learn from where it’s happening already, and see if we can replicate it in areas where it’s not happening,” he says. “There’s not one way to get a community or a neighborhood or a street engaged. I want to take inventory of the menu items that a neighborhood can choose from and help them make that happen, let them know that the city will support them. I want folks to know that with me as a Ward Member, if they have an interest in learning about what can be done to become more civically engaged, to get their neighborhoods more tuned in, I’m going to help them with that.”

“I see that there are some real opportunities in this city,” he says. “We can’t be stuck in our silos. We have to be comprehensive. Everything’s on the table. Twenty-first century vision. I want everyone to realize what I’ve realized, which is Lakewood is the greatest city I’ve ever lived in. I want that to be true for thousands. I want Lakewood to be the greatest city in Ohio, if not the world. And I want Ward 1 to be what

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## Lakewood’s Dru Siley To Business:

## The Future’s So Bright You Gotta Wear Shades

by Timothy Robinson

A number of years ago, a little known folk rock band, Timbuk 3 had a popular song with the refrain, “The future’s so bright, I gotta wear shades.” Don’t be surprised if you see Lakewood entrepreneurs wearing sunglasses these days.

I recently had the pleasure of visiting with Dru Siley, Assistant Director of Planning and Development in Lakewood. If there are two words to describe Dru, they would be Passion and Partnership. His passion is Lakewood, which he calls “the best city in the U.S.” Partnership describes his approach to business growth in the city.

When I asked him to summarize Lakewood’s approach to business, he used three words: Attraction, Retention, and Cultivation. First, attract quality businesses to Lakewood. Second, be solution-oriented to retain those companies. Finally, cultivate an environment to encourage business growth and profitability. These lofty goals can be accomplished by reducing the hassles that a business may encounter with local government and creating a true partnership environment that is solution-oriented and long-term focused.

One need only travel on Detroit Avenue along Lakewood’s downtown to see tangible examples of this approach. First, the Kowit Passov building refurbish project at the corner of Detroit and Warren. Second, a new vitality is being seen downtown as stores and restaurants spring up. A recent study found that over a 6 hour period 300 bike riders and 1200 pedestrians traveled the downtown thoroughfare. Dru also cited The Storefront Renovation Program where funds up to 30%, to a



Dru Siley takes a phone call over his morning coffee at The Root Café.

limit of \$30,000 are available to entrepreneurs for improvements.

Other examples of partnership can be found in the working relationships between city government and community organizations such as Lakewood Alive, The Chamber of Commerce, and Lakewood Start-up. An illustration of success in the area of developing home based and virtual businesses into storefront locations are The Paisley Monkey and LaBella. Looking to the future, Dru is excited about working with Lakewood’s entrepreneurs to develop and implement a branding of downtown Lakewood.

As I finished my visit with Dru, three suggestions came to mind. One, if you are an existing business owner in Lakewood, talk to Dru, get involved and take advantage of all the resources available to you. Two, if you are an entrepreneur looking for a place to call home, look to Lakewood, Ohio. Finally, three, make sure to buy yourself some “shades.”

## AROUND THE CORNER

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# Lakewood City News

## Residents’ Families Rate Ohio Nursing Homes

by Margaret Brinich

Family members of Ohioans who live in nursing homes are generally satisfied with the care and services their loved ones receive there, according to the results of the 2010 Nursing Home Family Satisfaction Survey, released this week by the Ohio Department of Aging. While the statewide average satisfaction score for facilities was 87.93 (out of a possible 100) Lakewood’s own Lakewood Senior Healthcare Campus came in the top ten with a score of 97.4.

In response to this news about Lakewood Senior Healthcare Campus, as well as all three other nursing facilities under O’Neill Management here in Ohio, Mr. O’Neill lauded them saying, “I am extremely proud of these accomplishments as I feel they substantiate and reinforce the tremendous dedication of our staff and the pride they take in caring for our residents.”



John O’Neill of O’Neill Management enjoys a laugh with residents during their rehab time at Lakewood Senior Health Care Campus.



“Making important choices about where a loved one receives care should start with information, and who better to provide that information than other families who have made similar decisions,” said Barb Madden-Petering, interim director of the department. “The satisfaction ratings, along with other information about facilities available in the Long-term Care Consumer Guide, are valuable tools to help families and individuals access choice,

remain independent and enjoy a high quality of life.”

“I am very pleased that Ohio’s nursing homes are using the information provided in this and similar surveys to improve the care and services they are providing for their consumers,” added Beverley Laubert, the State Long-term Care Ombudsman, whose office is housed within the department and who oversaw the survey. “Working together with facili-

ties, residents, residents’ families and advocates, we are transforming the state’s long-term care system into one in which consumers can expect excellence and person-centered care.”

The survey asked family members their opinions on activities, administration, admission, choices, direct care and nursing, laundry, meals and dining, social services, therapy and general satisfaction. Researchers identified two key questions that sum up the respondent’s perception of the home: “Overall, do you like this facility?” and “Would you recommend this facility to a family member or friend?”

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Vision for **Tomorrow**

## Complete Diabetes Care

### Lakewood Hospital Diabetes and Endocrine Center

Lakewood Hospital is the only hospital on Cleveland’s West Side that offers a variety of diabetes specialists in one convenient location. Patients have access to the full spectrum of diabetes and endocrinology services, including education, diet, daily management and more. Our expert staff, made up of endocrinologists, dietitians, diabetes educators and podiatrists, offers complete care.

To make an appointment, please call 216.529.5300.  
lakewoodhospital.org/diabetes

 **Lakewood Hospital**  
a Cleveland Clinic hospital

14601 Detroit Ave.  
Suite 540  
Lakewood, OH 44107

# Lakewood Public Library Events

All Events and Programs Are Free And Open To The Public

## Saturday, March 12

**Lakewood Public Cinema:**  
**The Secret of Kells (2009), Directed by Tomm Moore. All Ages**  
There isn't much about the Book of Kells that anybody knows for sure. This animated feature weaves its own story about Ireland's greatest artistic treasure from the influences apparent in its design. A monastery in the middle of a pagan forest prepares to be overrun by Vikings. What's more important: fortifying walls or finishing the book of your people? With a style that borrows heavily from Klimt, Katsushika and Calvin and Hobbes to bring ancient Celtic art to new life, this film will never leave you.  
**6:00 p.m. in the Main Library Auditorium**

## Sunday, March 13

**SUNDAY WITH THE FRIENDS:** Loch Erie  
With a spray of the sea, this contemporary Celtic folk trio keeps their Irish fresh by dabbling in everything from rock'n'roll to electronica to world beat. They also have a weakness for rousing maritime music and the traditional songs, too. If your heart isn't moved, if your soul isn't stirred, you just might get thrown into the lake.  
**2:00 p.m. in the Main Library Auditorium**

**Monday, March 14**  
**How Much Should I Borrow for College?**  
Consumer journalist Steve Talbott believes that paying for college should be treated like a financial investment. By learning to focus on specific goals, you can save time and money. Find out which jobs will actually help pay off your student loans. One lucky attendee will walk away a free copy of Talbott's information packed new book.  
**7:00 p.m. in the Main Library Auditorium**

**Wednesday, March 16**  
**LAKEWOOD HISTORICAL SOCIETY:** Lakewood in the Civil War  
Back when Lakewood was called Rockport Township, people here felt the impact of the Civil War most dearly through the officers and soldiers they sent to serve in the Union Army's fiercest battles. Families struggled to maintain farms and businesses. And the same forces that brought the nation to war rocked the fledgling community. Sabine Kretschmar, a researcher for the Lakewood Historical Society, opens old wounds and takes a look at how they made it through.  
**7:00 p.m. in the Main Library Auditorium**

**Saturday, March 19**  
**FIVE STAR FILMS:** In Brilliant Black & White  
Alice Adams (1935) Directed by George Stevens Not Rated  
Society wannabe Katharine Hepburn finally finds the wealthy man of her dreams in Fred MacMurray. She and her mother contrive what they hope will be an impressive family dinner. But Hattie McDaniel, the maid they hired for the big day, has no dog in this hunt.  
**6:00 p.m. in the Main Library Auditorium**

**Sunday, March 20**  
**SUNDAY WITH THE FRIENDS:** See The Magic, Touch the Magic  
Richard W. McClendon II invites you to examine everything he does very closely. You still won't catch him. This sophisticated afternoon of magic begins with simple card tricks and quickly progresses to edge-of-your-seat feats of transformation, disappearance and mind control. Did you just see that?  
**2:00 p.m. in the Main Library Auditorium**

**Wednesday, March 23**  
**MEET THE AUTHOR:** Dan Coughlin  
Crazy, With the Papers to Prove It: Stories About the Most Unusual, Eccentric and Outlandish People I've Known in 45 Years as a Sports Journalist  
Dan Coughlin is not crazy, but for 45 years he covered sports in Cleveland, which means he lived life under a full moon. In this book, the award-winning Plain Dealer and WJW-TV reporter reflects on the most unusual, eccentric and outlandish people and events he covered. "I never met a wacko I didn't like," Coughlin says. Not only did he write about them, they became his lifelong friends. Every day was an adventure, but it wasn't all laughs; some of his boxers went to jail, his softball players got shot, his race car drivers were killed. Luckily, Coughlin kept notes! Any Cleveland sports fan will enjoy meeting these memorable characters. Books will be available for sale and signing at the event.  
**7:00 p.m. in the Main Library Auditorium**

BOOK GROUPS:

**Thursday, March 10**  
**BOOKED FOR MURDER INTERNATIONAL:** The Janissary Tree by Jason Goodwin  
As the Ottoman Empire teeters on the brink of revolution, a eunuch passes through the busy streets without notice—he's a detective. Four New Guard officers are missing and humble Yashim suspects the Janissaries, a mystical group of mercenaries who have defended the empire against foreign threats for hundreds of years.  
**7:00 p.m. in the Main Library Meeting Room**

**Tuesday, March 15**  
**KNIT AND LIT BOOK CLUB:** The Good Earth by Pearl S. Buck  
Lynda Tuennerman hosts a social club for multitaskers—a combination book club and stitchery group. She's looking for readers who can enjoy intense discussion of modern classics while relaxing with their latest project. Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. At the close of every meeting, the group decides which book will be read for next time. Visit [www.lakewoodpubliclibrary.com/bookclubs](http://www.lakewoodpubliclibrary.com/bookclubs) for a complete list of the books being considered and find out which title you should read to be ready for the next discussion.  
**7:00 p.m. in the Main Library Meeting Room**

**Thursday, March 24**  
**BUSINESS BOOK TALK** with Tim Zaun and Friends  
Get down to business with like-minded Lakewoodites. Visit [www.timzaun.com](http://www.timzaun.com) or go to [www.lakewoodpubliclibrary.com/bookclubs](http://www.lakewoodpubliclibrary.com/bookclubs) to learn more.  
**Aftershock: The Next Economy and America's Future** by Robert B. Reich  
Clinton's Secretary of Labor outlines nine ways to save America's middle class in his latest book.  
**7:00 p.m. in the Main Library Meeting Room**

**LEARNING LAB CLASSES:**  
  
Reservations for computer instruction classes begin the first of each month. To register, please stop in or call (216) 226-8275, ext. 127. We ask that all students come to class with a working knowledge of the mouse. If you need help, visit the Technology Center and ask the staff to set you up on our Mouse Training Program. It's fun, easy and essential to becoming computer literate. All classes take place in the Main Library Learning Lab on the 2nd floor.

**UPCOMING MARCH CLASSES:** (Class sign-ups for March begin on Thursday, March 1)

**Saturday, March 5:** WORD PROCESSING BASICS @3:00 p.m.  
**Thursday, March 10:** JOB HUNTING WORKSHOP from 10:00 a.m. -12:00 p.m.  
**Saturday, March 12:** INTERNET BASICS @ 3:00 p.m.  
**Saturday, March 19:** WEB SEARCHING BASICS @ 3:00 p.m.  
**Saturday, March 26:** E-MAIL BASICS @ 3:00 p.m.

**CHILDRENS & YOUTH SERVICES:**  
  
**AFTER SCHOOL PROGRAMS:**  
  
**HOMEWORK ER:** For students in kindergarten through eighth grade  
Need a little extra help with your homework or just want a cool place to work? Come to the Homework Room for help and resources. No need to register. \*Homework ER will be closed for school holidays and vacations.\*  
**Tuesday, September 7 – Thursday, May 26**  
**Monday – Thursday, 3:00 p.m. – 5:00 p.m.,** in Main Library Children's and Youth Services  
**Monday – Thursday, 3:00 p.m. – 5:00 p.m.** at the Madison Branch

**TEEN HOMEWORK CENTER:** For students in sixth to twelfth grade  
Looking for a place to work on your homework or class projects? Feel free to come by with friends to work and chat at the same time. Library staff will be present to help answer questions with assignment directions or guide you to appropriate materials for your research.Ongoing through Thursday, May 26  
**Thursdays, 4:00 p.m. – 5:00 p.m.** in the Main Library Multipurpose Room

**IT'S PUZZLING!**  
Ready to challenge your brain after school? Check out the Library's puzzle station. A variety of puzzles will be available, and correctly completed puzzles will be entered into a monthly prize drawing.  
Ongoing through Thursday, May 26  
**Monday – Friday, 3:00 p.m. – 6:00 p.m.,** in Main Library Children's and Youth Services and at the Madison Branch



# Lakewood Public Library

## Set Sail On A Musical Journey With LochErie

by Martha Wood

LochErie has charted a course straight for Lakewood Public Library. Drawing upon their eclectic backgrounds in rock, folk, electronic and ethnic music, they will perform a set of contemporary and traditional Irish folk music, Canadian maritime music, and a few traditional sea shanties for the Sunday with the Friends series on Sunday, March 13 at 2 p.m. in the Main Library Auditorium.

The current line-up of LochErie features John Pompeii playing six- and twelve-string guitar, bouzouki, and octave mandolin, Steve Cawley on six-string guitar, mandola and mandolin, and Bill Trivison on vocals, bodhran and synthesized pipes and flutes.

The idea for the band started in the fall of 2002, when Trivison was recording and mixing music for Orkestar MIR, an electronic music band. He shared some of the Irish folk music he was listening to with sound engineer and friend Steve Cawley. The music that Trivison shared was unlike any style of music Cawley had been performing and he really liked it. They kicked around the idea of getting a band together to learn and play some of those songs. A year later, they discovered someone else who was also interested in forming an acoustic Irish folk band. The original lineup of Trivison, Cawley and Chris Peters took on the name LochErie and embarked on a musical voyage, learning songs and taking on small regular gigs around the east side of Cleveland.

As their set list continued to expand and they received more opportunities to perform, LochErie sailed on with their original crew for about a year. But suddenly, their ship left port with only two

band members on board--Chris Peters had departed and drifted off to different shores. Steve and Bill kept the ship afloat as a duo for about 8 months, until they happened to cross paths with John Pompeii, a lone crew member who had shown some interest in Irish music. Pompeii, who had only performed solo up until then, was open to the idea of getting on board with the group and has proven to be an avid and valuable shipmate who remains steadfast to this day.

Trivison says, "I always have the best seat in the house sitting between John and Steve. It's easy for me to get caught up in the songs as a listener with the way John's and Steve's instruments and distinct styles of playing complement each other. As a longtime

mariner myself, I tend to be drawn more to songs that are a little salty and deal mostly with the sea. I like songs that tell little stories, have bizarre twists in them, and all too often some kind of tragedy."

Trivison believes the best audiences LochErie has played for have been the ones who really listen to what the songs are saying and what they have to offer.

We have been known to play for several hours without taking a break. Not only because we like playing so much, but because we like to let the songs pull people in and take them on the journey with us. It's always a challenge to get to that point where you know people are on board, and some-

times you never quite get there. But it's easy to tell when you do, and very rewarding too, because that's when the real magic happens. It will be a challenge for us to try to condense that into a one-hour performance when we play the Lakewood Public Library auditorium on March 13th."

He goes on to say that LochErie will present a nice selection of traditional and contemporary songs for people to enjoy on a Sunday afternoon, and if for some reason they don't, "We just may throw them into the lake!"

This free event is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and the Friends of Lakewood Public Library.

## Crazy, With The Papers To Prove It

by Lena Donofrio

Dan Coughlin is not crazy, but for 45 years he covered sports in Cleveland, which means he lived life under a full moon. This life-long profession has left him with stories that are sure to excite any Cleveland sports fan.

Coughlin will be presenting his book, "Crazy, With the Papers to Prove It," at 7 p.m. on March 23 in the Main Lakewood Public Library Auditorium on Detroit Road.

In this book, the award-winning Plain Dealer and WJW-TV reporter reflects on the most eccentric and outlandish people and events he covered both on and off the field.

"I never met a wacko I didn't like," Coughlin said.

These subjects and co-workers are more than just characters in a story,

however. Coughlin became life-long friends with many of them, including a degenerate gambler, a sportswriter who ripped open beer cans with his teeth, an Olympic champion who turned out to be a hermaphrodite and dozens more. For Coughlin, every day was an adventure. Along the way, some boxers went to jail, softball players got shot, and race car drivers were killed, but Coughlin kept the notes that made sure their stories live on.

He has twice been named Ohio Sports Writer of the Year and was honored with a television Emmy. He traveled with the Browns and Indians, and covered some of the biggest college football games of the 20th century, including five major bowl games. He was ringside for several world championship fights, including the Muhammad Ali and Joe Frazier series.

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**Health Fair**  
Thursday, March 17, 2011  
1:00 p.m. - 3:00 p.m.

- ★ Free Health Screenings ★  
Blood Sugar | Blood Oxygen | Blood Pressure | Bone Density  
Posture Evaluations | Cholesterol | "Brown Bag" Medication Review
- ★ Wii for Therapy Demonstrations ★
- ★ Living Wills & Powers of Attorney ★
- ★ Ask the Dietician / Healthy Recipes ★
- ★ Refreshments & Raffles ★

**March Events**  
Assisted Living Building  
1381 Bunts Road, Lakewood  
(Campus is on NE corner of Bunts & Detroit)

**LUNCH & LEARN**  
Thursday, March 24, 2011  
at 11:30 a.m.  
RSVP by March 22nd to 216-226-4010.

**"Atrial Fibrillation:  
What You Need To Know"**  
Presented by: Donna Ross, RN  
Cardiac Nurse Specialist  
Lakewood Hospital  
Complimentary lunch provided!





Lakewood Schools

# LHS Group Enjoys Another Awe-Inspiring Trip to White House

by Christine Gordillo

Last month, a group of 10 students and two teachers from Lakewood High School attended a seminar at the White House on the impact of Motown music, presented in honor of Black History Month. This was the second year in a row that LHS has been invited by the event producer, the Grammy Museum, to attend this highly selective event in the nation's capital. Following is an account of the trip from one of the participants, LHS junior Annalisa Perez:

A year ago, a group of ten Lakewood High School students were given the chance of a lifetime: the opportunity to go to Washington, D.C., and learn about the Civil Rights Movement in a live program and concert at the White House for Black History Month, both hosted by the Grammy Museum. This trip was unforgettable and as we like to call it, a "perfect storm," because it was due to the blizzard that hit the DC area that everything worked out so perfectly for us. We got the opportunity to go to the concert in the White House and actually meet President Barack Obama and First Lady Michelle Obama, among many others. It was incredible and we all felt extremely fortunate.

This was a once in a lifetime experience, so one can imagine our surprise when we received word that Lakewood had been invited back to Washington. This year's program, similar to last year's, was about the music and social influence of Motown Records, the first black-owned record company in the United States, which produced artists such as Smokey Robinson, the Temptations, Stevie Wonder, and the Supremes, just to name a few. We couldn't believe it could possibly be



LHS students stop for a photo break outside the Lincoln Memorial during their trip to attend a White House seminar. Standing (left to right): Alisa Nazelli (teacher), Annalisa Perez, Ryan Jones, Jamil Thomas, Andre Cartagena, Mo Khaleel; seated in middle (left to right): Samiha Abusharekh, Devin McNulty, Celia Lamb; and seated in front (left to right): Isa Mutakabbir and Tianna Gray.

happening again, but sure enough, a few weeks later, we were returning to our nation's capital. This year's group consisted of Jamil Thomas, Celia Lamb, and myself, who were all part of the group last year, as well as Samiha Abusharek, Devin McNulty, Tiana Griffin, Ryan Jones, Andre Cartagena, and Isa Mutakabbir, and our teacher chaperones, Mr. Joseph Loboizzo and Ms. Alisa Nazelli.

We left on Wednesday, February 23rd at 5:30 in the morning and arrived in D.C. with some time before our first event. We went to the Holocaust Museum, which was an incredible experience. Learning about the way people were treated was disturbing and sad, but it ended on a happier, uplifting

note, with a tribute to those who jeopardized their lives to shelter victims of the Nazi regime despite the potential consequences. We decided not to stay together as a group so that everyone could reflect personally and take in the museum at his or her own pace.

After that, we did some sightseeing. The weather was beautiful. We went to the Washington Monument, the Lincoln Memorial, and the World War II and Vietnam memorials. We had a great afternoon and it was amazing to walk around a city where so much history has been made and is being made every day. We had dinner in Georgetown, and then it was time to head to the Hotel W for the first item on our Motown agenda.

We got the chance to meet with Tim Swift from Bounce, the company producing the concert, who took questions about what goes into putting together such a large event.

Then, we were led to another room for our "backstage pass." We got to see a few minutes of all the musical artists from the concert rehearsing the finale, "Dancin' In The Streets." We saw Smokey Robinson, Jamie Foxx, Seal, Natasha Bedingfield, Jordin Sparks, and Nick Jonas as they laughed and worked their way through rehearsal. We were all pretty star struck.

The next morning was our big event. We went to the White House for a program about Motown music featuring Berry Gordy, the founder of Motown Records, Smokey Robinson, Motown legend, and John Legend, one of today's artists that has been influenced by Motown music. They were interviewed by Bob Santelli from the Grammy Museum and the program was introduced by Michelle Obama. The First Lady greeted all of us with a warm smile, looking beautiful as always, and talked about how it was important to her and the president to open the White House doors to the people for programs

such as this. She said that growing up, some people know that they have a song to sing, and the story of Motown was based on that idea. She talked about how this music was a "heartbeat" during the civil rights movement, since it was so widely listened to by both black and white people.

Berry Gordy spoke about how he started Motown Records. He was inspired at a young age by black boxer Joe Louis. His famous second match against Max Schmeling symbolized the fight between America and fascist Nazi Germany. After seeing the joy his family, neighborhood, and entire country felt after Louis's victory, Gordy knew he wanted to do something in his life that could create that kind of joy for a broad range of people, both black and white. He spoke about how his passion for music began at a young age, listening to Nat King Cole among other artists. His earlier years as a song writer helped him learn the importance of being himself. He believes that by being yourself, you realize how similar we really are to one another. He combined his musical passion with his passion for making a positive difference by creating Motown Records. Through Motown, he learned about the balance between love and competition that was needed to make his company successful.

Smokey Robinson talked about growing up among many other talented artists, such as Aretha Franklin and members of the Supremes, the Four Tops and Temptations. He spoke about his experiences starting his first band during the development of the Motown music scene in Detroit and meeting Berry Gordy, who worked with him to develop skills as a songwriter. Robinson was inspired by the way Motown music was becoming popular amongst all races and beginning to bridge racial gaps.

John Legend spoke about his first exposure to Motown music through his family, hearing his father and uncles sing Motown hits around the piano, and how it inspired him to get into music. He then played a beautiful rendition of the Stevie Wonder song "Love's in Need of Love Today." Nick Jonas also stopped by and performed an acoustic guitar version of "I Can't Help Myself" by the Four Tops to close the show. What all the speakers said in their own way and through their own stories was that to become great takes a lot of hard work, but anyone with the strength, passion, and perseverance can achieve what they want. This is something everyone can take away from the Motown story.

After the program, it was time to head home. This was a lot to pack into just two days, and it gave us all much to think about. I learned so many things on this trip and am so grateful to the Lakewood Alumni Foundation and all the teachers who donated to make this opportunity a reality.



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# Lakewood Schools

## Smiles Keep Volunteer School Dentist Hadaway Coming Back Year After Year

by Christine Gordillo

Over the past quarter century, local dentist Ed Hadaway has peered into the mouths of tens of thousands of Lakewood City Schools elementary students on the lookout for something that might distract a child from the mission at hand: learning.

“If a kid has a toothache, that can be distracting and harder for them to sit in their desk and learn,” Dr. Hadaway said. So, each year, as he has done for the past two decades and more, the dentist makes his rounds of the Lakewood Schools on his days off from his practice, Hadaway & Jenkins, to root out the worst dental cases among the thousands of students.

Over the many years he’s been volunteering his service to the district, Dr. Hadaway says he’s seen a decrease in serious dental problems. “I’d say since I started doing this, it’s gone from about 15% (of the students examined) to about 2%,” he said. He attributes the improvement to educational efforts to raise awareness of preventative dental care as well as added fluoride in drinking water. However, he still cautions that students are particularly at risk from the sugary drinks and snacks.

If Dr. Hadaway discovers a dental problem, the school nurse sends a card home with the child, informing the parent of the finding and advising the parent to seek dental treatment. If a child has been found to have a dental problem in successive years, a letter is sent home recommending dental treatment as soon as possible and asks the parent to contact the school nurse if help is needed finding a dentist or for resources regarding free or reduced dental care.

Dr. Hadaway, who has practiced in



Dr. Edward Hadaway clearly enjoys his work as he is shown here checking out the teeth of a Horace Mann student.

Lakewood for 34 years, has managed to balance his busy practice with a full schedule of public service for many, many years. Besides the Lakewood Schools, which he began volunteering for as a favor to his friend Richard Boyd when he was Superintendent of the district, Dr. Hadaway in the past did dental screenings for St. James School

and Lakewood Lutheran School. He has volunteered monthly since 1993 at the Cleveland Free Clinic and in the past donated his services to the North Coast Health Ministry.

Dr. Hadaway has not only served his community and the schools well, but he also has given much of his life to his country as a member of the

National Guard for 23 years. He retired as a colonel. As part of his Guard duty, Dr. Hadaway provided dental care for soldiers deploying to Iraq and spent five different two-week deployments in Central and South America providing dental care for citizens who likely never saw a dentist before in their lives.

And while looking into the mouths of 5- to 11-year-olds may not seem enticing to many, Dr. Hadaway still gets a kick out of it some 20 years later. “Those little faces looking up at you, they are just so cute,” he said.

District nurse Peggy Brown says the fact that Dr. Hadaway has done this for so long is helpful when it comes to easing students’ anxieties about a dental screening. “He removes some of the fear because he’s a familiar face,” she said. By the time a student reaches 5th grade, he or she has seen Dr. Hadaway many times. And he does have a gentle, grandfatherly way with the students, which puts them at ease.

When asked if he plans to retire from his school volunteer services any time soon, Dr. Hadaway says he has no intention of stopping. “It’s one of the things I enjoy doing.” The district is grateful he feels that way.

## After School At The Library

by Audrey Sumser

March and April usually signify the approach of Spring weather, but here in Lakewood, we know we can expect anything from rain to snow showers with bursts of sunshine in between. Why not take advantage of the unpredictability by bringing your school-age children to the library for some predictably fun programs?

Our popular Homework ER (Monday through Thursday from 3-5 PM) continues to provide a quiet space for students to work, as well as the resources, including a helpful staff member, to do the work well. Also returning this Spring is “It’s Puzzling” (school days from 3-6 PM), where students can challenge themselves with brain-teasing puzzles, trivia, and mazes. Those who answer correctly are placed into a monthly drawing where they can win some great prizes.

If discussing books and authors with your friends sounds more appealing, then check out our “Authors Book Club” for first and second graders and our “Nameless Book Club” for third through fifth grade students. Participants experience books and authors, both familiar and new, through hands-on activities, crafts, and lively conversations that are sure to encourage further independent investigation. Registration is required, so stop by or call the library at 216-226-8275, ext. 140 for more details.

Finally, back by popular demand, art-based “Strokes of Genius,” for students in second through fourth grade, showcases renowned artists and their works from across the centu-

ries. Matisse, Rembrandt, Van Gogh, Picasso, Monet, and Mondrian were explored last season; so, which celebrated artists will be the focus of this Spring’s program? Register by phone or in-person at the library to find out.

Programming for children at the

Lakewood Public Library continues to enlighten and engage patrons of all ages, but if your school-age child has yet to experience all that we have to offer in the Children’s and Youth Services Department, then make it a point to visit us this Spring.

## Garfield Music Fund-raiser Features Polka, Pasta And Jazz

by Christine Gordillo

Join the Garfield Music Department for an evening of dining, dancing, music and a silent auction on Friday, March 18 as the department looks to raise funds to purchase new instruments. A spaghetti dinner (choice of marinara or bolognese sauce) kicks off the evening at 6 p.m. followed by the auction. Music starts at 7 p.m. The Garfield Jazz Band and Jazz Workshop will be performing. Special musical guests will be the Different Directions Polka Band, which counts Garfield Band Director Julie Tabaj among its members.

Tickets are \$8 adults, \$7 seniors, \$4 students and free for children under 5 for the dinner, dance and silent auction. If you would like to attend the dance and auction only, tickets are \$4 adults, \$3 seniors and \$2 for students. Order forms can be found on the district web site on either the Performing Arts page or the Garfield Middle School page. You can also call Tabaj at 216-277-5701, ext. 8311 to order tickets.

## Kindergarten Registration Takes Place March 23

by Christine Gordillo

Kindergarten registration will take place in all Lakewood elementary schools on Wednesday, March 23, 2011, from 2:00 – 7:00 p.m. Children may register at their neighborhood school on this day only; if you are unable to register on March 23, you will need to register at the Lakewood Board of Education (Student Services, 2nd floor), 1470 Warren Road (between 8:00 a.m. – 2:00 p.m.). Parents may register a child who will turn five years of age on or before September 30, 2011.

You will need to provide the following documents at registration:

### Child’s Information:

- Certified copy of birth certificate (Passport or Visa)
- Social Security card (optional)
- Immunization record, doctor’s name and phone number

### Parent Information:

- Valid driver’s license / picture I.D.
- Residency (provide two):
  1. Current gas/electric bill – portion showing your name and address
  2. Faxed confirmation of new utility service: (216) 529-4104 (Attn: Ms.

Griveas)

3. Fully executed lease: includes landlord contact information and all persons living at this address

4. Owner Affidavit completed in full and notarized by landlord/property manager (only when numbers 1, 2, and/or 3 cannot be provided)

5. Residency and Custody Affidavit completed in full and notarized by resident

**Official Documentation of Custody (required only when child does not live with birth parents)**

If you would like to have a kindergarten packet sent to your home, please call 216-529-4203. If you have friends or neighbors who have a child eligible for kindergarten in August but do not currently have a child attending Lakewood City Schools, please share this information with them.

Children enrolled in Lakewood City School’s pre-kindergarten program are already enrolled in the District and do not need to re-register. Kindergarten information will also be sent to these families.

If you have any questions regarding registration, please contact your neighborhood school.



## Kid's Corner

# Meeting Ms. Maria: A Skype Video Conference

by Rachel Daso and Clare Ciolli

When the war began in 2003, it changed many lives, especially one Kurdish girl's. The students in Mr. Spooner's social studies class had a Skype video conference with Ms. Maria, a Kurdish lady that now works for the United States State Department as an interpreter. Her story of survival is inspiring.

We had this opportunity with Ms. Maria because she works with Lt. Demro (who we Skyped with a few weeks ago). She knows many languages and practices Kurdish religious ceremonies. Some questions we asked her were about how her troubled childhood has affected her current life, how she felt going through the many hard times, and about her interesting culture. We felt this Skype video conference really tied into our social studies class and helped us to learn a lot about what the United States does for people around the world.

Earlier in her childhood, Ms. Maria's family fled to the desert to escape Saddam Hussein's regime. He

was showing every educated person that could stand up to him that he was in control. From where she was hiding in the desert it was an hour to the nearest town. Her father did not work, so the quality of their financial state dropped quickly. Her family had to live in the desert for three years. She said that her faith was what kept going.

After living in the desert, Ms. Maria and her family moved back to Baghdad but were put under house arrest. The conditions were gruesome. They could not afford air conditioning so they put blankets on their windows, and water on the floor hoping that it would cool down the house they were trapped in. Their meals would consist of only bread, cheese, and water. They had to live in these conditions for nine years!

Ms. Maria told us how she felt like she lost her childhood because of her lost of freedom and independence. Because of her previous education with different languages, she applied for a job to be a translator for the



Iraq talks to Lakewood, in real time, with Mr. Spooner's class' Skype interview.

United States Army. After a while, she got the job.

This job was the turning point in Ms. Maria's life. She told us how getting the job was like getting "reborn". Because of the Army, she is now living a better life helping other people as a caretaker and translator.

We would like to thank Ms. Maria

and all of our veterans for helping to protect our country. Ms. Maria asked us to make sure to write that she thinks that "The United States Army is the Best!"

**Rachel Daso and Clare Ciolli are sixth grade students at Harding Middle School.**

## A Visit With Dr. Posman

by Caleigh Sheehan and Kent Adams

On March 1, 2011 Mr. Spooner's social studies class from Harding Middle School had a visit with Dr. Ellen Posman, a world religions professor at Baldwin-Wallace College. Mr. Spooner's class recently conducted a study on five of the world's religions; Judaism, Christianity, Buddhism, Hinduism, and Islam. Each student researched all of the religions, and then chose one to go deeper with. Together in groups of five, they created a digital encyclopedia incorporating the five religions they became masters on.

Dr. Posman helped fill in the blanks with the information the students did not find. She presented a PowerPoint with maps and pictures of the Holy places in each religion. She also showed us pictures of her travels abroad.

Her presentation was followed by a question and answer session where each student could ask Dr. Posman a question they had on the religion they studied further.

Here are some thoughts from students about Dr. Posman's visit:

Was having a professor come into your class a good way of learning? Why?

Yes, because it was nice having a conversation in a risk-free atmosphere. Also, the visual aids she provided were helpful with my learning process. — Rachel Daso

How would you describe your experience with Dr. Posman?

It was very interesting and informative. I thought this was a very good experience for my class and we would love her (or another expert) to come back to talk to my class to help fill in the blanks with our next study. — Elena Mulready



Dr. Ellen Posman answers questions from Mr. Spooner's class about world religions.

What was the most interesting thing you learned during your visit with Dr. Posman?

That is a very hard question to answer. She is just so knowledgeable on all of the religions. I would say it was the Buddha's story of all the sadness his father shielded him from. — Clare Ciolli

Would you consider this as a new learning method for other classes everywhere?

Yes, It is a very fun, interactive way to learn. I think it is easier to retain the information when you get it from a college professor not just reading it in a textbook. I still think that we should not discount text as another way because you can still learn a lot. — Nathaniel Zettler

**Caleigh Sheehan and Kent Adams are sixth grade students at Harding Middle School.**

## Earning Our Communications Badge

by Tiger Den Pack 512

### "The Day I Went To Lakewood Park"

by Jordan Fougousse

I went to the park with my aunt. While we were there we played tag in the park. We also played football and swung on the swings.

### "I'm A Legomaniac"

by Quinn Pauly

Did you know there are lots of things you can build with Legos?

Some things that I have made are ships that can fly or float, such as spaceships and boats. I have also made houses, cars and people. But, my favorite things to build with are my Star Wars ships and figures. I have built many kinds of Star Wars things, like the Hoth Snowman, Boba Fett, Slave One and General Grievous' Starfighter.

There are so many other things you or I can build from Legos. All you have to do is use your imagination.

Believe me... It's fun!

### "Cub Scouts Turn Into Reporters At Malley's"

by Declan Markling

Tuesday night my cub scout den met at Malley's to talk about becoming reporters. This is part of getting the communication bead for scouts.

The first thing was to learn about the ways we communicate, like cell phones and computers and television.

Newspapers are a way we talk to the whole city of Lakewood at one time.

Kids can tell each other about Lakewood Park, Legos, dances at Grant, and different schools we are at. We can tell other kids about what it's like being a cub scout because we're in cub scouts.

We made our first stories at Malley's while eating hot fudge.



The cub scouts and their pack leader, Alicia Bowen, pose with their first journalistic efforts in front of Malley's "Alice in Wonderland" wall.

### "Grant Dances"

by Jacob Bowen

The dances at Grant are fun!

They have contests. I won the hula hoop contest this year!

Grant has two dances every school year, in the fall and the spring. My favorite part of the dance is the "Chicken Dance."

They have good food and treats to eat.

I'm glad my school has fun things like dances to go to.



Quinn and his father work on Quinn's "Legomaniac" story.



Lakewood Sports

Leaders On And Off The Ice: St. Ed's Hockey Senior Night Highlights Success In The Arena Of Life

by John Litten

Even at the high school level, sports are often central to a student's life. Too often, students are measured solely by those successes, ignoring the things that they will carry with them for the rest of their lives. On Friday, February 4th, at Serpentine Arena here in Lakewood, the St. Edward High School Ice Hockey program took pause to acknowledge the accomplishments of their seniors on multiple levels: those on the ice and elsewhere. The event took place just before the Eagles were to face Lake Catholic High School in a regular season match-up.

Among other things, here is a sampling of what these seniors have done and where they are headed in the future:

**Alex D'Angelo** - Alex is a member of the National Honor Society, Captain of the State Championship football team and Captain of the hockey team. He is going to The Ohio State University after graduation unless football pulls him elsewhere. His favorite hockey memory was the District win over St. Ignatius in six overtimes to go to the State Semi-Finals his sophomore year.

**Riley Egan** - Riley is a four-year honor student and Captain of the hockey team. His aspiration is to play junior hockey after graduation. Riley's favorite hockey memory was going to Toronto with his teammates to face the competition up north.

**Justin Hoyt** - Justin is a four-year honor student and Captain of the hockey team. He is waiting to hear from the U.S. Naval Academy, which is his 1st choice for college. He has already been accepted to the Air Force ROTC program at Kent State University as well. His favorite hockey memory was winning the JV State

Championship game in overtime against University School as a sophomore.

**Clay Jarrell** - Clay is an assistant Captain of the hockey team. He is planning to play juniors next year after graduation. His favorite hockey memory is scoring the first goal in the home opener of the regular season his senior year. If you've frequented Winterhurst, you might recognize Clay as one of the friendly faces in the pro shop.

**Jonathan Lacoste** - Jonathan is President of the Senior Class and a member of the National Honor Society. Jonathan has been accepted to Boston College and plans to study International Business and Political Science. He is also still waiting to hear from Cornell, Harvard, Dartmouth, and Brown. His favorite hockey memory is beating St. Ignatius 2-1 at home his senior year.

**Danny O'Sullivan** - Dan is a National Merit Scholar and member of the National Honor Society. He plans to study engineering at either The Ohio State University, the University of Dayton, or the Rochester Institute of Technology after graduation. His favorite hockey memory is an ongoing

one... Danny has played hockey with his line-mates Riley and Clay since they were five years old!

**Matthew Sydor** - Matthew is a four-year Honor student at St. Edward. He has been accepted at John Carroll

University, Ohio Wesleyan University, The College of Wooster, and Wittenberg University. He is still waiting to hear from Denison University, Pitt and the University of Michigan. Of those he has been accepted to, he will visit

before making his final decision. Matt plans to major in Molecular Biology.

And the game? That ended in a somewhat disappointing 2-2 tie. Despite the less than desirable outcome, Head Coach Troy Gray and a couple of the aforementioned seniors still took time after the game to give a few young fans a tour of the St. Ed's locker room. At home games, guests 12 and under are eligible to win a tour after the game.

On this night, the tour ended with seniors Clay and Justin giving the kids autographed St. Edward hockey pucks.

Indeed, it is not about one game, one season or one sport. It is about much more than that.

As for on the ice, the playoffs have begun and St. Ed's is still going strong in this weekend's semi-finals. To follow St. Ed's (or your other favorite hockey team) this weekend as they make a run for the state title in Columbus, visit <http://brackets.digitalschoolnetwork.net/icehockey/boys/tournament11/>.



Left to Right: Seniors Sydor, O'Sullivan, Jarrell, Lacoste, Hoyt, Egan and D'Angelo.

Trinity Senior Signs With Youngstown State University

by Patrick Straffen

Nick Gliha, 17, of Lakewood signed his National Letter of Intent to attend Division I Youngstown State University, accepting a full tuition scholarship to run track and cross country.

During his four years at Trinity, Nick has broken many records and has been in seven state championships, including the boys track state team championship in 2009. Nick's win in the 3200-meter event was the performance that put the team into first place. Nick also led Trinity to a fifth place finish as a team in the cross country state championship in 2007, and a fourth place finish this year in 2010.

Although Nick would never tell you himself, he is the most decorated individual athlete in Trinity High School history. This soft-spoken young man who professes his love for Jesus and the church is Trinity's first four-time cross country state qualifier, three-time all-state cross country runner, and the Northeast League Conference's record holder in both the 1600-meter and the 3200-meter events. His quiet leadership has shown his teammates how to identify goals and then to obtain them.

"Nick is a coach's dream because he puts the needs of others in front of his own," said Head Cross Country Coach Kevin Gorby. "He gives 100 percent every time out. He is the ultimate team player."

Nick's ambitions include continuing his winning ways at Youngstown State University and even running in the Olympics one day.

"Only 3 percent of runners get the chance to run in Division I in college," said Gliha. "I feel privileged to have

been coached by Mr. Gorby and to have attended Trinity. Coming to this school was one of the best decisions of my life. It was here that I deepened my faith in myself, my love for Jesus and also learned how to excel on the athletic field."

Youngstown State University Head Track/Cross Country Coach Brian Gorby looks forward to welcoming Nick to his team.

"I know Nick will make a very positive impact on our program," he said. "He has passion and drive and all that it takes on and off the field to be a tremendous athlete. With his morals and values, he has the character and passion that are the key ingredients to reach any goal that he sets for himself."

Nick plans to major in Physical Therapy which he sees as a ministry. "I look forward to helping people with injuries move towards healing and living better lives."

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## Lakewood Cares

# “Lakewood Christian Service Center” Becomes “Lakewood Community Services Center” To Better Reflect Its Mission And Constituents

by Laura McBride, LCSC Trustee

One of the area's longest-serving human services organizations is changing its name – effective immediately – as the former “Lakewood Christian Service Center” is becoming “Lakewood Community Services Center” (LCSC). According to the organization's executive director Trish Rooney, the shift for the 29-year-old Lakewood-based non-profit speaks to its mission to improve not only the lives of all of its consumers, but also the stability of the community at large.

“We have a highly diversified client base, and many of the citizens who utilize us as a community resource don't practice the Christian faith,” said Rooney. “We have known for some time that there was a degree of discomfort with the word Christian being so predominant in our name, and we want to convey a broader sense of being inclusionary while maintaining the tenets of our faith-based legacy. It is difficult enough to come for assistance without adding this sense of exclusion for families who need our help.”

Founded in 1982 by 12 Lakewood churches and located at 14230 Madison Ave., the organization got its financial support, its staff, trustees and volunteers almost exclusively from local congregations. Over the years that support mix has changed dramatically, as has the organization's push to engage a wider population for the day-to-day operation of the center. Church funding has decreased, while more broad-based financial support comes through federal, state and community sources, as well as foundation and individual donations.

“We have truly become a community organization,” says Rooney. “This is not to say in any way that we have changed our mission. What it does say is that there is a broader base of community support than we have ever enjoyed in the past and a more diverse group of people concerned enough with the quality of life of all our consumers to step up and become involved.”

Rooney said easy access to the services provided by LCSC is paramount, as continued changes in Lakewood mean an ever-increasing need for assistance



for many residents. In 2010 the Center distributed enough food for families to prepare 250,000 meals, provided rent assistance to prevent 315 families from becoming homeless, and kept utilities turned on for 245 households. These numbers represented a 32% increase in the number of households served when compared to 2009. And the first two months of 2011 indicate that the demand will continue to increase. The name change, she said, can be a component in helping the organization have the most impact possible.

Board trustee Reverend Mark Thomas, Senior Pastor of Lakewood Congregational Church, sees the name change as a positive reflection of the City of Lakewood. “The name change is to fulfill the vision that everyone in the Lakewood community who is in need will know the LCSC doors are open to them. Unfortunately, we have been made aware that not everyone knows this to be true, believing the services and assistance offered by LCSC were unavailable to non-Christians.”

Reverend Thomas is not alone in his support of the change. During the discernment period, Center staff met with leaders of four of the Lakewood churches who have historically been and continue to be its strongest financial supporters. All four senior pastors back the name change with one remarking, “Perhaps it is more Christian to not claim your work as exclusively Christian.”

LCSC maintains a close relationship with the City of Lakewood, and the

organization has become a central touch-point for services ranging from food distribution to emergency shelter and supportive housing assistance to referrals for other specific human services needs.

“This organization has enormous short and long-term impact on people's lives, and it plays an important role in both support and empowerment,” said Chas D. Withers, Lakewood resident and President of the LCSC Board of Directors. “We believe this change keeps LCSC in best alignment with the population we serve while staying true to the historical mission.”

### Newly Engaged Board of Directors

Although the most significant, LCSC's name change is only one of the initiatives being undertaken at the Center. In December 2010, the organization began the process of reforming its board of directors to attract new members who would be fully aligned with the mission and prepared to reach out to colleagues in the community who could support the organization going forward. That engagement includes time, talent, leadership and influence, strategic thinking and financial support. The goal was to confirm seven members in the first quarter of 2011, with a total of 13 by the end of the year. The seven confirmed members of the current board are officers Chas D. Withers, President; J.B. Silvers, Treasurer; Heather Holdsworth, Secretary, and members Marilyn Culley, Laura McBride, Dru Siley and Reverend Mark Thomas. “I am so grateful to these individuals for their willingness to fully support LCSC, its mission and its staff,” says Rooney. “We not only need to continue doing what we already do in the most effective way possible, but begin to look at other opportunities for service offerings that will help to stabilize our community and its residents. To do this we need people who are willing to put in time and who are not afraid to think outside the box.”

### New Logo

The organization's name change provided the opportunity to create a new logo as well. Graphic designer Mary Ann Aue created a fresh and modern look that reflects LCSC's enduring ties to the City of Lakewood and a brand that would stand the test of time. The graphic element conveys

the message that the goal of the organization is to help every individual who comes for assistance to define a path to self sufficiency and that each staff member, board member and volunteer is committed to helping every client work toward self-determination.

### About LCSC Programs

Although there are many agencies serving the west side, LCSC fills an unduplicated need in the following key areas:

1) LCSC is the Hunger Network of Greater Cleveland's designated hunger center serving Lakewood, Rocky River and Westlake.

2) LCSC is the point of access for Lakewood residents who qualify for the City of Lakewood's Emergency Shelter Grant funds for one-time rent and/or utility assistance to prevent homelessness.

3) LCSC is the center for the HUD-funded Supportive Housing Program, which assists homeless individuals referred by shelters, residential treatment programs and social service agencies throughout the area to secure and maintain stable housing anywhere in western Cuyahoga County.

4) LCSC is the point of access for the City of Lakewood's American Recovery and Reinvestment Act stimulus dollars that provide homeless prevention help to qualified Lakewood residents.

5) LCSC refers clients to organizations and agencies for specific additional services, such as health care, mental health and chemical dependency counseling, early childhood and youth services, educational assistance and employment services.

The Center offers on-site access to additional client services administered by community partner agencies. Every Wednesday evening, an outreach worker from Cleveland Tenants Organization is available to assist with landlord/renter's rights issues; a volunteer attorney from the Cleveland Homeless Legal Assistance Program is on site one Wednesday each month to provide free legal assistance for civil matters; an outreach worker from West Side Ecumenical Ministries (WSEM) is at LCSC each week to assist clients with Food Stamp applications and during the months of October through March, an outreach worker from the Council for Economic Opportunities for Greater Cleveland (CEOOGC) is on site to enroll clients in its emergency home energy assistance program. A 5,000 square foot community garden in the City of Lakewood's Madison Park also provides client gardeners the opportunity to grow fresh vegetables in their own 4' x 20' plots and a Cleveland Foodbank-supported free farmers' market offers clients access to fresh produce five months each year.

If you have an interest in exploring ways you can get involved at Lakewood Community Services Center, contact Trish Rooney at 216. 226.6466 or trish@lcsclakewood.org.

## Friday Night Live At Lakewood Middle Schools

by Emmie Hutchison

Hey, Middle School Students: Does winter have you down? There has to be something really fun to do to beat the winter blues...

Help to Others(H2O) has the answer! High school students are planning two incredible nights, one at Garfield on Friday, March 11 and one at Harding on Friday, March 25. Each one is open to all the students of that particular school, but not to other guests. The event lasts from 6:30 to 8:30 p.m. and features...BATTLEBALL! But wait, that's not all! Each event will also have music, corn hole, donut-eating contests and snacks for sale.

Tickets can be bought in the school office in advance for \$2.00 or at the door for \$3.00 and will cover the fee to play ball. All proceeds from the events will contribute to two teams of H2O students who are participating in the American Cancer Society's Relay for Life. Fun activities for a great cause? This game night is a big WIN for everyone!



# Douglas Cooper Receives Rotary International Award

For more information, contact  
Gordon Geiger at [geigerslakewood@sbcglobal.net](mailto:geigerslakewood@sbcglobal.net).

TLCO prides itself on its volunteer engagement and community partnerships, including, but not limited to, the Cleveland Foodbank, NORVA, LEAF, the Ohio State University Extension, Lutheran Metropolitan Ministry, Big Brothers/Big Sisters, Lakewood Catholic Academy, Rotary International, the Cleveland Foundation, Thrivent Financial, and H2O. More than 200 volunteers lend their support each year. For more information on volunteering with or supporting TLCO, please contact [thirdsat@gmail.com](mailto:thirdsat@gmail.com).





## Lakewood Downtown Business

# Paisley Monkey, From Click To Brick

by Tamara Racin

Several years ago, many e-retailers seemed to be offering the same products, raising prices and shipping/handling fees, and providing customer service which left a lot to be desired. The concept for Paisley Monkey was based on our desire to provide a unique offering of products and a higher standard of service to the online community.

We spent the summer of 2005 searching for unique and wonderful products and building our website. We defined several criteria for product selection but always came back to the same rule for validating our choices... "Would we buy it?" We have repeated that question thousands of times over the years and have come to recognize its importance in building a very successful product selection. Our website launched in October of 2005.

We spent the next three and a half years settling in and growing our product offering while working to improve our customer experience. We added gift wrap services, international shipping, enclosure cards, and many other improvements. We optimized our website to take full advantage of search engines and grow our clientele organically. By early 2009 we had built a product-line of 1500 hand-picked items from over sixty manufacturers.



In 2010, we were having some work done at our house and, when he found out that we were running this business from our home, our contractor asked if we were taking part in the city-wide sale. We hadn't heard anything about it and contacted Lakewood Alive to see if anyone had space for a home-based business to take part in the first annual Lakewood Citywide Sale. We had considered opening a store even before we launched our site and saw this as our opportunity to let Lakewood know that it was home to Paisley Monkey. Even though we had a successful presence on the Internet, we were all but unknown in our hometown.

By the time of the Lakewood City-

wide Sale, the newly-opened Lakewood Garden Center had given us permission to set up our canopy in their parking lot. There was (and still is) a wonderful momentum happening in the downtown business district and we were thrilled to take part.

Over the next few months, we went through the process of opening our store. We found a new home for Paisley Monkey in a storefront in the First Federal of Lakewood building (right across from The Place to Be restaurant) and, with much help and kindness from Mary Ann and Shannon of Lakewood Alive and all the members of the Downtown Lakewood Business Alliance, we opened in early

September 2010. We had A LOT of questions during the process and can't say enough about the help we received from Lakewood Alive and the DLBA. Paisley Monkey had moved from a web-based virtual boutique into an honest-to-goodness brick-and-mortar business in our community!

We love living in Lakewood and knew we were surrounded by good people but never thought we would receive a welcome this warm. Other businesses in town have been very supportive and one of the most common customer comments we've received is, "I'm so glad you're here!" We met some awesome new customers and have gained some wonderful new friends. There are a lot of very unique and interesting people in Lakewood.

Now, six months later, we're thinking about the second annual Lakewood Citywide Sale and all of the other events in which we can take an active part now that we've been established in our community. We have been welcomed by other businesses, civic and business organizations, and the people of Lakewood and look forward to earning the warm welcome extended to us by serving Lakewood for many years to come.

**Tamara Racin is the owner of Paisley Monkey.**

## Downtown Lakewood Business Alliance Hosts Open House For Downtown Lakewood Businesses



DLBA working to make downtown Lakewood a great place for business

by Mary Anne Crampton

The doors are open and the coffee is always on! This has been true for almost two years since downtown merchants have been collaborating and working together as the Downtown Lakewood Business Alliance (DLBA). They meet on the first and third Thursdays of the month; no RSVP required. From these morning gatherings, the group has formed friendships; most members having met their business neighbors for the first time at these meetings. Today DLBA members are sending customers to each other's stores, cross-checking product line offerings and even spending free time together. With laughter and an understanding that can only come from peers, DLBA has created a feeling of belonging, connectedness and pride among Lakewood merchants.

The DLBA is open to any representative of any business in the downtown Lakewood district; and also welcomes Lakewood businesses from outside the district to participate in the Thursday meetings.

The group's accomplishments and goals include, 1. Pooling resources to promote the Downtown Lakewood district; 2. Representing the district with City officials on clean & safe issues; 3. "Shop Local" community education and promotion; 4. Connecting

with community partners on events e.g., Lakewood Historical Society/ Ohio Chautauqua; 5. Creating and executing events like Chocolate Walk that bring customers into our stores; 6. Offering business support in areas ranging from cross-promotion to window displays to social media and more. DLBA members want all downtown businesses to join in and become aware of the success that can be achieved by working together. Tamara Racin (Paisley Monkey), Ann Huber (Landfall Travel) and Maggie Fraley (Lakewood Observer) are spearheading this effort to grow awareness about DLBA activities.

On Thursday, March 31 from 7-9pm, the DLBA will be hosting an informational event for all downtown district business representatives at Deagan's Kitchen & Bar's East Room. Please join DLBA on Thursday, March 31 at Deagan's and learn more about this fun and productive group. Just RSVP Tamara Racin at [info@paisleymonkey.com](mailto:info@paisleymonkey.com).

The Downtown Lakewood Business Alliance is a volunteer committee of LakewoodAlive's Downtown Lakewood revitalization program. LakewoodAlive is a 501(c)(3) economic development organization focused on the revitalization of Lakewood's historic downtown district.

[www.paisleymonkey.com](http://www.paisleymonkey.com)

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Looking Good

# Breathing New Life Into Yoga At Acenda

by Aryn Youngless

January 15th marked the Grand Opening of Acenda Yoga in Lakewood. Located at 17305 Madison Avenue, west of Lakewood Massotherapy, Acenda Yoga is bringing a new spin on yoga to Lakewood.

Acenda, meaning to illuminate, lift up and brighten, has set out to do just that by helping to change your perspective of what yoga should be defined as. With class offerings that include the basics of “Beginners,” “Hot Yoga,” and “Hatha yoga,” at first glance Acenda’s schedule looks the same as most others, but they didn’t stop there. “Brunch with Bob” - a vinyasa style class practiced to the music of Bob Marley and other regge-infused music, sparks a unique idea and a great way to start your Sunday; “Family Yoga” which allows you to open your practice to the entire family, all the way down to your little guys and back up the grandparents; and “Mommy and Me” yoga, for you and your little one. Yet, while those classes may be slightly less common, they still are not what set Acenda apart in the sea of yoga that surrounds us. No, what make them unique is that they are a non-profit studio designed to bring yoga to everyone, regardless of money or physicality - Acenda, guaranteed, has a class that is right just for you.

The classes that set this small one room yoga studio apart from all the rest are its offerings of “Adaptive yoga,” and “Ambulatory yoga” three classes, specific to Acenda, that are designed to keep you active even if downward facing dog is physically out of the question for your practice.

“Adaptive yoga” takes Chair yoga to the next level by adapting, “...The experience of practicing yoga for the purpose of increasing mind-body awareness in individuals living with

disabilities or having suffered trauma to the physical body.” Acenda’s Adaptive yoga class is based on the teachings of Iyengar Certified Yoga Instructor, Matthew Sandford who’s own personal injuries taught him to seek the balance of the mind, body and breath; and finally “Ambulatory Yoga” which is perfect for students, “...Who are capable of walking, but have suffered injuries or illnesses that have affected their balance or mobility such as head injury or stroke.”

Outside of it’s extraordinary class offerings, Acenda is also home to Jennifer Lenhart, a 200 hour yoga instructor, who will be leading an 8 week “Mindfulness for Everyday Life” workshop (which is currently sold out, but keep an eye out for her

## Face Value

by Carol Mason

Looking good is a total picture and the face is quintessential to that image. It can mean the difference in getting the job, the promotion, or even just being heard. For example, if you are interviewing for a job, your face can project that you are on top-of-it or it can carbon date you back to the 80’s. Face it! That subjectivity about your image could cost you in a bias about your intellect. Perceived face value is subjective and it manifests in the eye of the beholder. Know how to project the best image for a great face value—getting hired and your paycheck could rely on it.

I often hear from business women that they dress for success with wardrobe, hair and nails but go o’natu-rale on the face. They are busy and have no time for the make-up routine. Or, they fear makeup because of images they harbor of others’ makeup mis-

“Four Noble Truths” workshop, coming this June) geared to help you find your bliss where ever you are right now. Reducing stress, finding balance, embracing compassion and living peacefully, the course will teach you how to practice mindful meditation every day, bringing peace into your life. For more info visit [www.acendayoga.com](http://www.acendayoga.com) or [www.jenniferlenhart.com](http://www.jenniferlenhart.com). This is one of many workshops to come from Ms. Lenhart, so keep your eyes peeled for the next Mindful workshop, and remember space is limited so signing up for newsletters and fan pages are a wonderful way to be sure you get a spot!

Now, all of this may lead you to the one question I have yet to answer, and that is who is the person behind such a revolutionary idea as Acenda Yoga? Her

takes and shrink from using it. Unless there is flawless skin, a minimal career look includes the correct foundation match, a blending eye shadow, mascara, cheek color and a lip product appropriately applied considering the occupation and company culture. In a recent survey, the majority of women are not confident they have chosen the right foundation color or product for their skin type.

Makeup selection must take into consideration age, lifestyle, facial features, personality, etiquette, occupation and, most importantly, skin care routine. Your skin care program can improve or undermine your makeup’s performance. Skin that is not hydrated and too dry will not hold color long. Skin that is oily can crease and smudge the color. Seasonal changes and the aging process require a skin care and color image that adjusts appropriately.

The key to keeping up face value is to update before you outdate. If you

name is Arabella Romeo and her dream is simple, to bring yoga to everyone.

Outside of Acenda, once a month Arabella teaches a free yoga class called “Yoga for the Masses” in downtown Cleveland. Currently in the Old Stone Church, mark your calendars for the first Friday of every month - 6:00pm - and join Arabella and the yogis of Lakewood and Cleveland as they practice yoga with unity and spirit that is will help you ascend, lifting you up to find the bliss locked inside.

For more information about Acenda Yoga, Arabella Romeo and Jennifer Lenhart, please visit Acenda Yoga online at [www.AcendaYoga.com](http://www.AcendaYoga.com) and like their Facebook Page too!

are a person who is not likely to change your look often, then a classic color palette with potential to kick it up or tone it down are for you. If you are a diva of fun and play with trendy color and products, then you will want to try new things, but be wary as trendy is short lived. A significant change in career or graduation from college is a time to update for that important interview or first day on the job.

Cosmetics have gone high-tech and it is important to have a beauty expert who can pull together a skin care program and a color image that fits your age, occupation, budget and personality. They can keep you apprised of new product developments and color changes in fashion. And, they can make all those adjustments when NEW comes into your life—new job, new marriage, new body or new baby. Savvy women engage the experts!

Carol Leigh Mason, Ind. Sales Director, Mary Kay Cosmetics

## 2011 Beauty Products Heaven

by Bonnie Fencil

Professional beauty products solve problems with updated ingredients. Dry, stressed or overworked hair- try the wild ginger Awapuhi keratin products line. They offer take home products or a salon based service for shine and strength. Need to correct dry itchy sensitive scalp- try the organic aloe conditioner, with vitamins and amino acids. Nail polish lasting longer- shiny and protective gel/polish such as shellack is hard to keep on hand due to demand. O.P.I.’s Shattered is a black overlay polish. Over a color it shrinks reveal-

ing unique pattenrens. Crackle polish in a variety of colors works the same way, great in upcoming Easter baskets for girls. Hair accessories for spring continue to use splashes of colored flowers on jaw attachments or on head-bands. Sparkling bobby pins dress up any hair stlye, and they come in many colors. My last tip for better natural finger nails is to oil your nails once or twice a day. Not only does it add flexibilty, helping to prevent breaking of nails and dry cuticles, but prevents dry breaks in your skin, especially on the hands, that can be an entry for germs.

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Wellness Watch

# Five Morning Rituals To Keep You Living Well

by Rachel Anzalone

Our bodies and souls L-O-V-E ritual. The natural world is rich with rhythms-- from the sun to the moon to the seasons to the tide. Incorporating natural rhythms into your life, or creating your own rhythms, will give you more energy and help keep you feeling fantastic. Having a morning ritual that nourishes your soul and body will prepare you for all the fantastic things that are coming your way, and help you hit the ground running when you head out into the world. Here are a few to help you get started.

1 - Get your lovely bones out of bed at the same time each morning.

The best time to wake up for maximum daily energy? Before 6am. After 6 and you're likely to carry some sluggishness with you throughout the day.

2 - Drink a glass of lemon water as soon as you get out of bed. Overnight your body processes all the toxins from the day before. Sleep is when healing and repair take place. Drinking a glass of lemon water first thing in the morning will give your body an alkalizing flush to help eliminate those toxins. Bonus-- Add a dash of cayenne to boost your immune system and metabolism! Be sure to drink your lemon water at least 30 minutes before you eat. Alkalizing your stomach will slow down the

digestive process.

3 - Take 10 minutes of quiet time. Meditate, read something you enjoy, drink herbal tea, write in your journal, reflect on what you're grateful for, or just sit quietly and breathe. Those 10 minutes will help you focus and maintain peace of mind throughout the day.

4 - Eat a nourishing breakfast. What you put in your mouth first thing in the AM sets you up for the rest of the day. Scarf down a bagel and a cup o' joe and you can expect a mid-morning crash complete with sugar cravings and a roller coaster ride of energy ups and downs. Go for slow-cooking oatmeal topped with fruit and nuts or sprouted

grain bread (Ezekiel is my favorite) with almond butter and an apple. Eat more and better food for breakfast and you'll eat better all day long.

5 - Plan your day. Instead of rushing out the door, jumping headlong into the day, take some time in the morning before you leave the house to look at your schedule, assess your day, determine what you want to accomplish and how you want your day to be. Just deciding that things will go your way and knowing what to expect will set you up for a successful day.

*Rachel Anzalone is a Certified Natural Health Professional.*

## ELONG8 - Stretch Of The Month

by Gloria Brooker

### HAMSTRING STRETCH

For the runners out there. And oh of course everyone else....Cyclists, softball players, soccer players, football players, golfers, moms, dads, sisters, brothers, and grandparents. Everyone I know complains about tight hams.

1. Sit tall on the edge of a chair, Shoulders should be in line with hips.
2. Extend right leg reaching through the heel through the floor.
3. Inhale through the nose...
4. Exhale through mouth while hinging forward at the hip.

(KEEP THE SPINE AND EXTENDED LEG STRAIGHT)

Repeat on the left side and don't forget to breath.....

*A former dance major at The Ohio State University. Gloria Brooker ACSM cpt has been teaching Pilates and other movement therapies throughout the Cleveland area for a decade.*



Gloria Brooker showing how it is done.

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### Stir-Fried Tofu With Ginger Broccoli

by Dr. Meg Gerba Perry

Serves 4, 232 calories, 8g carbohydrates, 15g protein, 17g fat

- 1 pound extra firm tofu
- 2 tbsp. tamari (low sodium soy sauce)
- 3 tbsp. olive oil
- 2 tsp. peeled and minced fresh ginger
- 2 minced garlic cloves
- 2 cups broccoli florets
- 2 cups sliced mushrooms
- 1 red bell pepper cut into thin strips
- 1 tbsp. arrowroot or cornstarch
- 1 tbsp. dry sherry
- ½ tsp. cayenne or ¼ tsp. hot-pepper flakes
- 1 tsp. sesame oil

Slice tofu into cubes. Toss with soy sauce and set aside. In a wok or large non-stick skillet, heat 1 tbsp. oil over high heat. When oil is hot, lower heat to medium high and add scallions, ginger, and garlic; stir-fry for 30 seconds. Add tofu (but keep soy sauce set aside), stir-frying for 2 more minutes. Remove from pan and set aside. Using a fork or small whisk, mix remaining soy sauce with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside. Heat another 1 tbsp. oil in wok over high heat. Add broccoli, mushrooms, and bell pepper, stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover and reduce heat to medium, steaming vegetables about 5 minutes until slightly tender. Return tofu to wok. Stir soy sauce mixture into wok and cook over medium heat until thickened and thoroughly heated. Add sesame oil, salt and pepper to taste.

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# Wellness Watch

## Spring Fever

by Allison Norris

By the time you read this, spring, according to the calendar, will be just around the corner. If you have stepped outside in the last week you know this is not how it feels out there. In just this past week we had an ice storm, followed by a blizzard, followed by a thunder and lightning storm. What a doozy of a week weather-wise.

A patient complained to me this week about the heart attack snow. I had never heard this term but immediately I knew what he meant: that snow was agonizingly heavy to move thus very

straining on the body. Thus, here are my top 5 tips for surviving the last few weeks of winter (and beyond since it is likely to remain cold for a few more months).

1. If you see the sun, run to it! We long for it, body and soul, so when you see it shining, just get out in it. If the paths are not clear enough for a walk simply sit for 10 minutes outside.

2. Shovel in small spurts. While this might be common sense I have witnessed many people on marathon shoveling trips in their yards. It is not worth it. Set a portable timer for 30

minutes and work no harder than an exercise pace. When the timer beeps, quit, and head inside for at least an hour's warm-up and rest.

3. Wear solid footgear. As the snow melts and the ice turns to puddles we are tempted to shed our boots. Please continue wearing sensible shoes until the winter is really through. Black ice is all over the city and holes from the salted grounds abound. Falling is not worth the fashion points.

4. Stay hydrated. With the barometric fluctuations and the dry heated environments many of us are dehy-

drated. Up your fluid intake and your body will thank you.

5. Low Sugar/High quality diet. As the weather lightens and the New Year is just a glimmer in the past, our commitments to eating well tend to wane. Recommit and keep those illnesses away.

Stay warm and keep your head up...we have almost made it through another long winter!

Dr. Allison K. Norris  
Chiropractic

## Measure Up To The Challenge!



by Paula Reed

Spring officially arrives on March 20—join the Live Well Lakewood Wellness Challenge and kick off the season with your own rebirth! We'll help you take full advantage of our walkable community and get healthier in the process.

The eight-week Challenge begins and ends with a fitness evaluation. During the evaluation, we'll measure blood pressure, height, weight, BMI, waist/hip ratio and body mass composition. Pre-Challenge assessments will be given from 10:00 am – noon on Saturday, March 12.

Weekly walking sessions begin March 16. Each Wednesday at 6:30 pm from March 16th through May 4, we'll meet at Lakewood Park's Women's Pavilion for a facilitated walk, extending the distance each week until May 4, when we'll be walking 4 miles. Each facilitator will share a few minutes of information on healthy living before you start off. Walk at your own pace—you'll certainly have company, whatever that pace may be. You'll build speed and stamina as walking becomes a part of your daily routine.

Velasco, Fitness Edge "Kick Up Your Walk" (2.5 mile walk)

**Wednesday, April 20:** Dr. Mike Russell, Russell Chiropractic "Get the Right Gait" (3 mile walk)

**Wednesday, April 27:** Rachel Anzalone, Live Well Coach "Eat to Walk" (3.5 mile walk)

**Wednesday, May 4:** David Pauer, CC Wellness Mgr. Wellness at Home & Work (4 mile walk)

**On Wednesday, May 11:** post-Challenge evaluations will be held from 4:00 – 6:00 pm followed by a Celebration of Success. Participants who have attended five or more of the eight sessions will walk a victory lap around the park, and when they return to the Pavilion, be treated to a healthy celebration dinner.

**Come hit the pavement with Live Well Lakewood! For more information and to sign up for the Challenge, visit [www.LiveWellLakewood.org](http://www.LiveWellLakewood.org) or call 215-529-7695.**

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# GO!

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**Wellness Challenge Begins March 12**  
**Measure Up To The Challenge**  
10:00AM – 12:00PM  
Lakewood Park, Womens' Pavilion  
14532 Lake Avenue

**JOIN US for the 2011 Wellness Challenge.**  
The eight-week Challenge begins and ends with a fitness evaluation. Participants will meet at Lakewood Park's Women's Pavilion for a short talk by a facilitator who will then lead them on a walk around the park. The group walk begins with one-half mile and adds another half-mile each week, concluding with a four-mile last session. Sign up online, email or call today. There has never been a more economical and supportive way to get in shape!

For the latest about the **Wellness Challenge**, go to [LiveWellLakewood.org](http://LiveWellLakewood.org) or call **216.529.7695**.

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## Gearing up for spring

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## Lakewood Perspectives

# Don't Let SB5 Destroy Lakewood's Good Jobs And Strong Community

by April Stoltz

I am a retired letter carrier with the U.S. postal service and a proud member of the National Association of Letter Carriers. I am against Senate Bill 5 (SB5) and I support my fellow public workers and Lakewood neighbors who are being attacked and blamed for the state's 8 billion dollar budget shortfall. This bill aims to severely restrict unions' ability to negotiate fair wages, benefits, and workplace conditions under the false premise that it's THEIR fault we are broke and that SB5 will balance the budget. SB5 will not achieve a balanced budget and makes it a union/public worker versus taxpayer argument that is untrue and dangerous.

For these reasons, I found myself on a bus to Columbus last Tuesday, March 1, joining 20,000 other union and non-union workers alike, on the statehouse lawn demanding that the senate "Kill the bill." Besides teachers, firefighters and policemen, there were autoworkers, steel workers, carpenters, electricians, wastewater and sewage treatment workers, farmers, ministers and students. In other words, the people whose work makes this country tick.

There were many speeches, but I was particularly struck by two who spoke-- one was a sewage treatment worker from Dayton, and the other a



April Stoltz and Jean Kosmac at the Cleveland Rally against SB5.

corrections officer from the Toledo area. The corrections officer explained that before collective bargaining, they asked and begged for body armor to do their job safely, but to no avail. They got collective bargaining and they got their body armor. It took collective bargaining to finally achieve this. They both spoke about how deeply they regretted voting Republican in last November's election, and how they never believed THEIR working conditions and wages would be threatened, and finally, how they would work like hell in the next election, to make sure Republican candidates are defeated. There is nothing like the anger of a betrayed voter.

Lakewood is fortunate to have State Senator Michael Skindell and State Rep Nickie Antonio to represent us. They have been strong voices against SB5. At Thursday night's Democratic club meeting, Rep Antonio stated that SB 5 is an attack on the middle class and that stopping the passage of SB 5 is about, "standing up for good jobs and strong communities." Michael Skindell explained that while Ohio is the seventh largest state in the country, we have the smallest number of public employees of all 50 states! He went on to explain that in 2008 the collective bargaining units for state workers made 250 million dollars in concessions to help balance the state budget. This included wage freezes, unpaid

furlough days, and making additional employee contributions to health care. And finally, Senator Skindell noted, that between 2000 and 2009, teachers in Ohio on the average took a 3.8 percent pay cut.

Our public employees have sacrificed already. How about Ohio's top income earners? Where have they sacrificed? In fact they have received hefty tax cuts. This, in large part explains how we arrived at our current budget deficit.

Unions, through the collective bargaining process, are the mechanism in our civilized society that set the standard for what a good paying job with benefits looks like. Attack our

ability to negotiate for a fair share of what our hard work has generated, and everyone loses—including businesses. If the standard drops for what a living wage job pays, there is less disposable income to spend. Let us be students of history. The unions and its leaders were the first group Hitler went for. He wanted the power of their organized group out of the way first.

It was the union movement that won the work standard of an 8-hour day, and a 40-hour work week. The union movement won paid sick leave, paid vacation leave, pensions and our beloved weekend, among other things. Those among us who may not have all these benefits yet, know that these are the standard benefits to strive for.

So, Lakewood, don't let anyone talk you into a public/union workers versus taxpayer argument, remember, union members are taxpayers as well. The higher the wage, the higher the tax payment, which pays for our schools, libraries, safety forces and clean streets. Isn't this what makes our community great? The higher the wage, the more disposable income there is to spend at our fine Lakewood food establishments, stores, florists and cycle shops. Don't let the middle class, which keeps our city strong and healthy, get attacked. Join the movement to stop SB5. Contact the Cleveland AFLCIO Federation of Labor at [www.clevelandaflcio.org](http://www.clevelandaflcio.org) or 216-881-7200.



Lakewood's Lynn Rodemann protesting SB5 in Columbus.

## A New Face For Ward 1- David Anderson

continued from page 4

everybody looks at and says, "Wow, that's what we want to go for."

David Anderson's answers to City Council applicants questions:

1. What was the primary motivation behind your decision to apply for the position of Ward 1 Councilman?

DA - Lakewood is the greatest city in which I have ever lived. I want this to be true for everyone in Ward 1 and throughout Lakewood.

2. How will you serve the wants and needs of Ward 1's diverse constituency; how do you plan to respond effectively to the demands and complexities that will be required of you?

DA - Lakewood does bring together people from different racial, socioeconomic, religious and educational backgrounds. Diversity, however, can only be powerful and purposeful when all feel welcome, valued and engaged. So, I plan to work hard and to keep pushing these long standing Lakewood values when dealing with issues and crafting solutions.

3. What is your #1 priority for Lakewood as a Councilman? As a citizen?

DA - My number one priority as a councilman is to have local government

work to respond to issues and solve problems for all who live in Ward 1. As a citizen, in addition to making sure my family continues to be safe, my priority remains to try to make a difference.

4. Name one unique aspect of life in Lakewood that you would like to see grow. How will you, as Ward 1 Councilman, assist in this growth? What benefits might this result in for Lakewood and its residents?

DA - What a great question. Lakewood has a real hometown feel to it, doesn't it? From the Fourth of July parade and fireworks display, to the Sunday summer concert series, the bigger parks and micro-parks, Meet the Trucks, the community gardens, Car Culture in August, LEAF, the list goes on and on. Many of these events I just listed off the top of my head were original initiatives taken on and forwarded by our neighbors, individual citizens. This is the true essence of citizenship and civic commitment and is, in my opinion, a unique aspect of life in Lakewood. I want to continue Lakewood's well-established practice of helping ideas come to life, resulting in civic pride, civic connections and a forging of a common purpose. I love this city.

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# Deck Action - Updates

## “Snow Meeting” Outlines Plan Of Action

by Kristine Pagsuyoin

On a rainy Friday night about 20 Lakewood citizens came together to talk about snow. The meeting was inspired by a thread on the Observation Deck called “Walkable City?” According to the thread, the issue of snowy and dangerous sidewalks around our schools and city has been a problem for a long time. Each winter residents complain, but nothing ever seems to change or get done about the issue. A call went out on the Observation Deck to residents interested in getting together to improve Lakewood sidewalks—I wasn’t disappointed by the response.

The “Snow Meeting” was attended by parents concerned about sidewalks around the schools, several neighborhood block captains and concerned residents, School Board member Ed Favre, and Mary Simon of the Division of Housing and Building, who gave a review of the city’s current efforts to improve snow removal and compliance. So far in 2011, the city has issued 197 letters to residential owners and 273 lto commercial property owners. Every letter is followed

up with a visit within 5 days. When residents asked her if the system worked, she gave us a confident yes.

Simon explained that most occupants, especially renters, are unaware of their responsibilities. City Ordinance 521.06 requires the owner of the property to clear snow from sidewalks. Mr. Favre pointed out that the ordinance holds accountable not just the owner, but the occupant and/or the manager of the property. He explained that occupants and managers can be cited for not removing snow from sidewalks, a \$100 fine. The Division of Housing & Building doesn’t have the authority to issues citations; however, Lakewood Police can. Simon, a life-long resident, homeowner, and block club captain, works hard to handle every complaint. To report a sidewalk snow issue residents can call, 216-529-7697, or visit [http://onelakewood.com/PublicSafety/Housing\\_Building/](http://onelakewood.com/PublicSafety/Housing_Building/). Snow removal assistance for seniors (65 and up) is offered thorough the Division of Aging by calling, 216-521-1515.

Ed Favre suggested that the city re-evaluate how the streets are plowed so that they are plowed equally for pedestrians as well cars. Favre recounted a time when streets were plowed away from corner intersections instead of into them, so snow didn’t pile up on the sidewalks. “We need to return to the mindset that we had about the snow in the 70’s when we had huge snow storms”, said Favre. Lakewood’s snow-plow trucks are capable of plowing the streets differently, he said. The city wouldn’t need to purchase new trucks. Mary Simon mentioned to the group that plans are being worked out to target sidewalks that pose very serious problems, for example, like the sidewalks along Franklin/Hilliard. This area is especially dangerous because the walks are narrow. Many kids use this route to walk to and from school and when snow is piled on the walks kids start walking in the street, or on top of drifts.

The evening concluded with the group supporting two courses of action: First, working with the city to promote resident/businesses awareness of snow removal responsibilities. Adding snow info to the City’s recycling/leaf removal fall newsletter, flyers being

sent home through the schools, or delivered to oblivious owners and tenants and continuing to put messages on water bills were suggested.

Second, we asked that Mary Simon talk to Mayor Mike Summers about how trucks plow streets and urge the Mayor to adopt methods that plow for pedestrians as well as cars. Mayor Summers sent a letter to our group promising to evaluate the city’s snow removal efforts and asked our group to report on our meeting. We are fortunate in Lakewood to have leaders who are willing to listen, and residents who are willing to work together.

Thanks to everyone who attended! This effort may not have gotten under-



way if it wasn’t for the thread started on The Deck and the power of the Lakewood Observer’s online forum. Keep talking and keep posting! Stay tuned to the next Observer for an update on our progress. Check out the Deck today: <http://lakewoodobserver.com/forum>





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## Pulse Of The City

# Had Enough Snow Yet?

by Gary Rice

It wasn't all that long ago, in Lakewood, that it seemed as if we were going through a whole bunch of easy winters. Oh sure, a couple of times each year, we'd get beat up by the snow machine, (usually during early and late winter, when good old Lake Erie was unfrozen) but on the whole, it was pretty much a halcyon time of sporadic two-inch snowfalls, interspersed with backyard car washings, kitchen floor mop-ups, and lightweight jackets.

In fact, it probably seemed pretty much that way lately in quite a few North American communities. In that classic old tale, the oldsters often liked to remind the young'uns how they'd tramped off to school through hip-deep snow drifts when they were kids, while the youngsters frequently rolled up their eyes in disbelief.

There were probably more than a few of us in the last several years, who were starting to wonder whether Lakewood was going to become the home of the two-foot high snowman, as there seldom seemed to be enough snow to go around anymore to even make those things that high. Our snow-angel creating efforts, all too often, even started to look like mud-wallowing contests.

*Not this year...*

This year, quite frankly, reminds me of the years immediately following our move here from Pennsylvania, way back in 1958.



Photo by Robert Rice

*Half Gary and half dog? Little Gary and pet Skippy hide behind a snowman in 1950's Pennsylvania.*

Back then, Pennsylvania snowfalls were legendary, and they still can be. Pennsylvania also has a bunch of hills and passes to negotiate, so the phrase "slippery slope" takes on a whole new meaning when you are driving (or perhaps better put, "sledding") down old Route 8 into beautiful scenic downtown Franklin; the place of my birth.

Actually, during the first school year that we came here, when the snowfall did get up to around half a foot at times, Dad and I would casually make our way out of our driveway and hoof it up to the school

in no time... because, compared to Franklin's snow-covered hills, Lakewood's snowfall and topography meant nothing to us! Sometimes, good-natured neighbors would even tease us and say that we had brought Pennsylvania's snows with us when we moved here, but we would merely smile back at them in knowing silence. Looking back at the old photos, it does seem to me that the snows of late '50's, early '60's winter-time Lakewood were indeed pretty heavy, compared to later on in life. Oh sure, many of us remember the "Blizzard of '77", and I recall a few

years in the '80's and '90's when we had to dig ourselves out, just like we did just a few weeks ago...but as far as duration, intensity...and plain old "North Pole vibe" went? Our snowy weather around here this year has just been a real doozy, has it not?

The theory of global warming seems to keep coming up as a political and scientific question for a great many people, but here in Lakewood at least, I don't think that we've seen too much of it, at least recently!

Anyway, looking at the brighter side of things, (as is almost always the best thing to do, in any case) just think of the tales that you (who are presently young) can someday regale your children with, when your own hair turns as white as the very snow that has recently covered our ground!

Let's face it, it won't be too long before that same old Lake Erie brings us that famous smothering summer humidity that our area is so well known for. At that point, some of us will, no doubt, once again be longing to see those quintessentially memorable, shimmering, sparkling diamonds atop ermine-white snowdrifts, and glistening treetops on some frosty Lakewood morning. Between both extremes, at least we have some great spring and fall interludes that we can enjoy. The pulse of this city... wouldn't have it any other way!

## Lakewood Perspective

# Confronting The Left On Rights

by Bret Callentine

Ever tell a ten-year-old to clean up his room? The first time, you ask politely, and the answer is usually "it IS clean." After a little more prodding, the politeness drops by the wayside and you just flat out 'tell' them - "clean your room!" Right about then is when my son usually changes his tune. But instead of following directions, it's his argument that gets adjusted... "It's MY room, I like it that way, why should I have to clean it?" (I know, I mean, who would have thought I would have a son that was THAT argumentative and stubborn - go figure). It's also right about then I figure out that, regardless of the request, I've failed, as a parent, to frame the discussion accurately. "Excuse me, son, but until I see your name on the mortgage, it is NOT your room, so you will clean it to whatever specification I deem necessary."

Unfortunately, this problem isn't isolated to dealing with ten-year-olds. I see the same issue coming up when I have heated discussions with my liberal friends. Time after time, it's the same word that seems to be the sticking point - Rights. No matter what the topic, the debate usually devolves into a diatribe about how Republicans are trying to

take away the rights of the middle class, the working man, or the poor. And therein lies the real problem. You cannot debate legislation regarding healthcare, education, collective bargaining, or any other socially centered issue without first finding common ground on a definition of "human rights".

According to most of the left leaning people I've talked to, the founding fathers may have talked about "life, liberty and the pursuit of happiness", but what they really meant to promise everyone was a high school education, access to the best doctors and medicine, a steady job, a stable house, abortion on demand, flags to burn and college campuses free of guns, military recruiters, and Ann Coulter.

Try to challenge them on any of these issues, and their defense is always the same. Those are their "rights", and you shouldn't be able to take them away.

But as a conservative, my mind works a little differently. In the passionate debate about what rights are granted, I fear that far too many people have lost sight of who grants them. The second sentence of the Declaration of Independence reads: "We hold these

truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are life, liberty, and the pursuit of happiness."

These are not rights given by man, but by God. These are not things granted by government, but sacred ideals that are to be protected by every man. The government was created to protect the necessities of true freedom, the right to free speech, the right to peaceably assemble, the right to bear arms. But this is not to say that the individual has any particular right to own a newspaper, or that the government should issue them a gun. You have the right to own property; the government, however, does not have the responsibility to give you the property to own.

I think the founding fathers were very shrewd. After all, whatever government gives you, it can also take away. And that is why I think they make the distinction. The only thing that is promised is the freedom through which we can fully explore, develop and sometimes, yes, even profit from these gifts.

The rights of man, as established

in our founding documents, are also not anything the government has to acquire from some other source. If something like healthcare is a right, then that means the government is mandated to provide it. Problem being, healing people isn't free. If the government is to make sure everyone has healthcare, it has to guarantee somehow that someone will provide it. And, as far as I can tell, this government has no mandate to tell people where they have to work, and what they do with their skills or talents.

Yes, it would be nice if we lived in a world where everyone was provided for and basic needs were not at issue, but since the government can't make anyone be a doctor, a teacher or a farmer, they cannot guarantee my health, education or well being. And I have no real, rational way to consider them any part of my basic human rights.

There is a big difference between getting what we want and demanding what we think we're entitled to. And if we're to have any kind of a meaningful discussion on what we have, we first need to establish the realization of who provided it.



# Lakewood Opinion

## Curtains For Detroit Theatre?

by Peter Roche

Roy Neary quit his job as an electrician to become passenger on a gigantic spaceship in the 1977 film Close Encounters of the Third Kind.

A frustrated suburbanite, Neary (played with aplomb by Richard Dreyfus) left his family behind when offered a chance to pursue a childhood dream. He wished upon a star, and the stars came to him.

Stars shined at the Detroit Theatre every week since its opening in 1923: Rudy Valentino, Sean Connery, Al Pacino, and Harrison Ford.

But the lights went out several weeks ago.

I saw Close Encounters with my grandfather at the Lakewood movie house when I was six. I was too young to appreciate the cosmic significance of either Neary's pilgrimage to Devil's Mountain or the government's attempt to thwart him, but it didn't matter. I was with Grandpa—catching a colorful,

imaginative, delightfully noisy Spielberg film at our neighborhood theatre.

Generations of friends, families, and sweethearts enjoyed the same kind of intimate magic at the old theatre.

The Detroit closed its doors for good yesterday, January 30, following Sunday night screenings of slapstick superhero adventure The Green Hornet and the critically acclaimed Coen brothers remake of True Grit. Located opposite Ethel and Hall Avenues at 16407 Detroit, the cinema was the last in Lakewood and one of few independently-owned and operated movie houses on the North Coast.

Messages left on The Detroit's answering machine to inquire about the recently announced closing were not returned.

Other outlets report that owner Norman Barr agonized over the decision to shut down after years of running in the red. Like most cinemas, The Detroit coughed up a large percentage

of its earnings to studios supplying the movie prints. It relied on profits from its lone concession stand to break even.

Barr's frustration is understandable. Attendance at the theatre had been declining for years, even with bargain prices for first-run features. The Detroit found it increasingly difficult to compete with the multi-screen Megaplexes erected in outlying suburbs during the 1980s-90s.

A partitioning of the theatre's lone auditorium in 1988 allowed it to host two titles on separate screens. It became a second-run theatre in the 1990s, at which time patrons could see blockbusters for a pittance just prior to their release on home video. The façade itself was featured in the 2002 movie American Splendor, starring Paul Giamatti as grumpy clerk-turned-cartoon storyteller Harvey Pekar.

Although the marquee received occasional facelifts, the theatre interior was never updated to reflect changing times. The glass counter in the lobby housing Milk Duds and Reeses Peanut Butter Cups last week was likely the same one at which moviegoers bought popcorn for Raiders of the Lost Ark in 1981. The men's room at The Detroit was about the size of utility closet; three narrow urinals forced bladder-filled visitors to get cozy over crystal deodorant pucks. The sound was slightly muffled in the auditorium when I saw Little Fockers over the holidays.

But lack of upkeep and general wear-and-tear was part of the theatre's charm in its latter years. One could pick a seat, close his eyes, and know he was at The Detroit just by smell. And despite the ubiquity of computerized ticketing at modern box offices today (and perhaps in spite of it), Barr continued selling generic, old-style tear-off stubs without show titles or times printed on them.



**Admit One.**

This writer had his first movie date at The Detroit in 1985. Out of Africa took Oscars for Best Picture and Best Director (Sydney Pollack) that year. But despite gorgeous cinematography and competent performances from Meryl Streep and Robert Redford, the travelogue bored the hell out of this then-fourteen year old—whose date's parents surreptitiously chaperoned the 160-minute outing from ten rows back.

Again, it didn't matter whether the film was any good—or whether a kiss could be stolen in the dark of the auditorium. Not as far as the experience was concerned. Another indelible memory had been created at the nexus of Wagar and Woodward.

My father took me and my brothers to reruns of old Disney fare like Herbie: The Love Bug and Song of the South at The Detroit. Thirty years later—and quite possibly from the same cushy seats—my kids and I enjoyed Charlie and the Chocolate Factory.

Memories of The Detroit will linger long after the dimming of its humble, unobtrusive marquee. The shame is that there will be no further magic made inside its doors.

My grandfather joined Roy Neary in the heavens ten years ago. Admit One. But I'll always remember our time together, and the countless matinees and movie nights-out in the shadow of (the also vacant) St. James Church.

For eighty-five years, The Detroit was our Little Theatre That Could.

## You CAN Fight City Hall, RTA

by Steve Gannis

Sometimes you can fight wrongdoing and ineptitude by City Hall politicians and RTA - and win, as I recently did, simply by making an intelligent effort. On Wednesday, February 23, I e-mailed Lakewood Mayor Mike Summers and City Council to stop the unpopular, un-needed, Clifton Boulevard remodeling project by Lakewood, Cleveland and RTA because it would make Clifton worse and cost Lakewood \$482,500 initially, plus unknown costs of maintaining it for many years. It would be a waste of our tax money, which would be better spent to expand Lakewood circulator bus service. In response, a day later, February 24, Mayor Summers told Cleveland Councilman Jay Westbrook (Clifton goes thru his ward) that Lakewood cannot afford to pay for this Clifton project. So now the project is apparently dead.

Riders To Bring Back The Daily Lakewood Circulator, which I founded, still wants a daily circulator back, which RTA wrongfully eliminated. The Fri-

day afternoon circulator has less riders because it inconveniently runs only every 90 minutes, does not stop at all RTA bus stops, and stops running at 6 p.m. This schedule prevents the many Lakewood residents with day jobs from using it to go shopping, to the Lakewood Public Library, or elsewhere in Lakewood. We believe it should run until at least 8 p.m., hourly, and stop at all RTA bus stops on the route. This may require a return to the original 50 minute route, with a ten minute break for the driver, but not extended to the West 117 Giant Eagle in Cleveland, since Lakewood has a Giant Eagle and other supermarkets.

Lakewood's \$10,000 annual 12 month contract with RTA for the Friday circulator expires in March, and should be renewed with these improvements, while we still strive to return a daily circulator. We recently discovered Brunswick runs and owns a daily circulator without RTA, funded by Brunswick, fares, and the Northeast Ohio Areawide Coordinating Agency (NOACA).

Lakewood already runs Division of Aging buses, giving the elderly door-to-door service on a limited basis,so Lakewood can run a fixed route circulator for everybody. It may pay for itself. Concerned citizens can phone former Lakewood Mayor Ed Fitzgerald, now County Executive, at 216-698-2100, asking him to fire the RTA Board of Trustees for doing a poor job. Wasting big money on the Clifton project, Euclid Corridor Health Line, Flats Rapid, etc. - all not needed, while eliminating our heavily used daily circulator that originally ran every thirty minutes. Most of Lakewood City Council and the Mayor will be running for election in November. Candidates who will serve Lakewood residents better on these and other issues and anybody who is willing to work with us for a daily circulator can call me at 216-221-0228. - Steve Gannis, Lakewood resident.

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# Lakewood Living

## Save Money... Hire A Professional

by Robby Zettler

We have become a DIY nation thanks to the onset of HGTV and a number of other home improvement networks. They show us how we can turn our house into a designer showcase in just a day for

pennies on the dollar. They fall under the category of reality TV, but in actuality it is anything but real. Too much of what we see in this programming is taken out of context and the viewer forgets that the network is there with the purpose of rat-

ings for advertising money. Their quoted cost are also extremely deceptive. This is not to say that we all can't learn a thing or two from home improvement TV, but the truth is unless you are taking notes furiously or recording it to your DVR the

information is fleeting. You are better off picking up a good decorating magazine. Better yet, hire a professional. I know what you're thinking. "I can't afford a professional. They charge too much!" Actually, they don't. They prevent you from making costly mistakes. They also help you get your money's worth on projects that you've invested into your home.

I've been in some lovely homes that did not employ a professional designer. Usually achieved with good planning on the homeowners part. Too often simply liking a color or buying accessories that "match" doesn't work. Good design requires much more than a "a knack." It calls for a strategy and it should be implemented within a time frame and include a budget. It's important to be realistic about how long your project will take. And the budget must correspond to the time frame. If the plan was not saved for, but coming out of your monthly budget, the master plan will take longer and it's important to be realistic about that. The master plan should include floor plans, sketches, paint chips, carpet samples, renderings, lists and any other elements you intend to include in the project. Of course your blueprint for design can be open to change. Life happens and finances change. All this is part of the profession of a designer, but if you choose to go it alone, at least consider a consultation to get you going in the right direction. You won't be sorry. In the long run, it will pay off tremendously.

I have been called in on many projects to make costly corrections. Had the client set aside the common myth of unaffordable professionals, they would have saved themselves time and money.

Remember, a professional should be a part of your budget. Don't hesitate to ask for rates and fees upfront. Often, a flat rate is charged, which makes the service even more affordable. Professional with integrity and good business values are not interested in "making a quick buck." They want to do right by their client and in the design industry reputation is extremely important. I certainly can't speak for everyone in the business, but I can say with complete sincerity that the colleagues I deal with are all dedicated to their craft and always give 110%. So next time you are considering that family room addition or empty nest makeover, be smart, save money... hire a professional.

## March Garden Checklist

by Terry Stiles

In addition to a checklist, this month fertilizer, soil additives, and mulches will be covered.

A soil test is recommended before planting in a new area. Unless it is a small space, multiple samples should be taken, their location put on a drawing for reference, and sent in for analysis. The County Extension Service is a good place to start.

Fertilizers are compounds with three main elements and many minor ones. The most common three are: Nitrogen- lush green growth prevents chlorosis. Phosphorous- non-stunted plant growth. Potassium- strong stalks, fights diseases, quality of fruit. The

minor elements that are present in fertilizer will be defined in your soil sample results.

The ratios will vary by both season and application within the total landscape. For our purposes a 5-10-5 ratio for gardens is a good start. Organic compounds are readily available and I feel should be used whenever possible.

Compost added now and worked into the soil will provide plants a good start. It is important to mention that compost is an actively decomposing matter and as such uses nitrogen to accomplish this. Fresh compost, wood chips, sawdust, or other materials will cause chlorosis if not supplementally fed with nitrogen. Last year's compost is a

much safer supply of organics. At this writing, applying compost on top of the garden space will allow, with the rain we know is coming, it to begin leaching into soil and make spring tilling easier. Other additives such as sand, gypsum, peat moss, topsoil, and sweet peat should be worked into the soil.

Mulches applied after planting will help to prevent weeds and retain moisture. A few of the more common materials used are hardwood shredded, sweet peat, newspaper, straw and grass clippings. I included grass clippings because if applied lightly, less than one half inch at a time, it will decompose without causing any deficiencies in the plants. There is a concern about using clippings that come from an inorganically fertilized lawn which traditionally includes weed killer. The basis is that the chemicals become part of the food chain. I feel that decision is beyond the scope of this article and is up to you. Mulch applied this season should be considered part of next year's soil mix.

With regard to pesticides, herbicides, and fungicides, there are organic options including companion planting and proper watering. I mention watering because it should be deep, not topical, and about one inch per week. Roses that are watered at the soil level only, have less fungus susceptibility.

As with any fertilizer the pesticides, herbicides, fungicide decision is yours.

Finally, the March List

Finish February list.

Send soil samples.

Check fertilizers spreaders for rust and repair as needed.

Clean, repair, or replace plant stakes and trellises as needed.

Unless soil testing is needed, apply compost on top of garden and let leach.

Visit garden centers, supply stores, and feed stores to locate supplies.

Next month we plant and we discuss pruning techniques.

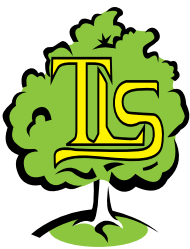
## New Studio Opens At Screw Factory

by Kathy Patton

Art, fashion and delicious food will come together for the opening celebration of Dovecote, a new work/display space in the Screw Factory Studios at Lake Erie building in Lakewood. Open to the public for the first time, Dovecote will feature a carefully selected collection of artwork and made-from-scratch jewelry and accessories, which range in price from \$20 to \$500. Cleveland's newest food truck, Umami Moto, will be on-site for the occasion, selling their authentic Asian, Thai and Vietnamese cuisine.

"It's an honor to be a part of the Screw Factory Studios. We are thrilled to have a space to interact with clients, permanently display our work, and have a place to feature our favorite artists, too," said resident printmaker Sarah E Darby. She and her co-owners, silversmith jewelers Teresa Crompton and Kathy Patton, will display their new work and workspace along with guest artists Daniel Echeverry, Jackie Adamany of Blue Orchid Handbags and the Orwell-inspired leather clutches of Meghan Willis of TsuruBride.

Dovecote is located on the third floor, space 337, of 13000 Athens Avenue. The opening party will begin at 6pm on Friday, March 11th. For more information, please see DovecoteCleveland.com or write to info@dovecotecleveland.com.



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Lakewood Living

# Lakewood Resident's Sketches Of The City In National Art Show

by Amy Kloss

Jill Milenski's life is like potpourri, a mixture of many different roles. As an artist, she paints, sketches, knits and quilts. As a mom, she nurtures a daughter and son and struggles with the special trials brought on by her son's food allergies. An academic advisor at the Cleveland Institute of Art, she aids students with learning disabilities in their quest for higher education. An avid reader, Jill leads a book club in Lakewood and reads an impressive array of fiction and nonfiction titles. She recently added "blogger" to her list of accomplishments, taking as her moniker, "The Artfully Booked Mom."

Fulfilling all of these roles didn't stop Jill from taking on the task of creating 40 drawings of Lakewood for The Sketchbook Project, an annual exhibit of sketchbooks from around the world, sponsored by The Brooklyn Art



Library. Curious after seeing a post on Facebook, Jill decided that this project would fit in well with her ever-present desire to create.

For \$20, participants in The Sketchbook Project receive an 8"x5" blank Moleskine sketchbook and a deadline date. There are many suggested themes, but artists are free to sketch whatever they wish. In fact, there are only two rules that must be followed: participants must use the sketchbook they receive and they must stay within the original dimensions of the book. The goal of the Project is to get blank sketchbooks into the artists' hands and completed sketchbooks into the world for viewers to enjoy.

Jill chose "Down Your Street" as her theme because she wanted to honor Lakewood. "I've lived a lot of places," she noted, "and there aren't that many places like Lakewood left." For her,

Lakewood offers walkability, original and interesting stores, great schools, fascinating architecture, and a diversity of people.

Originally from the Washington, D.C. area, Jill came to Ohio as a student at Oberlin College, where she received a B.A. in English in 1988. Although she had been creating art since childhood, Jill's mother discouraged art school. "She said I'd never meet a man or get a job," laughed Jill, who followed an art path anyway, studying classical figure drawing and painting in Paris during her junior year and taking a job with an art exhibition service in New York City upon graduation. There, she took art classes at night, went to museums, met artists and worked for an art school. From there she moved to Vermont to be with her future husband. After he got a job in Cleveland, they moved to Lakewood in 1993 and Jill started working at the Cleveland Institute of Art.

The birth of her son in 1999 and daughter in 2003 derailed Jill's painting ambitions for a few years due to the incompatibility of open paint containers and toddlers, but she continued to knit and create art quilts. She began keeping a personal journal in sketchbook form about a year ago, so the transition to The Sketchbook Project was a natural one.

Jill's first drawing for The Sketchbook Project was made literally around the corner from her house, at Plantation Home, whose store windows she had always admired. From there, she chose independent businesses on Detroit Avenue to sketch, along with public places such as Lakewood Library and the YMCA. "I wanted to celebrate what's unique about Lakewood," said Jill. Two Dads' Diner, TJ's Butcher Block, the Root Café, Breadsmith, Stitch Cleveland and the Detroit Theater are all represented in her book. Each sketch took about an hour. In addition, Jill researched the businesses and wrote by hand some information to accompany each drawing. At first, she sketched each site from life, but the weather eventually forced her inside to

draw from photographs.

The sketchbook was due on January 18th of this year. As books are received at the Brooklyn, NY Art Library, they are barcoded so that artists can track where and when their book is viewed while on tour. In 2011, over 28,000 artists from 94 countries are participating in a tour of galleries and museums across the country. The project's tagline is, "It's like a concert tour, but with sketchbooks." After the tour, all books become part of the permanent collection of the Brooklyn Art Library. For an additional \$20, the library will digitize each page of an artist's sketchbook and post them online. Information about the project and sample sketchbooks can be viewed at <http://arthousecoop.com/projects/sketchbookproject>.

Jill plans to view the exhibit in June when it travels to Chicago. She



is currently working on a series of oil pastel paintings of Lakewood homes. "I love Lakewood," she said. "I love old houses. People here are interesting. There are other cool places like this in the country, but many of them are so expensive, average people can't afford them. This is a real place."

## Artist Dale Wiersma Returns To The Root Cafe

by Haley Morris

"I'm a local Abstract and Abstracted artist from Lakewood. My medium is ink and paper. The difference between Abstract and Abstracted art is Abstract is non representational, it doesn't look like anything or represent anything seen. It may cause the viewer to think of ideas, but it does not copy the seen world or contain images. Abstracted is something that is made less realistic by distortion or exaggeration of images. An image is changed, made less obvious. I call my work, "CAD Art" Creative Abstract Doodling, CREATIVE – Relating to or involving the imagination or original ideas, ABSTRACT – Art that does not imitate or directly represent external reality or at times may, DOODLING – Is a type of sketch or drawing that can have concrete representational meaning or may just be abstract shapes," explains artist Dale Wiersma.

Dale is not new to the walls of The Root Cafe. He was one of the first artists to actually grace the city-scaped walls. We're happy to host him once more and welcome so many of his new pieces. There's

no end to the things you can interpret through his "doodling." Like the sign for "infinity" twisted and pulled in a dozen directions. Something tropical, something modern, something hypnotizing, something free, something that will wake you up in the morning as much as your traditional style Italian macchiato!

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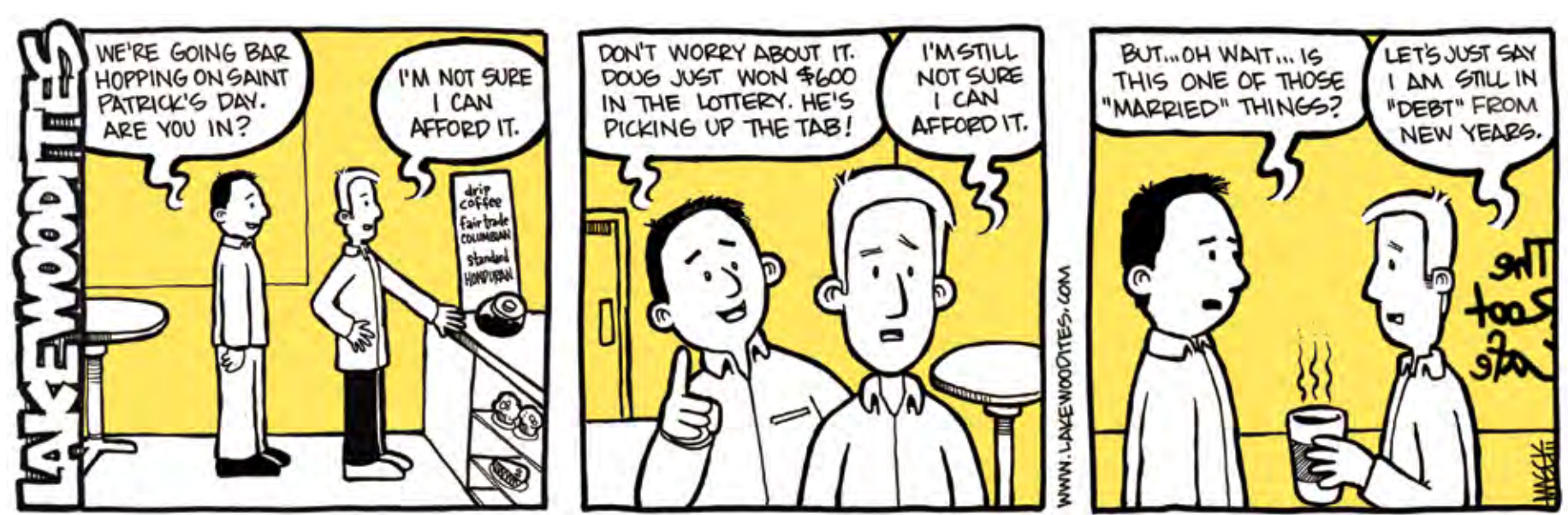
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