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Streetwalk Downtown July 23 • The Lakewood Criterium July 30

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Volume 7, Issue 14, July 12, 2011

Lakewood Warms Up To Summer

photo by Kreshnik Musumurat



Lakewoodites turned on by the thousands for the 4th of July parade and fireworks and many other events for the first big week of summer. More photos on page 13, and hundreds more from your friends and neighbors at <http://lakewoodobserver.com/photoblogs>



The Utrata family reunited when the 112th Battalion came back from their tour of duty in Iraq. More photos on page 13, and online



Off To The Races The Lakewood Criterium Comes To Lakewood's West Side

by Michael Gill

So far all the work has been behind the scenes, but make no mistake: Lakewood's West End is deep into preparations for the Lakewood Criterium. The bicycle race is set for Saturday afternoon, July 30.

One week after the Tour De France finishes with a criterium on the Champs Elysees in Paris, the Lakewood Criterium will bring an American dose of cycling color, competition, and speed to Detroit Avenue and nearby streets of Lakewood's West End. The race marks the return of USA Cycling-sanctioned competition to Cuyahoga County for the first time in 20 years.

A "criterium" is a bicycle race designed for spectators. Riders compete for many laps around a short course, hitting speeds near 40 mph as they jockey for position and sprint for prizes, glory, and ultimately the win. Like Grand Prix-style auto racing, it's a test of riders' nerves and handling

skills, as well as their speed.

Race director Brian Limkemann says the neighborhood—with its restaurants, cafes, and bars—will make a great place for the race. "Cyclists will welcome Lakewood's west end as a race venue. Racing the streets of a busy business district on a Saturday afternoon will make for a festival-like atmosphere, a stark contrast to the typical race held early on a Sunday morning in an empty office park."

The course will be closed to automobile traffic, though traffic will be maintained in one direction on some of the streets. Racers will make right turns around the six-corner course. The Start/Finish line is on Detroit, with turns onto to Sloane, Edanola, back to Sloane, to West Clifton, and back to Detroit. Limkemann says, "The route will be fast and challenging, which will be fun for racers and spectators alike."

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School Board President Withdraws From Re-Election Campaign



Katie and Matthew Markling with their three sons, Declan, Ian and Nevan. Matt will be coming on board as a school reporter for the Lakewood Observer, and spending much more time with family.

by Jim O'Bryan

Last week I received a call from Matt Markling, he wanted to sit down and talk about some things. So we went down to the WestEnd Tavern where we have had so many lunches over the years. During our conversation he told me that he has decided not to run for re-election in 2011. After many months of working towards this goal, he could no longer put his life as a father and as one of the top school lawyers in the state on hold anymore. His wife and family meant more to him than anything else.

Having gone through a similar process of self-reflection myself recently, I understood. We agreed that sometimes holding public office is not the way to go for-

continued on page 6

Visit Bay Branch Farm With The LEAF Community!

by Heather Ramsey

The Lakewood Earth and Food (LEAF) Community's Third Thursday Speaker Series for 2011 continues on July 21st at 7 p.m. with a visit to Lakewood's own Bay Branch Farm.

Bay Branch Farm is an urban market garden in Lakewood, Ohio whose mission is to grow high quality food in a sustainable manner, honoring the soil, the environment, and the people in our community.

Lakewood residents and owners Eric Stoffer and Annabel Khouri began gardening in their own backyard before expanding to a vacant lot in the Birdtown neighborhood in 2009. Now they are regular participants in the Saturday

Lakewood Farmer's Market and LEAF Nights and have their own version of a CSA program called A La Farm Carte, where members make a down payment in advance, then choose what they like from the crops available throughout the season.

Eric and Annabel will welcome visitors with a tour that will include an overview of what is growing; the hoop house, which is used for germination and season extension; and the top-bar beehive. Weather permitting; there may be a demonstration of some of the small farm tools they use on the farm, including a Grillo two-wheel tractor for prepping beds and a Jang

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Calendar Page

Wednesday, July 13
Wednesday North Union Farmer's Market
10:00 AM - 1:00 PM, Kaufmann Park Behind Drug Mart, 15412 Detroit
LEAF Night - Every Wednesday
5:30 to 8:00 PM, Lakewood Main Library Porch, Detroit Ave.
Detroit Theater Advocacy Meeting
7:00 PM, Multi-purpose room, Lakewood Public Library 15425 Detroit Ave.
Public meeting to discuss better options than the reported plan to put a fast food McDonald's where the recently closed Detroit (movie)Theater is - City Council saved St. James Church from demolition by declaring it a historic building. Why not the Detroit Theater? Activists saved the Euclid LaSalle movie theater and West 65th and Detroit Capitol movie theater.

Thursday, July 14
Rummage Sale
8:00 AM - 3:00 PM, Grace Presbyterian Church at the corner of Hilliard/Madison. 228-6060
Runs Through Saturday. Huge selection! Electronics, furniture, housewares, clothing, sports, tools, books, toys, and more! Free Donuts and Coffee!
Donatos joins in fundraising for 9/11 Firefighter Memorial
11:00 AM - 12:00 PM, 18100 Detroit Avenue, (216)227-7200
Donatos will donate 20% of proceeds to the memorial. Customers simply need to mention the memorial when ordering.

Friday, July 15
Lakewood Chamber of Commerce July Luncheon Meeting
11:30 AM - 1:00 PM, Sweetwater Landing (at the Emerald Necklace Marina)
Join us as we hear from Dru Siley, the City of Lakewood's Assistant Director for the Department of Planning & Development. \$15 members, \$20 non-members. 226-2900.

Free Yoga at Lakewood Park
6:00 PM - 7:00 PM, Lakewood Park, Lake Avenue, 216-577-6773
Fun for the whole family! Yoga in the Park each and every Friday this summer (weather permitting). See Page 14 for details.

Downtown Lakewood Friday Night Front Porch Concerts
7:00 PM - 9 PM, Lakewood Public Library Front Porch, 15425 Detroit Ave.
7/15: The Champagnes - "Old School Americana" style band, featuring the song stylings of the early 1960's. From Elvis, Orbison and Nelson to the "mercy beat" sound of the Beatles. 7/22: The Hipsters- vintage rock, R&B, and blues.

Beck Cafe Outdoor Patio Live Music
7:00 PM, 17823 Detroit Ave.
Live music at Beck Center & Cafe patio every Friday & Saturday. www.beckcafe.com
Bears On Bikes! - Opening Reception at Local Girl Gallery
7:00 PM, Local Girl Gallery, 16106 Detroit Ave.
10 Works by Local Artist, Kris Williams. The four of us, we're all on bikes now. We look like bears, but we don't care. Bears, love bikes. Ten framed original black and white ink drawings of bears... on bikes, as well as colorized prints of each, will be on display and for sale @ the gallery. Also showing: Lea Wiertel & Matthew Goik Show Runs Until: August 3rd, 2011

Hairspray Musical at The Beck Center
8:00 PM, Mackey Main Stage, Beck Center for the Arts, 17801 Detroit Ave.
Shows on Friday & Saturday 8 PM & Sunday 3 PM. See Page 21 for story.

Saturday, July 16
Saturday Lakewood Farmers Market
10:00 AM - 1:00 PM, City Center Plaza, near intersection of Warren & Detroit
Connect 2 Beck: Kick Off Event
6:00 PM, Beck Center for the Arts, 17801 Detroit Ave., 521-2540
Special kick-off event for Beck Center's newest membership group, Connect to Beck, or C2B. Whether you are a new patron, former student, self-proclaimed 'Beck Head', or looking to expand your interests, C2B provides the opportunity to experience Beck through social, cultural and insider events. You'll enjoy socializing, local fare and beverages... and meet special guest Mark O'Donnell, playwright of Hairspray! Tickets also include the 8pm performance of Hairspray immediately following the kick-off, plus a one-year membership to C2B. Tickets are \$35 in advance, \$50 day of event
Free2Be 1st Annual Fundraiser - Help Spread Awareness on Eating Disorders
3:00 PM - 9:00 PM, Around The Corner Saloon and Cafe, 18616 Detroit Ave.
See Page 22 for details.

Sunday, July 17
Summer Band Concert-Ernie Krivda & The Fat Tuesday Big Band
7:00 PM - 8:30 PM, Lakewood Park Bandstand, 14532 Lake Ave.
Join us for this free concert in the park.

Thursday, July 21
LEAF Third Thursday at Bay Branch Farm

7:00 PM - 8:30 PM, Bay Branch Farm, 2027 Lark Street, Birdtown See Page 1 for story.

Friday, July 22
H2O Sharefest for kids
5:00 PM - 8:00 PM, Lakewood Park, Lake Avenue
H2O's annual Sharefest celebration, where families with young kids can come play carnival games run by middle school campers. See Page 11.
Friday Night Flick - Yogi Bear (PG)
9:30 PM - 11:00 PM, Lakewood Park Bandstand, 14532 Lake Avenue
Come join us for this free movie in the Park. In the event of rain, the movie will be shown at 8:00 PM in the Lakewood City Hall Auditorium, 12650 Detroit Avenue. To find out if the movie has been moved indoors, call (216) 529-6650 after 5:00 PM on movie night or tune into Lakewood Radio 1660 AM.

Saturday, July 23
Lake Erie Island Hopping Cruise
7:00 AM - 9:00 PM, Lakewood High School, 14100 Franklin Ave.
This Great Day tour includes visits, by boat, to both Kelly's Island and Put-in-Bay, South Bass Island. A great tour for all ages since this tour coincides with "Island Weekend Fest" on Kelley's Island and "Christmas in July" on Put-in-Bay. Registration is required. Cost \$88. Lakewood Recreation program please contact (216) 529-4081 or www.lakewoodrecreation.com.

The Learning Garden Library Family Story Time
10:30 AM, The Learning Garden at Madison Park & Madison Branch Library
4th Annual Community Dog Show
11:00 AM, Lakewood Senior Health Campus, 13900 Detroit Ave. (at Bunts Ave.)
This fun free event open to all ages continues to grow every year. There will be contests for biggest, smallest, and cutest along with best trained and best trick.

Prizes will be awarded to the winners of these categories. If your not in the ring being judged, there is plenty of fun going on around and inside the tent. There will be vendors, exhibits, raffles and food for humans and canines alike. A water play area is always popular when the temps start climbing and cooling off is needed. Proceeds benefit the Lakewood Animal Shelter. First contest kicking off at 11:15 am. See Page 18 ad.
Lakewood STREETWALK
4:00 PM - 12:00 AM, Downtown Lakewood
Detroit Avenue will be closed for "active living" programming on the street from Arthur to Marlowe Avenues. Join in one of the "active living" programs such as basketball, square dancing, skate boarding, chalk art and much more, or just stroll, bike or skate through Downtown Lakewood to enjoy the sights, sounds and fun. Free.
Lakewood Summer Meltdown 5K Race & Street Party
6:00 PM, Downtown Lakewood. See Page 16 for details.

Sunday, July 24
Kid Fest
2:00 PM, Lakewood Family YMCA, 16915 Detroit Ave.
Cross Point Church and the Lakewood Family YMCA bring to you Kid Fest! Bring the kids by and let them have a BLAST as there will be bounce houses and other inflatables, balloon animals, games, and more! This event is free open to the whole community. For more information, contact Mark Edwards at medwards@clevelandymca.org
Kiwanis Chicken & Rib Bar-b-que
3:00 PM - 6:00 PM, Lakewood Park, Kiwanis Pavilion. See Page 12 for ad.
Summer Band Concert-Tower City Barbershop Chorus
7:00 PM - 8:30 PM, Lakewood Park Bandstand, 14532 Lake Ave.

More listings at
www.lakewoodobserver.com.



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Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos. No need to register to post online calendar or classified ads.

Upcoming Submission Deadline	Publish Date
Sunday, July 17	Tuesday, July 26
Sunday, July 31	Tuesday, August 9

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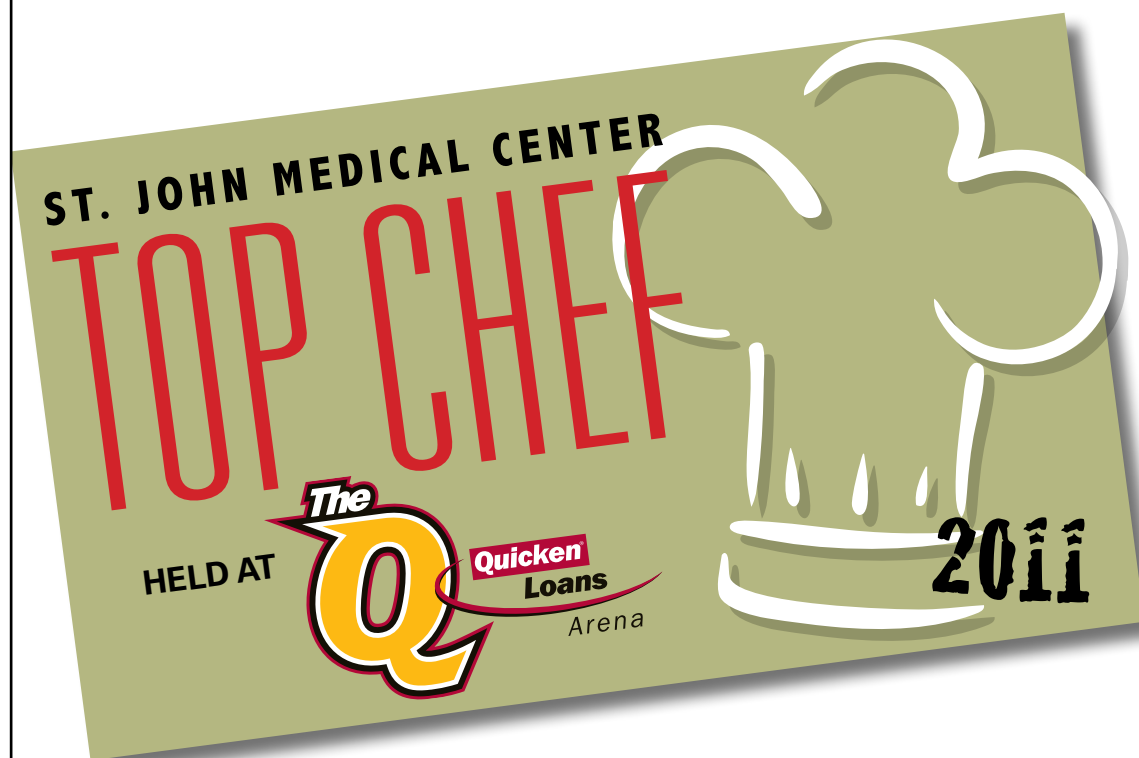
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Quicken Loans Arena
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photo by Jason Friedman

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- Tickets are limited • Dress is casual • Parking is free •

Saturday, September 10, 2011
6:30 p.m. Doors Open
7:00 p.m. Competition Begins

TICKET SALES:

Tickets may be purchased on-line at www.stjohnmedicalcenter.net or contact Angel at 440-827-5005 (\$150 per person; \$200 per person includes program listing). For sponsorship information, please contact Michelle Debelak at 440-827-5005.

Co-Chairs – Patrick Garmone & Kathy Bacha

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Lakewood City News

Considering Drive-Through Restrictions

by Christopher Bindel

Council President Mary Louise Madigan called the July 5, 2011 Council Meeting to order at 7:39. She then read a communication asking Council to pass a resolution thanking Steel Valley Credit Union for their participation in and support of this year's Bike Rodeo. Councilwoman Madigan relayed the statements of the police involved, saying that any time they asked if they could use something, the people at Steel Valley said, "whatever you need, we will help you get." She continued, saying that the Bike Rodeo is only possible because of generous donations and volunteers such as those from Steel Valley and other businesses.

Council proceeded to pass the resolution and presented a copy of it to the manager of the Credit Union.

Next Councilman David Anderson (Ward I) asked Council to have the Planning Commission look at the Zoning Codes in reference to establishments with drive-throughs. Councilman Anderson brought the topic forward in light of some development opportunities being considered in Lakewood, most notably the potential move of McDonald's to Detroit. He remarked that he has become aware that Lakewood's zoning laws are our best tool in making sure that when new businesses move into Lakewood they do not negatively impact citizens "public safety, health, convenience, comfort, prosperity, and general welfare."

Due to recent trends and the concerns of many citizens, Councilman Anderson asked that the Director of Planning and Development along with the Planning Commission, evaluate the zoning laws regarding drive-throughs and see if there aren't ways to improve them. He asked that they consider the issues of noise, traffic, hours of operation, urban design, light, trash, pedestrian safety, the development review process and whether Lakewood's zoning codes provide Lakewood with the best devel-

opment/management tools.

Council received Councilman Anderson's communication and referred it to the Planning Commission for further discussion and consideration.

Law director, Kevin Butler, then asked Council to consider passing an ordinance that would put eight items on the ballot this fall for citizens to consider. The items are amendments to the Second Amended Charter of Lakewood and have been suggested over the last couple of years by Council members and Charter experts alike. They have been discussed and are thought to be merited to modernize the document and clarify some of the language. In order for them to make it on to the November ballot they have to be received by the Board of Elections no later than September 9th.

Council received the communication and referred the ordinance to the Committee of the Whole so all of Council could consider it further.

Police Chief Tim Malley then asked Council to consider passing a resolution that would allow the city to accept \$31,590 in funds from the Bureau of Justice Assistance. The City just recently found out that it was eligible for the funds through the Bureau's Bulletproof Vest Partnership Program which helps municipalities replace outdated or expired vests. The program will cover 50% of the cost to replace 52 of the City's expired bulletproof vests. The remainder of the funds to purchase the vests can be covered by the Law Enforcement Trust Fund.

Council suspended the rules and passed the resolution on its first reading.

Police Chief Malley then continued, asking Council to pass a resolution that would allow the City to accept \$53,570.53 in funds from the Ohio Attorney General. The money would go towards funding Lakewood's

D.A.R.E. program. The majority of the funds would go towards paying the salaries of the officer instructors in the program.

D.A.R.E. is a nationally recognized drug prevention program which was established in Lakewood's schools in 1990. Since its inception, over 15,000 students have graduated from the D.A.R.E. program.

Council passed the resolution on its first reading.

Next, Assistant Director of Planning and Development, Dru Siley, asked Council to consider passing a resolution which would create a Community Reinvestment Area (CRA) on the west end of Sloan Avenue. CRA's are a development tool that allow the City to grant property tax abatements as an incentive for new development. Lakewood has recently used this strategy in situations such as the Rosewood and Rockport Developments, and as far back as 1978.

The properties being considered for the CRA on Sloan include 13 parcels which have already been zoned for high density residential facilities. Of those 13 parcels there are single and multiple family homes as well as several vacant lots.

Council referred the resolution to the Housing Committee for further consideration.

Assistant Director Siley then asked Council to consider the changes made to the Community Development Block Grant Funds awarded. The changes were made due to the fact that in June the City found out that it would be receiving 16% less than it did last year, which is twice what was anticipated. Any time there is a change of more than 10% of the anticipated amount to be received, the Citizens Advisory Committee, which makes the initial recommendation to the Council as to how the funds should be spent, has to revisit its recommendations and update them to indicate the changed amount. The document being presented to Council shows the new recommendations.

Council referred the new recommendations to Housing to be considered.

Again Assistant Director Siley asked

Council for their consideration. This time he asked them to consider a resolution which would allow the City to build a single family house on a lot in Birdtown. The lot at 2070 Dowd was home to a structure that Lakewood razed in the last year as part of the Neighborhood Stabilization program. The house they are planning to build was designed by an established Lakewood architect and will be funded by the Cuyahoga Land Reutilization Corporation, more well known as the County Land Bank. The house is being built to be completely ADA accessible and very energy efficient. The City has also been working with the local Veterans Affairs office in hopes of placing an eligible veteran there. Also the proposed construction company has begun conversations with the Lakewood High School vocational program to consider having them build the garage.

Siley's communication was also referred to the Housing Committee for more consideration.

The floor was then opened up for public comment. Lisa Schafer-Gill of Edwards Avenue, who also teaches English at Lakewood High School, asked Council if they would participate in this year's summer reading program. This year the LHS English Department decided to try something different. The entire school is going to read the same book for summer reading and they are inviting everyone in the community to join them, including the Mayor and Council. There will be group discussions and events set up throughout the summer at the High School and the library for anyone who reads the book. Anyone who is interested can take part in. The book that was chosen for this new summer reading experience is "The Curious Incident of the Dog in the Night Time". The library has stocked up on copies and Ms. Gill also brought some copies for the Council members, which are to be read and passed on to be read by someone else.

Before adjourning the meeting many members of Council and the Administration commented on the successful and safe Fourth of July the City celebrated, saying it was one of the best and most well-attended in recent years.

Council President Madigan adjourned the meeting at 8:27 P.M.

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Lakewood City News

Development Controversies Hit Lakewood



Public meetings filled with concerned residents have become a common sight in Lakewood as developers continue to court Lakewood properties. Above, residents listen attentively to hear more about the proposed Sloane Avenue development project.

Abode Living Proposes 19 New, Infill Housing Units At The Top Of Sloane Subway

by Patrick Metzger

Mr. Andrew Brickman, developer, provided an overview of his firm's development concept for the southwest corner of Sloane Avenue and Sloane Subway called - Le Metro, on Wednesday July 6 in the basement of the St. Peter's Episcopal Church. In general Abode Living expects to construct 19 new units on the site of three existing structures, which will be razed in due course.

Mr. Mike Summers, Mayor of Lakewood convened the community meeting by introducing Mr. Brickman, and Mr. Dru Siley, Community Planning and Development Director. Also in attendance were David Anderson, Ward One City Council and Mary Louise Madigan, Ward Four City Council. All-in-all about forty people were present - many of whom live adjacent to the site and were notified as per Zoning guidelines.

Dimit Architects, of Lakewood, principle architectural firm, have an impressive series of elevations posted on their webpage at: http://www.dimitarchitects.com/index.php?option=com_content&view=article&id=118&Itemid=133. Should this

prove to be the final product it'll sculpt a rather significant profile from the present landscape.

Evidently, the development is geared toward a Spring 2012 groundbreaking. In between then and now several benchmarks would need to be met including hearings before the Architectural Board of Review, Zoning, and Planning Commission.

Some challenges remain to be met before Le Metro can be fully realized. The first, though not insignificant, revolves around Zoning rules that govern percentage of lot coverage and setback. While Zoning allows 25% coverage, the proposal is designed around 30% coverage; additionally, zoning provides differing setback distances than those required by this development.

Overall though, the greatest challenge in bringing this project to fruition will be determined by the results of geo-technical studies. According to Brickman, there simply isn't enough information yet to assume a viable and cost effective engineering solution to stabilize the hillside.

Patrick J. Metzger,
Ward 1 Resident

Architectural Review Work Session

Potential McDonald's Development

The Architectural Board of Review will hold a public work session on Thursday, July 14, 2011, 6:30 p.m. at the City Hall Auditorium to review a concept proposal from McDonald's for the potential redevelopment of the Detroit Theater property. To date, McDonald's has not purchased the property.

As discussed at the June 15th community forum, the review of any development is a multiple step process. This work session is a next step, however it is not a formal application to the Board nor is it a request for approval. The applicant asked to present to the Board and receive feedback with respect to design requirements. Since this is only a work session and not a request for approval, public comment will not be taken at this meeting. Should McDonald's decide to pursue the project residents will have future opportunities to comment at public hearings with the Planning Commission and the Architectural Board of Review.

The Board will provide comment based on the City's adopted design principles and requirements with attention to considerations such as quality of design, noise, lighting, trash, traffic circulation and buffering. For more info, please contact the Dept. of Planning and Development at 216.529.6630 or planning@lakewoodoh.net.

Proposed Sloane Avenue Development

by David Anderson

Over the past few years, Lakewood has realized millions of dollars of reinvestment along the commercial districts of Madison and Detroit Avenues. Some of this has created housing as well as business structures. As the majority of Lakewood's housing structures approach 100 years of age we must be open to a number of options to ensure our 17,000 housing structures are sound, efficient, and, in some cases, modernized. (Note - Lakewood may have up to 1,000 distressed properties. That is, way behind housing code and standards, foreclosed upon, tax delinquent and/or abandoned.)

One such option for developing modern housing options, razing and rebuilding, is being proposed by a developer, Abode Living LLC, for the three housing structures at the southern part of the Sloane Avenue curve. Replacing three riverfront properties with up to 19 two to four bedroom townhouses could increase revenue and would bring a significant number of new tax paying, grocery buying residents (neighbors) to Lakewood.

In my mind, such a development option contains trepidations as well. Chief among these involves the impact of possibly 18-months of construction on a working neighborhood. Noise, dust, truck traffic, and parking are all valid concerns.

Also, I need not remind friends in the Sloane area neighborhoods of the proposed project of a few years ago which saw houses torn down on Sloane only to be replaced by

some boulders and a wood fence - a development project on hold. Understanding what more the city can do to ensure this project is started and completed jumps to the top of my list of concerns.

During the July 6 presentation to about 40 residents, Abode Living LLC, demonstrated a track record of completing multi-housing urban projects. Mayor Summers and his administration have put the established process in place. In the coming days and weeks, this proposed project will be put before the first of a series of architectural board of review sessions which, in recent years, HAVE been able to more effectively manage the quality of development while working to protect our residential quality of life and "character" of Lakewood. The first of the ARB meetings is July 14, 5:30 pm, Lakewood City Hall. (ARB sessions are open to the public but are generally not for public comment. A number of opportunities for public comment will be provided in the coming months.)

My job, as I see it, is to (1) support the process, (2) ensure all residents receive the information needed to attend meetings and voice their opinions and (3) reinforce all concerns so that these are dealt with accordingly.

I thought the evening of July 6 was a great start. I remain cautiously optimistic about this possible project and proud to have the honor of representing Ward 1.

Yours in service,
David W. Anderson
Councilman, Ward 1

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Lakewood Schools

continued from page 1

ward.

I have always admired Matt because of his no-nonsense style, his keen eye to the law and most of all, his determination that children come first. During his time on the Board, with this as his guiding principal, Matt brought his knowledge of the law and his fearlessness in applying it, to Lakewood's children, examining each issue before him with the understanding that getting it right in one situation, for one school year, meant guaranteeing it for children who haven't even been born yet.

Matt held safeguarding the future of Lakewood's children above and beyond all other things, including personal agendas, friendships, politics and even his own best interest. I was amazed that Matt was willing to allow his own law firm to take a very big financial hit when he was elected to the Board, as they could no longer represent Lakewood Schools. He has been a true leader, and has set the bar high for Board members to come.

Matt-- you are one in a million and you will be missed. The following is his letter to the Community:

Sixth Grade Memories

by Jenna Thomas, Harding

Too many memories. I had a great time in 6th grade at Harding Middle and had so many good experiences I will never forget, academic and other.

I had Mr. Spooner as my Language Arts and Social Studies teacher. In his class we did amazing things such as skyping with the famous author Avi, and Ryan Demro. Out social studies projects were also fun. For our Egypt unit I was in a group with Elena Mulready and Rachel Daso and we made the Red Pyramid. On the outside we used army guys to represent the slaves building the pyramid. It was fun, and I learned a lot. Or, when we made a video for the Indus Valley unit, where we pretended to be ancient Indus Valley people explaining the way we lived. For language arts a fun project was when we were learning about conjunctions and my group and I made a video about "super conjunctions". We got to use many different tools when making these projects. We made a powerpoint for our religions unit, used windows movie maker when I made a musical about the book, "Nothing But The Truth," where we sang about the characters. We wrote essays such as a persuasive essay about which character was the best in the book, "And Then There Were None," or my Personal Essay about my trip to Florida using Microsoft Word. Microsoft Publisher was a useful tool when making a newspaper about the book, "The Giver," and I know all of this will come in handy next year.

Lunch and Home Base were always fun. The school lunches were absolutely horrible most of the time, but sitting with friends was still fun. We were easily the messiest table in the cafeteria, and we would usually argue about whose turn it was to clean

Markling Puts Family Ahead Of Politics

Dear Lakewood,
My family needs me, and I need my family. This simple sentence explains why I am not seeking re-election to the Lakewood City School District Board of Education. My decision has not been made in haste, but rather after earnest consultation with my wife and with the best interest of my family in mind.

During my term on the school board, I have been trying to balance my obligations to the Lakewood City Schools and my state-wide legal practice with the educational and parental needs of my three sons, as well as my desire to spend more and more time with my best friend and wife, Katie. One of my children also has extraordinary medical needs which I have now determined require additional personal attention from me. I am simply unable to dedicate the time that I feel is necessary to effectively serve another four-year term on the Lakewood Board of Education.

I have had the honor and privilege of working alongside five seasoned



The Markling family relaxing on their front porch.

and respected board members in Chas Geiger, Linda Beebe, Betsy Shaughnessy, Ed Favre, and John Kamkutis. And I am very proud of the work my school board colleagues have done to collaborate with parents, faculty, staff, administrators, and community stakeholders to maintain an excellent system of public education for all of Lakewood's families. But now is the time for me to focus on the needs of my family.

These are the golden years of parenting. I want to cherish every moment with my wife and our three young sons. While Katie and I will continue to be supportive of the Lakewood City Schools as active parents, my family deserves my undivided attention at home. Frankly, Katie has been a saint over these past four years.

Yesterday, July 11, 2011, I shared both my family obligations and decision to not seek re-election with the Lakewood Board of Education and Administration. While I am fulfilling my commitment to the Citizens of

Lakewood by serving my full-term, I am hoping that my formal announcement will encourage school board candidates to throw their hats into the ring and dedicate themselves to putting pupils ahead of politics.

It has been an honor and privilege to represent the Citizens of Lakewood as President of the Lakewood Board of Education. And I am extremely thankful for the broad, heartfelt, nonpartisan support I have received from Lakewoodites throughout my school board tenure. I hope you will understand and support my need to put family ahead of politics.

Sincerely,

Matt Markling
Husband and Father

Lunch Fees Increased For 2011-2012

by Christine Gordillo

The full-price lunch fees for the 2011-2012 school year will be raised 25 cents from the prices of the previous school year. Elementary school lunches will now cost \$2.25 and middle school and high school lunches will cost \$2.75. Breakfast prices and reduced breakfast

and lunch prices will remain the same at \$1.50, 30 cents and 40 cents respectively. Changes in federal law regarding school nutrition programs required the district to raise its fees in order to remain eligible for federal subsidies, said district Treasurer Rick Berdine.



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Lakewood Schools

Post-War Reconstruction

Ruins of a second war: A Look Into The Lasting Policy's Of Reconstruction

by Hayden Bish, LHS

Reconstruction was a time when rickety policies had the potential to alter the nation's course. Where legislation, so far ahead of its time that it wouldn't be seen again for another seventy years, was passed and implemented in the Deep South. This was a time when General Sherman listened to a black convention discuss and define the meaning of their freedom and the things that would have to happen for them to be allowed to safely enjoy it. But unfortunately there was also great corruption in officials on both sides of the country, characterized by horrible leadership and corrupt deals that undermined many of these far advanced notions of equality. The time was defined by the conflict between the powers of the old antebellum South and radical Congress as they fought over the laws and institutions meant to give blacks the political power that was awarded to them by their freedom. The so called "Radical Republicans" tried to structure several programs that would come to define the possibilities for not just freedmen but with the whole South, programs such as the first public schools, and integrating the new freedmen into political positions. Sherman's Field order 15 was also a promising policy, offering a model for land reform. All of these policies had lasting effects that were, to different degrees, beneficial to Freedmen, but needed to be worked on and not abandoned to the various destructive influences of the old antebellum South.

The most lasting legacy of "Radical Reconstruction" is the system of public education; of course it is also one of the easiest to be made to succumb to the evil of segregation in the Jim Crow South. The need for public education was deeply rooted in the desire of freed slaves to become educated and to educate their own children. As soon as the Thirteenth Amendment was passed, officially ending slavery, African Americans started organizing ways to learn through the Freedmen's Bureau. The growing literacy allowed for a more educated and empowered society. The new literate, not just blacks but also poor whites, could go on to succeed and escape poverty. Although the general caste system of the South led to the belief that one person's gain was another's

loss, public schools survived. The idea of segregation hit almost immediately in the process of creating public schools. A vast majority of states created schools as segregated, with the large exception of New Orleans which was not. The school system is one of the more lasting achievements because it continued to exist and educate despite Reconstruction's end, and despite segregation. The very idea of public education was in direct contradiction of the Southern aristocratic social order.

A great tragedy of Reconstruction is the failure of Sherman's Special Field Order 15 that promised the fabled "forty acres and a mule" to every black family. This order, rescinded by former slave owner President Andrew Johnson, would have given at least a part of the black community a bye from the old planter society of tenant slavery, and allowed for the expansion of their own ends and the ability to avoid the white attention and provide relative safety in homes they owned. Also, according to Gates, there are social effects of forced tenancy. The mind-set of a land owner is a very different one from that of a tenant, according to Henry Louis Gates in his essay, Forty Acres and Gap in Wealth. Gates argues that the attitude of perseverance and ambition that land itself inspires could have largely benefited the freedmen after the war when new roles were still emerging out of the old antebellum south. The resulting gap in wealth, or the lack of opportunity to accumulate it, resulting from forced tenancy would have long term economic and social consequences for African Americans. The enrolment of a majority of the Freedmen community as contract laborers would serve to undermine the desire for their own land and the general spirit of the freemen in their quest for equality. Sherman's field order gave the Freedmen what they wanted but was denied by men with ancient deeds to the land and by President Johnson. These men, the led by the antebellum planter aristocracy, went on to undermine the whole idea of an independent black man by creating black codes that would prevent him serving on juries, owning weapons and from owning land, thus forcing him into sharecropping. The southern push to reestablish black dependence

Lakewood participation in the Ohio Chautauqua as part of the 150th Anniversary of the start of the Civil War has given all of us an opportunity to reflect upon the causes, key events and consequences of the war. At LHS, after two approximately two weeks of study, our freshman AP US History students were presented with the following question about the legacy of post-war Reconstruction:
"Discuss the legacy of Reconstruction. What were its' long and short-term successes and failures? What factors were most critical in

would short cut the effectiveness of the government's policy on land and was quickly abandoned. This left only a hope to be remembered and sought for when opportunities opened up, but never truly achieved.

The enjoyment of political and civil rights along with general safety was a great battle ground of Reconstruction. The radical congress did the most to support the Freedmen in this front. It is arguably the most important of all the ways that Africans needed to be assimilated into the new southern society. The desire to control the new government and to enjoy not just freedom from bondage but citizenship and civil rights as an American was essential to the Freedmen's idea of freedom. President Johnson was avidly opposed to any change in position concerning political rights of blacks, causing him to lose what little control he had to a super majority in Congress. This super majority would be used to pass some of the most radical and far sighted legislation to pass through Congress. The true Reconstruction began as soon as the radicals took power; with the 14th and 15th amendments they gave the rights to civil liberties and the right of suffrage to black males. The power to vote and hold office was upheld by the military forces of the north, sent by President Grant, which were there to provide protection from white reactionaries who wanted to destroy what they called "Negro rule" in the South. The black people turned out at the protected polls and elected black senators and state officials. The new Freedmen politicians achieved marked works of legislation, including public schools. The new voters made keeping Republican power in Congress easier.

Unfortunately for the Freedmen, this political power would not last as the general opposition of most whites at such brazen exercise of freedom by the African Americans. After several years of struggle, the President Grant sent troops to South Carolina to suppress the Ku Klux Klan and protect Freedmen rights. Eventually, the ambivalent North grew fatigued and, in 1877, Reconstruction ended by a so-called "corrupt bargain" ensured the election of Republican Rutherford B. Hayes. The effect was pulling the rug out from under the fledgling

undermining the hopes of Freedmen for reforms that would create relatively rapid social, political and economic equality?" The following essay represents one of the many fine essays.
The primary sources for this unit were Eric Foner's A History of Reconstruction, Henry Louis Gate's article "Forty Acres and a Gap in Wealth" and the American Experience documentary "Reconstruction: America's Second Civil War."
-Dr. Chuck Greanoff, AP US History, LHS

Freedmen, whose political rights were undermined by terrorist violence and silence at the polls. With these new constitutional rights disregarded by lawless vigilante terrorists or by segregation, poll taxes and Jim Crow Laws, there was little hope for the nearly achieved dream of black through equal civil liberties and suffrage. Yet, the idea of equality never died in the hearts of black Americans and drove the civil rights movement to a final victory of long fought and nearly lost war over Reconstruction.

The fight for Reconstruction in the post-civil war era was one of our nation's worst defeats yet could have been a great success in the ability to express the totality of equality as stated by our Declaration of Independence. The movement did leave behind remnants of the far sighted people who dreamed that the freedom from bondage could mean freedom from oppression of all kinds. The power of education and the possibility of land, along with the integration of Freedmen into government, caused a change in the very fundamental thought of the nation. The undermining of Reconstruction was a tragedy achieved by corruption, segregation, and terrorism. Undermined by the old knights of the antebellum South and the political schemers of Congress, Reconstruction was perhaps too far ahead of the times. Its first failures nevertheless inspired the Civil Rights movement and its promise of civil liberties for all.

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Lakewood Schools

Elementary School Kids & Train Crossings:

Can The Worst Be Avoided?

by Mike Zannoni

Note: This article was almost complete when news was reported that a man was seriously injured at the train crossing at Belle Ave Saturday night 7/9/2011. The accident was not the occasion for this article but serves to underline the very real and serious danger that train crossings pose to people of all ages.

On Feb 16th of this year, The Lakewood School Board, against significant public outcry and well-reasoned opposition from within their own ranks, voted 4 to 1 in support of a 6-elementary school configuration that increases the number of train track crossings by elementary school children from relatively few to hun-

The Federal Railroad Administration reports that there were 682 deaths at railroad crossings and while trespassing along train tracks in 2009. The general trend in rail traffic has been unequivocally upward in recent years, in response to the increasing cost of fuel.

dreds per week. An alternate 6-school configuration was well known at the time, which would require very few track crossings, and the reasons why it was dismissed by 4 out of the 5 Board members without a word of debate are shrouded in mystery.

Current School Board President Matt Markling, the lone dissenter to the decision, included train crossings among many well-articulated reasons to keep Grant Elementary open rather than Lincoln Elementary, such as walking distance, general safety, student population density and housing trends, and most especially, equal access to education for all Lakewood students.

Other Board members' reasoning seemed comparatively less straightforward or well-articulated: Then President Betsy Shaughnessy said that the sending of what is now the Grant Elementary School population in 6 different directions, increasing their walking distances and necessitating the crossing of major intersections and train tracks was ultimately good for those children, in that this lower-income demographic would be more exposed to children of different and more diverse demographics. Linda Beebe declared simply that she could not bear to see a vacant property on Clifton Blvd. ("the entrance of Lakewood") if Lincoln Elementary should close, and apparently this was her foremost consideration.

Ed Favre sought to diminish the concern about train crossings by outlining the improvements to audible and visual warnings at crossings, yet offered no positive reasons why we should actually prefer hundreds of new crossings per week. And John Kamkutis declined to explain his position at all, casually facing the many questions about his decision with, "Nah, I'm good."

Since both 6-school configurations, one with very few crossings and one with hundreds per week, were on the table and known to the School Board



when their decision was made, it is worthwhile for well-meaning Lakewood citizens to review these two configurations for themselves. It is helpful to keep in mind that 75% of households with minor children live south of the tracks (according to the US Census):

The two scenarios pictured above show the likely boundaries for a 6-school configuration: Scenario A (keeping Grant open), and Scenario B (keeping Lincoln open).

Scenario A requires that the sparsely student-populated north-central children living near Lincoln be split in approximately equal numbers to east and west, going to Emerson and Horace Mann respectively. Very few train crossings are required (and no Detroit Ave. crossings), and any students tempted by convenience to use the track beds as thoroughfares already live near those tracks. Families there could be presumed to have some familiarity with the attendant dangers, and to have certain habits and rules in place to deal with them.

This scenario would actually correct for an unfortunate situation we have currently, in that a significant number of students south of the tracks and Detroit are regularly and currently being "poached" by the three north-

ern schools in order to fill a chronic overabundance of seats at Emerson, Lincoln and Horace Mann. Scenario A fixes an already bad situation, and creates no new train safety issues.

Scenario B requires that large numbers of children from the most densely student-populated central areas of Lakewood cross the train tracks twice-daily, as well as Detroit Ave, on their way to and from Emerson, Lincoln and Horace Mann Elementary schools. It can be presumed that these densely packed central-Lakewood students have far less familiarity with the dangers of the train crossings, and it is therefore likely that the tracks and track beds would hold great curiosity

The number of trains per day running through Lakewood is currently 2 - 6 (as needed), while the maximum number allowed by a 1998 agreement with Norfolk Southern is 14, with no penalty for exceeding the max until they exceed 24 trains per day. We could therefore have more than six times the number of trains running through Lakewood compared to what we currently have, and still be within that hard won agreement.

There are 27 train track crossings in Lakewood. None have crossing guards.

and excitement for children who have rarely seen them up close. As the photo leading this article illustrates, many children, unable to resist the temptation will, without a doubt, use them as their own private "trails".

Regardless of any speculation on the behavior of children, in Scenario B hundreds of new track crossings per week will be 100% necessary just for children to get to and from school every day.

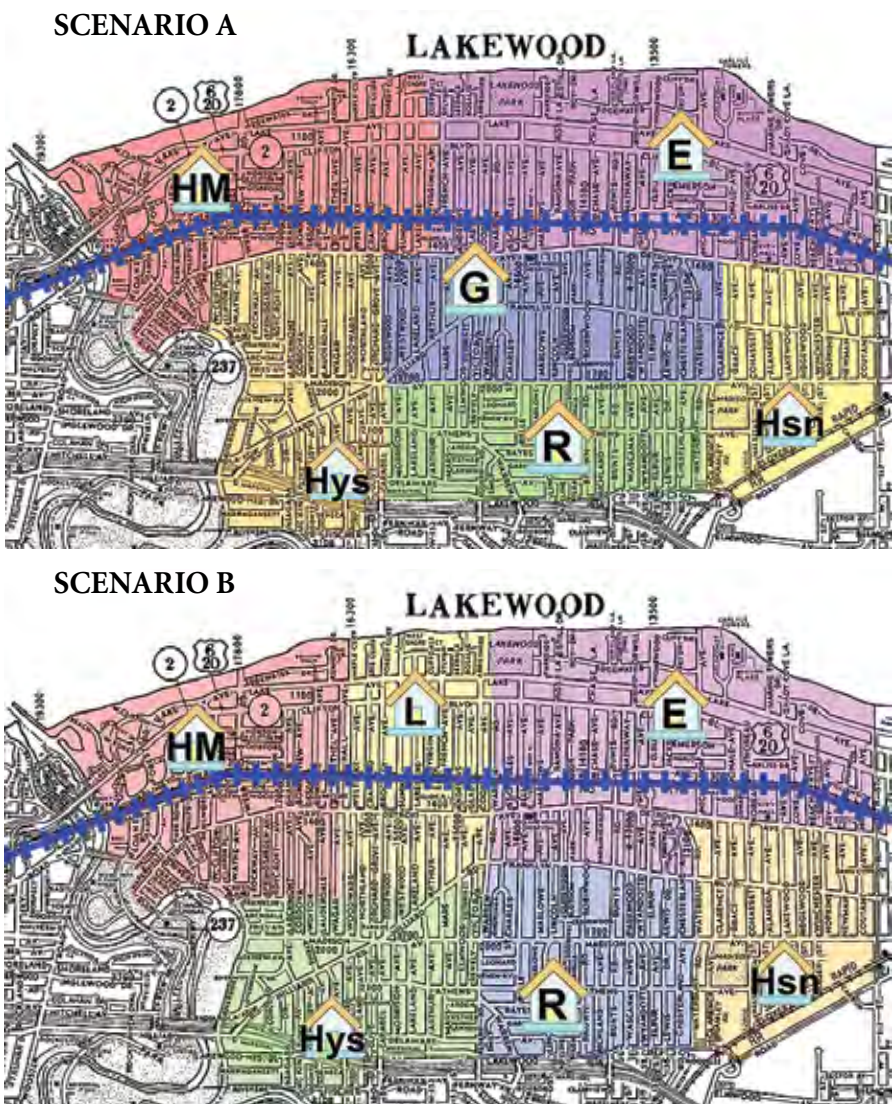
Since the area immediately surrounding Lincoln and the two other northern schools is comparatively sparsely-populated by school children, to fill them will require that students from nearly all other areas of Lakewood travel northward across the tracks, in numbers far greater than today, just to help keep them full. Even as small as it is now, this is currently achieved at Lincoln Elementary only through "open enrollment" by students from all areas of Lakewood (a practice whose legality is highly questionable to some educational legal experts). Therefore, a rebuilt, much larger Lincoln, per the School Board's current plan, will be much more challenging, and thus more dangerous, to keep full. Our currently bad situation, from a safety perspective, is made far worse by Scenario B.

Why the School Board chose Scenario B is open to speculation, especially since clear and convincing rationales were not forthcoming from those four Board members who supported it. One thing is clear, however, to anyone examining these two scenarios closely and conscientiously: One configuration of 6 elementary schools requires hundreds of student crossings of train tracks and Detroit Ave. per week, and the other scenario requires very few track crossings, and no Detroit crossings at all.

Lakewood will have to live with the ultimate decision and its consequences for years to come, and there is no guarantee that the current number of trains through Lakewood won't increase dramatically in coming years as transportation costs continue to rise, increasing the danger outlined here. By forcing Scenario B on the future of Lakewood and its families, we are gambling with the lives of children, for unknown, obscure reasons, without any apparent up side.

We, as mature, adult Lakewood citizens, need to re-examine this decision, before it is implemented, and reverse it, before something irreversible happens to one or more in our most defenseless group.

Especially in a year when School Board members happen to be up for election or re-election, one hopes that reasonable, civic-minded heads will prevail, and that either Ms. Shaughnessy, Ms. Beebe, Mr. Favre and Mr. Kamkutis will come around to doing the right thing for Lakewood's children, or that new blood, such as Kristine Pagsuyoin, and hopefully others, running this fall, can join Mr. Markling on a new course of responsibility and accountability on this issue and many more.



Lakewood Public Library

LEAF Night Markets Now Accepting Ohio Direction Card!

by Annie Stahlheber

Thanks to two generous organizations, the Ohio Department of Agriculture and Cleveland-Cuyahoga Food Policy Coalition, Lakewood Earth and Food Community now has the equipment to accept Ohio Direction card for all guest vendors and CSA farmers at LEAF Night Markets. This helps LEAF Community achieve our mission of cre-

ating broad access to fresh, local foods. Visit the information desk (at the City Fresh check in table) during LEAF Night to purchase tokens with your Ohio Direction Card. Then shop with the tokens at the LEAF Night vendor booths. Email leafcsa@gmail.com with questions.

The following is some information about using your Ohio Direction card at LEAF Night:

Tokens are worth \$1 - All purchases must be in \$1 increments. Our vendors have been informed that they cannot give change for a token.

Eligible Items - Most food products including fruits, vegetables, herbs, bread, grains, cereals, rice, beans, jam, jelly, honey, cheese, eggs, meat, and vegetable seedlings, are all able to be purchased with Ohio Direction tokens at LEAF Night.

colorful bounty. LEAF Night is run by volunteers who care about Lakewood's access to quality local food. If you or someone you know would be interested in volunteering, exhibiting art or performing music email us at LEAF-Community@gmail.com or sign up at www.LEAFCommunity.org.

Is Your Business Idea Ready To Be Launched?

by Mike Belsito

Often times, it is easy to come up with a great business idea. The hard part is actually coming up with a plan to turn the idea into a viable business and executing the plan strategically.

But how do you know when it is the right time to take your idea to the next level? After all, creating a viable business is no quick and easy task. It makes sense to ensure that your idea is indeed viable before making the leap to starting a business.

remember that many of these materials can be found online or through your local public library for free.

Use Tools: There are a myriad of cheap, and even free, tools available to help entrepreneurs validate business ideas:

SurveyMonkey.com allows you to quickly create professional online surveys.

AYTM.com allows you to specify demographics and survey questions and will quickly find respondents.

Non-Eligible Items - Any item that is sold to be eaten (or drunk) at the market is considered non-eligible. This includes hot ready to eat food items. Any non-food item sold at the market is also not-eligible (such as soap, art, flowers, jewelry, clothing, household products, pet products, etc).

LEAF Night is a weekly celebration of fresh locally grown food. On the steps of the Lakewood Public Library, we distribute food from our CSA programs while featuring local musicians, artists and guest vendors. We encourage you to stop by LEAF Nights at the Lakewood Public Library on Detroit every Wednesday from 5:30 to 8:00 PM to check out some of the region's most

Visit Bay Branch Farm With The LEAF Community!

continued from page 1

precision seeder for direct seeding.

The farm is located at 2027 Lark Street in Birdtown. Parking is limited, so please consider walking, riding your bike or carpooling to the event.

Bring your questions. We look forward to seeing you!

For more information on the Lakewood Earth and Food (LEAF) Community or the Third Thursday Speaker Series, visit our website at leafcommunity.org, call us at (216) 367-2834, email us at leafcommunity@gmail.com, or join us on Facebook. For more information on Bay Branch Farm, visit baybranchfarm.com.

Validating a business idea is an essential, and yet overlooked, component to the entrepreneurial process. While many established companies spend millions of dollars and countless months validating concepts, the following suggestions are simple and inexpensive, yet effective, ways that you can validate your business idea:

Talk to your future customers: Understanding the real pain point of the customers you wish to serve is critical. Even more importantly, find out how real this pain is and how badly your future customers wish to solve this pain. Ask yourself if you can develop a solution that is better than how they currently solve this problem.

Get Data: Become an expert in as many facets as you can in the subject matter your potential business relates to. Read trade journals. Find research reports. If this sounds expensive,

Unbounce.com allows you create a custom-branded splash page so you can collect data on whether consumers are interested in your idea.

ReferenceUSA allows you to learn more about the industry you are targeting. You can access certain data sets for free by using your library card at most public libraries.

Learn more about validating your business at the next Startup U event, presented by Startup Lakewood. Joe Haddad and Nick Dadas, Co-Founders of University Tee's, will be on hand to discuss other strategies that entrepreneurs can use to validate business ideas. This event will take place on Tuesday, July 26 at 6:30 pm at the Lakewood Public Library Main Auditorium and is free and open to the public.

More information on this event and Startup Lakewood can be found at www.startuplakewood.com.

Another Friday Performance At the Library, Our Zoo To You, July 22!

by Julie Strunk

Brian and Terri Wise each loved animals before they married and now currently have 30 animals that have been rescued or re-homed. Meet, learn about, and even pet, many of their animals, including their newest addition, a baby kinkajou named Skylar. Cameras are welcome.

This Special Friday Performance will be held in the Multipurpose room of the Main Library. The show will begin at 3:00 p.m. and will last up to an hour. There is no registration; the show is open to the public. And, of course, you can't beat the price, it's free!

Joe Hunter Swings The Great American Songbook

by Andrea Fisher

Jazz pianist Joe Hunter can be heard on any given night of the week in a dimly lit jazz club near you. The Cleveland favorite will be playing our Steinway on Sunday, July 17 at 2 p.m. in the Main Library Multipurpose Room, as part of our Sunday with the Friends series. Swinging the Great American Songbook will celebrate the best in American popular song and will feature the works of American greats like George Gershwin and Cole Porter.

Hunter started playing the piano as a kid, and eventually found love in the Latin Jazz he was exposed to while studying abroad in Brazil as a Cleveland State University exchange student. He has played with many of the greats, including Tito Puente, Conti Condoli, Eddie Henderson and others. Hunter has also taught music at Capitol University and Cuyahoga Community



College, where he is a favorite at the JazzFest.

Join us for an afternoon of toe-tapping, great American standards with Joe Hunter at 2 p.m. This program is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and by the Friends of the Lakewood Public Library. As always, Library programs are free and open to the public.




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Ministerial Musings

The Gospel According To Forrest Gump

by Rev. Dr. John Tamilio III

I received a phone call from my eldest brother the other day. He called to inform me that his father-in-law died. He was 82 years old and was in relatively good health. He had an unexpected coronary.

My brother and sister-in-law live on the North Shore of Boston. The father-in-law lived in Florida. My brother and sister-in-law have not seen him in over a year. They were planning on visiting him in just a week and half- ten days too late, unfortunately.

They are asking all the "what if" questions. "What if we had just planned the trip a month, or even two weeks, earlier?" There are all kinds of would've, should've, could've questions we ask ourselves at times like

these. "If only I had done..." "If only I had not done..." Fill in the blank. We've all been there.

"It's all predestined, I guess," my brother said. "There's nothing we can do."

That word "predestination" brings to mind the theology of John Calvin who taught that some people are predetermined to be saved (the elect) while others are condemned to perdition. Nothing we do or say can change our fate. God has already decided.

Many writers from the Enlightenment (circa 1750) onward refused to accept such blind fatalism. We have freewill, many progressive thinkers argued in reaction. In his poetic "Essay on Man" (1733), Alexander Pope mused, "And, spite of

pride, in erring reason's spite, / One truth is clear: Whatever IS, is right." Voltaire wrote his famous satire Candide to criticize such optimism— to critique the belief that, "All is for the best in [this] the best of all possible worlds."

I tend to agree with Voltaire. I do not believe that life is predestined.

That said— I believe in miracles. Simply put, a miracle is when God makes the impossible possible. I believe that God sometimes intercedes and changes the course of life. That begs the question: Why does God sometimes intervene and at other times he/she just sits back and watches tragedies unfold? I have no clue. That is not a copout, mind you. It is the truth. I do not know. If I did, then miracles would cease to



be miraculous and I would somehow know the mind of God. The latter claim is arrogant, if not altogether sinful.

We could read Calvin, or Sartre, or Pope, or Voltaire, or a thousand other philosophers. But I think Forrest Gump offers the best answer.

At the end of that 1994 epic, Forrest, standing at the grave of his beloved Jenny, says, "Jenny, I don't know if Momma was right or if, if it's Lieutenant Dan. I don't know if we each have a destiny, or if we're all just floating around accidental-like on a breeze, but I, I think maybe it's both. Maybe both is happening at the same time."

Maybe that's it. Maybe both is happening at the same time.

Life unfolds. We have freewill. Our faith and conscience guide us, but neither determines what we do. And sometimes, often when we least expect it, God steps in and alters the course of human events.

Some people do not like that type of faith. It frightens them. They don't like boxes of assorted chocolates. Me? I like not knowing what I'm gonna get, while having the will to do something purposeful about it.

StrEat Mobile Bistro Donates To Trinity Community Meal

Rev. Paula Maeder Connor

The StrEat Mobile Bistro restaurant truck pulled into Trinity Lutheran Church's parking lot and set up shop, July 5 at 5pm. With the 4th of July holiday just over, Trinity had made plans with SMB's co-owner, Michelle Brown, to assist on this hot July day. With the truck outdoors, the Community Room inside was not heated up by a hot kitchen. Trinity members and volunteers from Westpark Schools (coordinated by Haley McDonough) brought pulled pork sandwiches and mac 'n cheese from SMB's truck, enhanced the meal with collard greens and green salad from Trinity Lakewood Community Outreach's garden and served the 62 Community Meal guests at their tables.

This was a wonder of sharing and collaboration that great minds and hearts put together for hungry guests. Trinity Lakewood Community Outreach serves 4 meals a month at Trinity Lutheran Church. TLCO also supports the Lakewood School Supplies Initia-

tive and won a grant from Thrivent Financial for Lutherans that will be put toward calculators for needy Lakewood Schools' students.

TLCO will be sponsoring fresh produce distributions the third Saturday of the next months during harvest season. From 11 am - 1 pm folks may come to 16400 Detroit Avenue and receive produce that will arrive from the Cleveland Foodbank. Jason Weiner is the coordinator of the produce distribution.

On the third Saturday of August TLCO's Faith Community Nurse, Katie Stadler, has organized a series of health screenings for folks who come that day. This is in collaboration with North Coast Health Ministry and outreach people from Lakewood Hospital.

An article that ran in the Observer in mid June (by Bill Mack) indicated TLCO as a gatherer of toiletries, cleaning supplies and pet food...things folks cannot purchase with food stamps. This article brought a response of about \$700 worth of goods from neighbors.

Although the shopping carts (due to a variety of reasons) did not appear in the 4th of July parade, phone calls and offers came in to Trinity Lakewood Community Outreach. And, one of the carts was decorated by Maxine Mack (age 8) placed in front of her home in Lakewood. She found donations placed there, too!

Thank you to all! If you would like to know more about Trinity Lakewood Community Outreach see the Facebook page with the same name or contact Jennifer Wiebusch, CSU intern with TLCO, at <http://trinitylakewood.weebly.com/index.html>.

Eighth Annual Adult Retreat

by Norma J. Pohle

The Lakewood Catholic Parishes or St. Luke, St. Clements and Transfiguration, are sponsoring an Adult Retreat on Monday, September 12, 2011 from 9:30 a.m. to 2:00 p.m. in the school hall of Transfiguration Parish. Transfiguration Parish is located at 12608 Madison Avenue in Lakewood.

The speaker will be Bishop A. Edward Penec. There will be a continental breakfast, Mass and anointing. Borrelli's will cater lunch. The cost is \$10.

For reservations, call Norma at 216-226-4907, Pat at 216-221-1926 or Dorothy at 216-221-9697. The deadline for reservations is September 7, 2011.

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Lakewood Cares

H2O Summer Events

by Emmie Hutchison

H2O's Summer Service Camp 2011 has had an amazing first two sessions, full of fun, energy, reflection, service learning and plenty of ACTION! Each day the campers assemble in groups with their counselors and take off for service sites, including Ronald McDonald House, the Cleveland Food-

bank, Laura's Home, local daycares, Crestmont Nursing Home, and ASIA (Asian Services in Action, a summer learning program for children who have recently arrived to the area as refugees). In addition, campers maintain two garden plots at the Madison Park LEAF community garden to donate food to Lakewood Community Service



H2O Students welcome home the 112th Batallion.

Center, they organize the huge Clothes 4 Kids clothing drive, recycle school supplies and create crafts to sell as a fundraiser at the Lakewood Arts Festival. Several groups helped Catholic Charities prepare homes for arriving refugee families by cleaning, moving and assembling furniture, and making beds. While they were working, they heard the moving background stories of the families they were helping.

Not all the fun happens during camp hours, though. On Tuesday, July 19, you are invited to join campers, their families and camp staff at Around the Corner for Dunk Tank Night from 5-8 p.m. That's right, our counselors are good sports and willing to "take one for the team" as a fundraiser for the program. You can take your turn at soaking one of them, and all for a good cause. In addition, ten percent of the food and drink sales will go to benefit H2O. Kids must be accompanied by an adult family member to attend this fundraiser.

Friday, July 22 is H2O's annual Sharefest celebration, where families with young kids can come play carnival games run by middle school campers. The festival is set up next to the bandshell at Lakewood Park from 5-8 p.m. and includes classic favorites like plinko, putting games, memory and bean bag toss games. The middle

school campers are so excited to have a chance to run their own event and play with younger kids. It's always a community favorite, and a great, low-cost way to spend the evening with your family. As a bonus, the evening concludes with a Friday Night Flick, Yogi Bear.

Finally, we have been working all summer collecting clothes for the great, big "Clothes 4 Kids" Super Sale, held this year on Saturday, July 30. Last year, H2O amassed over 20,000 items of clothing, infant to adult, to sell at the Super Sale. This summer promises to be on the same scale, as the bins at all three fire stations have been filling quickly. This is a wonderful, easy way to find affordable back-to-school clothes for families. The sale begins at 9 a.m. and ends at 3 p.m. in the East Cafeteria of Lakewood High School. Don't miss this great sale!

Summer is truly a magical time in Lakewood, full of fun community-wide events and recreation. We hope you'll attend our Dunk Tank Night, Sharefest, and the "Clothes 4 Kids" Super Sale. And while you're at it, look for us at Lakewood Arts Festival! H2O could not do all the wonderful service work and reach so many young volunteers without the widespread support of the community. Thanks for your participation in our events!

L-R: Colleen Zelonis, CNM, MSN; Susan Dornan, CNM, MS; Colleen Brezine, CNM, MSN; Sharon Johnson, CNM, MS; Maureen Stein-Vavro, CNM, MSN

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Lakewood Observer

Independence Day In Lakewood

The Thickest Slice Of Americana

by Alex Lavrisha

Tasked to cover Lakewood’s parade procession on the Fourth of July, I overslept the assigned start time (10:00 am) by twenty minutes, prompting a manic rush to my car. Just as vultures circle highways in the vain hope for the spontaneous emergence (and the vehicular pummeling) of a short-sighted rodent, I raced up and down Clifton Boulevard fruitlessly looking for a free parking space. Of course, my apunctuality prohibited such a prize. I swerved south, cursing my heavy-sleeping nature, the population boom that produced packed curb lanes, my choice in underwear, my inability to teleport, et cetera.

I called my mother and circled back towards my homestead to pick her up. “I can’t find a parking space, so I’ll just park as close as possible and you take the car, okay!?”

“Do you have anything to write with?”

“Are you serious? Of course.” I said.

I drove back down Clifton, my eyes finding what seemed to be the most dense area of onlookers, my right foot jabbing the break. I hopped out of the car and jogged across the street. Slowing my pace, I came upon a priest with a small boy perched on his shoulders. The priest was apparently attempting to pacify the boy’s disgust with some matter. “Yeah, I know,” the reverend reasoned, “but mommy likes this. Can you just be patient with mommy?”

Much like our first commander-in-chief, I cannot lie, readers. I was tempted to halt my parade coverage to conduct an in-depth interview of this modern day Saint Christopher, and discern what I imagined to be a juicy tale of the exotic amorous taste of this toddler’s mother, who sought secrecy, platonic friendship, and absolution from the priest, who she had known since childhood, but he surreptitiously considered her to be his one-and-only, his true love and who he longed to ravish each and every instance of their meeting. But if I was to hope to get anything to say on this parade, I could not allow myself to be distracted by such soap operatic siren whispers.

The most impressive portion of the parade was unequivocally the unicycle riders. Unicycles demand an impressive combination of balance, lazy showboating, and what seemed to be a reckless disregard for wedgies. This last criterion was colored by my grievous selection in undergarments (the product of my gross lack of preparation).

I moved east, with brief snatches of conversations fluttering around me:

“-oh you can’t forgive her-”

“-uh, we can’t just say that, so we’ll tell the parents we’re going... to a movie or something-”

“-you don’t understand!-”

“-I fell off my bike today-”

“-we did margarita body-shots. That was good-”

There was an interesting energy in Abe checks out a cell phone.

the air. Various organizations heaved what looked to be candy into the crowds, hitting the gatherers in their shins and ankles. Church representatives, police officers, local politicians and roller-girls marched toward the park. The crowd was almost universally clad in our nation’s colors – though I did catch a young boy sporting a Union Jack on his t-shirt, which was clearly counterrevolutionary behavior. “Where in this fine egalitarian land do you come from, red-coat? For the colonials will not pay taxes to any crowned thug!” (I wanted to yell so dearly) “For now your doddering island is but a puppet to our imperialist juggernaut! Sic semper tyrannis!” This boy was not alone. Hours later, I caught my mother watching news coverage of the British royal family. “Have we not torn ourselves free from these inbred nobles, mother?”

“Go away Alex.”

Brushing this loyalist scandal aside, I watched the tail of the parade dissolve into the intersection of Warren and Lake. The onlookers sensed the end of a spectacle and began to disperse as moths will leave a dying flame – only to return later with the fireworks display. I began my journey homeward on foot, on the way receiving a call from a friend who had been stood up on a date. They had arranged to meet at Melt (which was closed), she never came and didn’t answer her phone. Hearing the obligatory call of masculine support we made our way to the Diner on Clifton.

During the meal, I saw a man on crutches who was missing his left leg walk across the street. I, like Melville’s Captain Ahab gazing at a decapitated Sperm whale head, wondered what unknowable demons this hobbling man faced: “O head! Thou hast seen enough to split the planets and make an infidel of Abraham, and not one syllable is thine!”. What beastly truth of life would die with this man? I felt a great wave of sadness wash over me. This land-locked Ahab traveled out of view, but returned in what could only be understood as a ghastly sneer of a Pequod. Lifting his pelvis and precariously balancing himself in the rear of a shopping cart, the man rowed himself across traffic with his crutches, which earned him a profane curse from a passing motorist. He made no reply, but kept his solemn journey onward. His leviathan was not a white whale but a society that demanded productivity and efficiency from those least equipped to provide it. Unlike Ahab, he did not seek out his enemy, but yet like the whale this capitalist mindset was ubiquitous. After eating, I napped in anticipation of the fireworks, troubled by this sight.

After my slumber I showered and joyously donned new underwear. My younger brother Devin and I walked to Lakewood Park in the waning moments of daylight. This journey was punctuated by Devin’s less than gripping narration of his dream fire-

work scenario, in which he would have unmanned drones circling his firework show (providing aerial coverage), his own brand of fireworks (“Second Sun”), incorporation of semtex and C-4, booby-traps and pranks (for anyone crazy enough to watch), and howitzers. Asked if we could possibly discuss something else, he began detailing the genesis of a blister he’d acquired on the walk over. I gave up.

My return to the park presented a new problem to solve. “Devin, where should we sit? How close?” I asked, willingly offloading responsibility.

Devin’s eyes were bulging out of his sockets and almost seemed to spill outward, as jelly tends to do on a PB&J when you a discerning knife hand. “Dead close” he replied, entirely seri-

ous.

With the fireworks imminent (and so close to a beach), I wondered if there was a present-day Leopold Bloom stalking around behind rocks somewhere. The fireworks were spectacular, a true sensory assault, culminating in brilliantly blended bursts of color, giving the applauding crowd their deserved jousiance. As the crowd emptied out, I heard a gruff voice in the dark remark, “This is why we pay our taxes”. More than two centuries after its founding members refused unfair taxation, such a comment could celebrate the progress of a just nation. But perhaps it is merely representative of the our placid acceptance of the status quo, our disinterest in the disadvantaged, and our desire for *panem et circenses*.

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photos by Kreshnik Musmurati

photos by Jim O'Bryan

Wellness Watch

Peas And Carrots: Yoga And The Great Outdoors

by Marcia Camino

It's practically a given. We love being outside as much as we can during summer. For those of us who also like yoga, or are interested in trying this ancient system of wellness, consider joining me, Lakewood resident and yoga instructor Marcia Camino, for classes at Lakewood Park this summer. Running on Monday evenings from 7:00 pm-8:00 pm through the end of August, I will be offering classes consisting of what I call 'easy breezy' yoga at our city park. This yoga is open to all levels of student and yoga fans of all types. We meet under the trees just

north of the bandstand on the east side of the park. The cost of the class is by donation. I am big fan of Outdoor Yoga, having taught over 250 classes outdoors to date. Immediately after becoming certified in yoga, I began my teaching career at Holden Arboretum and the next summer launched what became a very successful summer Outdoor Yoga program at Case Western Reserve University. I have taught outdoors at botanical gardens, street fairs, farmers' markets, yoga events, and at children's parties. These experiences, along with my five years living awhile back in

Alaska- the land of the midnight sun, where being outdoors as much as possible in the short summer is the name of the game- sealed my passion for practicing yoga outdoors: my two favorite things brought together. Like Alaskans, we in Cleveland really pay for our summers by enduring intense winters and often springs. As one of my students said after a particularly beautiful summer evening class a few years back, "Yoga and the outdoors go together like peas and carrots." My instruction when I teach outdoors is intentionally at a minimum so that the students' enjoyment level-

being in nature, taking in everything with the senses, breathing in so much more healing fresh air than can be had indoors- is at a maximum. This is yoga for all, nature buffs and yogis alike. There is little you need to attend and enjoy an Outdoor Yoga class: An old, inexpensive yoga mat, blanket or large towel, sunglasses, and water. Dressing in layers and wearing sunscreen are recommended. There is no pre-registration required for these classes, and they are open to the entire community. <http://pinklotusyoga.com/outdoor-yoga.aspx>

Natural Medicine Clinic A Natural Fit For Lakewood

by David W. Drum

It's no surprise to the residents of Lakewood that we are a health-conscious town. We have yoga studios, massotherapy clinics, chiropractic offices, reiki masters, a holistic pet supply store, cafés dishing up local organic fare, not one but two thriving seasonal farmers' markets, and a landmark independent grocery store specializing in all things organic, vegan, and gluten-free. We like our health with a holistic flavor and our businesses reflect that. So, when Dr. Katherine Caputo, a naturopathic physician, moved to the Cleveland area last fall, she knew right away that Lakewood would be the best community in which to open up her private practice, Great Lakes Natural Medicine. Dr. Caputo opened the doors to her natural medicine clinic early this year with the dream of bringing increased access to qualified natural health care to the residents of the Cleveland metro area. While holistic health care is gaining popularity within the country as a whole, access to naturopathic physi-

cians is a rarity in Northeast Ohio and the Midwest in general. "When I set out to start my practice, I knew that I wanted to go somewhere that I was needed," says Dr. Caputo, who attended medical school at the National College of Natural Medicine in Portland, Oregon, one of only four accredited schools of naturopathic medicine in the US. The landscape for naturopathic medicine in Ohio is a bit rocky, as the state does not yet license naturopathic physicians as the primary care doctors they are trained to be. Dr. Caputo maintains her primary care license in Oregon and operates in Ohio as more of an expert holistic wellness consultant than as a primary care doctor. "I am trained and licensed in Oregon to prescribe pharmaceuticals, order and interpret labs and imaging, and even perform minor surgery, but because I am choosing to serve the people of Ohio, I am not currently able to offer those services," says Dr. Caputo. "However, most people seek out naturopathic health care because they wish to avoid the conventional



Dr. Caputo's Natural Medicine Clinic fit itself seamlessly into the Lakewood wellness community earlier this year. approach of drugs and surgery. I enjoy being able to focus on using the tools that really lead to true and lasting health such as nutrition, botanical medicine, homeopathy, and other forms of centuries-old natural healing." One of the main principles of naturopathic medicine is to "find and treat the cause," and Dr. Caputo describes this as being the most rewarding aspect of her job. "We can always be asking 'why?'--'Why do you have high cholesterol?' for example. It certainly isn't because you have some sort of pharmaceutical deficiency. My job as a naturopathic doctor is to always be seeking to find and address the underlying cause of my patients' health concerns. Until you stop suppressing the symptoms and start addressing the cause, you can never achieve true health. And that's what naturopathic physicians do best." Great Lakes Natural Medicine is located at 15800 Detroit Avenue and can be reached by phone at 216-269-3876. Dr. Caputo enjoys working with patients of all ages, genders, and walks of life and has special expertise in dealing with health issues pertaining to women's health, fertility, pregnancy, pediatrics, and environmental medicine. She is excited to be a new addition to Northeast Ohio's natural medicine scene and hopes to help put Lakewood on the map as a top-notch place to find excellent holistic health care. To learn more about the clinic and Dr. Caputo, visit www.GreatLakesNaturalMedicine.com.

ELONG8.....Stretch Of The Month Hip Flexor Stretch

by Gloria Brooker

When sitting for long periods of time the hip flexors get stuck in the flexed position. We need to extend those muscles to help maintain a healthy body alignment and posture. What you need: Wall and a chair. 1. Face the wall, place your hands shoulder width apart on the wall.

2. Place your right foot on the chair and remain in parallel. (toes are facing forward to the wall) 3. Inhale deeply... Then on your exhale begin to bend your left knee (like a plie). Repeat on the other side and don't forget to breathe...



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Wellness Watch

Five Great Reasons To Eat Local This Summer

by Rachel Anzalone

Have you been to LEAF Night, The Lakewood Farmers Market or the North Union Farmers Market yet this summer? If you haven't been out exploring our fantastic local food resources yet this summer here are five reasons to get out there this week!

1. Locally grown produce packs an extra nutritional punch! Produce loses nutrients as it sits and produce picked before it is ripe (to allow for long distance travel) never has a chance to develop its full nutritional value. Locally grown foods avoid these pitfalls. Along with the extra nutritional value comes extra fresh flavor to boot! This goes for local pas-

ture-raised eggs and meats as well.

2. Seasonal eating not only allows you to enjoy a variety of foods throughout the year when they are at their peak of flavor and nutrition, but those foods may also contain ingredients that suit the body's needs for that time of year, such as summer fruits with their high fluid content and hearty, calorie dense root veggies that hit the spot during cool weather.

3. Local, organic foods will not only give you the extra nutritional value described above, but unlike foods that have been irradiated or pasteurized to prolong shelf life, fresh from the farm organic produce is loaded with enzymes. Food enzymes are the

work-horses of digestion and are the reason foods break down both in our bodies and on the shelf (think brown spots on an apple). Enzymes are also necessary for just about every function within our bodies, so eating fresh, enzyme rich foods may benefit you in innumerable ways!

4. Farmers Markets aren't just about shopping! They're also a great way to get connected with your community. They give you a chance to get outside, walk in the sun and enjoy the fresh air while meeting the farmer face to face, and visiting with neighbors and other folks who share your community and your healthy lifestyle.

5. Shopping at local markets helps support the local economy as your food dollar goes directly to the farmers, bakers, food purveyors and artisans instead of financing far away farming conglomerates and all the intermediaries that handle your food as it makes its way from farm to plate.

We'll see you this week at one of our local markets!

LEAF Night <http://www.leafcommunity.org>

Lakewood Farmer's Market <http://lakewoodfarmersmarket.blogspot.com>

North Union Farmer's Market ~ <http://www.northunionfarmersmarket.org>

Jicama-Orange Salad (Serves 8)

by Dr. Meg Gerba Perry
59 calories, 14 g carbohydrate, 1 g protein, .2 g fat

- 1/3 cup fresh lime juice
- 1 tsp. salt, or to taste
- 1 tsp. chili powder, or to taste
- 1/8 tsp. cayenne, or to taste
- 1 pound jicama, peeled and cut into 1/4-inch thick sticks
- 4 navel oranges, rind, pith and membranes removed
- 2 scallions, minced

In a large bowl, whisk together the lime juice, salt, chill powder, and cayenne. Add the jicama and mix well. Arrange the orange decoratively around the edge of the platter, with the jicama mounded in the center. Drizzle the dressing remaining in the bowl over the oranges and garnish with minced scallions.

Nature's Bin Reports Vegetable Oil Lowers Bad Cholesterol In New Study

by Mary Johnson

Nature's Bin, a full service natural foods market in Lakewood, reports a new review of 182 recent cholesterol studies that found people who consumed higher levels of plant-based oils, known as stanols, had an average decrease in LDL, the "bad" cholesterol, of 17 percent.

The report is part of the July, 2011, issue of Natural Insights for Well Being®, which Nature's Bin publishes free each month to help inform the Lakewood community of the latest scientific discoveries in nutrition and the benefits of a natural lifestyle. Other studies in the July issue include men who consumed the most vitamin K2, a powerful antioxidant, were 42 percent less likely to have prostate cancer compared to men who got the least vitamin K2; vegetarian women who took creatine saw their memory test-scores improve 40 percent; and kids whose

moms took zinc while pregnant had slower heart rates and healthier nervous systems compared to kids whose moms didn't take zinc, among other important findings.

"From men's, women's and children's health, to improving cholesterol and memory, new studies continue to show that safe, affordable natural nutrients improve and protect health," said Scott Duennes, executive director of Cornucopia/Nature's Bin. "We're pleased to report findings from reputable scientific journals including the "American Journal of Clinical Nutrition," the "British Journal of Nutrition," and the "Journal of Clinical Endocrinology and Metabolism," among others," added Duennes.

Natural Insights for Well Being® is free, and Nature's Bin invites all those who wish to gain more valuable nutrition knowledge to stop in and pick up the July issue.

Watermelon, Summer's Sweet Relief

by Kimberly Bowman

Many of us have seen the 'patters', the 'thumpers' and the melon 'knockers' standing in the produce section with puzzled and worried faces. While wondering if they will hear the magical sound of ripeness, as they listen for the echo from the watermelon's inner deliciousness. What if our hearing is bad? How do you know you've got a good one?

I asked a few farmers and self proclaimed melon connoisseurs about how to pick a ripe melon. They told me that the watermelon should be large and robustly round with wide and evenly spaced stripes across it. There should be a yellowish white patch on the flat-



test part of the fruit indicating that the melon has been sitting in the sun, thus the name 'sunspot'. You can also check the end of the watermelon where it was disconnected from the vine and check

to see if the cord is withered or brownish colored meaning that it was vine ripened to a mature age.

Watermelons should not have deep gashes, pits, fissures or holes. The rind should not be soft or give to pressure, such as a ripe cantaloupe or other

melon; it should be firm and smooth. Do not purchase fruit that has bunched stripes that suddenly expand; this has not reached its growth potential. Identifying this pattern is easier than it sounds.

Speaking of sound, if you have a hankering to hear your fruit and nothing but the ripest tunes will do, well then, by all means thump away. Follow the directions above to choose a few candidates and then have a 'thump off'. Listen for deep tones that don't echo too much, for a dense melon may symbolize mealy/grainy flesh.

If you've done all of this and still have no clue, the sweat is starting to bead on your forehead as you contemplate walking away in fear of failure, just pause. Go to the cut fruit section and check out the sliced pieces to see if they look yummy. This will at least give you some insight into the shipment that you have to choose from.

If all else fails...go to your local open air market and buy it by the slice, or have them slice one for you. Don't forget the wet-naps!

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Downtown Business

Lakewood Summer Meltdown 5K Run

Can You Handle The Heat?

by Jackie Finefrock

Can you handle the heat? Why not put yourself up to the challenge at the second annual Lakewood Summer Meltdown 5K on Saturday, July 23, 2011. Come race on a flat, fast course through the beautiful, scenic streets of Lakewood. I ran in the inaugural race last summer and can attest to what a relaxed and fun race it is. I had a great time with friends at the race and post-race party last year and decided to get more involved as both a runner and a volunteer this year. The race is a unique way to experience Lakewood's charm as well as a chance to meet some fellow runners in the area.

If the race itself is not enough to entice you, let it be the free food, beer and great entertainment that will await you at the finish line. We are excited to have The Burning River Ramblers rock the streets of Lakewood for the night. And if running is not your thing, you are still welcome to join in the free admission post-race party. There will be a variety of food and beverages available as well as a free photo booth to get pictures taken with your family and friends.

The race begins at the corner of Detroit and St. Charles Avenues. Start time is 7pm with race-day registration and packet pick-up beginning at

6pm at the same intersection. Come downtown early and check out the Lakewood Streetwalk "Active-living" programs from 4 to 7pm along Detroit Avenue. Early race packet pick-up will be available July 21 and July 22 from 4 to 7pm behind Melt (14725 Detroit Avenue). An awards ceremony will follow the race with awards given to the first male and female finishers as well as to the top 3 in each gender age group. All runners will receive a T-shirt and goodie bag. For more information, visit www.downtownlakewood.org or register online at www.hermescleveland.com by July 22.

Run, volunteer or cheer! We hope



to see you downtown Lakewood on the 23rd.

Getting To Know

Lakewood Senior Health Campus

by Mary Teconchuk

Lakewood Senior Health Campus, a 150 bed skilled nursing facility with 54 assisted living suites and 60 independent living apartments, is in one of Lakewood's nicest neighborhoods, just 2 blocks south of lovely, tree-lined Clifton Boulevard and is locally owned and managed by the O'Neill family. The O'Neill family, headed by John T. O'Neill, LNHA, has been serving seniors in the west side communities for over 40 years. Dining rooms and lounges in the Campus provide opportunities for seniors to gather and share meals, enjoy events, and participate in social events. The Campus was rated in the top 7 Skilled Nursing Facilities in the State of Ohio for family satisfaction in 2010 by the Ohio Department of Health and the Assisted Living has been awarded deficiency free surveys by the Ohio Department of Health in 2008, 2009, and 2010.

Residents of nursing facilities do not require the level of care that a hospital would provide, but need more involved care than is provided in an assisted living or home health care setting. Our Campus offers skilled medical care services around the clock.

We also provide personal care. Our Campus provides an excellent and comprehensive therapy program offering a complete range of Rehabilitation Services on an inpatient and outpatient basis. The Rehab staff includes Licensed Physical, Occupational, and Speech Therapists.

Residents who choose an Independent Living community generally do not require assistance with daily tasks, can communicate with doctors and caregivers by themselves, and desire the relaxed lifestyle found on a seniors-only campus. Our Independent Living community offers apartment-style living, with services such as housekeeping, transportation and activities to help make the most of their retirement years.

Assisted Living services offered at our Campus include the best of both worlds for seniors who need help with personal care and daily activities, yet who wish to retain their independence. Other amenities include three meals per day, transportation, security and emergency call systems, exercise programs, and many social activities.

For more information about Lakewood Senior Health Campus, call (216) 228-7650.

First Federal Of Lakewood And Keller Williams Realty Of Northeast Ohio Enter Into A Mortgage Loan Marketing Agreement

by Jim Heide

Lakewood, Ohio – June 22, 2011 - First Federal of Lakewood and Keller Williams Realty of Northeast Ohio have entered into a marketing agreement for residential lending products. Under this agreement, First Federal of Lakewood mortgage loan specialists will offer mortgage loan products to Keller Williams customers throughout Northeast Ohio, through Keller Williams Market Centers located in Mentor, Pepper Pike, Solon, Stow, Strongsville and Westlake.

In a related move, Heritage Mortgage founder and president Douglas R. Baker, whose company provided mortgage loan products and services to local Keller Williams customers since 2003, has joined First Federal of Lakewood as Vice President, Residential Lending. Mr. Baker will manage residential lending operations and sales for the bank, and will be joined by five former Heritage loan officers who will continue to offer mortgage loan products and services to Keller Williams customers.

"First Federal is pleased to enter into this marketing agreement and to extend our residential loan products to Keller Williams customers," said Gary R. Fix, President and CEO of First Federal of Lakewood. "This will allow us to continue the growth strategy we have been success-

fully executing over the past few years, as we've grown the bank to 18 full-service branches and assets in excess of \$1.3 billion. We have enjoyed a long-term relationship with Keller Williams, and look forward to the opportunity for continued growth together in Northeast Ohio."

"Keller Williams and First Federal of Lakewood share many common characteristics, including our commitment to Northeast Ohio, our business strengths and our growth goals," said John Ludwick, Ohio Area Director and Operating Principal of Keller Williams Greater Cleveland. "Our real estate professionals offer top quality service to our markets, and it was a natural fit to pursue a relationship with First Federal of Lakewood. This marketing relationship brings together two solid companies that have thrived and grown in otherwise turbulent economic times for our industry. We will execute upon our strengths to provide quality products and services for Keller Williams customers throughout the region."

About First Federal of Lakewood

First Federal of Lakewood offers a full array of retail and business products through 18 full-service branch locations in Northeast Ohio and seven First Federal Lending offices throughout Ohio, with total assets exceeding \$1.3 billion. Founded in 1935, First Federal of Lakewood is a community bank with a deep-rooted tradition of financial strength, stability and integrity. Visit www.FFL.net for additional information.

About Keller Williams

Keller Williams Realty of Northeastern Ohio was founded in 2002 and has quickly grown from 1 to 13 office locations. Keller Williams is considered to be the fastest growing Real Estate Company in Northeastern Ohio with 790 Associates. J.D. Power and Associates has awarded us the distinct honor of "Highest in Overall Satisfaction for Home Buyers among National Full-Service Real Estate Firms" for the third year in a row. We remain wholly committed to our localized, agent-centric focus and familial, caring culture. For more information about Keller Williams go to www.kwohio.com.

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Lakewood Business

Breadsmith Of Lakewood, Broestl & Wallis Fine Jewelers

Owners Recognized For Service To Rotary, Community

by Michael Hamed

On June 15, the Sunrise Rotary Club of Lakewood/Rocky River honored Ginius and Sabine Macys, and Jeff Broestl, for their generous contributions to Rotary and their community.

Mr. and Mrs. Macys opened Breadsmith bakery in 2003. For the past two years, members of the Sunrise Rotary Club have been coming to Breadsmith every Friday to pick up leftover bread. The bread is stored in freezers, and distributed at Thanksgiving and Christmas through the Lakewood Charitable Assistance Program. Sunrise Rotary also makes additional distributions to organizations like the Rocky River Assistance Program and various Lakewood churches throughout the year.

Prior to opening Breadsmith, Ginius Macy worked as a computer programmer, and Sabine as an art historian. Mr. Macys' parents emigrated from Lithuania; Mrs. Macys' from Germany. Their parents showed them how to appreciate fresh, hearty bread

in the Old World style from the farms and cities that they visited in their travels. They have carried that tradition to Lakewood, providing crusty European-style and healthy American breads made fresh from scratch daily. Their bakery is located at 18101 Detroit Avenue, at the corner of West Clifton and Detroit.

Mr. Broestl began working in the jewelry business in 1973, when he was fifteen years old. His cousin, Dan Wallis founded the company now called Broestl & Wallis Fine Jewelers in 1966. The company has been doing business in Lakewood since 1987. Mr. Wallis retired in 2007, but Mr. Broestl has maintained the company's excellent reputation. Broestl & Wallis is a full service jewelry store specializing in custom-designed pieces they themselves create. This customized work accounts for nearly half of the company's business.

Over the years, Broestl and Wallis has donated many fine pieces of jewelry, created from diamonds that have been traded in or donated from estates.

Mr. Broestl gives these pieces to organizations like the Lakewood Christian Center (now Lakewood Community Center) and the Sunrise Rotary Club, where they are raffled off. Mr. Broestl asks for nothing in return. The organizations keep 100% of the proceeds raised. He recently donated a diamond pendant to the Sunrise Rotary Club valued at over \$1,400. Broestl & Wallis Fine Jewelers is located at 14410 Madi-



Sunrise Rotary Club President Tim Hill describes the many community service contributions of the Macys.

son Avenue, across from St. Clement Church.

The Sunrise Rotary Club meets every Wednesday at 7:15 a.m. in Umerley Hall at the Rocky River Civic Center, located at the corner of West 210 St. and Hilliard Blvd. New members are welcome to join and participate in its many service projects.

For more information, please contact Gordon Geiger at geigerslake-wood@sbcglobal.net.



Club member Terry Vincent shows off the diamond pendant that Jeff Broestl, right, created and donated to the Club for its recent fundraiser. Mr. Vincent's wife, Candace, was the lucky winner.

Nature's Bin Voted Best Of The West 2011 – Organic Foods

by Mary Johnson

Nature's Bin, a full service natural foods market in Lakewood was recently voted West Shore Live Well "Best of the West 2011" for organic foods.

Nature's Bin was one of the top West Side picks in 57 categories from shop-

ping to dining to healthy living. A "Best of the West" party was held in April at LaCentre Conference & Banquet Facility where finalists were on hand to showcase what has made them the local best. All guests in attendance received one ballot to vote for their favorite in each category.

Nature's Bin was voted "Best of the West 2011" for organic foods. Winners were recently revealed in the summer issue of West Shore Live Well.

"We understand the goodness and health benefits that organic produce and natural foods can offer," stated Scott Duennes, executive director of Cornucopia/Nature's Bin. "We pride ourselves in bringing our customers the freshest, most wholesome foods in the region and being voted Best of the West 2011 is icing on the cake," added Duennes.

In addition to providing customers with organic produce and natural foods, the Garden Center at Nature's Bin carries a wide selection of certified organic vegetable and herb plants. Organic vegetable plants arrive mid-April with a variety of tomatoes, peppers, squash and much more. Fresh organic herbs are available year-round from Mulberry Creek Herb Farm in Huron, Ohio.

About Nature's Bin

Nature's Bin, a full service natural and organic foods market located in Lakewood, Ohio, is operated by the nonprofit, Cornucopia, Inc. This natural foods market serves as a training site for a unique and successful program that provides vocational training leading to employment for people with disabilities. Programs hosted at Nature's Bin serve people with a wide range of severe disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness. What distinguishes the programs at Nature's Bin from other training facilities is the real-work learning environment. Trainees work side-by-side with staff members in all aspects of retail service, facing the challenges and rewards of competitive employment in a caring, supportive atmosphere. Cornucopia/Nature's Bin has been serving people with disabilities for over 35 years.

Summertime On Madison Avenue!

by Christin Sorensen

Have you heard of MAMA? It stands for the Madison Avenue Merchants Association and our goal is to keep the city of Lakewood informed on all the amazing events going on from the east to the west side of Madison. There are so many incredible businesses to check out, some brand new and some that have been here for years. Stop by bella dubby and grab a cup of coffee or a beer and check out the amazing local art that regularly graces the walls. The Cleveland Craft Coalition also hosts craft shows there so you can get your fix of local handmade goodness.

As for dining, there are tons of great places to eat: El Tango Tacqueria, Greek Village and The Red Rose Cafe are just a few of the wonderful places to check out. Don't forget Buckeye Beer Engine either, they have over 100 different fine ales to choose from, not to mention a full food menu. If you bike, make sure to check out Spin, and Westside Skates is the place to buy a skateboard. Westside also offers their own brand of decks, with new colors offered monthly, plus a great shoe and clothing section.

If you are looking for affordable activities, check out Crafty Goodness. Every Thursday they offer "Drop In & Craft" with tons of \$5 projects for

all ages, from kids to adults. They also offer the wares of over 60 different local artists, with a great mix of art, everyday and gift items. Thursday is a busy day on Madison- don't forget to stop by Goddess Blessed for the Thursday Night Meltdown! For only \$20, you get 15 minutes of Reiki and a 15 minute massage. Your chakras will definitely be in order for the weekend! They also offer an extensive selection of metaphysical books, candles and herbs for all your magical and ceremonial needs. Rockflower Art Studio offers a varied selection of art classes, from watercolor to paper mache. There is so much to see and do on Madison!

Be sure to mark your calendars for Saturday, August 20 because the Lakewood Car Culture show will be taking over Madison between Warren and Hilliard! The streets will be teeming with hotrods, muscle cars, live music, food and local art. Definitely an event not to miss. An artwalk is also in the planning stages for August. Don't want to miss out? Follow us on Facebook, www.facebook.com/MAMALakewood, to find out about all the upcoming events.



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Perspectives

The Constitutionality Of Inactivity

“If the exercise of power is allowed and the mandate upheld, it is difficult to see what the limits on Congress’ Commerce Clause authority would be. What aspect of human activity would escape federal power?”

I’ve had the unnerving experience of staring down the barrel of a loaded gun aimed at me, I’ve jumped off a three story cliff into water I wasn’t sure was deep enough to safely accept my fall. And I’ve been on a small boat in stormy seas where the waves were higher than our tallest mast. Many times in my life I’ve faced debilitating fear; for my safety, my health or even just the fear of failure. But after reading the complete context of the previous statement, for the first time in my life, I’m actually feeling a little scared for my country.

“To approve the exercise of power would arm Congress with the authority to force individuals to do whatever it sees fit...”

What makes this scary is that these aren’t the statements of a conspiracy theorist, and they aren’t just some right wing conservative talking point, they’re excerpts from the opinion of Judge James L. Graham of the 6th Circuit Court of Appeals in deliberating the constitutionality of the Patient Protection and Affordable Care Act, otherwise known as ‘Obamacare’. And if that weren’t bleak enough, he’s the dissenting opinion.

As challenges of the bill make their way up to the Supreme Court we can catch a preview of the eventual proceedings by seeing how the lower courts dissect every foreseeable merit and weakness of the legislation. And that’s where, in my opinion, the nightmare begins.

by Bret Callentine

Worse than just the conclusion to uphold the constitutionality is their dangerous twisting of reason through which they arrive at their decision. While I’m not a legal expert, I’ve had more than a few lessons in logic, and, although I was taught to stay away from the fallacy of argument called the “slippery slope” I’m seeing it played out right before our very eyes in the ever expanding right to control our lives that the courts are granting Congress.

“To approve the exercise of power would arm Congress with the authority to force individuals to do whatever it sees fit...”

Judge James L. Graham

While there have been many small steps towards expanding the reach of Congress since the country was founded, the biggest single leap, until now, arguably came in 1942 with the Supreme Court ruling in the case of Wickard v. Filburn, whereby the court decided that a farmer growing his own crop for his own consumption still affected interstate commerce. Since growing more of his own wheat meant he was purchasing less on the open market he was affecting the overall consumption and price and therefore susceptible to federal regulation.

Using that broad a definition, there was very little Congress didn’t have control over. With that expansive an authority, who’s to say they couldn’t also be allowed to limit how many meals you make at home, since, every peanut butter and jelly sandwich represents one less Big Mac you might buy, thereby affecting McDonald’s interstate commerce and Congress’ ability to regulate it.

ulate it.

After that ruling, the commerce clause was pretty much boundless, except for one big restriction. While Congress could now control just about everything you were doing, until Obamacare, they had never really tried to control what you weren’t. But, no longer is the argument about just regulating the market, what’s at stake now is your very freedom to choose whether or not to participate in it.

tem. The schools get millions of dollars from proceeds of the lottery. Government has the right to raise taxes to in order to fund the schools. So, therefore, and to that end, the government has the ability to make everyone buy more lottery tickets.

Whether or not you think the healthcare system needs an overhaul, is this truly the extent to which we’re ready to cede power to the federal government to get it done? Judge Boyce’s decision breaches the final wall on the limits of the commerce clause by granting government the authority not just to regulate activity but now mandate it as well.

History has no shortage of examples of the failures of governments that try to control market costs for some greater good to society. But this reaches beyond even that. Congress isn’t trying just to control costs; they’re trying to control us. But this time it’s not because of safety or security, it’s because they think it will promote the general welfare or somehow aid us in our personal pursuit of happiness.

Regardless of the fact that there’s no proof that this healthcare plan will provide any of the benefits it intends, the 6th Circuit Court of Appeals is suggesting that Congress has the right to make us buy something we might not want, in order to help pay for something we might not use, all because someone we might not know, might not be able to afford something they didn’t plan on needing, but demanded the right to have anyway. And that, Congress tells us, is too much of a risk to take. With all due respect to Mr. Boyce, I still believe that our Constitution says that we, the people, should be the judge of that.



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LO Opinion

Who Is Sharing The Shared Sacrifice?

There has been much talk lately about the necessity of a shared sacrifice in regard to our current state and federal budget deficits.

Unfortunately, there is a skewed definition of shared sacrifice emanating from our capitals and statehouses whose reverse-Robin Hood agenda proposes sacrifices almost entirely from the poor and middle classes to pay for tax breaks and tax loopholes for corporations and the rich.

Instead of cutting state and federal budgets, the United States should crack down on the corporate tax dodgers thumbing their noses at us.

Across the nation, states are making deep cuts that will wreck the quality of life for the majority of us to close budget gaps that total more than \$100 billion.

But there's a more sensible option. Overseas tax havens enable companies to pretend their profits are earned in other countries like the Cayman Islands. Simply making that ruse illegal would bring home an estimated \$100 billion a year.

The next time you read a story about some politician moaning that "there's no money" and "we have to make cuts," just point to artful tax dodgers in our midst.

They include some of the banks that trashed the economy but gladly took our tax dollars to stay alive after the economic meltdown. Bank of America received \$45 billion. Wells Fargo received \$30 billion. Citigroup received a whopping \$50 billion. Yet they paid little or no taxes?

by Chris Perry

Goldman Sachs took a \$10 billion taxpayer bailout but then gamed its effective tax rate down to one percent through what its shakedown-artist executives call "changes in geographic earnings mix."

Next time you see that FedEx delivery van go by on the roads you paid for think about that fact that they paid zero taxes in 2010, as they claim they do the majority of their business on some 20-square mile piece of real estate in the

Pharmaceutical giants have rigged and raided our national research and development apparatus to such a degree that we spend more on subsidies for designer drugs for healthy people than we do on a cure for cancer.

Those of us who pay sales taxes and have income taxes withheld from our paychecks will bear the brunt of state and federal budget cuts in schools, public transportation, public services and recreational facilities. Our most vulner-

infrastructure, renewable energy).

And it means addressing the real source of our long-term debt crisis: not Social Security or Medicare as peddled by the deficit hawks and austerity pushers, but rather our bloated corporate welfare and tax-evading state and our broken healthcare system dominated by colossal and powerful drug, insurance and hospital corporations and their armies of lobbyists, that costs more than twice as much per capita as the health systems of any other industrialized country and producing worse results.

I have always believed that the arc of American history trends toward justice and that the greatness of the people of America is our ability to repair our faults. Unfortunately, justice often comes after far too much misery is endured.

I propose that we undertake this repair. The first step is to accept the need for repair. We might be guided by an insight offered by Franklin Roosevelt: "We have always known that heedless self-interest was bad morals, now we know that it is bad economics".

The hard truth is that inequality is economically as well as socially harmful. Stark inequality and extreme concentrations of wealth breed stress and social isolation and sickness. An ever-growing mountain of evidence indicates that inequality was a key driving force behind the latest financial and economic collapse. And the historical evidence is clear: inequality undermines economic growth.

The fact is that we are interdependent, and social investments that help our neighbors almost always end up helping us as well. Ask your father and mother (or grandparents) what Social Security means to them, or how their lives changed when Medicare began shielding them and their parents from catastrophic medical bills, foreclosure and premature death.

In a democracy, if we sit back and just grumble, we get what we deserve--perpetual corporate welfare.

"We have always known that heedless self-interest was bad morals, now we know that it is bad economics."

Franklin Roosevelt

able family members and neighbors will suffer thanks to cuts in schools, nutrition, mental health services, elder care and Medicaid.

Boeing, you want another billion dollar contract for a taxpayer-funded military jet? Your bottom line is comprised of over fifty percent of U.S. tax-payer funded defense contracts, yet you claim that the majority of your business is not done here? You could fly a 747 jet through that tax loophole.

These global corporations will complain that forcing them to pay their fair share of taxes will "kill jobs." Let's be clear: the patriotic businesses that currently pay their taxes and have to compete against these tax dodgers are the employers we want. It undercuts American jobs for domestic banks, retailers and manufacturers to have to compete against companies that can game the tax system. There are many businesses in this country that are doing the right thing.

If we really desire a meaningful state of shared sacrifice in which we all pay our fair share, we need a clear strategy to rebuild the economy and to revive the middle class.

This requires making the investments vital to our future by taxing what we have too much of (financial speculation and extreme concentrations of wealth) and investing in what we have to little of (education, new and improved

Atlantic Ocean. I say to FedEx, don't pretend you're not making billions in the U.S. and don't lie and tell us you made all those profits on some island with more palm trees than people. We know the demand for coconut delivery is not that big, but we know that the demand for U.S. corporations to pay their fair share is.

These corporations are heavy users of our taxpayer-funded public infrastructure and property rights protection systems. They use our regulated marketplace; call upon our law enforcement and legal systems to remedy disputes. They're protected by U.S. police forces and firefighters. They enjoy all the privileges and benefits of tax-paying citizens. They just don't pay their fair share for them.

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Pulse Of The City

Our Centennial City- Lakewood And The Civil War Lakewood’s Blue Ghost Army? The Grand Army of the Republic Highway- US Route 6 (Clifton Boulevard’s Other Name)

by Gary Rice

You might be able to hear their quiet footsteps in the gray hours just before dawn, or perhaps at the onset of dusk, marching or perhaps only walking... along Clifton Boulevard... going somewhere and yet nowhere in particular. A commonly held belief about ghosts is that these restless souls, having suddenly perished, have business that they want to finish yet never will. So quite possibly they remain among us, perhaps in some fourth dimension, hoping to resolve questions that, of course, can never be resolved.

We have a highway in Lakewood dedicated to an entire army of such ghosts. These would be the fallen Union soldiers of the Civil War, and the road dedicated to them that was once America’s longest national road is U.S. Route 6--The Grand Army of the Republic Highway. If Civil War ghosts would congregate anywhere, it would be logical to assume they would be located at such a place dedicated to their service... and to their memory.

We all have our own thoughts concerning the existence of ghosts, but in the gray light of dawn, or as the twilight of summertime dusk settles in, while standing at the side of nearly vacant Clifton’s wide expanse, the imagination takes flight...or is it...imagination at all? The moving shadows and shuffling sounds...was that the wind...or something else entirely?

The highway passes by Lakewood’s historic Abraham Lincoln school, itself situated over the remains of a former tunnel leading to the lake that may well have been used by escaped slaves in the days of the Underground Railroad. Ghosts in our midst? You decide.

After any war, there is a strong effort by the survivors, and particularly the victors of a conflict, to memorialize their deeds and to remember their fallen. At the close of the Civil War, virtually every community in our country had been adversely affected by the conflict, as over half a million Union and Confederate soldiers perished, a greater number of soldiers than in any other war involving this country.



Clifton at dusk. What’s coming up the road? Probably not Jeb Stewart’s cavalry! See any ghostly anomalies? (Photo by Gary Rice)

Monuments on public squares and village greens sprouted like daffodils, as did the many cemeteries, homes and hospitals that addressed the needs of the less fortunate participants of that sad period in our nation’s history. The beautiful and timeless Ohio Veterans Home in Sandusky marks but one of the effects of the outcome of that conflict. Two Civil War cannon and a beautiful monument still guard the quiet dignity of the beautiful municipal Spring Grove cemetery in Medina, where a number of Union veterans are buried.

A scant thirty years after the Civil War, the automobile came along, and with it the need to expand our nation’s highway system. Prior to the automobile, roads were often plain mud, cinders, or gravel, and a motorcar’s speed necessitated the development first of better road surface technology, and then--just as important--more roads and a support system to keep the cars running on them.

Shortly after the turn of the 20th Century, local, state, and national leaders began to develop the concept of a national highway system. As covered wagons had traversed the country just a few years before, the hope was that before long there would be coast-to-coast highways that Americans could travel with automobile service stations

every few miles, along with places to rest and recuperate.

Those highway systems developed numeric route identification numbers, but they were also sometimes known by stirring names. The Lincoln Highway, for example, cut through Canton, Wooster, and Massillon here in Ohio on its way to the West, and our own U.S. Route 6, The Grand Army of the Republic Highway, sliced right through Lakewood. Of course, these highway systems began in the East, so it took a number of years for them to be finished enough to cut through

Ohio. By 1937, U.S. Route 6 was designated a transcontinental highway, and was in fact the longest transcontinental road in America at that time, even if parts of it were not yet paved. By 1952, the roadway was paved throughout its length. Another famous highway was U.S. Route 66. That roadway began in Chicago and went through the southern part of the country before ending up in Los Angeles.

Of course, just a few years later, President Eisenhower got the ball rolling with America’s 4-lane interstate highway system after seeing the military effectiveness and civilian convenience of similar roads in Germany in WWII. After the interstate highways came along, many of the old routes more or less faded into oblivion.

In Europe, buildings, roads, and landmarks last for many centuries. Lakewood’s history, in contrast, barely spans five generations. Often, our culture seems to have little respect for the past. Yesterday’s dreams are so often cast aside when some new idea comes along.

But along Clifton...in that dim light just before dawn, or at the close of day...perhaps it would not be so far-fetched to imagine there are thousands of spirits who perpetually remember... and perpetually walk that highway, giving an entirely new dimension to the pulse of this city.

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Broadway At The Beck: Hairspray

by Lauren Fraley

Welcome to the 60s! ...or at least the caricaturized version, where “The Corny Collins Show” is all teenagers care about (other than their hair of course) and race relations in 1962 are fixed with good old song and dance! Beck’s production of Hairspray is just plain fun- palpable, intoxicating contagious, fun.

As the first locally produced professional production of Hairspray, this show accomplishes a lot. The set, lighting and costumes are generally well-suited to the style of the show and the choreography uses clever and complex formations, but it’s the individual performances that stayed with me at the end of the night.

I was thrilled to see Laurel Held in another Beck Center production (she played Amneris in the Beck’s production of Aida about 6 years ago). She brings a unique physicality and vocal quality to her role as an overbearing and manipulative producer of “The Corny Collins’ Show” and nails the comic timing as a character you love to hate. Baldwin Wallace student, Antwaun Holley, is equally impressive and charismatic as Seaweed, one of the black dancers whose soulful moves are pushed to “Negro Day” on The Corny Collins Show due to the segregation of the day. Tina Stump rounds out the cast as his mother, Motormouth Maybell, by making a completely nondescript character absolutely sparkle with her charisma top-notch vocals that leave the audience roaring with applause.

The show’s protagonist, Tracy Turnblad, played by Brittany Lynne



Cody Zak as Link Larkin, Brittany Lynne Eckstrom as Tracy Turnblad, and the Company in Beck Center’s production of Hairspray, now through August 14 on the Mackey Main Stage. Hairspray Photo Courtesy of Kathy Sandham

Eckstrom, is sweet and vocally demure. I completely believed her sincerity towards her self-conscious mother and childlike innocence towards her new-found friends who dance on “Negro Day”. But if you’re like me and feel like joining in the big dance numbers, then you’ll be left begging for a bit more chutzpah while she says she’s “gonna shake and shimmy it the best that [she] can today.” Still, she’s an endearing hero who I found to be a welcome guest at the heart of the show.

But the highlight of the night is the hilarious love duet in a fully committed performance by Mark Hefferman (playing Tracy’s father) and Beck Center favorite, Kevin Joseph Kelly—playing Tracy’s mother. It has been about a year

since the Beck’s production of The Producer’s, so Kevin Joseph Kelly was about due for another uproarious performance in drag on the Beck’s main stage again...

Matthew Ryan Thompson plays host, Corny Collins with confidence and finesse, but would have also no doubt nailed for the role he was understudying- heartthrob Link Larkin. Although the actor assigned this role struggled with pitch issues, he, along with all of the other young dancers on the “Corny Collins Show” are well-suited with their camera-ready smiles. This is largely thanks to smart strategy on the part of Scott Spence who placed Hairspray in July, snagging many Baldwin-Wallace and Kent State musical theatre conservatory students for the cast during their summer breaks. It will be extremely exciting to see what this partnership with B-W holds for the upcoming season’s production of Spring Awakening.

If you can’t get enough Hairspray, check out one of these selections below,

as well as Beck’s suggestions for further reading in their display case just outside the Mackey Mainstage that are also available at the Lakewood Public Library.

Hairspray: Starring Ricki Lake, (yes, you read that right) this is the original movie that this musical is based on. No promises that you’ll enjoy it, but I always enjoy stirring up the blood with a good B-movie every once in a while.

Bonus! Hairspray composer Mark Shaiman released a 3 minute mini-musical about California’s Proposition 8 on FunnyOrDie.com starring Maya Rudolph, Jack Black, Neil Patrick Harris and more. It received 1.2 million hits on the first day it was released, so join the crowd!

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

Beck Center’s production of Hairspray is produced through special arrangement with Music Theatre International (MTI) and is sponsored by West Roofing Systems, Cox Communications, the Ohio Arts Council, and Cuyahoga Arts and Culture.

Beck Center for the Arts is a not-for-profit 501(c)3 organization that offers professional theater productions, arts education programming in dance, music, theater, visual arts, early childhood, and creative arts therapies for special needs students, and gallery exhibits featuring regional artists.

Student At Virginia Marti College Of Art And Design Receives Award From The Lakewood Arts Festival

by Marlene Kobzowicz

This award was open to a current student, enrolled for summer at the Virginia Marti College of Art and Design. Students were to have worked on an extracurricular project for a Lakewood non-profit or was currently working with a Lakewood non-profit on an extracurricular project these being directly related to their field of study at VMCAD, while holding a GPA of 2.8 or above within their course of study.

The winner of this award went to graphic design student and Lakewood resident, Janet Simonovich. Janet was awarded \$500, which was given to the financial aid department in June 2011 to be applied toward her tuition cost. Janet felt that being chosen for this award

would validate what she believes to be an essential part of humanity that is at the core of her existence. She recognized the need to give back to the community and began by volunteering at the East Cleveland YMCA educating young women on health issues relating to teen pregnancy. She also took on a project here in the City of Lakewood. Janet states in her application, “I will continue to give back to the community in which I live, work and play. Being able to contribute especially within the education system as it relates to the arts is always a privilege to me. Receiving this scholarship will demonstrate to myself and others that this should be a necessary part of everyone’s life.”

Janet’s contribution to a Lakewood



Janet Simonovich’s passion for design combined with her dedication to Lakewood was recognized by the Lakewood Arts Festival in the form of a scholarship award.

non-profit was creating a t-shirt design for Hayes Elementary School, depicting the historical features of the building before the renovation process took place. She also became involved with the Hayes Drama Club, initially helping with the set designs for their plays, which led to volunteering as the graphic designer for each play’s program cover, along with the accompanying t-shirt design that changes with each production. She works side by

side with the Drama Club President, the t-shirt printer, and the elementary school students to produce events that are always quite memorable for everyone.

The Lakewood Arts Festival awards scholarships and community grants made available through individual contributions, corporate contributions, and tee shirt sales at the Festival. This year’s Festival will be held on Saturday, August 6, from 10 a.m. to 6 p.m.

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Lakewood Living

Eating Disorder Awareness Is Crucial

by Maria Keane

My name is Maria Keane; I am 44 years old, married and a mother of two teenage daughters and a 21 year old son. I was born in the Philippines and came to the United States at the age of 2. I was raised in an ethnic neighborhood in Cleveland and have been a resident of Lakewood for the past 18 years. I currently manage a Pulmonary Medicine office in Lakewood, and actively participate in volunteer programs for the Lakewood school system. I am pretty much your average every day woman, other than one lifelong burden.

For 26 years I have struggled with an eating disorder, much of it in secret. This disorder took different forms, Anorexia/Bulimia and alcohol abuse. Unaware, my disease became more important to me than the people that I loved or cared for me. At the same time trying to keep a happy face while maintaining a normal existence.

At the age of 16 is when the symptoms of my eating disorder started to surface. I understand now after 26 years of bingeing, purging, and restricting food, that I wasn't some freak of nature that had this disgusting behavior. It has become clear to me that the seed was planted at the age of 8 years old when I was sexually abused by the sons of close family friends. I have gone through many dysfunctional and abusive relationships throughout my

life. For the majority of my life I lived in fear and self-hatred. I thought the solution to my insecurities was to lose weight and look perfect so that no one would ever know the pain and ugliness I felt about myself. By focusing on my weight and controlling what food goes in and out of my mouth and also excessively drinking alcohol, helped me relieve the unbearable pain that I felt every day of my life. One thing I was good at was hiding this deadly disease, especially from my family and friends. I had no control over the behaviors, who I was or how I was living my life. It's a terrible addiction that takes on a life of its own. My disease was deeply affecting the people who meant the world to me, my husband and children.

When I left Cleveland Hopkins airport and I saw my two little girls, my son, my parents and my husband crying, I thought to myself, "What the heck am I doing on this plane to Arizona?" I felt so alone. I walked into Remuda Ranch and I was convinced that this was not a place for me to be, "I'm not sick enough to be here, I'm the biggest person here." The first week was awful; I missed my family so much that it hurt physically. I begged my husband to let me come home. Remuda saved my life, the staff, my treatment team and the amazing women that I lived with for 45 days helped me build a foundation for my journey to recovery.

I realized that even though I looked okay, my eating disorder was slowly taking my life away. I realized that I was worth fighting for. It took some time for me to put the pieces together and I had to go through a lot of pain and past trauma to unravel the shame and disgusting feeling I had deep inside of me. I also needed to let go of the anger I had towards God and believe that he didn't have my abuse planned for me but would use my trauma for something good in the world. So I let go of the shame and let God into my heart. I can't say I'm completely cured and I won't struggle, but I am determined to fight my eating disorder head on and beat this deadly disease that took so much valuable time out of my life.

With the help and support of my amazing husband and children, family and friends and the understanding of a wonderful boss, I was able to complete this intensive program and start a new life without the chains of my eating disorder. I never believed that life could be as incredible as it is today. I am blessed to be alive. I am an advocate for eating disorder awareness and I speak to Lakewood middle school students and high school students addressing issues such as bullying, respecting individuality, self-worth, the dangers of an eating disorder, and loving who they are and being real.

Treatment is very expensive and

most insurance companies offer little to no coverage towards treatment. That is why we are inviting you to the First annual Free to Be Summer Fund-raiser on Saturday July 16 from 3-9pm. Proceeds will support the Free to Be Scholarship fund to assist those in need that might not be able to find funding for proper treatment they need to recover from their eating disorder.

Be Free... Come join us at one of Cleveland's hottest spots on the West Side, Around The Corner Saloon and Cafe at 18616 Detroit Avenue, to help spread awareness of eating disorders, which has the highest fatality rate of all mental health disorders.

Tickets are \$30 in advance and \$35 at the door and include entrance, all you can drink drafts, and all you can eat pizza and wings 3-6pm. Stick around from 6-9pm to enjoy live music (The Burning River Ramblers and The Rob Duskey & the Rounders) raffles, and some special guest bartenders!

All proceeds from this event benefit will go towards "Free To Be's IOP Scholarship Program" - Helping those who struggle with eating disorders receive treatment.

For advanced ticket purchase, please email me at - keanemaria30@sbcglobal.net or call 216-570-5359 -or- Mary at - mrobinson.ggnc@gmail.com.



Francisco Molina, better known to his friends as Cisco, currently rides a gun-metal gray Miyata road bike that he fixed up after his uncle found it in the garbage. The salvaged bike, picked up about eight months ago, was in decent shape except for the wheels and tires, which Cisco replaced during the repair.

Cisco is a Lakewood High School student who has lived in the Cleveland/

Francisco Molina

by Erika Durham

Lakewood area for his entire life. His dad first taught him to ride a bike around the age of four, and he has never looked back. As payment for helping a friend's dad re-do the roof of their house, Cisco received his first road bike, a laser-green Echo that he rode everywhere for the next few years. It met its end just after a winter season of riding and weather damage, when the down tube snapped completely off from the head tube.

Cisco estimates that he rides at least 15 miles a day, using his bike as his only form of transportation. In fact, he doesn't have a driver's license and has no intention of getting one. Like Tom Stover, Cisco is an all seasons rider, never

dissuaded by snow or rain. Most of Cisco's friends ride bikes too, all part of the next generation of what I hope will be motor vehicle-free people. They're definitely on the right track, and seem to be very conscious about the effect of their decisions on the rest of the world.

One of Cisco's longest bike trips so far was a three-day, two-night trip to Pittsburgh with his friend Dave to visit some family. Their course began on the towpath at Steelyard Commons and followed it through Kent, then proceeded on back-roads into the city. The thrill of the trip has stayed with him, with plans for a ride out to either Colorado or Oregon in the works after graduation.

The only complaint Cisco has about the biking lifestyle is the poor quality of some local roads, especially after the damage caused by road salts after the winter months. These have resulted in countless flat tires, as well as damage to his bike frames.

Cisco is also becoming a great musician and has begun a start-up business doing garden preparation and

yard-work with a friend. Always up for a good chat, Cisco is a great person to come into contact with. At my request, Cisco penned a lovely haiku, which is what I'll leave you with, until next time.

*Cruisin' down the street
Gettin' where I got to go
Lovin' my two wheels.*



photo by Cisco's cousin from Cali, Emilio Schaffer

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Lakewood Living

A Tale Of Two Teachers

by Gordon Brumm

Long, long ago but not too far away— if memory serves, it was at Harding Junior High School— I was taking an algebra course with a teacher of stern and rigid principles. I don't remember her name, and I don't want to guess, lest I slander the innocent. I will simply call her Miss Straitjacket.

The subject under discussion was negative numbers. Miss Straitjacket said something to the effect that minus 2 is less than plus 2. I raised my hand said, no, minus 2 is the same quantity as plus 2; they only have different signs. I could have mentioned that minus 2 multiplied by minus 2 is plus 4, but I didn't. I rested content with asserting an obvious truth.

Did Miss Straitjacket commend me for my insight and initiative? No, she did not! Instead she viciously berated me and ridiculed me for daring to put forth such a nonsensical proposition. I said nothing. I just sat there and took it. Needless to say, I didn't believe a word she said.

Down through the decades, hardly a week has gone by when I haven't thought of that incident. Until recently, the meaning was beyond dispute: Miss Straitjacket hadn't really mastered her subject, and the insecurity resulting from this or other faults led her to commit an inexcusable attack against any student – such as me – who would even slightly challenge her authority.

Then, a few years ago, I was looking over my Income Tax form. I happened to glance at the instructions for a certain calculation, and I saw the following: "If the result is less than 0, write 0." So from the IRS point of view, minus 2 is less than 0, and therefore less than plus 2!

That put a new light on the incident. Miss Straitjacket's sin, in addition to the unconscionable personal attack, was failing to recognize a teachable moment. She could have pointed out that for some purposes minus 2 is less than plus 2, while for other purposes they are the same quantity with different signs. It all depends on the situation, and we need to reason out what the situation requires. (Thus she would be anticipating the philosophy of the estimable Wittgenstein, but that's another story.) She didn't say that: however, because she was Miss Straitjacket and she had a ready-made set of beliefs for us to accept.

In sharp contrast to my memory of Miss Straitjacket is my memory of another teacher, Margaret Warner (AKA Maggie), from whom I took a high school course in Modern European History.

Of the many virtues of Miss Warner's course, perhaps the one I remember most is the text she assigned, Carl Becker's history of modern Europe. How I relished that book! I still remember my pleasure in reading how Bismarck pre-empted the Social-

ists; how the crowned heads of Europe and their ministers danced the nights away at the Congress of Vienna after they had spent the days plotting the suppression of Europe's masses; how Gladstone and Disraeli dueled with one another through the decades; how the Man on the White Horse scared French republicans (no, it wasn't Napoleon). But alas- those are surely lost glories, for Carl Becker must have died long ago, and his textbook must be out of print. I feel so sorry for the students of today, deprived of Becker's text because the assignment of old textbooks is considered cause for shame.

A more important addition to my education was Miss Warner's teaching me how to outline the course material. This was more important than I realized at the time, for it was one of only two glimpses into the ways in which our thoughts are structured so as to promote clear and effective thinking— the premise-conclusion form of geometric proofs being the other.

Learning how to structure our thoughts— how to recognize the relation between one idea and another, how to recognize premises and conclusions and so on— is not to be confused with "learning to think for yourself." Of course we would like to think for ourselves instead of having our beliefs and decisions handed out for our submissive acceptance. But if we are to

think for ourselves, our thinking must provide a better product than the stuff that's handed us. After all, what good does it do to think for yourself if your thinking is misguided, confused, and ineffective? And if we are to avoid misguided, confused and ineffective thinking, we need to analyze the unformed mass of information swirling around us and follow our ideas down the path of logical reasoning.

So we need more Margaret Warners in our classrooms. Or even better, we might make the art of good thinking part of the overall curriculum, incorporated into existing subjects. Introduction to the notion of reasoning and its components, on the most elementary level, might begin around the fifth grade. Further instruction in recognizing arguments would continue through the eighth grade and introduction to definitions, unstated premises, analysis of issues (questions), fallacies, and such concepts as hypotheticals and counterexamples would continue through high school. But I digress into the realm of fantasy.

Still, it is not beyond the realm of possibility that some day, somewhere, good reasoning will be recognized as a pearl of great price, worth recognizing as part of our proper educational objective. Maggie Warner would approve. Miss Straitjacket wouldn't even have to know.

Off To The Races The Lakewood Criterium
Come Sto Lakewood's West Side
continued from page 1

Competitors include racers of all ages and skill levels. Races begin in the afternoon with events for beginning and intermediate licensed riders, older riders, and women, as well as open categories for non-licensed adults. There's a race for messengers and others riding single speed and fixed-gear bicycles. There's also a children's race to give kids ages 5 to 12 a chance to test their speed on the same course.

The main event is a race for USA Cycling licensed riders who, by their record in prior competition, have attained Category I-II-III status—the top levels of amateur cycling competition in the U.S. It will feature some of the fastest riders in the Midwest. The riders

will complete dozens of laps around the course as they chase the top prize. With six corners, a fast downhill stretch, and a slight climb, the course offers plenty of thrills and opportunities for race strategy to play a role in the competition.

Linkemann and Team Spin worked with the Lakewood Chamber of Commerce to organize the race. A committee of business owners from the West End formed in support of the event, offering sponsorship and other help. Lakewood Chamber of Commerce president Patty Ryan gives credit to the host neighborhood. "The West End has always been a dynamic district known for eclectic shops, entertainment, and dining venues. It was a logical location for the Lakewood Criterium."

The city has welcomed the race with open arms. As Mayor Mike Summers says, "Our community continues to reflect its abundant energy and zeal for its vibrant lifestyles."

Limkemann adds, "I hope this is the first of many annual Lakewood Criterium events."

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2:45	Category 4	\$500 / 8	
3:45	Women	\$400 / 8	
4:45	Fixie / Sing Speed	\$100 / 3	
5:15	Kids (ages 5 – 12)	T-shirt	
6 p.m.	Category 1/2/3	\$1000 / 15	

Looking For My Father

by Edina Demirovic

My birth name is Edina Cosic. Im looking for my father. I hope he is there. Please help me.

Edina Demirovic is looking for her father, Mustafa Cosic. He is 69 and according to Edina his last known address was 1446 Mars Avenue. If you have any information about Mr. Cosic and his current whereabouts, please contact Edina through city.editor@lakewoodobserver.com. Thank you!

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