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Volume 7, Issue 16, August 9, 2011

Update From Mayor Summers

On Recent Power Outages



The Criterium was a major success. Results and images on page 12. More images online at <http://lakewoodobserver.com/photoblogs>

Lakewood Receives \$250,000 In Neighborhood Stabilization Funds

by Christina Lincoln

More recognition and another reward for the City of Lakewood! Cuyahoga County held a call for proposals for Neighborhood Stabilization Funds- \$250,000 for the top proposal and \$150,000 for the second. We are proud to announce that, through the hard work of the Planning and Development Department, the Division of Community Development and Melinda Burt, our

city has been awarded \$250,000 to invest in our community.

The Neighborhood Stabilization Program money, as well as other investments by the city, will be felt in a core part of Lakewood. The area bounded by Ridgewood and Clarence, Detroit and Madison, has been hard hit in the recession and this money will go a long way toward acquiring homes that have been abandoned in

continued on page 23

Shamrocks Are Four Corners Champs Again



by Brian Powers

The Lakewood Shamrocks are once again champions in the Four Corners girls' fastpitch softball league! The Shamrocks ended the regular season tied for first place in the Under 12 division with a record of 13 wins against only two losses. The girls then swept the playoffs with a perfect 3-0 record, winning the championship game on July 29 against a very tough team from The Sandlot.

The Shamrocks include (bottom row, left to right) Vanessa Setta, Natalia Mephram, Claire Petty, Maggie Wagner, Olivia Mastroianni, Ceci Wagner, Molly Powers, (top row, left to right) Caroline Saracina, Bridget FitzGerald, Allyson Scott, McKenna Jablonske, Anna Fox, Carly Lauch, Grace Kormos, and (not pictured) Claudia Becker. The team was coached by Dan Saracina and Brian Powers.

by Mayor Mike Summers

I wanted to update our residents on the recent power outage situation in Lakewood and let you know we are working with the electric company to try to resolve the issues we are having. I met with Trent Smith, President of The Illuminating Company, on July 27 to discuss the situation. The Cleveland Electric Illuminating Company (CEI) is a First Energy subsidiary and delivers the electrical power to the entire city of Lakewood. We had a frank discussion about the condition of our power supply and the outages Lakewood experienced last week. Mr. Smith was very interested in understanding what our specific experiences were. I was able to relay this experience thanks to the many, many calls and messages received from our affected citizens. It was very helpful to know the frequency and duration of the outages which were reported in many of the messages. Mr. Smith reported that CEI used thermoscan technology to identify five critical circuits that need serious attention. An additional 18 circuits are being reviewed. Additionally, a review of the substations, including Lauderdale, is being conducted.

The root cause of the electrical outages was a July 19 storm which produced 5 inches of rain in two hours. This rain caused flooding in the electrical substation in Brooklyn. Pumps are used to deal with a situation like this, but the pump size and discharge pipe size were unable to deal with the volume of water. CEI is redesigning this pump system and is also working with Brooklyn to identify a better place to discharge the water. As a result of the serious damage to the Brooklyn substation, electricity had to be redirected to other circuits. In doing so, CEI overloaded another smaller substation, which caused an outage to 43,000 Lakewood customers for an average of 93 minutes.

Things were complicated further when a Fault malfunctioned and overloaded equipment and power lines at



Children from Lakewood Hospital's Day Care program were on a tour of the Fire Station and stopped to watch the concrete footer being poured on the 9/11 monument.

Our Zoo To You!



Our Zoo To You: Terri Wise shares an animal with the crowd at the Lakewood Public Library on July 22, 2011.

the Lauderdale substation on the corner of Lauderdale and Madison. This caused additional outages, and power had to be redirected again. In addition, the extremely hot days during this stretch placed increased stress on the redirected circuits and all other circuits as well. The average temperatures during the days were in the mid 90's and night time temperatures remained warm as well, preventing the transformers from adequately cooling off. Overall, high temperatures all over the country put the electrical demand in the United States at record setting levels. A further complication is the normal, gradual increased demand over many years that today's average households place on the elec-

trical grid. Putting all of these factors together - prolonged extreme heat, torrential downpours, and excessive demand for power - caused an extreme situation which resulted in extreme power outages.

Our discussions with CEI aren't over. We will continue to work with them to try to improve service in the City of Lakewood. Mr. Smith and I agreed to meet in the middle of August. At this meeting, representatives from CEI including Mr. Smith and his engineering staff, along with our Police Chief, Fire Chief and Public Works Director, will meet to provide CEI with a better understanding of what's going on in Lakewood, and to extend our support and knowledge to help CEI do its work.

Calendar Page

Wednesday, Aug 10
Wednesday North Union Farmer's Market
10 AM - 1 PM, Kaufmann Park Parking Lot behind Drug Mart, 15412 Detroit

Thursday, August 11
Dairy Queen Miracle Treat Day
11:00 AM - 10:00 PM, Detroit Ave.
Kids love DQ and the feeling is mutual. That's why \$1 or more from each Blizzard Treat sold at participating locations will help sick and injured children at your local Children's Miracle Network Hospital. Since 1984, DQ has raised over \$86 million for Children's Miracle Network Hospitals.

Friday, August 12
Downtown Lakewood Friday Night Front Porch Concerts
7 - 9 PM, Lakewood Public Library Front Porch, 15425 Detroit Ave.
8/12: 15 60 75 "The Numbers Band" has been praised by almost every national music publication and several international publications since the beginning of their 30 years of live performances and recordings; 8/19: Diana Chittester - Acoustic, folk and indie music solo act that sounds like a 4 piece band!
Hairspray Musical at The Beck Center
8 PM, Mackey Main Stage, Beck Center for the Arts, 17801 Detroit Ave.
Shows on Friday & Saturday 8 PM & Sunday 3 PM. 521-2540.

Friday Night Flick at Madison Park - Toy Story 3 (PG)
9:30 - 11 PM, Madison Park on Madison Ave. Come join us for this free movie in the Park. In the event of rain, the movie will be shown at 8 PM in the Lakewood City Hall Auditorium, 12650 Detroit Ave. Call 529-6650 on movie night or tune into Lakewood Radio 1660 AM.

Saturday, August 13
Saturday Lakewood Farmers Market
10 AM - 1 PM, City Center Plaza, near intersection of Warren & Detroit
Dog Days of Summer Dog Wash
10:30 AM - 2:30 PM, Nature's Bin, 18120 Sloane Ave.
Petite to Small dogs \$10. Medium to Large dogs \$15. Nail trimming services will be available for an additional cost. All proceeds benefit the homeless animals at the Lakewood Animal Shelter. Complimentary doggie treats and raffle prizes! Nature's Bin "Hound Dog Cafe" will be open for grilled items and refreshments. Rain date: Sunday.
Love Lakewood Fest!
12 - 4 PM, The Masonic Temple Parking Lot 15300 Detroit Ave.
Lakewood New Life Church will be hosting a back-to-school event for the whole family that will include live

music, food, games, face painting and a bounce house. We will also be giving away FREE backpacks filled with school supplies for children returning to school in the fall. The backpacks will be distributed first-come, first-serve until they are gone. Let's Love Lakewood is an event intended to give back to the community and provide summer fun for people of all ages.
Teenage Women's Self Defense Seminar
1 - 4 PM, Lakewood Family YMCA, 16915 Detroit Ave. 521-8400
Program is designed for high school and college aged females. A physically interactive program to provide information, technique and practice to women for defense against an attack. \$15/Y member; \$30/Y program member.
Ladies Night At Beshe`
7 - 10 PM, Beshe` 13346 Madison Ave
In honor of Beshe`s grand re-opening, Nicole Flagg will be hosting a fun "Ladies' Night". The event is open to the public. RSVP by August 10 for a special discount. You may do so by calling 925-7424, in person at the boutique or via Facebook at Beshe` Bath and Body.
Dive-In Movie at Lakewood Park Pool
9:30 - 11 PM, Foster Pool at Lakewood Park, 14532 Lake Ave. Moviegoers will enjoy watching "Finding Nemo" as they float in the pool or sit on the deck.
Sunday, August 14
Summer Band Concert-Ki Allen, Lady Jazz 7 - 8:30 PM, Lakewood Park Bandstand, 14532 Lake Ave. Free concert in the park.
Monday, August 15
Drug Mart Wings for Wishes!
9 AM - 10 PM, all Drug Marts
Help a local child's wish come true by donating unused frequent flier miles from participating airline partners at the cosmetic counter Mon., Aug. 15 - Sun., Aug. 21 and receive a FREE voucher to any weekday performance of Disney On Ice presents Mickey & Minnie's Magical Journey - playing Quicken Loans Arena Sept. 29-Oct. 2! 14 participating Discount Drug Mart locations: Lakewood (15412 Detroit Ave., 11900 Detroit Ave.)
Lakewood Chamber, Pillars of Lakewood and Rotary Club of Lakewood & Rocky River Golf Outing
11:28 AM - 6:00 PM, Sweetbriar Golf Course (Legacy Course)
\$100 per Golfer includes green fees for 18 holes, cart, box lunch, dinner, contests and door prizes.
Wednesday, Aug. 17
LECPTA Annual Salad Supper
6 PM, Lakewood Women's Pavilion at

Lakewood Park. See Page 10.
Historic Preservation Community Workshop
7 - 8:30 PM, Main Library Auditorium
See Page 7 for details.
Chucklefck Presents...An Evening With Nikki Glaser
9:00 PM - 10:30 PM, Reddstone, 1261 W 76th St. If you haven't been to a Chucklefck comedy show at Reddstone yet, you've been missing out. They aim to bring some of the best comics to the area that you may not have heard of, but should know. See online calendar for more details.
Thursday, August 18
LEAF Third Thursday Series-Canning!
7 PM, Trinity Lutheran, 16400 Detroit Ave. Canning Demo/Workshop in the kitchen. Ever wondered how to preserve your garden bounty into the winter months? Join LEAF Community for a special hands on demo and workshop taught by canning expert and retired home economics teacher (and principle) Charlotte of Berry Good Farm!
Friday, August 19
Lakewood Chamber of Commerce August Meeting: 55th Annual New Teachers Luncheon
11:30 AM - 1:30 PM, Garfield Middle School, 13114 Detroit Ave. 226-2900.
6th Annual St. Mary Romanian Festival
4 - 11 PM, St. Mary Romanian Orthodox Cathedral, 3256 Warren Road, Cleveland. Featuring classic Romanian cuisine, including mamaliga cu branza (polenta baked with sour cream and cheese), stuffed cabbage, mititei (Romanian mighty burgers), homemade sausage, an amazing variety of home-baked pastries, including elephant ears, award-winning Romanian beer and wines, Harmonia ethnic folk band Friday night, Rapsodia Carpatilor orchestra Sat/Sun, professional dance troupes, ethnic arts & crafts, trash & treasure,

vendors, church and ethnic museum tours, kids area. Free parking and entry.
The Refuge, Christian Praise & Worship
8 - 9 PM, The Winchester Music Hall 12112 Madison Ave. A Biblically-based praise & worship experience created to share the love of Jesus Christ through music, fellowship, and prayer.
Saturday, August 20
Lakewood Car Kulture Show
10 AM - 6 PM, Madison Ave. from Warren to Hilliard. Open to Hot Rods, Custom, Vintage and Classic Cars 1972 and older, Vintage Motorcycles, Scooters, Choppers and Bobbers 1972 and older also welcome. More info 521.2894.
2011 Lakewood Wing Crawl
1 - 7 PM, Lakewood
You can determine who has the Best Wings in Lakewood. Eleven bars will be competing for the title including; Around the Corner, Avenue/Guy's Pizza, Booths, Eddy and Iggy's, Gepetto's, Harry Buffalo, Merry Arts, Plank Road, Pug Mahone's, Riverwood, and the Screaming Rooster. To cast a ballot, you simply purchase a VIP Pass for \$15 that entitles you to 4 wings (2 buffalo flavor, 2 open flavor) from each location and shuttle transportation throughout the day. pillarsoflakewood.org
Sunday, August 21
Summer Band Concert-Lakewood Hometown Band
7 - 8:30 PM, Lakewood Park Bandstand
Tuesday, August 23
Happy Hour Yoga at Around the Corner
6 - 7 PM, 18616 Detroit Ave. 521-4413
Join Aryn Youngless, CYT and Around the Corner Saloon & Cafe for Happy Hour Yoga! 1 Hour of vinyasa yoga set to the tunes of Jimmy Buffett, Dave Matthews Band, Billy Joel and more! Class cost is \$10, dropins are welcome! Come for the yoga and stay for \$6 pitchers of Coors light and 39 cent wing!
More listings on our website



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**Your Independent Source for
Lakewood News & Opinion**

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

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As a product of citizen journalism, The Lakewood Observer is looking for people, ages 3-100, to get involved in the paper and the city. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process.

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

Upcoming Submission Deadline

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Tuesday, September 7

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Join the Discussion at: www.lakewoodobserver.com

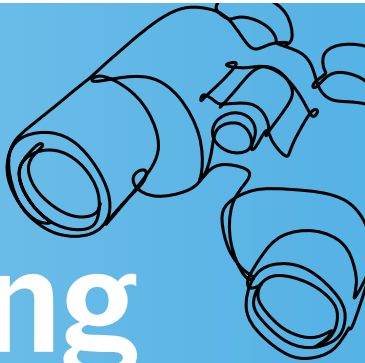
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Fairview Hospital Teamwork Saves Lives When Heart Attacks Happen

When someone is having a heart attack, every second counts: The longer it takes before treatment starts, the more heart muscle is destroyed. This delay in treatment can leave a patient with permanent problems such as recurrent chest pain (angina), shortness of breath and congestive heart disease.

That's why Fairview Hospital has a protocol in place called "Code Crimson" that provides heart attack patients treatment on a super quick track.

Code Crimson is based on guidelines from the American College of Cardiology and the American Heart Association and was developed as a result of the very latest research. This protocol furthers Fairview Hospital's mission to provide its patients with the highest standards of care based on national best practices.

The Code Crimson guidelines are based on the moment a patient enters the hospital to the time their blocked artery is opened with balloon inflation, otherwise called door-to-balloon. Which, according to the national guidelines, should be less than 90 minutes; "Fairview Hospital is well below the national average at 67 minutes," says Anthony Vlastaris, M.D., Medical Director, Western Region Cardiology, Fairview and Lakewood Hospitals. However, the ability of hospitals to deliver on this goal varies widely."

To achieve this goal, every department and healthcare professional caring for the emergency heart patient – from the EMS squad, Emergency Department staff, cardiology, cardiac catheterization lab team, nursing and more, has to perform their jobs together in perfect rhythm.

"All ambulances in our area are outfitted with an EKG that transmits information to Fairview Hospital to be read by a cardiologist on duty. If the patient is having a severe heart attack, contact is made to activate the Code Crimson protocol and team while the patient is still in route," says Dr. Vlastaris.

"Our team is consistently ready 24/7 to quickly identify and open a patient's narrowed artery causing the heart attack," he adds.

The classic symptom of a heart attack is pressure and chest discomfort, sweating and shortness of breath. But there are other symptoms such as abruptly feeling unwell with discomfort in the jaw, upper chest, arm or back.

It's important to call 911 immediately if you think you are having a heart attack. "Fairview Hospital has done an amazing job of reducing the time to get arteries open, but we can't start our work until the patient arrives," Dr. Vlastaris adds.

Last year, Fairview Hospital performed nearly 3,437 heart catheterization and angioplasty procedures.

- Fairview Hospital's Heart Center has a long tradition of offering advancements that heal patients and prevent heart disease.**
- Fully credentialed staff, highly trained on the latest technologies
 - An ambient catheterization room with calming lights and soothing sounds
 - Mini-Maze heart treatment for atrial fibrillation, not offered by any other hospital on Cleveland's West Side
 - World-renowned Cleveland Clinic heart surgery program on site
 - Women's Preventive Cardiology Clinic offers thorough cardiovascular assessments for women, without a physician referral

For more information about Fairview Hospital's "Code Crimson" process and Heart Center or to make an appointment, call 1.866.777.8737 or visit fairviewhospital.org/heart

Dealing With Chronic Pain

Chronic pain is a part of daily life for many individuals. In fact, it's estimated that 56 million Americans — or 28 percent of the adult population — experience chronic pain.

Fortunately, there's much that doctors and other healthcare providers can do to reduce the severity of acute or chronic pain.

"It's important to establish an early diagnosis and create a management plan that can either eliminate or help the individual function with his or her chronic pain," says Fady Nageeb, M.D., a Pain Management specialist at the Cleveland Clinic Pain Management Center at Fairview Hospital. It is the goal of Dr. Nageeb to assess the situation, address the pain, and facilitate the individual's return to a normal, productive lifestyle.



Dr. Fady Nageeb, M.D.

If you have chronic pain...

Ask your primary care physician for a referral to Dr. Nageeb at the Cleveland Clinic Pain Management Center at Fairview Hospital and call 216.529.PAIN (7246) to schedule an appointment.

Many doctors and healthcare workers still have much to learn when it comes to the appropriate diagnosis of painful conditions. "Pain has traditionally been treated as a symptom, which is appropriate in terms of acute injury or medical disease," says Dr. Nageeb. "But as anyone with back pain knows, chronic pain and disability may remain even after the injury has healed or the disease has subsided. The pain itself now becomes the medical problem."

Oftentimes chronic pain patients have to accept that their goal is no longer to find out what the problem is, but rather to find out how they can live with it. "Pain is a signal to our brains that something is not right, and if you realize this, it will help you deal with it," says Dr. Nageeb.

A referral from a primary care physician is generally required before seeing a pain specialist, like Dr. Nageeb.

Prevention Is Key With Diabetes

Whether you have diabetes or not, prevention is the key. If you have diabetes, regardless of the type, the goal is to prevent complications. If you do not have diabetes, the goal is to keep it that way!

So why is prevention so important? Nearly 26 million Americans have diabetes; in Northeast Ohio, this number translates to 1 in 8. When you have diabetes, your body has a problem with metabolism, or the way your body uses food for energy. The carbohydrates you eat are broken down into glucose, a form of sugar. Our bodies use glucose for energy. Insulin, a hormone produced in the pancreas, is responsible for moving glucose from the blood into the cells where it can be used for energy. Without insulin (insulin deficiency) or when the body's cells do not use insulin correctly (insulin resistance) blood sugar levels rise and diabetes is diagnosed. Poorly controlled diabetes damages the body's blood vessels and nerves and can lead to other complications. Control of blood sugar, blood pressure, cholesterol and weight are all part of diabetes management and prevention of complications.

Another 79 million American adults have a condition called prediabetes and are at high risk of developing Type 2 diabetes. This number translates to 1 in 3 people being at risk! Prediabetes, formerly called borderline diabetes, is when a person has impaired glucose tolerance. This means that the body is not using insulin properly. Blood sugar levels are higher than normal but not quite high enough to be diagnosed with diabetes. These mildly elevated blood sugars seem harmless; however, they can cause long-term damage to the heart and circulatory system.

We each have the power to help stop the diabetes epidemic. Change is part of the solution. Change has been shown to prevent the onset of diabetes and the development of complications mentioned above. Our lifestyle, more specifically our eating and exercise habits, are the things we have the power to change.

So how do you get started? First step, believe in yourself. Remember that every choice we make has an outcome. Whether the outcome is good or bad depends on the choice we make. Second step, pay more attention to your choices and how they are affecting you. Look at the amount, and types, of foods you eat and the amount of exercise you get. Third step, and perhaps the hardest, get started!



Inspiration, Motivation and Wellness

**Wednesday, November 2
4 - 8 p.m.
LaCentre Conference and Banquet Facility
25777 Detroit Avenue, Westlake**

Join us for Lakewood Hospital Diabetes and Endocrine Center's 3rd Annual Diabetes Symposium themed Inspiration, Motivation and Wellness.

During dinner, **Aaron Thompkins, contestant from Season 10 of NBC's hit series *The Biggest Loser***, will share his amazing story, which is sure to inspire and motivate all who attend. Diagnosed with Type 2 diabetes on the show, Aaron learned how to make the lifestyle changes needed to transform not only his body but his mind to achieve improved health and wellness. He will share what he learned on his incredible journey to motivate and inspire you to make the changes needed to accomplish your goals.

A presentation on healthy eating strategies will help to kick off the holiday season. Be sure to bring your questions for the panel discussion which will end the event. Cost is \$10 and includes dinner. Reservations are required and seating is limited. Please visit lakewoodhospital.org/diabetes for event details.

Lakewood City News

Hens In Lakewood? You Bet!

by April Stoltz

Hi Lakewood. My name is April Stoltz; I live at 1224 Edwards Avenue and I want to raise hens, not roosters, but hens! Whoa, hens in Lakewood you say? That's farm stuff! What's up with that? Well, here's the skinny. Small flocks of hens (3-6) are cropping up everywhere in urban America. In fact, 65% of major American cities allow their residents to raise these birds. Portland, Chicago, Austin, Seattle, Hudson, OH and even New York City - you don't get more densely populated than that.

BUT WHY?

If you could see the way most hens are kept that lay the eggs you buy at the grocery store, you'd probably never eat an egg for breakfast again. On the other hand, eggs from responsibly raised hens that are allowed outside in a fenced-in hen run to peck at bugs and slugs and are fed kitchen scraps along with their feed - those eggs are amazing in flavor, appearance and nutritional value. A study done by Long & Alterman, 2007, showed home-grown eggs have 1/3 less cholesterol, 1/4 less saturated fat, 2/3 more vitamin A, two times more omega -3 fatty acids, three times more vitamin E, and seven times more beta carotene than store bought eggs. Feeding the birds kitchen scraps reduces the amount and the expense of sending scraps to the land fill, if you don't already compost, and is a healthy addition to their diet. By the way, five hens will produce less droppings than a medium-sized dog. And... it is compostable, whereas Fluffy's will go directly to the landfill. When composted, the droppings give a fantastic boost to both vegetable and flower gardens. But perhaps one of the



photo by Michelle Sims

most important aspects of raising hens with secure outside access is that it is humane, which is why their eggs are superior.

More and more people are eating local and growing their own food in back yard and community gardens. Raising hens for eggs is just a logical extension of this movement which is about more control over what we eat and how it is grown and raised. Raising hens in urban areas has become the way of the future: what an American city looks like in the 21st century.

WHAT ABOUT LAKEWOOD?

I am a core member of the group Hens in Lakewood. We want to raise hens here and would like to see the current law changed so we can. On July 28th, our group came before the Lakewood Animal Safety and Wel-

fare Advisory Board to ask for their support in backing our proposal for a one year pilot project. The pilot project would allow three families to raise hens in the city. These three families have already taken the OSU extension training course on how to responsibly raise urban hens. They are educated in what is necessary for raising healthy, happy birds in a small urban yard with neighbors nearby. Everything was covered from good animal stewardship, which breeds are best for cold climates, predator free coops, proper compostable litter handling as well as prevention of noise and neighbor issues. The pilot families have all extensively researched hen-raising, networked with hen owners in nearby cities, and have personal experience with it as well. Lakewood residents interested in the pilot project will be able to arrange for tours of the pilot families farms, to see responsible hen-raising in action.

The Hens in Lakewood group also asked the advisory board to partner with them in constructing a new ordinance to allow hen-raising in the city beyond the pilot if it is successful. As part of the presentation, each board member was given a bound document full of information on the subject including frequently asked questions (with researched answers) articles on the topic, pictures of chicken coops and letters from three independent Lakewood businesses who support hen-raising and who would be part of our circle of support - the Lakewood Animal Hospital, Pets General and Lakewood Hardware. Dr. Barney stated, "I love raising chickens, and believe it to be a hobby which, depending on circumstances, could easily be managed within our city." Greg Schnupp, owner of Pets General wrote, "It teaches responsibility, care and the knowledge of where your food comes from." Glenn and Christine Palmer, owners of Lakewood Hardware added, "We are in full support of their (Hens in Lakewood) efforts and are excited at the prospect of raising our own brood of hens."

Also, at the meeting speaking in support was Annie Stahlheber of LEAF. Since LEAF is all about improving access to local food, this is a logical extension of other programs that they have. She emphasized their organization's support for the pilot project and their willingness to be the local go to group for resources, increasing awareness and information as well as working in conjunction with Morgan Taggart at the OSU Extension and Cleveland-Cuyahoga County Food Policy Coalition.

The advisory board expressed an interest in being further engaged and learning more details about the pilot project. The Hens in Lakewood group is working on fine tuning the pilot project proposal and to build a draft ordinance for the board's consideration. Such an ordinance will address issues like total number of birds allowed, minimum space necessary for



photo by Michelle Sims

good bird stewardship as well as minimum footage necessary between the coop and a neighbor's dwelling.

It is our group's hope that an informed decision can be reached at the advisory board's September meeting. If the board supports the pilot project proposal, they can make a recommendation to Mayor Summers that he give these three families an exemption, (something by current law he can do) allowing them to raise hens, so the pilot project can begin. A support petition will be available to sign at LEAF nights and circulated electronically. Check us out at our Facebook page, Hens in Lakewood. We will have the petition there as well. Join the movement! To contact the Hens in Lakewood group, email hensinlakewood@mail.com.



photo by Michelle Sims

A fairly typical backyard henhouse is about 4' x 6' with attached run for outside access.

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Lakewood City News

Drive-Through Review Underway: New Code To Define Future Of Lakewood

by Betsy Voinovich

Back in February I wrote a story about the closing of the Detroit Theater, which focused on the need for the community to have more advance notice when something we value in the community is in danger of closing or ending. The news that McDonald’s- and a regular one, with a drive through that catered to cars, and not people on foot- was in line to purchase the Detroit Theater property and tear down the building led immediately to more community reaction and input.

The first step towards gaining community input was a meeting at the library called by Mayor Summers, initially just for residents of the streets surrounding the Detroit, which ended up being standing room only.

Residents from all corners of the city came together to discuss the need for some kind of vision for Lakewood: a way to plot our future, that would not only preserve what we value, but encourage new development which would build on who we are, and what we want to be.

Councilman David Anderson participated in that library meeting, and boiled down many of the ideas, reactions and potential solutions, to a clear course of action. In his own words from his post on the Observation Deck, Councilman Anderson “submitted a letter to Council requesting assistance from the Director of Planning and Development and the Planning Commission in evaluating the current code with respect to drive-through facilities.”

Councilman Anderson explained that he had, “established that the goal of this review would be to (1) consider issues such as noise, traffic, hours of operation, urban design, light, trash, pedestrian safety, the development review process and whether the current code provides Lakewood with the best development/management tools and (2) propose changes or alterations to the code to create the best development/management tools possible.”

The only way to clearly define what happens in Lakewood is by having it spelled out in the code, and that code might need to be more specific if it is to function as a “development management tool,” a guide for our future.

The Planning Commission responded favorably to Councilman Anderson’s call, using it as an opportunity to develop an inclusive process, inviting the community to participate in a workshop, which was held this past Thursday, August 4.

Director of Development and Planning, Dru Siley, prepared a map that showed no less than 13 drive-throughs and drive-ups on Detroit between Warren and Riverside. This information particularly resulted in what Councilman Anderson described on the Deck as an “overwhelming consensus (reached) last night in the need to review the codes,” specifically with regard to the question of the “over proliferation on a less than two mile stretch

of road. How many is too many?”

Councilman Anderson concluded his Deck post by describing what the next steps will be, saying, “My objective as councilman is to work with the Commission to develop amendments/ changes in the form of an ordinance which I will introduce in September.”

So the Detroit Theater closed in February, and by August, that bad news had led to this really good news: a coming together of the community and our representatives to forge a code that will take a healthy Lakewood into the future.



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Lakewood Public Library

by Leana Donofrio-Milovan
Wednesday Nights at 5:30 pm.
LEAF Nights

Main Library Front Porch
Bring the whole family and join your neighbors on the Library’s Front Porch to pick up your locally farmed produce and enjoy the labors of local artists, musicians and craftspersons.

Sunday, August 14 at 2:00 p.m.
New Date and Time!
The Mike and Mary Show

Main Library First Floor Multi-Purpose Room
While Mike tickles the ivories on our Steinway baby grand, Mary sings sensational songs from Broadway to Hollywood and points of interest in-between. They consider it their special privilege to introduce the great American composers to new audiences and are glad to rekindle cherished memories for the older folks, too.

Sunday, August 21 at 2:00 p.m.
The Scimitars Swing Band

Main Library Auditorium
Let’s bring back the sounds of Glenn Miller, Les Brown, Woody Herman, and Duke Ellington! Paul Lawrence leads a ragtag, big band, swing band back through time to make sure that everybody has a good time. A seventeen-piece orchestra sure makes a big sound in our little auditorium.

Tuesday, August 16 at 7:00 p.m.
Knit & Lit Book Club

Main Library Meeting Room
Lynda Tuennerman hosts a social club for multitaskers—a combination book club and stitchery group. She’s looking for readers who can enjoy intense discussion of modern classics while relaxing with their latest project. Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. At the close of every meeting, the group decides which book will be read for next time. Visit www.lakewoodpubliclibrary.com/bookclubs for a complete list of the books being considered and find out which title you should read to be ready for the next discussion.

Thursday, August 11 at 7:00 p.m.
Booked for Murder

Main Library Meeting Room
An undercover gourmand for one of France’s most esteemed restaurant guides works side-by-side with his faithful dog, Pommes Frites, to decide which restaurants are worthy of the prestigious three stock pots status. When something funny shows up on the master’s plate, the mystery begins. You’ll be laughing and guessing all the way to the end.

Friday, August 12 at 7:00 p.m.
Front Porch Concerts
The Numbers Band

Main Library Front Porch

Saturday, August 13 at 6:00 p.m.
Film Noir in the Fifties
A Touch of Evil (1958) Directed by Orson Welles

Main Library Auditorium
Mexican cop Charlton Heston and his new American wife Janet Leigh are just crossing the border into California when Orson Welles executes a three-and-a-half minute continuous crane shot in one of the cinema’s most famous opening scenes. A bomb goes off and Heston finds himself investigating the incident alongside Welles as an American detective. Forget everything you ever knew about the film noir detective. Welles plays his role as a corrupt, contemptuous bully. Humphrey Bogart he’s not. This is considered to be the final film in the noir cycle.

Saturday, August 20 at 6:00 p.m.
Lakewood Public Cinema
Grease (1978) Directed by Randall Kleiser Rated PG

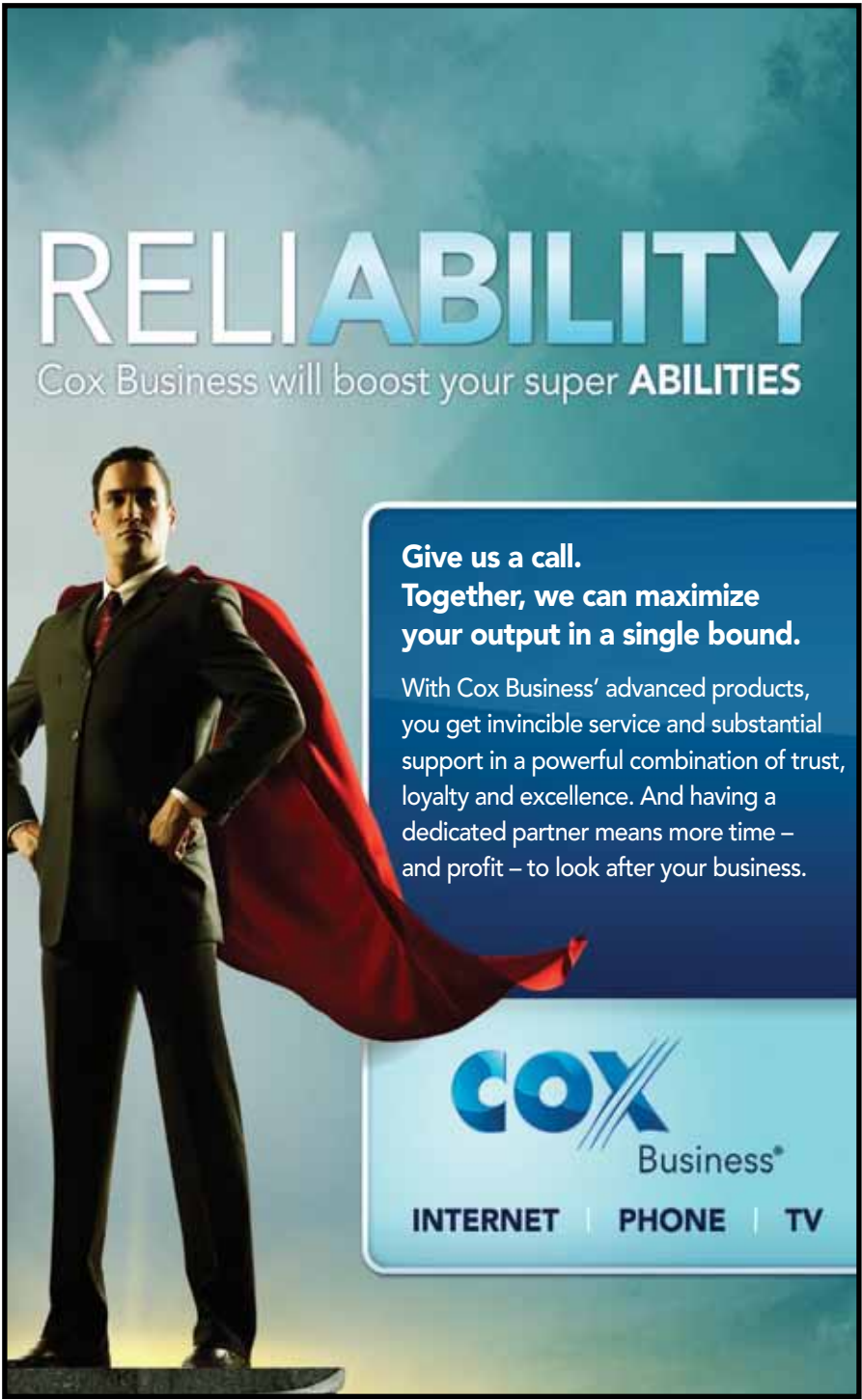
Main Library Auditorium
It all began with summer loving... See the fifties through the wistful eyes of the seventies with non-stop singing and dancing and cars. T-Birds and Pink Ladies rule the school and teenagers break out into song as easily as they break each other’s hearts. This is the movie that made John Travolta a star and turned Olivia Newton-John into a bad, bad girl.

Saturday, August 27 at 6:00 p.m.
5 Star Films
Beware, My Lovely (1952)

Directed by Harry Horner
Main Library Auditorium
This movie puts the “T” in thriller, the “S” in suspense and perfectly fits the talents of its two stars. On impulse, lonely widow Ida Lupino hires Robert Ryan, a handyman she does not know, to maintain her house. At first, all goes well. Things change, and she begins to regret the hasty decision.

The Name Of This Party Is Secret...

by Arlie Matera
Do not read beyond this sentence! Don’t do it! Stop now! Unless of course, you like mysteries, secrets, puzzles, and parties. LPL’s summer reading club, The Case of the Summer Reader, is drawing to its end, which means it’s time for a party! Our super sleuth summer readers have done a fabulous job, but there are mysteries yet to be solved. What party games await you? Which treats will you eat? And who will be the first librarian to get drenched in our Soak the Staff event?
Come find out the answers to these questions and celebrate the end of another great summer with LPL. Bring your completed reading record for your chance to soak the staff! The party will be held on Wednesday, August 17 from 6-7:30 p.m. in the Madison Park Pavilion behind the Madison Branch at 13229 Madison Ave. This family event is free and open to the public. Call the Children and Youth Services department (216) 226-8275 ext. 140 for more information.



Lakewood Public Library

New Mike And Mary Show Date Rescheduled, Rehearsed, And Ready!

by Joan Rubenking

On Sunday, Aug. 14, at 2 p.m. in the Lakewood Public Library Auditorium, the Mike and Mary Show must go on. The duo was kind enough to fit us back into their schedule following an unexpected weather-related Library closing that stopped the show in May. Mike Elkins will play while Mary Osburn lends her voice to songs by the Gershwins, Irving Berlin, Harold Arlen and many other contributors to the American Songbook. Along with familiar standards, Mike and Mary also enjoy introducing new and rare gems to their audiences.

Mike and Mary have been performing together for over a year, having met fortuitously through family and friends' connections. Mary's background is in musical theater, and she has appeared in productions at the Beck Center, Huntington Playhouse, Clague Playhouse and a number of other venues in our area. She came back to singing after spending years putting energy into her home life and day job; the re-emergence of her voice allows her to tap back into the joy of music instilled in her by her mother, who often played Artie Shaw's "Begin the Beguine" to soothe young Mary. For Mike, the love of music started early as well; his father was a band and choral director and a musician whose record player was always spinning jazz and swing, which was a huge influence on Mike. While still maintaining his own day job, Mike studied jazz piano with Cleveland jazz legend, Hank Kohout. He now plays piano in the Dan Zola Orchestra, which has played at the Berea Oktoberfest, the Rock and Roll Hall of Fame, Nighttown, and other regular gigs.

For Mike and Mary, collaboration in choosing their material is the key to their performances. As Mary states, "The fun part of collaborating with someone is that both of you bring something to the table." In agreement, Mike refers to the "special kind of communication that takes place between a singer and accompanist" that he finds especially rewarding.

Both are drawn to the early 20th century and the songs that reflect popular music's close relationship to musical theater. Both Mike and Mary point out the "beautiful melodies, harmonic sophistication, meaningful lyrics and emotional impact" in their song choices. "It's no accident that those melodies are still being sung and played by prominent performers today," says

Mike, citing the success of Michael Bublé, Harry Connick, Jr., Diana Krall, and Norah Jones.

Many of the songs Mike and Mary are bringing to the Library will be familiar, and some may be old but new to your ears. They love to unearth "new" tunes. Some are jazz tunes that have fallen into relative obscurity but will certainly please the music lovers

among us. For instance, do you recall "Too Close for Comfort" or "Rhode Island is Famous for You"? Come be part of this live performance, where this music comes to full life, for the performers as well as the audience. If you relish the golden age of American songmaking presented with a fresh spin, join us for the Mike and Mary Show at Lakewood Public Library on August 14. This program is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and by the Friends of the Lakewood Public Library.

Lakewood Public Library Launches New Language Learning Tool

by Leana Donofrio-Milovan

Lakewood Public Library now has a new interactive language learning program available for free on our website (through Ohio Web Library) at www.lakewoodpubliclibrary.org.

Mango Languages is an interactive online learning tool that provides over 40 different language tutorials in a variety of learning levels. In addition to their most popular language courses, Mango Languages also provides courses that other popular programs do not, such as Croatian, Czech and Finnish. Those seeking to improve their English skills also have a wide offering of courses. Mango provides fifteen different ESL courses in many different primary languages, including Brazilian Portuguese, Greek, Japanese,

Mandarin, Spanish and Vietnamese.

If picking up a language seems daunting, Mango seeks to simplify the process using a conversational method of learning. Mango's language curriculum was developed by native speaking professional speakers. Users learn the vocabulary that will be most useful while also learning grammar. If you are having trouble with pronunciation, Mango provides a phonetic pronunciation. You can also record your voice saying the phrase in order to compare it to the speaker's pronunciation. Interspersed throughout the lesson Mango provides cultural notes so you not only know how to say something, but you develop an understanding of why you are saying it.

Since Mango is a web-based language resource that is accessible

remotely, you can use it anywhere, anytime as long as you have an internet connection. With Mango's free iPhone app, you download the lessons you would like to work on, and they are available without an internet connection for up to seven days. For those of you that don't have an iPhone or an iPod Touch, but still want to learn on the go, you can also access the Mango site through the browser on Blackberry tablets, Android phones and other Flash enabled devices.

To sign up for an account you can log onto our website at lakewoodpubliclibrary.org either at home or here at the library. Just remember to have your library card ready if you are logging on at home. Once there click on the Ohio Web Library link and you'll be ready to go.

Forget Your Troubles With The Scimitars Swing Band

by Lisa Calfee

Back in the 30s and 40s America needed a break from the dark days of the Great Depression and World War II. Relief came in the form of a new up-tempo jazz called Swing that swept the country with its cheerful syncopated rhythms. It was the kind of music that asked you to get up and dance. Lakewood Public Library is happy to announce that Paul Lawrence and the Scimitars Swing Band are bringing that same Big Band sound to our Main Library Auditorium on Sunday, August 21 at 2:00 p.m. with full saxophone, trumpet, trombone and rhythm sections.

The seventeen piece Scimitars Swing Band is part of the Al Koran Shrine band tradition that began in 1905. Cleveland's Al Koran is the 4th oldest Shrine center in North America. The Shriners are not only beloved by their own fraternity members, they are also beloved by the public for their unparalleled support of all things charitable, especially the famous Shriners Hospitals for Children. The Shriners boast 22 non-profit children's hospitals that never turn away a child in need with orthopedic conditions, burns, spinal cord injuries, or cleft lips and palates for lack of funds. 32 Learning Centers for Children are also supported by the Shriners. The Scimitars Swing Band is a proud part of this remarkable humanitarian tradition.

When they aren't out doing good deeds, this talented jazz orchestra is bring-

ing down the house with the music of Glenn Miller, Woody Herman, and Duke Ellington. Sunday's program will also include patriotic music, marches, show tunes and novelty numbers. And according to Lawrence, the Scimitars also play, "The wonderful music of the 50s and 60s and anything else that swings!"

So come brighten up your Sunday

ing down the house with the music of Glenn Miller, Woody Herman, and Duke Ellington. Sunday's program will also include patriotic music, marches, show tunes and novelty numbers. And according to Lawrence, the Scimitars also play, "The wonderful music of the 50s and 60s and anything else that swings!"

So come brighten up your Sunday

on August 21 at 2:00 p.m. with the big sounds of Paul Lawrence and the Scimitars Swing Band in the Library's Main Auditorium. This program is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and by the Friends of the Lakewood Public Library. And as always, this concert is free and open to the public!

It's New! It's Cool! It's At The Lakewood Library!

by Julie Strunk

The Lakewood Public Library welcomes all skateboarders and bicyclers to ride, park, and lock their skateboards and bicycles and visit the library! The library has always provided racks for bicyclers to park and lock bicycles. Now there is a special rack for skateboarders to lock their skateboards; they are located next to the bike racks at both branches. A simple combination lock or lock and key that can be purchased at any drug store will lock your skateboard in the rack. You can leave your skateboard without worry! We know your mode of transportation is expensive and needs a safe storage place. Please come visit us and lock up. We would love to see you here!

Historic Preservation Community Workshop

by Dru Siley

What does Historic Preservation mean in Lakewood?

Please join Mayor Summers, Planning & Development Staff and the Heritage Advisory Board as we host a public discussion to explore historic preservation in our community. Our city turned 100 this year and as we look to the next century how will the community define historic preservation? What are the tools and resources available to meet that vision? This hands-on workshop will provide a forum to share ideas. All are welcome.

Wednesday, August 17, 2011; 7:00 pm – 8:30 pm; Main Library Auditorium

For more information, please contact the Department of Planning and Development at 216.529.6630 or planning@lakewoodoh.net.



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Lakewood Schools

Plenty Of New Faces Among District Leaders And Teaching Ranks

by Christine Gordillo

The leadership team of the Lakewood City Schools looks quite a bit different for the 2011-2012 school year as six new administrators join the team that will be led by new Superintendent Jeffrey Patterson.

Joining Patterson at the district helm is new assistant superintendent Kevin Bright, who comes to Lakewood after having served as Superintendent for 13 years of the Mason City Schools in southwest Ohio. Bright and Patterson were colleagues back in the early days of their careers in Ashland. More recently, Bright's leadership in Mason helped establish the district as one of the best performing districts in the state.

"We really do have the 'Dream Team' of administrators with Mr. Patterson and Dr. Bright at the helm," said Board of Education President Matthew John Markling.

Also new to the Superintendent's Cabinet this coming school year is director of Student Services Dr. Christine Palumbo. Palumbo is no stranger to Lakewood Schools, as she spent



New Superintendent
Jeffrey W. Patterson

14 years in the district as a special education teacher and as Special Education Coordinator. She comes back to Lakewood after having served as the Regional Director of Special Education and Family Services for the Educational Service Center of Lorain County. Palumbo replaces Dr. Kate Foley, who accepted a position with an Illinois school district.

Joining Palumbo in the Student

Services Department is new Coordinator Gordana Dimacchia, who will be in charge of Student & Transition Services. Dimacchia comes to Lakewood from the Berea School District, where she was school psychologist for eight years. Dimacchia replaces Lisa Ryan-Curtin.

In the school buildings, new administrators will be settling in at both the high school and Garfield Middle School. Kristen Engler, a recent Kent State graduate who interned with the Solon Schools, will serve as the school psychologist at the high school. She replaces Ralph Pajka, who retired. At Garfield, Anthony Chiaravalle is principal Mark Walter's new assistant principal. Lakewood resident Chiaravalle will have a much shorter commute now after spending four years as assistant principal at Sheffield Lake Middle School, where he helped reduce disciplinary infractions and boost attendance rates. Chiaravalle replaces Rod Lake, who accepted a position in Mansfield.

While last school year saw only a handful of new faces in the class-

rooms, the district will have plenty of new faces in front of the students this coming school year. Fifteen new teachers have been hired with the possibility of up to eight more being added as it gets closer to the start of school and enrollment figures are finalized. There will be eight new teachers at the high school, two at Garfield Middle School, four in the elementary schools – one each at Emerson, Hayes, Lincoln and Roosevelt – and one at Lakewood City Academy. Most of these positions are replacing former staff who retired at the end of last school year. The district also hired two speech pathologists and a school nurse.

"We are fortunate that Lakewood is known as one of the better districts in the state to work for and we are able to attract and hire the best educators in the field," said Director of Human Resources Dr. Deb Cahoon.

We welcome all of these dedicated and talented people to the Lakewood City Schools and the Lakewood community!

LeBron Provides A Night Of Contrasts At Around the Corner

by Dr. Charles Greanoff

The return of LeBron James to Cleveland on December 2, 2010 occurred on the same day as another momentous local occasion: the fundraiser for the LHS gymnastics team at Around the Corner. It was an evening full of contrasts and irony, when great forces of the universe collided head on in western Lakewood. On this day, a group of local teenage girls, along with friends and relatives, would take on not only LeBron James, but the NBA and the mindset of professional sports. Here are the highlights.

It started out well for the Cavalier fans, who barraged LeBron with "Scottie Pippin," "Quitness" (a parody of "Witness"), and other less printable taunts. Seems the community has a bit of life after all, not taking kindly to the now infamous "Decision" in which ESPN and LeBron marketed, produced and choreographed a public rejection of Cleveland. The Cavs, on the other hand, didn't exactly represent Cleveland as many had hoped. Besides being blown off the court by James and company, they seemed to not quite honor

the sentiments of their jilted fans as they chatted with the "King" during the game. Former Cavalier Jawad Williams, a Cleveland native no-less, delivered the coup-de grace with his fawning post-game hug of LeBron.

The Ranger girl gymnasts fared much better, however. Undeterred by the Cavs collapse, they held their raffles, raised some money, and treated their patrons to delicious wings and pizza. The turnout was excellent. New acquaintances were made and old ones renewed. My friends Dave and Dave and I traded opinions on the upcoming Ranger football season. The juxtaposition of a fundraiser for a truly local team against the spectacle of the NBA mercenaries actually eased the pain of LeBron's "Decision." It was a rare opportunity to compare side by side a truly local, organic community entity with a marketed, spirit-less national commodity. In this contest, the NBA made out no better than did the Cavs.

The irony of this night is further compounded by the narrative of the national media vis-à-vis LeBron James

and Cleveland. We're supposed to "get over it"—whatever that means—and just accept that LBJ has a right to take his talents wherever he so chooses. Aside from the fact that no one ever argued he had no "right" to leave, as far as I can tell, no one went into a fetal position and withdrew from society after the "Decision." Rather, many were simply appalled by the idea that someone could be so dismissive of the region in which he grew up. In our disgust with LBJ, we never abandoned the really important matters—doing our jobs, tending to family, riding our bikes and, yes, raising money for worthy local non-mercenary athletes.

After the LeBron spectacle, we should all recognize the obvious: professional athletes have much more in common with their playing peers than they do with their fans. Few live in the town they play in, and most have a greater kinship with their fellow athletes that with those that inhabit the community. They understandably, in some ways, chase the highest dollar, or the greatest glitter or easiest path to a championship. We hoped that LeBron

would be an exception (there have been others), that the balance of considerations, including his local roots, would cause him to remain in Cleveland. In the end, he did what he had every right to do (of course, he "did it" in a disgraceful way), further affirming what we should all know about the character of professional sports.

One final cautionary note bears considering. The splendid contrast between the Ranger Gymnasts and the NBA should not obscure the less edifying aspects of high school sports. Some public and private school teams, given recruiting, "convenient" transfers, etc., seem more like assembled, regional all-star teams than those of the home-grown community variety. This is especially evident in basketball, where a few players can make a big difference in wins and losses, and where the summer AAU systems gives coaches easy access to potential "recruits." Nevertheless, for all its imperfections and inequities, high school sports present a generally organic, authentic remedy to the spiritless, quasi-mercenary nature of professional sports.

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Lakewood Schools

The Persevering Smile Of “Dee”: A Runner And A Role-Model

by Seth Baker,

H2O Camp Counselor

The verb of the day was “Persevere.” A collection of middle-school aged campers and other various adults sat on the floor of the Lakewood High School L-Room, reflecting on the word “persevere” and listening to a former student at LHS talk about his life story and his most recent accomplishment. The students were all part of the H2O (Help to Others) Summer Service Camp, a City of Lakewood Division of Youth summer camp that stresses the importance of community and service work by providing middle school kids chances to actually engage in volunteer work and community building every day of camp. The speaker was a man with the nickname “Dee”. He had been a Lakewood High Class of 2008 graduate, a former soccer teammate of mine, and had then gone on to Denison University. He had just run 117 miles in less than 3 days.

“Dee” was invited to talk at H2O’s summer service camp after Celia Dorsch, the current supervisor and founder of the program, saw an article in The Plain Dealer about a very long journey of a former Lakewood graduate. The story was about Dee’s nearly 120 mile run from Granville, Ohio to his hometown, here in Lakewood. It was a fantastic account of his run and emphasized his almost inhuman resolution and compassion. Though it was a very well-written article, Mrs. Dorsch believed even more could be learned from this determined athlete. So before the start of H2O’s first of four sessions at the camp, she gave him a call and asked if he would like to tell his whole story, from childhood through the run, which turned out to be even more inspiring than the run itself.

He began by asking the campers of H2O if they could correctly guess his full name. Blank stares filled the room. Dee, who had been born and raised in the Democratic Republic of Congo, then politely informed them his full name is Makorobondo Deimerici Salukombo. The blank stares became gaping mouths and questions of “Wait, say that again, but slower!” Dee then went on to tell the campers about his childhood in the Congo. He told them about how his father had to flee the country at an early age because a rebel group had begun threatening his and his family’s life. He talked about the hours of work



his determined mother went through to keep Dee and his 7 brothers and sisters fed, clothed, and in school - his family placed a profound emphasis on receiving a quality education. He talked about what it was like growing up as a child in the Congo and then in the refugee camp in Uganda, where his greatest form of entertainment was a deflated soccer ball, and where, because school supplies were so scarce, his pen was a dearly guarded treasure. He talked about his journey to the United States and how he ended up at Lakewood High School.

He skipped over his time at Lakewood, where he was a straight ‘A’ student, highly involved in various clubs, and one of the only students in Lakewood High School’s history to play two sports in the same season (Cross-Country and Soccer). He never mentioned that he earned the “Male Athlete of the Year” award his senior year, or that he runs a 4:10 minute mile, or that he made a game-saving tackle in the District Finals for soccer. Dee was too modest to say any of this. I made sure during the “Q & A,” however, to inform the campers of his legendary accomplishments. Dee just smiled his familiar smile.

Dee told the campers about his amazing run from Denison to Lakewood, in inspiring and exhausting detail. He talked about how he chose to raise money for children in the school of Kriotshe, the village where he had lived until he was 12, and how that sense of purpose helped him stay determined at his most exhausted points. He gave himself the additional challenge of travelling without phone, money, food or water so that he would

be forced to engage with people along the way. He said that, to date, he had raised nearly \$4,500 for this cause (an amount that has continued to grow as donations were made all summer). What the campers had not told Dee is that first session campers had raised money for this cause as well by doing a “Penny War” over the two week camp period. They added almost \$300 to the cause. When they told him, it was Dee’s turn to be wide-eyed and impressed. He thanked them greatly. Campers from the rest of the sessions held penny wars to contribute to A.S.I.A. (Asian Services in Action), a group that partnered with Catholic Charities to run a summer learning program for refugee students, held at St. Luke’s in

Lakewood. Many of the H2O campers had the opportunity to walk to A.S.I.A. and help in the classrooms and playground.

Every summer at H2O Summer Service camp, there is a central theme for the campers. The theme for this summer had been “Go Do”. The theme was chosen from a moving song, and was meant to inspire Lakewood kids to go out and become involved in helping others. Each day there was a different verb of the day, created to open campers’ eyes to new ideas and perspectives. Dee wrapped up by talking to the kids about the importance of the verb of that day - “Perseverance”. I don’t think that there was any better candidate in Lakewood to talk to the kids about the importance of this word.

LHS Fresh Start Orientation August 18 & 19

by Christine Gordillo

All incoming Lakewood High School freshmen are encouraged to attend Fresh Start orientation the evening of August 18 and the morning of August 19. The two-day program is designed for students by students. Student mentors will lead the new high schoolers through a variety of activities that will help orient them to their new school as well as help build class camaraderie and school spirit. Students will tour the school, receive their locker location and ID badges as well as have a chance to sign up for clubs and other activities.

Fresh Start is a collaboration of the high school staff and students led by House II Principal Lynn Eckert and science teachers Jennifer Frend and Kathy Gabriel, the LHS PTA, the Athletic and Music Boosters and the Lakewood Alumni Foundation. **Any questions please call 216-529-4074.**

Lakewood Cares

North Coast Health Ministry's Silver Celebration Of Caring

by Elizabeth O'Brien

Twenty-five years of providing health care to the uninsured will be celebrated in grand style as North Coast Health Ministry (NCHM) hosts this year's Silver Celebration gala auction and dinner on Thursday, September 1, 2011, from 6:30 to 9:30 p.m. at Westwood Country Club in Rocky River.

The evening will feature cocktails, dinner and dessert, a live auction and raffles, including a drawing for

a Disney Cruise for four or a \$4,000 American Express travel voucher – winner's choice. Drawing winner need not be present. Those interested can enter the Disney Cruise raffle via the following link: <http://www.nchealth-ministry.org/cruise>. The Disney Cruise raffle is being sponsored by Fairview and Lakewood hospitals.

Recognized at the event will be the recipients of the following awards: Community Champion Award, Harry

and Sharon Zilli; Partner Award, St. John Medical Center; Hahn/Hoeffler/Sanders Memorial Award for Outstanding Medical Volunteers, Marvin D. Shie III, MD and Carol Travis, RN, MSN, CNP; and Angel Volunteer Award, Dick Heath. Honorary chair of the event is NCHM founder Dr. Russell Elmer.

Those interested in attending the Silver Celebration gala can purchase tickets by calling NCHM Development

Director Jeanine Gergel at 216-228-7878, ext. 107.

Silver Celebration is being co-chaired by Sandy Haas, Wendy Kieding and Carol Rini. The event is being sponsored by the following individuals, organizations and families:

Presenting Sponsor: Carol and Charles Rini, Sr; Advancing Sponsor: Margolius, Margolius and Associates; Supporting Sponsors: Delphine Barrett; First Federal of Lakewood; Chris and Sandy Haas; Charles and Pat Nock; University Hospitals; Wegman, Hessler & Vanderburg; Silver Sponsors: Lee and Larry Elmore; Rae-Ann Skilled Nursing & Rehabilitation Centers; Sea-Land Chemical Co.; St. John Medical Center; Helping Sponsors: Anonymous; Bravo Wellness LLC; Division of Nephrology and Hypertension University Hospitals Case Medical Center; Joyce Buick GMC; Medical Mutual; Caring Sponsors: Terese and George Blaha; Fred and Nora DeGrandis; Jim and Sara Doan; Ken and Kathy Haber; HW&Co.; Lakewood Presbyterian Church; Adele and Bill Malley; North Coast Jaw & Implant Center, John Blakemore, DDS, William Blood, DDS, MD; George W. Quil/FM Global Foundation; Marvin D. Shie III, M.D.

This annual event supports the life-saving health care provided at NCHM for the low-income uninsured in western Greater Cleveland. The evening's goal is to raise \$125,000, more than 10 percent of NCHM's annual operating budget.

About North Coast Health Ministry:

North Coast Health Ministry is the West Side's free clinic for the low-income uninsured, serving more than 2,500 patients who have no other route to health care. With the support of approximately 120 volunteer physicians, nurses and other caregivers, NCHM is able to provide primary health care, specialty referrals, prescription assistance, and health education to the medically underserved. Founded in 1986, North Coast Health Ministry is a bridge to better health for our medically underserved neighbors in need.

Fun Times, Great Food, Wonderful Friends What Could Be Better?

by Amanda Everschor Pido

When I first joined the LECPTA 4 years ago, I did it because I thought, "Well that's just what good moms do." I always had the stereotypical idea in my head that these were the moms that stayed at home, cooked 3 meals a day (really cooked, cereal doesn't count), kept perfectly clean homes and spent every other second of their day interacting with their children. How did I- who believes that cereal is great for dinner-fit in with these people?

So I did a couple of the free tours to the fire and police station and went to the children's parties. All of which were tons of fun, but I kept mostly to


myself. Then I happened to be out by myself doing errands (really not sure how I managed that) and drove past the park where out front there was a sign for "LECPTA Salad Supper." I remembered reading in the Scoop (our monthly newsletter) that this was their adult only "get to know you" social, which I had no intention of going to but I was hungry and salad sounded good on that hot summer day.

I hate to sound dramatic and say that it was a life-changing moment, but yeah, it was. I absolutely loved everyone there. Not one person was perfect, which made them perfect to me. This was the most eclectic group of men (Yes-men are in the PTA too!) and

women I have ever met. Everyone was friendly, having fun and eating good food.

With that said, I would like to invite you to this year's LECPTA Salad Supper. It will be held at Lakewood Park's Women's Pavilion on Wednesday, August 17 at 6:30 p.m. You can join, renew, or just check us out and enjoy the great company, salad, and desserts. Please RSVP to Patty McLaughlin, our wonderful 1st VP organizing this event at pattym1282@gmail.com.

If for some reason you can't make it but would still like to join or see what we are doing, check out our website at lecpta.com or like us on facebook (Lakewood Early Childhood PTA). I hope to see you there!



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Lakewood Cares

Ministerial Musings:

The Debt Ceiling, Health Care, And Jesus

by Rev. John Tamilio III, Ph.D.

We are mired in an age where the left and the right are drifting further apart, becoming ever-more polarized. Democrats and Republicans no longer talk to each other. They shout across the aisles and sling pejoratives in self-righteous contempt. Compromises, in the best interest of the citizenry who elected these officials, are rare. The desires of the military-industrial complex take precedence.

What are such “political” musings doing in a “religion” column?

Numerous social programs are on the cutting block as a result of the recent debt ceiling “negotiations.” Don’t be fooled: when all is said and done CEOs will still receive tax breaks on their corporate jets. The military will get all the money they need (and then some) to fight the two wars in which we are currently embroiled. (Or is it five?) Wall Street will still receive bail-outs while Main Street becomes a ghost town.

Meanwhile, conservatives will still dangle family values as the fault line that, if not tended to zealously, will eventually shake America into a pile of red rubble. The former Republican Senator John Danforth (also an ordained Episcopal priest) explicated it quite astutely: “The term ‘fam-

ily values’ is generally understood to mean a political agenda, a set of issues championed by the Christian Right on subjects including opposition to abortion and gay marriage, but a more literal meaning might have less to do with positions on the issues than the degree to which the politician values family.” (I cite Republicans to bolster my position about as often as Clevelanders cry, “I love LeBron James!” Cherish it!)

That is why these reflections are in a religion column. I, too, want to know to what extent politicians value families — all families?

If they did, they would see health care, for example, as a right not a privilege. Is it me or is it absolutely ludicrous that members of Congress and the Senate warn us about the dangers of having free health care while they receive the best medical insurance of all at no expense to themselves? I guess it’s pretty easy to tell a hungry person who is banging on your door to get lost when your belly is filled with free food that you could have purchased yourself.

I know — we cannot have universal health care. That’s Socialism!

There are other “socialized” institutions that already exist in our free, capitalist society. Public education is one of them: those bulwarks of learning that the Religious Right is trying to eradicate in favor of home schooling and vouchers. Many of us grew up in secular elementary schools, went to junior high (or middle school), and graduated from one of the 27,000 public high schools that dot the landscape. I wince at the thought of where I would be today if it weren’t for Mr. Bob Dunn: my passionate and dedicated (and underpaid) high school English teacher.

My father raised a family on the modest income he made working for one of those other ultra-leftist, Marxist-Leninist institutions: the fire department. Yes, those civil servants who risk their lives daily for you and me — the women and men who fight fires and crime and keep our country safe — working for socialist institutions. Who da thunk!

And it doesn’t end there. Ever receive a piece of mail that was delivered to your house, or read a book from a public library, or enjoy a picnic lunch with your family in a park? Yup, those deceptive Socialists are everywhere! They are trying to steal our freedoms by giving us books and parks and health care.

Health care is a multi-billion dollar a year business. That is why it will never be free. Face it. It has nothing to do with Socialism (which is just a scare tactic), the absurd notion of death panels that will decide if grandma lives or dies, or doctors being told what tests they can and cannot perform. It’s about money. Period.

Oh yeah — back to the “religion” aspect of all this.

Many of those in the corridors of power claim that we are a “Christian” nation. (If they are going to bring religion into their legislating, then I’m bringing politics into my musings.) Instead of being so concerned about who is a Christian, or a Mormon, or a “Muslim” hiding behind a “ques-



tionable” Hawaiian birth certificate, maybe they should read the words of that book they want to make mandatory reading (in lieu of Twain, Orwell, Bradbury, and Salinger).

That Jesus character was pretty radical. He cured the sick and did not charge them a dime, nor did he clear their treatment plan with their HMO or PCP. He broke bread with the dregs of society and challenged the religious and political authorities of his day to be more compassionate toward them.

Be honest: if Jesus were to show up in Washington, DC today and was asked to testify in the House or Senate regarding health care, what would he say? Would he favor the privatization of medicine and lucrative tax breaks for pharmaceutical companies while saying that the poor need to get whatever care they can at free clinics?

Something tells me that he would send the homeless, single mother and her baby to the Mayo Clinic for the best treatment available free-of-charge and would tell Mr. Boehner and his cronies to take public transportation to the urban clinic and wait in line for hours for antibiotics. While waiting they can discuss the dormer they want to put on the debt ceiling they constructed — the addition for which you and I must pay.

It is high-time that these politicians (Republicans and Democrats) start serving the people who put them in office, and, if they are going to do so in the name of Jesus, then they better start expecting as much from themselves as he does.

Lakewood Woman Is “Rotarian Of The Year”



Amy Johnston, Rotarian of the Year

by Eileen McShea

The Rotary Club of Cleveland chose Amy Johnston of Lakewood as their “Rotarian of the Year.”

The award honors those who exemplify the values of the Rotary including tireless service to others. Amy is one of Rotary’s most active volunteers.

Visitors to Cleveland’s most recent Tall Ships Festival have likely benefited from just one of Amy’s volunteer projects. The Rotary Club of Cleveland sponsored the 2010 festival as part of the chapter’s 100th birthday celebration. Amy is working on the Tall Ships return visit in 2013.

Amy has also served on the Board of Trustees for the Cleveland Rotary,

and on the Vocational Service Committee, which funds a program to help women get a high school diploma.

“Her kindness and dedication to others has been a great asset to my company,” said Maryann Hanson, President, and CEO of Hanson Services Inc., Amy’s employer.

Amy is the director of Marketing for Hanson Services Inc., a non-medical, in-home care company.

Amy’s award comes just weeks after the Lakewood and Rocky River Rotary made Maryann Hanson an honorary lifetime Rotarian.

Hanson has five offices in Northeast Ohio and Florida. Each office has administrators who are active Rotarians.

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Lakewood Criterium

Bike Races Return To Lakewood

Some say it had been twenty years since the last bike races in Lakewood. I am thinking 40 years or more. Doesn't matter now, because a small group of bike racers headed by Brian Limkemann and Spin Bike Shop recently joined with the Lakewood Chamber of Commerce, and had them last week! I hope we witnessed the birth of another annual event, because as the day wore on, more and more spectators turned out at the bars and restaurants, on the streets and at parties in front of the houses along the course to celebrate speed on two wheels.

I would really like to thank everyone associated with this effort. This is what Lakewood is all about. Dream it, partner, work together and deliver another great event.

Special thanks and a tip of the LO Hat goes to: Hope Marsh, Nature's Bin, Spin, OnPoint, Around the Corner, Avenue Tap House, Blackbird, COX Business, Litzler, Riverwood Café, Rockport Woodworks, Bread-



smith, Buckeye Beer Engine, Folicle, Live Well Lakewood, Sentry, West End Tavern, Gaye Moritz Rule and Val Mechenbier, The City of Lakewood, and all of the departments working on this, The Lakewood Chamber of Commerce, and of course the volunteers and Brian for their support, time and energy spent helping this dream come true. Now get busy on next year!

Images from the races by Jim O'Bryan

1) The start line was at India Garden, and by the time they got to this first turn by Around the Corner, they were flashing by the WestEnd at about 32mph in a tight pack! 2) The hardest corner on the course was at the end of Sloane Ave. where they had to get on the brakes, make the transition over three surfaces and then ride back uphill on West Clifton. 3) At the top of the hill they made a left turn past Breadsmith, down Detroit with a slight bend at the Avenue Tap House and into another lap. 4 and 5) All along the course people sat out and watched, threw some fabulous parties and picnics, and had a great time. 6) Chris Ugerti (Panther b/p Competitive Cyclist) crosses the finish line first in the last race of the day. If you missed it this year, do not miss it next year. What a great time in Lakewood.

If you would like to know more about this year's event, or would like to get involved in any level from a spectator, to a volunteer (nice tee shirts), an exhibitor or vendor, a rider or even as a sponsor go to:

<http://www.lakewoodcriterium.com>



More photos at: <http://lakewoodobserver.com/photoblogs>.

Criterium Race Results

by Margaret Brinich

With a total of 182 riders in its inaugural year, the Lakewood Criterium was a huge success. Congratulations to all who participated and volunteered! The top finishers and their racing team in each category are listed below.

Cat 5

1 Jason Blodgett (Team Spin); 2 Mark Gori (Team Spin); 3 John Hoffman, Jr. (Team Spin); 4 Jonathan Patton (Fuji Cycling); 5 John Stern (N/A)

Master 35

1 Chris Riccardi (Team Lake Effect); 2 Rick Parr (Stark Velo); 3 James (Zak) Dieringer (Team Spin); 4 Jonathan Shell (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 5 Joe Pallotto (Team Lake Effect)

Cat 4

1 Kevin Henschel (Duji Dayton); 2 Nathan Dugan (Fuji Cycling); 3 Brent Machman (Eddy's Bike Shop); 4 Robert Sroka (Team Lake Effect); 5 Brett Bailor (Team Competitive Gear)

Women

1 Sally Price (Texas Roadhouse); 2 Jane Geisse (Team Spin); 3 Julie Lewis Sroka (Team Lake Effect); 4 Erin Quinlan (Carbon Racing); 5 Kellie Strang (Carbon Racing)

Cat 1, 2, 3

1 Chris Ugerti (Panther b/p Competitive Cyclist); 2 Jeremy Grimm (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 3 Thom Dominic (Team Spin); 4 Shawn Adams (Carbon Racing); 5 Matthew Weeks (Carbon Racing); 6 Daniel Quinlan (Carbon Racing); 7 Todd Gosselaar (Carbon Racing); 8 Rob Thompson (Team Spin); 9 Dave Chernosky (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 10 Bob Martin (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 11 Josh Maluat (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 12 Erik Lesco (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 13 Jason Stoner (Fiets Met Slagroom); 14 Cameron Jackson (Cleveland Clinic Sports Health - RGF Cycling p/b Felt Bicycles); 15 Ray Huang (Carbon Racing)

Starry Night Weekend



1



9



2



8



7



3



5



4



6

Art Festival/Starry Night Weekend, A Celebration Of Art, Food, Fun And Health
by Jim O'Bryan

The Arts Festival is certainly the big daddy of Lakewood's Festivals, and the best party of the year has to be Lakewood Hospital's Starry Night to raise money for their Diabetes Assistance Initiative. Here are some images from the weekend. Hundreds more online at: <http://lakewoodobserver.com/photoblogs>. Clockwise from left: 1) Starry Night in full party mode. 2) Monica Robbins, WKYC's Health Reporter was emcee, introducing Janice G. Murphy, FACHE, President of Fairview and Lakewood Hospitals. 3) Even in the high 80s, the streets were packed at the Arts Festival. 4) Declan Simon with daughter Moira. 5) Kate offers cold drinks at The Root Café. 6) CCLAS

sells baked goods for the dogs that benefit the dogs at the Lakewood Animal Shelter. 7) LHS Principle Bill Wagner serves Templar owner and collector Dave Beuhler a Kiwanis Hot Dog! 8) Then the rains came late in the afternoon and clearing the streets for a bit. 9) Monica Robbins and her band Dr. Mo had everyone at Starry Night rockin'. Can't wait till next year! **More photos at:** <http://lakewoodobserver.com/photoblogs>.

Join the Discussion at: www.lakewoodobserver.com

MAMA

Silhouette Brings Out Your Inner Dancer

by Audrey Bazyk

To be quite honest, I never actually thought I would be doing this for so long and on top of that my parents for sure didn't think I would be either. My mom put me in dance when I was four years old. I was an active child and she needed an hour to breathe. In those first couple years of dancing I can remember Miss Donna saying to me "there is a dancer in your heart, Audrey." I didn't think anything of that comment and I continued to dance that year and the next. And from then on it wasn't

really a question of whether or not I was doing dance that year but more so how many classes can I take? If you're a parent, you can probably see my mom's head spinning when I tell her I need to be at the studio four days a week and my dad's eyes popping out of his head when he sees how many costumes I'm going to need this year. Nevertheless, dance was a part of me at this point and nothing was going to change that.

Although I have been dancing for practically my whole life I never quite realized how much I loved dance until

this year. It was my last recital with Silhouette School of Dance and yes, I cried when it ended and maybe once (several times) over the next couple days. The most important thing about it though, you can go anywhere to take a dance class but what I've learned from Silhouette and the people there is so much more than dancing. I have learned how to express myself, to be confident and poised, to try and try again because not everything is easy, and to always be dedicated to what is important to me.

Going back to some of my first years at Silhouette I realize now that Miss Donna saw something in me I never knew about myself. The little dancer she talked about 13 years ago is actually real! And she's not so little anymore. The dancer inside in my heart was nurtured by the teachers at Silhouette. Now that I am graduated I can take the dancer inside my heart with me wherever I go. Well, to be quite honest; I don't really have a choice. The dancer inside my heart is me; and always will be.

Hell On Wheels Craft Extravaganza

by Christin Sorensen

What do you get when you cross Mods vs. Rockers on W. 117th and the Car Culture Show on Madison Ave? Hell On Wheels, obviously! Mods vs. Rockers is the ultimate scooter/bike rally, and the Car Culture Show is the place to check out 1972 and older vehicles. Back in the day when cars were fun to drive, and looked it! August 20 will be a busy day filled with classic cars, hot rods, mopeds, bikes and of course crafts. Madison will be closed down from 10 a.m.- 6 p.m. between Warren and Hilliard, and the bike

rally will be going on from noon until at least 6 p.m.

The Cleveland Craft Coalition has come up with a brilliant plan to get people to check out both events: raffle off a gift basket. In order to be entered, just stop and pick up a map at- Spitfire Saloon (1539 W117th Street in Cleveland); Crafty Goodness (15621 Madison Avenue); Goddess Blessed (15729 Madison Avenue); Breakneck Gallery (17020 Madison Avenue); Key-hole Gallery (will be set up at a street booth on Madison)- and then visit 3 of the stops, how easy is that?

The prize basket is going to be amazing, Buckeye Beer Engine has donated a gift card to our cause so have a beer and some Plum Sauce on them. Crafty Goodness will be including some handmade goodness, while Breakneck, Thirstees and Spitfire will include t-shirts and other swag. Please remember, by attending this event supporting local art, you will be helping the economy right here in Lakewood. And that is a great feeling!

Visit www.craftygoodnesscle.com for more information.



Vance Music Studios Summer Bands

by John Kompier

This summer, the Vance Music Studio's student ensembles might be playing at some of your favorite performance venues. I have seen the bands play at the Library's Summer Concert Series, The Phantasy, and the Winchester. I even met members from some of the bands at Rock On camp. I try to see as many performances

by the VMS bands as I can. They are always fun.

Chris Vance has been my electric bass teacher since April of last year, and my guitar teacher since last August. He is a very nice teacher, and a very good one. He has taught me so much, it would fill up this whole page! I have met many of his students, and they have all told me how great Chris is.

So, I hope you see some of the VMS Ensembles' performances. I will be at many of them.

Last Friday, August 5 select VMS bands played as part of the Lakewood Front Porch Concert series. The studio's next upcoming gig is on Saturday September 10 as the VMS Rock Bands play at The Phantasy Nite Club, 6-10 p.m.

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Chris talks to a band before playing at last year's Library Summer Concert Series.

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Lakewood Business

Beck Center Going Green With Online Catalog And Registration

by Fran Storch

Beck Center's class catalog is now available exclusively online at www.beckcenter.org. Students enrolling for the fall semester can now easily access all class descriptions, schedules and information, and register for classes 24/7 with Beck's new online registration software. This transition addresses

the changing needs of today's families, decreases paper consumption and waste, and eliminates registration fees.

Classes are offered for students of all ages and abilities in dance, music, theater, visual arts, and creative arts therapies for students with special needs. With over 140 classes each week, the Beck Center is the place to experi-

ence all that the arts has to offer. Fall classes begin the week of September 6. Classes fill up fast so sign up today.

Students may still register for Beck classes over the phone by calling 216-521-2540, ext. 10, by mailing a downloaded registration form, or by visiting the Customer Service desk. Hours are 9 a.m. to 8 p.m. Monday through Thursday and 9 a.m. to 5 p.m. Friday and Saturday.

Located at 17801 Detroit Avenue

in Lakewood, the Beck Center for the Arts is a not-for-profit 501(c)3 organization that offers professional theater productions, arts education programming, and gallery exhibits featuring regional artists.

Programming at the Beck Center is generously supported by the residents of Cuyahoga County through Cuyahoga Arts and Culture, the Ohio Arts Council, and Cox Communications.

Timothy Holmes Elected To Cornucopia's Board

by Mary Johnson

Timothy J. Holmes, senior vice president and group manager of corporate banking at PNC Financial Services Group, has been elected to the board of trustees at Cornucopia, Inc.

Cornucopia, Inc. operates Nature's Bin, a full service natural and organic foods market located in Lakewood, Ohio. 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.

Holmes will serve a three-year term and assist in community outreach. In addition, he will communicate with members of the business community and civic organizations regarding Cornucopia's mission to help people with disabilities develop their skills, confidence and workplace potential.

"We are excited to welcome Tim to the board of trustees," stated Scott Duennes, executive director of Cornucopia/Nature's Bin. "Cornucopia and Nature's Bin have been a part of our local community for 35 years and its leaders such as Tim have enthusiasm and passion that keep our programs and mission alive," added Duennes.

Holmes has more than 20 years of experience in corporate banking. In his current role, Holmes manages a team of corporate bankers that work with middle market clients primarily headquartered in the Cleveland, Akron, Canton and Youngstown, Ohio areas. He is responsible for developing business for PNC, as well as providing financial advice and perspective to pri-

vately owned businesses.

Holmes holds a Bachelor's Degree in Management and a Master's Degree in Business Administration from Case Western Reserve University's Weatherhead School of Management.

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. Cornucopia/Nature's Bin has been serving people with disabilities for over 35 years.



photo by Ellen Brinich

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Wellness Watch

Rear-Facing Safety Seats Save Lives

by Nada Haddad, MD, Pediatrician

Children’s car safety seats should face the rear of vehicles for longer than experts originally suggested. The American Association of Pediatricians recommends that all infants should ride in rear-facing seats, starting with their first ride home from the hospital until they are two years old, or until they reach the highest weight or height allowed by their safety seat’s manufacturer.

Car seats are one of the greatest safety tools parents have. In fact, car accident deaths have declined drastically since the implementation of safety seat laws. Research shows that child safety seats reduce fatal injuries by 71% for infants less than one year old and 54% for children ages one to four years.

As safety guidelines change, parents often have many questions. I’d like to share some recent questions I have received from parents to help answer some of those questions:

Q. My 18-month-old screams when she can’t see me and we’re in the car. What can I do to stop this when I’m alone in the car with her?

A. Prepare for the road trip before you leave home. Make sure your toddler is fed and changed. Give your toddler his/her favorite toy. Play his/her favorite music in the car. Talk to your toddler without looking back while driving. Do not go in the car if your child is very fussy because this can distract you while driving. I do not advise having dual mirrors because they can lead to distraction and possibly accidents.

Q. My child has very long legs and there won’t be enough room for them if I face the seat to the rear.

A. You will find a car seat for every child’s size. Convertible car seats are usually bigger and can fit bigger toddlers. You can always bend the child’s legs a little. Injuries to legs are very rare in rear-facing children.

Q. I don’t understand why my 17-month-old can’t face forward in her seat. She’s small, but she shouldn’t be penalized for that. All the other children I know her age face forward.

A. Not anymore. All children under the age of 2 years will have to face the rear of the car since the newest car safety recommendations came out in April.

Q. I don’t understand this change in recommendations. When I had my first children years ago, they were facing forward in their seats much earlier and they were never harmed.

A. We learn as we go. Ongoing studies and observation make us aware of what we do wrong and we try to improve our practices always.

There was a similar situation with the back-to-sleep campaign—we realized that Europe had fewer crib deaths than the United States. The only thing they did differently was putting babies to sleep on their backs, so we did the same and are seeing fewer crib deaths.

Types of car safety seats at a glance

Infants/Toddlers: All seats should face to the rear and should continue to do so until a child is 2 years old or they reach the highest weight or height allowed by their car safety seat’s manufacturer.

Ages 2-Preschool: Use a forward-facing safety seat with a harness for as long as possible, up to the highest weight or height allowed by the safety

seat’s manufacturer.

School-age: Use belt-positioning booster seats until they have reached 4’9” in height and are between 8 and 12 years of age.

Older children: Use lap and shoulder seat belts for optimal protection.

Note: All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.

If you have questions or need help installing your car safety seat, find a certified CPS technician. Lists of certified CPS technicians and child seat fitting stations are available at the following:

The National Highway Traffic Safety Administration Vehicle Safety Hotline: call 888-327-4236 or go to www.nhtsa.gov

SeatCheck: call 866-732-8243 or go to www.seatcheck.org

National Child Passenger Safety Certified Technologies: call 877-366-8154 or go to cert.safekids.org. This site offers information in Spanish and also provides a list of CPS technicians with enhanced training in protection of children with special needs.

Flexibility: Yoga And The Pretzel Myth

by Marcia Camino

I have been practicing yoga for eight years and have taught for six. Yoga is a large part of my life and in a larger way defines my life course. When people ask me about yoga, I lend a passionate and encouraging ear, for it has so transformed my life that I want to help others discover, and benefit from, yoga’s transformative powers, too.

I have fielded many questions from strangers, friends, family and students alike about yoga: its history, its various styles, its extreme popularity, its curious language, where to find classes and more. I love to share all this information. I live for it.

People also express concerns about whether or not yoga will help them. “Will it help me lose weight?” “Will it help me quit smoking?” “Will it make my back feel better?” These are all valid questions, and the answer to them all is a resounding, “yes.” If

one undertakes a practice and sticks with it, then yes.

But, when I am talking to people and they dismiss yoga, I am stopped in my tracks. The dismissal, sadly, often is accompanied by a very specific reason, which I’ve heard over and over. It more often than not is a variation of this: “It looks great and all, but I can’t do yoga. I’m not flexible.”

Welcome to the power of the “Pretzel Myth.”

One of the most misunderstood aspects about yoga is people believe that you have to arrive at it already possessing amazing flexibility. And, one of the most misunderstood aspects of the human body is to think you either are flexible or not.

The truth is you start where you are when you undertake yoga, and yoga will do the rest. The other truth is that yoga makes you flexible. To the best of your own body’s ability, a regular yoga prac-

tice will bring you increased flexibility.

I was as stiff as a board when I started practicing yoga. My flexibility is much better now, but based on how my skeleton is constructed, I might never be able to sit on the floor with my legs double-crossed. I might never be able to touch the back of my head with my toes. I don’t care. My body is vastly healthier than it was when I began. Back then, I was tight...and uptight.

If you suffer from the Pretzel Myth—believing you can’t practice yoga at all because you’re not built for it—here’s a visualization sequence that might help:

Picture a member of Cirque de Soleil. Picture a magic show contortionist in a box. Picture an Olympiad gymnast flipping, twisting, and turning in the air. Picture a ballerina turning on a dime with her back bent like the letter C. Now un-picture all of this. None of this is yoga.

Now picture a man from yoga’s

originate country, India, sitting in a loin cloth under the trees with one leg lifted and folded entirely behind his head, or on the ground doing “the splits.” This is yoga, and some of what he does looks like the folks above, but this is not all of yoga, and it is certainly not yoga for all people.

And finally, picture elderly people in a nursing home sitting in a circle on folding chairs, moving their upper bodies to help them get stronger. Picture a baby learning to stand up on her own, her bottom in the air and her arms stretched out in front of her, holding her own, balancing with her feet and hands. Picture soldiers lying on the floor in a training facility as they are led through a series of breathing exercises to help them cope with stress and insomnia.


This is yoga. Yoga, literally, is for every body.

So say goodbye to The Pretzel Myth if it’s held you back from trying yoga, and find your way to a practice.

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Wellness Watch

Empowering Parents To Make Wise Decisions

by Katherine Caputo

For many new and expecting parents, one topic that can cause sleepless nights even before the baby is born is childhood vaccinations. It's no secret that this is an issue of great controversy in the medical, scientific, and parenting communities, and it can be enough to make any well-meaning parent's head spin with anxious questions: "Should I vaccinate? Should I not vaccinate? Should I use a delayed schedule? Am I putting my child at risk for autism and autoimmune disease if I do vaccinate? Am I putting them at risk for deadly contagious diseases if I don't?" In the midst of these important questions, parents of young babies can often be left confused

about where to seek out quality answers.

In the internet age, where opinion rather than fact reigns supreme, it can be especially difficult to know where to turn for sound advice. On both sides of the vaccine debate-and everywhere in between-there is a minefield riddled with uncertainty, anxiety, fear, and guilt trips. How is a parent to navigate the controversial landscape? It all starts with education. Armed with a basic understanding of developmental immunology, the risks factors of childhood disease, and the science and politics that go into the recommended vaccine schedule, parents can feel empowered to make wise decisions for their family, regardless of what side of the spectrum they find themselves on.

On Thursday, August 25th, Dr. Katherine Caputo, a licensed naturopathic physician from Great lakes Natural Medicine in Lakewood hopes to provide some of this education to the parents of the

Cleveland area. From 6:30 p.m. to 8:30 p.m. at the Lakewood Public Library Dr. Caputo will be presenting information on childhood vaccinations in a relaxed, judgment and agenda-free environment. The first hour will be a presentation on topics such as: the development of the infant and child immune systems, the current state of the recommended vaccine schedule, the risk factors of vaccine-protected infectious diseases, the controversy of vaccine-related autism and autoimmune disease, and the politics of parental choice. The second hour will be set aside for question and answer, so if you have questions about vaccines, this is a wonderful opportunity to get them addressed! This event is free and open to the public, but seating is limited to the first 100 guests. Well-attended children are welcome; however, there will be no childcare provided. For more information, you can call Dr. Caputo at 216-269-3876 or email at drcaputo@greatlakesnaturalmedicine.com.

Curried Chick Peas

by Dr. Meg Gerba Perry

Serves 8
206 calories, 28 g carbohydrates, 6 g protein, 8 g fat
3 tbsp. olive oil
2 medium sized onions, peeled and minced
8 cloves garlic, peeled and minced
3 tbsp. fresh cilantro leaves, chopped
2 tsp. ground cumin seeds
1/4 - 1/2 tsp. ground cayenne pepper
1 tsp ground turmeric
2 large fresh tomatoes, finely chopped and skinned (or canned tomatoes)
1 green pepper, chopped
2 20-oz. cans chickpeas, drained (or 4 1/2 - 5 cups freshly cooked)
2 tsp. ground roasted cumin seeds
2 tsp. sweet paprika
1/2 tsp. salt (or to taste)
1 tbsp. or more lemon juice
1 fresh, hot green chili, minced (use more for a hotter version)
2 tsp. very finely grated fresh ginger

Heat oil over medium heat in soup pot or Dutch oven. Put in minced onion and garlic and stir-fry until rich in color. Turn heat to medium-low and add ground cumin (not the roasted cumin), cayenne and turmeric. Stir for a few seconds and then add cilantro, green pepper, and tomatoes. Stir-fry until the mixture is well mixed. Add the chickpeas and 1 cup water. Stir and add roasted cumin, paprika, salt and lemon juice. Stir again, cover, turn heat to low, and simmer for 10 minutes. Remove cover and add green chili and ginger. Stir and cook for another 30 seconds. Serve immediately or refrigerate and reheat before serving.

Get Your Daily Dose Of D

by Rachel Anzalone

It seems like everyone is talking about Vitamin D these days. But how much do you need, where should you get it from and why all the chatter all of a sudden?

Here's the lowdown.

Many recent studies have reported that vitamin D deficiencies are surprisingly common worldwide, especially during winter months and most especially if you live north of 42 degrees latitude. (Imagine a line drawn on a map from the northern border of California to Boston.)

Vitamin D is necessary for all sorts of things, like the absorption of calcium, protection against muscle weakness and the regulation of the heartbeat. It is also important in the prevention and treatment of breast and colon cancers, osteoarthritis and osteoporosis. It enhances immunity and is necessary for thyroid function. Research at Johns Hopkins shows that people with a Vitamin D deficiency have higher rates of heart disease and death from all causes.

Sounds pretty important, huh?

We get Vitamin D from two sources: the sun and the food we eat.

Our bodies synthesize Vitamin D3 when our skin is exposed to the UVB rays in sunlight. This is considered the

natural form of Vitamin D and is the most active and available for our bodies to make use of.

Estimates of how much sun exposure is needed vary widely from five to 30 minutes and from two times per week to daily. Take into consideration the time of year, where you live and your skin pigmentation. Getting sun exposure while wearing SPF 15 or above is not going to help your Vitamin D levels. So, you want to get a little sunscreen-free exposure before you apply the SPF.

Vitamin D-rich foods actually contain a form (D2) that requires conversion by the liver and then the kidneys before your body can use it. Some Vitamin D-rich foods for you to nosh on include the following.

Veggie sources: Dandelion greens, shitake and chanterelle mushrooms, oatmeal, veggie oils, sweet potatoes, alfalfa, horsetail, nettle and parsley.

Non-veggie sources: Fatty saltwater fishes, dairy, eggs, fish liver oil, liver and oysters.

As many as 75% of U.S. teens and adults are lacking in vitamin D. As with most good things it is possible to get too much, so check with your doctor for specific dosage recommendations.

Have a D-lightful week!



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LO Opinions

Two Party System Blues

by Chris Perry

After spending too much of my precious spare time reading and researching the current federal government debt ceiling drama playing out in Washington, DC, I could not help but look back upon November 4, 2008, the day I cast my vote for Ralph Nader for President of the United States. As a true progressive and one deeply concerned for the loss of the American ideal born out of the trials of selfless workers and activists who sacrificed so much for all of us from 1900 to 1970, it was a way for me to express opposition and challenge the anti-middle-class orthodoxy of the corporate state, corporate media and the corporate political parties. The fact is, despite being a lifelong registered Democrat (mainly for third party disenfranchisement issues in primary elections), I have voted for Ralph Nader in three of the last four Presidential elections.

In choosing not to vote for Republicans (for obvious reasons) or Democrats (the fear-based lesser of two evils argument is not very relevant these days--John Kasich being an exception here in Ohio) on a national and sometimes state level, it has been a recognition that there is no way in this country to vote against the interests of Goldman Sachs, Bank of America or JPMorgan Chase by choosing the candidates of the two political parties that serve their interests.

Corporations have come to defy the law, corrupt the officials charged with enforcing it, and inflict harm on the public and environment with impunity. The consequences are visible in the wreckage left by BP, Massey Energy, Enron, Pfizer, Goldman Sachs, AIG, Lehman Brothers, Blackwater, Halliburton and Exxon Mobil, to name a recent few wrongdoers. Profits rule and anything goes. Both political parties wallow in the aftermath.

The current debt-ceiling delusions may result in a broader understanding that the two-party system, the corporate duopoly, no longer functions to further the rights and interests of citizens, and that the longer we are fooled by this belief that reform can come through these formal structures of power, the less empowered we are going to become.

The debt crisis has now entered into the realm where madness reigns. What should have been an uneventful moment in which lawmakers make good on the nation's contractual obligations has instead been seized upon by Republican hypocrites as a moment to settle ideological scores that have nothing to do with the debt.

Hypocrites, because their radical free-market ideology, and the resulting total deregulation of the financial markets in which Democrats all too willingly played along, is what caused the debt to spiral out of control the past ten years. That and the wars President Bush launched but didn't have the integrity to responsibly finance. The consequence was a banking bubble and crash leading to a 50 percent run-up of the debt that has nothing to do with Social Security and Medicare that conservatives have always wanted to destroy.

President Barack Obama has, from the beginning of his presidency, put cuts in those programs into play, now warning ominously that a failure to lift the debt ceiling could cause the government to stop sending out Social Security checks. Why, when the Social Security trust fund is fully funded until 2038 and is owed money by the U.S. Treasury rather than the other way around? Why would we pay foreign creditors before American seniors?

If we don't hold fast and firm to our moral principles, nobody's going to. I am aware that social and economic justice will never see the light of day in today's Republican Party--who are in fact the very corporations themselves. What we are left with is this--we don't have to have a majority, but once 15-20 million Americans start voting left, we will scare the wits out of the Democratic Party and they will have to respond. But they're not going to respond to us and stand up to corporations until that happens.

The question is how do you stop the power elite from doing as much damage to you as possible? That only comes through true corrective movements. It is not our job to take power, as we have to accept and acknowledge the facts of history that any meaningful and lasting corrections to our American Democracy came through these movements that never achieved formal political power and yet frightened the political establishment enough to respond.

The last liberal president we had was Richard Nixon. He signed the Clean Air Act, the Mine Health and Safety Act, the Endangered Species Act and by executive order placed nearly 12 million acres of land in the ultimate federal protection classification as wilderness area designation. He also agreed to create the Environmental Protection Agency and the Occupational Safety and Health Administration. Richard Nixon did all this not because he was a liberal but because we still had the remnants of movements that scared him enough to do so.

If Richard Nixon was our last liberal president, does that make Barack Obama our most conservative President of the past 60 years? As the lines of separation between Democrats and Republicans have largely been blurred, think about that two-party duopoly dynamic for a moment.

As the so-called partisan fight over the debt ceiling approaches its deadline, President Obama has presented to Republicans with what, at any other time in history, would be seen as a conservative's dream: 4 trillion in spending cuts over ten years and an offer to restructure and dismantle core pieces of the Democratic legacy, including Social Security and Medicare.

This most recent Obama capitulation cuts to the very core of the American middle class and destroys the last remnants left of the unifying principles for the Democratic party being the steadfast defenders of basic entitlement

programs for the middle class, poor and elderly--Social Security and Medicare--from the wealthy, corporate factions that have long targeted them for cuts, privatization or outright termination.

In many crucial areas, not just the debt ceiling capitulation, President Obama has done more to subvert and weaken the progressive political agenda than a Republican president could have dreamed of achieving. So potent, so overarching, are tribal loyalties in American politics that partisans will support, or at least tolerate, any and all corporate-driven policies their party's leader endorses--even if those policies are ones they long claimed to loathe.

But in 2009, clear signs emerged that President Obama was eager to achieve what his Republican predecessor could not: cut Social Security. Before he was even inaugurated, Obama echoed the manipulative rhetorical tactic: that Social Security and Medicare are in crisis and producing red ink as far as the eye can see. President-elect Obama thus vowed that these crown jewels of his party since the New Deal would be part of his efforts to reduce the deficit.

Many progressives, ebullient over the election of a Democratic president, chose to ignore these preliminary signs, unwilling to believe that their own party's leader was as devoted as he claimed to attacking the social safety net. As one who never drank the Obama Kool-Aid, I never bought into the charade of politics that makes voters think the personal narrative of a candidate affects the operation of the corporate state. Candidate Obama, as both a United States senator and state senator never carried out a progressive agenda as he voted for one corporate giveaway after another. There was not a bill he supported that wasn't an embrace of corporatism. I got the voting record, examined it and made my decision to vote for Ralph Nader and not the other two Republican Party corporatist candidates on the ballot--Barack Obama and John McCain.

Fast forward to summer 2011: it is now beyond dispute that President Obama not only favors, but is the leading force pushing for serious benefit cuts to both Social Security and Medicare.

The same Democratic president who supported the Bush administration's transfer of \$700 billion to bail out Wall Street banks, who earlier this year signed an extension of Bush's budget-busting massive tax cuts for the wealthy, and who has escalated America's bankruptcy-inducing posture of Endless War, is now trying to reduce the debt by cutting benefits for America's most vulnerable--at the exact time that economic insecurity and income inequality are at all-time highs.

And now he is devoting all of his presidential power to cutting the entitlement programs that have been the defining hallmark of the Democratic Party since Franklin Roosevelt's New Deal. The silence from Democratic

partisans is deafening--and depressing, though sadly predictable.

The nature of American politics is that once a policy is removed from the partisan wars and adopted by the leadership of both parties, it is removed from mainstream debate and fortified as bipartisan consensus. That is why false claims in the run-up to the Iraq war, endorsed by both parties, received so little mainstream journalistic scrutiny. And it's why the former Bush lawyer and right-wing ideologue Jack Goldsmith, back in May 2009, wrote about the fact that Obama was doing more to strengthen Bush/Cheney terrorism policies than his former bosses could have ever achieved. By embracing the very terrorism approach he once denounced, Obama was converting it from right-wing radicalism into the official dogma of both parties, and forcing his supporters to defend what were, until 2009, the symbols of right-wing blunders.

President Obama is now injecting what until recently was the politically toxic and unattainable dream of Wall Street and American conservatives--attacks on the nation's social safety net--into the heart and soul of the Democratic Party's platform. Those false progressives who are guided more by party loyalty than actual belief will seamlessly transform from virulent opponents of such cuts into their primary defenders.

And thus Obama will succeed again in gutting not only core Democratic policies, but also the identity and power of the left.

For those of us on the left, it is time to turn our backs on the Democrats and begin to regain a new kind of democratic militancy. If we don't do that, if we remain fearful, then we will be further stripped of power as we barrel towards this neo-feudalistic state where there is a nation of masters and servants, a kind of permanent underclass. That's what is happening as rapacious corporate business interests have shattered all kinds of regulations and controls. They have carried out a coup d'état in slow motion and it's over--they have won.

I am not saying we are going to win back everything that has been taken from us the past four decades. I am saying that rebellion becomes a way to protect your own dignity. Corporations, in the hands of a two-party duopoly, are institutions of death. They commodify everything--the natural world, human beings--that they will exploit until exhaustion or collapse. They know no limits and there are no impediments now to corporations. They want us to become passive and they want us to become complicit in our own demise.

We are the most delusional society on Earth. It is better to swallow the bitter pill of what we are up against and recognize how dark the rule of the two-party system future is and also recognize the absolute imperative of resistance to it in every form possible.

Will the last chapter of our book on Democracy be titled "America's Slide Into Totalitarian Corporatism" or do we rise up to alter that last chapter of our story?

Minding The Issues

On Health Care And Our Nation

by Gordon Brumm

Let's get clear about the Obama administration's plan for universal health care, which has caused such an uproar.

To clarify the issues, I offer a modest alternative: The law would require—repeat, require—that anyone who lacks health insurance would NOT be able to appeal to emergency rooms for medical care, nor be allowed to enroll in Medicaid (assuming that he or she did not meet the eligibility requirements before suffering a serious illness or injury), nor receive any other charity care. Whenever they sought medical care, they would have to pay the full price that the doctors and hospitals demand.

What would be the result of this plan? Whenever such a person suffered a life-threatening illness or injury, one of the following would in all probability happen:

He or she would die for lack of medical care.

He or she would go bankrupt and then die for lack of medical care.

Or, possibly, he or she would move to some more civilized country where all persons have access to medical care.

I expect, and fervently hope, that all who read this will be repulsed by my loathsome hypothesis. For we all believe that to condemn a person to death simply because of their economic status or lack of insurance is barbaric.

The point is that we already have universal health care—through Medicaid and through the government-mandated charity of hospital emergency rooms. It is dictated by our basic human sympathies. Unfortunately, the machinery for bringing health care to our citizens is riddled

with flaws. Among the biggest is the existence of free-loaders (or free-riders as the economists say). The best-known example is those who have no health insurance and rely instead on the charity of emergency rooms. They pay nothing, so their fellow citizens pay for them.

A similar result arises from the situation in which individuals, many young people for example, refuse to get health insurance because they are not ill and don't believe they will be ill in the foreseeable future. Thus the burden of paying for health care is borne by those who at the time are least able to afford it—notably, the elderly. This contradicts the concept of insurance, which states that everyone pay a small price so that no one will have to pay a crushing price. (Consider Social Security: We pay into the Social Security system for all of our working lives, beginning many years before we receive benefits. Why shouldn't health care insurance follow the same pattern?)

The sensible answer to these problems is a single-payer system, as it's called—roughly speaking, extending Medicare to every citizen. But the right-wing free-market wacko fanatics have so hypnotized the American people that the sensible solution is not politically feasible.

So the Obama administration took the second-best course. They conceded the field to private insurance companies, with appropriate regulation, and required everyone to take out a health insurance policy or pay a penalty (with individual subsidies as appropriate). The requirement for universal cov-

erage, therefore, is like a tax—a tax to support health insurance for everyone, a reasonable tax to support a reasonable measure for the benefit of all.

But Obama's opponents were not about to lose their chance to pounce on a new and unfamiliar program. Opportunism combined with ignorance to produce an outcry that can be heard from here to the Supreme Court.

This message is addressed to veterans of World War II:

You gave two, three, four years of your lives serving your country on the battlefield, far away from your homes and families. Your experiences were uncomfortable at best and horrific at worst. Many of you were wounded, sometimes in ways that would bedevil you the rest of your lives. Many of your buddies were killed. Very few of you claimed that they liked being at war, but most of you answered the call willingly. Many grumbled about particular hardships or injustices, but no one complained that the government was a tyranny for enforcing military service on you, and no one complained that inalienable rights were being trampled because you understood that your sacrifice was necessary for the welfare of all Americans. Furthermore, your fellow citizens at home shared the sacrifice: food was rationed; gasoline was rationed; small luxuries like nylon stockings were off the market. Gold Star Mothers sacrificed.

And along with all the unspeakable horrors, there was also the deep satisfaction of living in bonds of love and respect for your comrades in arms.

After the fighting, you came home, and your memories came with you.

You saw the homeland that you had left, and perhaps you wanted to make sure it was worth fighting for. Perhaps you hoped that the feelings of unity and altruism you experienced as a soldier would appear throughout the country, each person bearing whatever burden was necessary for the welfare of all.

And now, six and a half decades later, what do you find? Led by the Me-Party, our nation is dominated by crybabies and paranoids. Hypocrisy is also in evidence, as many of the Me-Party types demand severe cuts in government spending while at the same time demanding that programs that benefit them remain undisturbed.

The dominant question is not, "What is necessary for the welfare of all Americans?" but, "How can I get the most for myself?" Far from willingly sacrificing years of their lives, too many of our citizens aren't even willing to sacrifice the cost of a health insurance policy, and far from asking what is necessary for the good of all, they instantly assume that any government requirement is a tyrannical violation of their right to happiness. "Shared sacrifice" has become a joke or a term of derision.

Is this country worth the fighting for? I think it is, for despite all the shameful developments, I believe it still has a lot going for it. But the question remains open.

(Personal self-disclosure: I spent my two years in the Army as a draftee shortly after the Korean War. If circumstances had been different, I might have been in combat. But circumstances were not different, and I never came close to combat. For that reason I don't count myself as a veteran in the true and proper sense of the term.)



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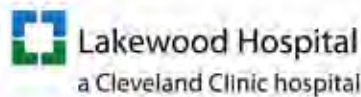


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Pulse Of The City

Our Centennial City...

Our Virtual Sons And Daughters

by Gary Rice

As Lakewood celebrates its 100th anniversary as a city, we do well to reflect on the passing of time, as generations of Lakewoodites now grown up are presently witnessing the next generation of their “virtual sons and daughters” prepare to stake out their own claims in this world.

We all have them, whether we know it or not, whether we ever married and had actual children of our own or not. I’m referring to all the young people we have encountered in our lives. We have influenced these young people deeply by our example, whether we intended to or not.

As retired teachers, Dad and I have often been visited over the years by a number of our former students who have been eager to tell us about their present lives, and how we made a difference in their lives. Often, these students will relate long-forgotten (on our part) humorous anecdotes or “pearls of wisdom” that they feel we once conveyed to them. Sometimes, those visits could be quite surprising.

Towards the end of my teaching career, the school office received a call from one of my former students, saying he would be coming in to see me after school. This particular student had been a child with many issues, and occasionally those issues resulted in acting-out behaviors exhibiting defiant, and at times unruly, ways in the classroom. It was, therefore, with considerable trepidation that I anticipated his return to my classroom many years after he had been a student. As the end of the school day approached, I felt the butterflies in my stomach flutter with abandon.

After the last bell, right on time, that former student came into my room. He arrived carrying a beautiful little child in his arms. He came up to me, shook my hand, and in the most glowing terms possible thanked me for caring about him when he was young. He told me that I had been the best teacher he’d ever had. He wanted his own young child to meet the teacher who had changed his life. During the course of our conversation, he apologized for being so much trouble when he was younger. I just smiled and told him that he had been a very bright and exceptional young man who’d sim-

ply had a lot on his mind at the time. I told him that all children go through different phases in their lives, but that I’d always had high expectations for him.

After he left the room, I will confess to you that I cried like a baby.

Teaching is like that. There were moments like that which will remain with me forever. Over the years, I’ve taught hundreds of young people in public education and private music lessons. Teaching has been the most rewarding thing I have ever done. Being born with speech and hearing impediments, I entered the field of Special Education, hoping to teach young people who, in some way, had afflictions such as I had experienced. I ended up getting certified in Learning Disabilities and Behavioral Disorders. Learning disabilities were once referred to as “hidden handicaps,” because they were not easily visible or apparent, and were therefore frequently misunderstood by the public. Nearly all of us have academic strengths or weaknesses, but a person having what was then referred to as a “learning disability” might have had moderate to severe difficulties with one or more of the academic areas, while still having otherwise normal intelligence.

When I’d finished college, my original goal had been to teach “regular” education, but having my own “handicaps” as they were called at that time, I could not find a school district willing to hire a regular education speech-impaired teacher in those days before anti-discrimination laws. By entering the field of Special Education, I was able to turn my own so-called “disabilities” into assets, and in turn help afflicted students similar to myself. As I’ve indicated, it was one of the best decisions of my life.

Over the years, many of my students went on to successful careers of their own. Some became college graduates. Some excelled in the trades. Some went on to unusual and very successful careers in music, sports, and even ballet and taxidermy. All of them were very special to me, because I never wanted them to have any limit placed upon their dreams.

It seems to me that even now, every

perceived liability that we have can be turned into an asset, given enough time. Each of us has something unique and very special to offer the world. The secret is that we need to be given the support and time to develop our gifts. If that is done, the results can be spectacular.

We, as adults, need to realize that each and every time a young person enters our life, there is a leadership opportunity for us. In the old days under English Common Law, there was a doctrine called “in loco parentis,” meaning that in the absence of a parent, a teacher or other authority assumed a virtual parental role. These days, effective adult community leadership still remains a vital part of young people’s lives. Think about that for a moment, if you will. Think about all the adults who influenced your own life in some positive way when you were a child. As adults, we are all role models for young people every single day of our lives. These days, young people are also inundated with negative “role models,” coming from virtually every quarter of society. It’s time for each of us to assume

a greater responsibility towards helping young people to develop the academic, social, and character-building skills that are required for participation in the greater human family.

Lakewood’s “virtual sons and daughters” indeed represent the future pulse of this city, and they will in turn be deeply influenced...by you!



Gary, with a beautiful Lakewood-built guitar, hand-made by his former music student, Guy Hlynosky.

Letters To The Editor

Lakewood School Board Is Broken

Dear Editor,

I am writing to you concerning the current state of the school board for the Lakewood City Schools. From my perspective, the board is at worst broken and at best seriously damaged. As a lifelong citizen of Lakewood and a graduate of Lakewood High School I find the processes and procedures used by the current members of the board to be disturbing. This school board keeps telling the public that it is completely transparent, yet they continue to pass policy in violation of their own bylaws and with sleight of hand that would make Houdini proud. I maintain that they do not operate transparently but under a cloak of invisibility.

I have been watching a minor policy move through the process of implementation. This policy was enacted in violation of the school board bylaws and was written by a school board member in such a way as to place even more power into the hands of school board members. This policy clearly creates a conflict of interest between several independent commissions that are overseen by the board and the board members that serve on those commissions. The conflict arises from the fact that sitting board members are not prohibited from serving as voting members of these commissions. How convenient of the policy writer to exclude that conflict from the policy, not to mention that two of the commissions that seat school board members now have no limit as to how long they can serve. Is this a coinci-

dence? I am not so sure. An interesting side note is that when I presented these issues, in greater detail by letter and by public comment, before the board at their July 11, 2011 meeting not one elected official asked me why I was so unhappy with them or for any sort of explanation. They just scurried off to their last executive session of the evening. Not only did they not speak to me after my presentation, but they spent several minutes discussing the open gym program after the presentation by the speaker immediately following me. My only conclusion can be that the members of the school board felt that my issues were of little importance to them.

I find it disturbing to see that school board for the Lakewood City Schools holds the members of the various commissions and the public at large in such low regard that they would pass these relatively minor items in violation of their own bylaws. If the smaller issues are being so recklessly handled, what is happening with the big issues? They seem to have numerous special board meetings and a high number of executive sessions. What sort of back door dealing is taking place at the Board of Education? The citizens of Lakewood deserve better. There will be three positions open during the November election. The citizens of Lakewood need to take a close look at this school board and make wholesale changes.

Sincerely,
Richard W. Krumreig



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Lakewood Is Living

Becca Ritterspach

by Erika Durham

I recently spent a beautiful Lakewood evening with a great group of people on the patio of the Beer Engine--lots of laughter, excellent beer and food, and the opportunity to meet some really interesting new people. It was already a wonderful night, but what made it extra special was the fact that it was Bike Night, meaning that anybody pulling up on their two-wheeled self-powered beauty got to eat their burger or sandwich for two dollars less than everybody else! Besides the obvious benefits of bike nights, such as the monetary discounts and another excuse to go for a ride, they also provide unique opportunities for making connections within the biking community. I got to meet some fellow bikers, and even got to have one last bike conversation as I was unlocking my bike to go home.

One of the faces that night was Becca Ritterspach, a sort-of newcomer to the Lakewood biking community, who dove in head-first and is loving every second of it. If you've ever gone for a ride in the valley and been greeted by a warm smile and sing-song "Good morning!" or "Hello!" the chances are high that it was Becca you were passing on the trail. A truly positive and optimistic personality, Becca is an absolute treat to be around. One of her observations about cycling that resonated with me was that when riding



photo by Erika Durham

Becca Ritterspach shows off her budget ride. She found the blue cruiser on Craig's List for only \$60!

a bike, she feels a sense of heightened awareness of the world she is traveling through. From yards to architecture to fellow riders, the world seems to open up when you truly place yourself in it, which is something I believe she does actively every day.

Becca is currently riding a blue cruiser-style Ross that she bought on Craigslist for \$60. Knowing very little about bikes at the time, she brought a friend along to help her check it out, and bought it after it was approved as a smoothly operating machine. What

struck me most about Becca's biking experience so far is the way she's approaching the activity. She is thinking about it as a replacement for her car in every situation that allows for it, essentially taking one more car off of the road for those common trips we all regularly take to the grocery store, coffee shop, or local park. Seeing her eyes light up when she talks about it, and thinking about the possibility of so many more people beginning to make this transition is incredibly exciting. It's a great feeling to have a person like



Becca on board and advocating for bicycle travel along with the rest of us.

Now, if you've gotten this far along and are thinking you know Becca but can't place her, it's highly likely that you've seen her on television recently. She works for Courtney Bonning, the owner of Bonbon Bake Shop (soon to be Bonbon Pastry and Cafe), and winner of the show Cupcake Wars on the Food Network. Not only is she an incredible person and now biker, but this girl makes some truly delicious treats to top it off! So keep your eyes open for their new restaurant, and be sure to wave back and say, "Hi!" when you see Becca rolling down the street.

Here's a quick guide to some local bike nights, so that you can take advantage, of them, too! All discounts apply only if you get to the business by bicycle.

Mondays

The Beer Engine: \$2.00 off burgers and sandwiches from 11:00 a.m. to midnight (sponsored by Spin Bike Shop).

Wednesdays

The Root Cafe: 25% off beer and pizza. 5:00 p.m. to 10:00 p.m. (kitchen closes at 9:00PM on Wednesdays).

Eddy and Iggy's: Pre-ride, discounts, and raffles; check the website (<http://eddyiggys.weebly.com>) for more information.

Thursdays

Now That's Class: One free beer, up to \$5.00 value.

Deagan's Kitchen and Bar: 15% off of your bill, June 16 to October 13, 5:00 p.m. to close (sponsored by Century Cycles).

If you know of other bike nights that have been overlooked, please pass along the information. Now get on your bikes and ride!

Lakewood Family YMCA Fall 2011 First Session Programs And Events

by Mark Edwards

Looking for something for your child to do at the YMCA? Check out our Fall 2011 Session I programs and events for more details on how your child can get involved and have fun with the YMCA of Greater Cleveland.

Al "Bubba" Baker Football Clinic

To help kick-off our NFL Flag Football season, former Cleveland Browns Defensive End Al "Bubba" Baker will participate in a special Punt, Pass & Kick Clinic from 9 a.m. to 12 p.m. on August 27 at the West Park-Fairview Family YMCA (15501 Lorain Avenue in Cleveland). The clinic will end with lunch provided by BubbaQ's.

NFL Flag Football

The new NFL Flag Football Leagues will be coming this fall to all

Greater Cleveland YMCA Branches. Each participant gets their own NFL replica jersey and will use NFL flag belts and NFL flag footballs.

The league games begin the week of September 10, and will group participating children by the following age groups: 5-6, 7-8, 9-11, 12-14, and 15-17. The registration deadline is Sunday, August 28. Games will take place on Saturdays starting at 9 a.m. with the youngest age group, and proceed according to age. The league is for members of the Lakewood, West Shore, and West Park YMCAs, and games will be held in Lakewood or West Shore depending on the week. Cost will be \$45 for YMCA members and \$85 for YMCA program members.

YMCA Tot Flag Football

3-4 year olds can participate in

YMCA tot flag football. We will use the traditional YMCA jerseys, flags, and footballs for our youngest age group. The price will be \$30 for YMCA members and \$70 for YMCA program members. Games will start on Saturdays at 9 a.m. The league is for members of the Lakewood, West Shore, and West Park YMCAs, and games will be held in Lakewood or West Shore depending on the week.

YMCA Soccer

The next session for the Lakewood YMCA Youth Soccer League will kickoff on Saturday, September 10. Practice and league games will be held at the West Park-Fairview Family YMCA and will group participating children by the following age groups: 3-5, 6-8, and 9-11. Games will take place between 1p.m. and 4 p.m. The price will be \$30 for YMCA members and \$70 for YMCA program members.

Stop by your neighborhood YMCA of Greater Cleveland branch location today to pick up a program guide or register.

For more event and program information, contact the Lakewood Family YMCA Program Director Mark Edwards at 216-521-8400 or via email at medwards@clevelandymca.org. You can also visit our web site at www.clevelandymca.org

East End Meet And Greet

by Jackie Patsouras

On July 15 the East End Market and the East End Serenity Shop sponsored an event featuring The Joe De Jarnette Quintet. During the soothing performance of the jazz quintet, angelic readings were available by the famed Debbie Michaels. Sheila Rawls is also available for Reiki and Massage therapy. During all these things

food and drink was happily sold to the customers and community members. Hot dogs, hamburgers, and bratwurst were all cooked fresh and sold with your choice of chips and soda from our selection.

And all of these things will be happening again, so please come and enjoy the festivities from 6-9 pm on August 26!

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Lakewood Living

Faith Lutheran Church Calls Mark Rollenhagen As Mission Pastor

by Kent Cicerchi

Acting on a recommendation from its Faith Mission Board, Faith Lutheran Church (ELCA), Lakewood, Ohio, has extended a call to Seminarian Mark Rollenhagen to direct the Faith Mission Project. He began work on July 1 as a lay outreach minister and will be ordained and installed as Mission Pastor on Saturday, September 10, 2011.

A congregational meeting of Faith Lutheran Church, Lakewood, Ohio, voted unanimously on June 26 to call Seminarian Mark Rollenhagen as Mission Pastor with the task of leading and driving the Faith Mission Project.

The Mission Project, launched in 2008, aims to reconnect Faith with its surrounding neighborhood and reenergize the congregation as a vibrant outpost of Christ's mission to the Lakewood community.

Mr. Rollenhagen is completing

the final class necessary to receive his Master of Divinity degree from Trinity Lutheran Seminary in Columbus, Ohio, this summer. He will be ordained and installed at Faith on Saturday, September 10, at 10:30 a.m. He started at Faith in an unordained capacity on July 1, beginning outreach and mission efforts in the community. Until October of 2008, Mark was a newspaper reporter and editor. He worked for the Cleveland Plain Dealer for nearly 18 years, the final two years as chief of its Columbus (Ohio) bureau. Mark had been studying part time at Trinity since 2003 and left the Plain Dealer to study full-time and to complete chaplaincy and internship requirements required for ordination in the Evangelical Lutheran Church in America.

He and his wife, Alison, have lived in Cleveland Heights for most of the last 20 years. Alison works as a

coordinator in the Cleveland Clinic's leadership academy. They have two grown children. They have been longtime members of Bethlehem Lutheran Church in Cleveland Heights, and Mark did his yearlong pastoral internship at Hope Lutheran Church in Cleveland Heights. Mark began to sense a call to ordained ministry while serving as a lay leader at Bethlehem. He served as president of the congregation for six or seven out of ten years, seeing up-close the challenges of small Lutheran churches in inner-ring suburbs. He also coordinated the involvement of Bethlehem and four other Heights congregations – two of them Lutheran – in the Interfaith Hospitality Network, which provides temporary shelter for homeless families.

It was through those activities that Mark began to see God's presence in the ministry of the congregations and



Outreach Minister Mark Rollenhagen was recently recommended as Director of the Faith Mission Project

their people. He has a passion for finding ways to proclaim and articulate the Gospel in a manner that engages people who have left or just never connected to church and that renews or refreshes the faith of people long-involved in the church, helping all to enter into and maintain a relationship with God through Jesus Christ.

Summer Is Here At Lakewood's North Union Farmers Market

by Tiffany Leeper

The abundance of August is here! Remember that rough, wet spring we had? Neither do we, now that the market is bursting with fresh produce like sweet corn, heirloom tomatoes, zesty peppers, crisp greens, wholesome squash, juicy melons and so much more! One fruit that is really thriving this time of year: PEACHES! Peaches are low in calories and high in fiber, vitamin A and vitamin C. Peaches can be clingstone (the flesh sticks to the stone) or freestone (the stone is easily separated from the flesh). Freestone peaches are great for canning and cooking because they are easily sliced from the stone. Buster Woolf from Woolf Farms and Sally Smith from Smith's Fruit Farm will be at the market and are on hand to help you pick out the best variety for preparing your peaches. Try this recipe for an easy

peach cobbler:

1/2 cup unsalted butter
1 cup all-purpose flour
2 cups sugar, divided
1 tablespoon baking powder
Pinch of salt
1 cup milk
4 cups fresh peaches, peeled and sliced (about 6 large peaches)
1 tablespoon lemon juice
Cinnamon and sugar.

Preheat oven to 375°. Melt butter in a 13" x 9" baking dish. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).

Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; Pour over batter (do not stir). Sprinkle with cinnamon and sugar.

Bake for 40 to 45 minutes or until

golden brown. Serve cobbler warm with vanilla ice cream. YUM!

The North Union Farmers Market in Lakewood is held every Wednesday from 10 a.m. to 1 p.m. through September 14, in front of Kauffman Park on the Arthur Avenue extension. North Union is pleased to announce that we accept SNAP/EBT benefits at the market. Stop by the Market

Information Tent for details. In addition, the market participates in the EBT Incentive Program of the Cleveland-Cuyahoga County Food Policy Coalition. SNAP recipients who spend \$5 or more will receive an additional \$5 to spend at the market on eligible items. The customer is eligible to receive this incentive each week that they visit the market.

Lakewood Kiwanis To Celebrate 90th Anniversary

Members of the public are invited to join Lakewood Kiwanians on August 24 as they celebrate 90 years of service to our community at the Clifton Club, 17884 Lake Road.

The celebration will begin with a cash bar reception and silent auction at 6:00, followed by dinner and the program from 7:00 to 9:00. Music will be furnished by The Four Seasons string quartet. The dinner menu includes a salad, pork tenderloin, saffron risotto, and vegetables. Anniversary cake will highlight dessert, preceded by mango sorbet.

Tickets are \$35.00 per person. Reservations can be mailed to Ray Goodrich, 24419 S. Oxford Oval, North Olmsted 44070, before August 17.



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Lakewood Living

Swift Wows A Sold Out Quicken Loans Arena Crowd

by Ivor Karabatkovic

Taylor Swift brought her “Speak Now World Tour” to Quicken Loans Arena on Saturday night, and 15,000 screaming fans joined her for a night filled with surprises.

The 21-year-old superstar was backed by an eight-piece band, eight dancers trained to perform anything from hip-hop to ballet, and three trapeze artists that made fans hold their breath. Yet it was Taylor’s show, and she had command of the stage from the moment the Victorian theatre-style curtains opened.

Opening with two songs from her new album, Speak Now, Taylor sent the crowd into a singing and screaming frenzy. Pyro wowed younger fans, while parents snapped photos. The 8:30 p.m. start time is a bit early for most headliners, but the parents had to appreciate getting their kids home before midnight. “Story of Us” had the band, dancers, and crowd fully engaged, while “Mean” turned into a ballad for anyone who’s ever been picked on. A quick costume and set change, and Taylor showed her piano playing abilities with a moving rendition of “Back to December.”

Quick set and costume changes were a common thing Saturday night. There were nine costume changes in total, and sets included everything from a church setting during “Speak Now,” three large church bells that rung during “Haunted,” and a floating balcony in which Taylor soared over the crowd and

around the arena during “Love Story.” A separate stage in the back of the arena provided a great view for fans in the back. Taylor navigated through the



Taylor Swift strikes a pose for the crowd during her “Speak Now World Tour” stop at the Q-Arena in Cleveland.

crowd, giving hugs and bracelets to fans of all ages along the way to and from the main stage.

It was on the second stage that Taylor showed her musical talents and ability to connect with fans through her music.

“Songwriting is something I need to do”, Swift explained from the second stage. “It’s much more than what I love to do now.” She didn’t chat too much with the crowd, but the interaction and energy from the fans was definitely there. Swift let her music do most of the talking for her, only adding anecdotal facts about song inspirations and the occasional compliment to the rowdy fans.

Quick covers of Macy Gray’s “I Try,” as well as “My Wish” by Columbus native’s Rascal Flatts led into her hit “You Belong With Me.” Thanks to



Taylor’s ukelele-playing, it was refreshingly light and uplifting. It was also the fourth instrument she skillfully played up to that point. Pyrotechnics, fog machines and Taylor’s vocals were spot-on for the moodier portion of the show, which featured “Dear John,” “Enchanted” and “Haunted”.

“Long Live” included a shout-out to Cleveland native Paul Sidoti, who plays guitar in Taylor’s band. “[Paul] is very proud of where he comes from”, Taylor said, “and you should be very proud of him for being from here.” Sidoti received a very warm welcome from the sold out arena, and even wore a Browns jersey for the encore. The video screen projected scenes from her first headlining tour, the highly-

grossing Fearless Tour. By this point, the mom’s, dad’s and boyfriend’s in attendance were on their feet and shamelessly singing to her songs.

The floating balcony during “Love Story” sent Taylor up in the air and over the crowd on zip lines, eye-level with the club seating in the Q. Just one of many surprises in store at a Taylor Swift concert. While her theatrical setup pushes the envelope for touring country artist, she stayed true to her country music roots by never losing the message of her songs. Although, something tells me that 15,000 singing fans, or friends, as she calls them, would remind her if she happened to get lost in the moment. Even though audio troubles towards the end had some fans baffled, her voice was spot on. Full of energy, the 21-year-old singer showed off her musical talents and proved to any doubters that she is the real deal, and is here to stay for a long time.



Lakewood Receives Stabilization Funds

continued from page 1

the foreclosure crisis. Our proposal includes obtaining vacant homes for rehabilitation on Clarence Avenue and also investing in properties on Alameda and Lakewood Avenues.

“We are thrilled to be receiving this significant amount of NSP money,” stated Mayor Mike Summers. “Lakewood’s Housing Initiative addresses our foreclosed and at risk homes and is a major focus of my administration. These funds will go a long way in helping us carry out our goals.”

Lakewood has a proven record of success in rehabilitating and bring-

ing foreclosed properties back to life, recently selling 1269 Westlake Avenue and 1598 Wyandotte. Despite the real estate crisis, the Division of Community Development has consistently come through, turning homes that were a nuisance on their streets into beautiful places to live. The DCD currently has four properties under contract on Marlowe, Cranford, Gladys and a completely ADA accessible new home on Dowd in the works. We are very excited to get started on our new projects and look forward to making Lakewood stand out as a vibrant place to live- a few houses at a time.

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