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Lakewood Community Festival Madison Park Sept. 10

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Volume 7, Issue 18, September 6, 2011

Lakewood And The Nation Remembers 9-11 Anniversary

Fallen Firefighter Memorial Set For September 11

by Melissa Garrett

The City of Lakewood will hold its annual Fallen Firefighter Memorial Ceremony

on Sunday, September 11, 2011 at 9:11 AM at Fire Station #1, 14601 Madison Avenue. At this special ceremony, a new memo-

rial created by using two steel beams from the World Trade Center will be unveiled.

"We are honored to have a



The Lakewood Fire Department had asked the media to keep the final design and images under wraps until after the ceremony. We respect what they do for us, so follow the QR code to the final photos on Sept. 11.

piece of the World Trade Center serve as the centerpiece for our new memorial," stated Mayor Mike Summers. "As we honor those who gave the ultimate

sacrifice in the line of duty, we pay tribute to the heroes who lost their lives ten years ago in the September 11 attacks. This memorial stands as a permanent remembrance of those who gave their lives for our country."

Lakewood's annual Fallen Firefighter Memorial Ceremony honors those who have lost their lives in the line of duty and this year will pay special tribute to those who lost their lives during the September 11 attacks. All on-duty fire personnel will gather with fire apparatus at the site of the new Firefighter Memorial in front of the station. The ceremony will feature the Cleveland Fire Department Color Guard, the American Legion Honor Guard, the Lakewood Fire Department Honor Guard, the Lakewood High School Ranger Marching Band and the Red Hackle Pipes & Drums. After the ceremony, the Fire Department will host an Open House with refreshments.

Planning for the memorial began in 2009 when a committee of Lakewood firefighters was formed to discuss a new memorial. In 2010, the Port Authority of New York and New Jersey began accepting requests for artifacts from the World Trade Cen-



Members of the Lakewood Fire Department with the World Trade Center Beams

Lakewood Students Helped Shape 9-11 Memorial

by Christine Gordillo

When the Lakewood Fire Department unveils its memorial to the fallen firefighters of 9-11 at its Madison Avenue station on the 10th anniversary of that tragic day, students

and staff from Lakewood High School and the West Shore Career-Technical District will have reason to stand tall with pride as well.

The design for the memorial, which features two steel beams from the World Trade Center as its centerpiece, is a melding of design ideas submitted by students nearly two

years ago in Amy Sedlak's Art 4 class at LHS and retired teacher Joan Pitchler's Interactive Media class at West Shore, housed at LHS.

Lakewood Fire Marshal Tim Dunphy, an LHS graduate, approached the high school in the spring of 2010 about getting art students involved in the project. "We wanted to make this a community project," Dunphy said, "and I knew early on we wanted the Schools involved somehow."

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continued on page 9

2011 Brake 4 Kids Campaign

by Julie Derrick

Pedestrian/motor vehicle incidents are a problem, with more than 80 kids being hit by cars in the U.S. every day. Lakewood Early Childhood PTA (LECPTA) is sponsoring its ninth consecutive year with our annual speed awareness program titled Brake 4 Kids™. This program aims to remind drivers to slow down now that school has resumed, by asking residents and businesses (especially those near schools) to post Brake 4 Kids™ tree lawn signs. The City of Lakewood has seen a reduced number of pedestrian/motor vehicle injuries since the inception of Brake 4 Kids™. We believe the Brake 4 Kids™ signs have contributed significantly to this decrease.

Where can I get my sign? The signs are free and can be obtained at the Lakewood Community Festival at Madison Park on Sept. 10, at Lakewood elementary and

middle schools on Sept. 6, or at Geiger's Sporting Goods and Steve Barry Buick.

When & where should I post my sign? Brake 4 Kids™ signs may be posted on tree lawns beginning on the first day of school and may remain there for the entire month of September, thanks to City Council Resolution #7782-03, declaring the month of September as "Speed Awareness Month for the City of Lakewood." After that time, please remove the signs from your tree lawn. You may continue to display the signs on your lawn proper or save your sign to use next year.

This program is made possible by LECPTA and Lakewood Council of PTAs. Many thanks to our generous sponsor donations from Geiger's Sporting Goods, Steve Barry Buick, Pillars of Lakewood, Garfield Middle School PTSA, Grant Elementary School PTSA, Harding Middle School PTSA, Hayes

Elementary School PTO, Jen Williams, Jim and Amanda Pido and Family, Kristine Pagsuyoin for Lakewood Schools Committee, Lakewood City Council Member Brian Pow-

continued on page 9

Rangers Varsity Impress In Opener (41-6)



LHS senior quarterback Aturo Morgan carries for the score to complete a 67-yard first quarter drive during the Rangers 41-6 victory over the Lincoln-West Wolverines at Ranger Stadium, Fri., Aug. 26.

photo by Randy Varcho

Calendar Page

Thursday, Sept. 8
Chamber of Commerce Networking Event: Mad Men Business After Hours & Cocktail Party
5:30 - 7:00 PM, Three Birds, 18515 Detroit Ave.

September is all about building awareness and marketing your business at the Lakewood COC, so what better theme than a Mad Men cocktail party? Whether you are a fan of the show or not, join the fun and enjoy the 60's advertising agency vibe with networking and cocktails. Appetizers and candy cigarettes are on the house. 60's cocktails at Happy Hour prices! Mad Men-inspired drawings! Bring plenty of business cards.

Lakewood Park Historic Marker Dedication Ceremony
5:30 PM, Lakewood Park, Lake Ave.

See Page 3 story.
Prostate Cancer Support Group Quarterly Meeting
6:30 - 8 PM, The Gathering Place West, 800 Sharon Dr. Westlake
This drop-in group offers information and support for men facing prostate cancer. Robert Abouassaly, MD will give treatment updates to those in attendance.

Friday, September 9
Got Green? Lakewood Community Service Ctr. Benefit
6 - 10 PM, Madison Park, 13201 Madison Ave.

An earth to table event to benefit Lakewood Community Services Ctr. Menu by Chef Jonathon Sawyer, music by Kristine Jackson and KJ Blues. Got Green? Celebrates LCSC's 29 year role in supporting the community and reaffirms the power of the unique partnership between the City of Lakewood, Lakewood High School, and LCSC in creating a collaborative model for a community garden in a public space. Event tickets are \$75 until August 26th and \$85 after that date. Event tickets and raffle tickets can be purchased online at lcsclakewood.org, by phone at 216-226-6466 or at LCSC at 14230 Madison Ave. daily from 10 to 2pm. See ad Page 14.

Biographer of Gay Rights Giant to Speak at Liberation Church
7:30 PM, Liberation United Church of Christ, 13714 Madison Ave. See Page 14.

Saturday, Sept. 10
Saturday Lakewood Farmers Market
10 AM - 1 PM, City Center Plaza, near intersection of Warren & Detroit Ave.

Lakewood Community Festival
11 AM - 5 PM, Madison Park, 13029 Madison Ave.

See Page 3 for details.
Get Teachers Fully Charged for Back to School!

9 AM - 10 PM, All Drug Marts
Help Cleveland teachers get "fully charged" this school year by donating new school supplies valued at a \$10 minimum Sat., Sept. 10 and receive a FREE voucher to any weeknight performance of Ringling Bros. and Barnum & Bailey® Presents Fully ChargedSM – playing Quicken Loans Arena Oct. 19-23! All new school supplies collected will be donated to Cleveland Kids in Need Resource Center. Vouchers available while supplies last (limit two vouchers per family). Vouchers are good for any weeknight performance excluding Friday evening and can be exchanged for a ticket at the Quicken Loans Arena Box Office.

YMCA Fall Soccer Kick-Off
1 - 4 PM, West Park Family YMCA

15501 Lorain Ave., Cleveland
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 be between 1pm-4pm. The price will be \$30 for YMCA members and \$70 for YMCA program members. You can register for the league at the Lakewood, West Park, or West Shore YMCA's, or contact Mark Edwards for more information (216-521-8400)

GLarts Fest 2011: A Fest for the Arts
2 PM - 1 AM, 117th & Detroit Ave. block.

Venues include The Hi-Fi, The Symposium and The 5 O'Clock. Featuring Local Artists and Musicians at 3 different venues and a Chalk Walk (sponsored by Virginia Marti College) from 1 to 5pm between these venues. ALL AGES WELCOME! Tickets \$10 presale/ \$15 at the door. 21 and under +\$3 cover charge. If you are an artist or musician and would like to be a part of the show, please contact us asap- spots are filling fast!

Sunday, Sept. 11
Lakewood's Annual Fallen Firefighter Memorial Ceremony
9:11 AM, Fire Station #1, 14601 Madison Ave.

See Front Page story.
Goddess Temple Day of Peace
1 - 4 PM, Goddess Blessed, 15729 Madison Ave.

The focus will be on the Goddess. There will be a Peace Meditation in the Temple Meditation Room with bottles of intention water available for purchase. Members of the temple are scheduled to speak. A reading list will be available as a guide for those new to the Goddess. Free Admission, all are welcome.

Monday, Sept. 12
Stages of Senior Care Educational Workshop

6:30 - 7:30 PM, 1341 Marlowe Ave
Explore the different options you and your loved ones have when it's time for more assistance. Learn what is right for you! A representative from Northwesterly Assisted Living, Hospice of the Western Reserve, Normandy Retirement Skilled Nursing, Infinity Home Health Services, and Home Instead Senior Care will speak about their services and how they can assist you. Coffee and pastries will be provided. RSVP to Annette Kelly by September 9th. 216-927-4395. See ad for more events on Page 13.

Tuesday, Sept. 13
Lakefront Concert
1 - 2:30 PM, Lower Edgewater Park at the beach.

In recognition of National Assisted Living Week, Friends of Edgewater State Park present a Lakefront Concert featuring the Fairview Park Swing Band. There will be a presentation about the history of Edgewater Park at 1:15pm. The band will play from 1:30pm to 2:30pm. All are invited. The pavilion and pathways are paved. Picnic table seating is on-site. Restrooms are conveniently located.

Compost Seminar and Bin Sale
6:30 - 7:30 PM, Woman's Club Pavilion, Lakewood Park, 14532 Lake Ave.

Learn how to compost your household yard waste and food scraps. Seminar conducted by the Cuyahoga County Solid Waste District. To register, call Lakewood Refuse and Recycling at (216) 252-4322 or email refuse@lakewoodoh.net. Compost bins will be available for sale after the seminar.

Top 10 Medicaid Planning Mistakes
7 - 8 PM, Garfield Middle School, 13114 Detroit Ave.

Course will cover the top 10 mistakes families make regarding Medicaid and long-term care issues. It will explain terminology, important dates and strategies

authorized under the Ohio Medicaid rules, including the myths about the new Medicaid laws. Tuesday, 1 Night. Registration is required. \$15. For info on this or any other recreation program (216) 529-4081 or www.lakewoodrecreation.com.

Wednesday, Sept. 14
LAST Wednesday Farmers Market
10 AM - 1 PM, Kauffman Park Parking Lot
Lakewood Recreation offers T'ai Chi Ch'uan Class
7 PM - 8:30 PM, Lincoln Elementary, 15615 Clifton Blvd.

T'ai Chi is an ancient Chinese martial art of meditation in motion. This course includes the first half of the 108 movement routine. Gain better balance, flexibility and concentration. No experience necessary. 8 Weeks. Residents \$65/ Non-Residents \$75.

Adult Ballet Class
8 - 9 PM, Lakewood High School Dance Room, 14100 Franklin Blvd.

Enjoy an hour improving your strength, endurance, and coordination while doing ballet. You will use the basic ballet techniques consisting of barre, stretching, posture improvements and performance skills. 8 Weeks. Residents \$50/Non-Residents \$60.

Registration is required for both programs. For more info on any other recreation program please contact 529-4081 or www.lakewoodrecreation.com

Many more listings at
www.lakewoodobserver.com





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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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Sunday, September 25

Publish Date

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Join the Discussion at: www.lakewoodobserver.com

Lakewood News

Dedication Set For Lakewood Park Historical Marker

by Melissa Garrett

On Thursday, September 8 at 5:30 p.m., an Ohio Historical Marker commemorating the history of Lakewood Park will be dedicated in Lakewood Park in Lakewood, Ohio. A small reception will immediately follow the dedication. The public is invited to both events.

Any current resident of Lakewood, Ohio is familiar with the spacious park on Lake Erie which is the site of so many family and community events each year. Fewer, however, are aware of the various roles this piece of land has played in the history and development of the city. Lakewood Park has a rich history. First owned by a noteworthy early settler family, the parcel later became the home for a member of a renowned Cleveland family who hosted celebrated guests on this grand estate. Then it entered an extended period of civic use as a hospital annex, the center of Lakewood’s government, an educational asset and a public park.

The evolution of the property reflects the changing settlement and development patterns found throughout Lakewood (formerly Rockport Township). The history of the property can be separated into distinct periods of significance: The Early History; The Rhodes Era; Early Civic Era; and Current Civic Use.

Administered by the Ohio Historical Society, the Historical Markers program enables Ohioans to commemorate and celebrate local history and to learn more about the state. Designed to be permanent and highly visible, the historic markers are large cast-aluminum signs that tell stories about aspects of Ohio’s history. To date, there are more than 1,000 Ohio Historical Markers throughout the state.

In addition to support from the City of Lakewood, the marker was funded by a grant from Cuyahoga Arts and Culture. The Lakewood Historical Society receives public support with local tax dollars from Cuyahoga Arts & Culture, to preserve and enrich our region’s artistic and cultural heritage.

Don’t Miss The Lakewood Community Festival On September 10

by Melissa Garrett

The Lakewood Community Festival takes place on Saturday, September 10, 2011 from 11:00 AM to 5:00 PM at Madison Park, 13029 Madison Avenue. The festival celebrates community, cultural heritage and families. It is a day of fun and activities for everyone.

The day will begin with a Flag Raising Ceremony at 11:00 AM by various military organizations. Entertainment for the day will include Silhouette Dance Studio, Edelweiss 5, The Polka Pirates, The Pop Tarts, Riley Brothers Band and more.

The festivities will include craft and game booths, pony rides, children’s games, Alpacas from the Starburst Suri Alpaca Ranch, Euclid Beach Rocket Car, and the Lake Erie Nature Center. If you’ve been to festival, you know that one of the highlights of the festival is the variety of delectable foods to choose from and you will not be disappointed this year. Some of the delicious offerings include stuffed cabbage, pierogies, potato cakes, cabbage and noodles, kielbasa and sauerkraut, corn, pizza, french fries, funnel cakes, Vietnamese cuisine and more. An assortment of traditional ethnic baked goods and other desserts will be available.

The festival, sponsored by the Lakewood Community Festival, Inc. and the City of Lakewood, is traditionally the last event of the summer. Proceeds from the festival will be donated to various local organizations. In the event of rain, the festival will be held on Saturday, September 17, 2011.

Annual Lakewood Family Collaborative Kick-Off Luncheon

by Kristine Pagsuyoin

If you could build a community from scratch what would your community look like? Who would be the members of your community and what would you provide for them?

These were the questions posed to the members of the Lakewood Family Collaborative at their June meeting. Members were divided into several groups and given wooden building blocks to represent the “building blocks” of a community. As you can imagine, many types of communities were created.

However, as each group shared their vision with each other it became clear that all of the groups created communities where all of the stakeholders were represented equally. The activity brought forth dialogue about how communities have the potential to be stronger when members of the community work toward acceptance of one another through building relationships.

The Lakewood Family Collaborative (Collab) is a network of organizations, businesses, agencies, and dedicated individuals working together to enable children, youth, and families to thrive and be successful members of the Lakewood community. The Collab gathers once a month (every 4th Thursday) to be educated about resources that are available to help kids and families become successful in our community.

In addition, Collab committees work to help out the Lakewood community by sponsoring activities such as the Lakewood School Supplies Initiative, Job Seeker Workshops, and by promoting Adoption and Foster Care Awareness.

The next Collab meeting is the annual Kick-Off Luncheon scheduled for Thursday, September, 22nd at the Lakewood Women’s Pavilion. Each month The Collab will “spotlight” an organization or member of our community. This month the “spotlight” will be on the Lakewood City Schools. Please join us as we welcome new superintendent Jeff Patterson who will talk about our schools, goals, and the exciting future of the district. Networking and lunch begins at 12:30pm with the presentation and discussion from 1 p.m.-2:30 p.m.

Meet The Candidates Night: What’s Your Question?

by Christina McCallum

Planning continues for Lakewood Council of PTAs’ September 28 “Meet the Candidates Night.” The August 23, 2011 Observer article which announced this event and requested that residents submit questions for candidates also stated that sample questions would be published in this Observer. Following are some of the questions received to date.

Sample 1: With one or two meetings a month, all school boards are limited in what they can do. How does/should the school board decide what’s most important?

Sample 2: In what ways have you reached out to the community with your campaign and how will you engage the community if elected?

Sample 3: Although Lakewood City Schools was recently rated as an Excellent school district, significant differences among economic and cultural groups still exist. What can the District do to continue the overall success in academic achievement while significantly closing the achievement gap?

Sample 4: The Lakewood School District teachers and school board have had a good relationship in the past, negotiating contracts that have helped to keep costs under control. Senate Bill 5 would strengthen the Board’s negotiating power by weakening the role of the teachers’ union. Would you vote to retain SB 5, or to overturn it in the November referendum? And why?

If you have questions for candidates about topics not covered here, or would like greater expansion on the topics mentioned above, please email questions to ptacouncil@gmail.com or mail them to Lakewood Council of PTAs, 1470 Warren Road, Lakewood, OH 44107 by Friday, September 16, 2011. Questions will be reviewed to eliminate duplication and to group questions by theme. Thank you for your contributions.



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Lakewood News

Musings Of Seneca Falls

In Celebration Of U.S. Women's Right To Vote

by Nickie Antonio, State Representative, Ohio HD 13

I had the opportunity to spend some time in Seneca Falls, New York this summer. It was my third visit to this "must do" destination for all feminist pilgrims in search of a few hours of inspiration and immersion in our women's rights history. Seneca Falls is home to the Women's Rights National Historic Park, National Women's Hall of Fame, and the historic home of Elizabeth Cady Stanton, human rights activist and convener of the first Women's Rights Convention in Seneca Falls back in July of 1848.

I felt a twinge of nostalgia remembering my second visit in the 1990's with our daughters Ariel and Stacey, who were about 9 and 8 years old, respectively, at the time. That visit was a wonderful opportunity to expose our girls to the powerful "herstory" of the fight for women's equality and learn of the historic first steps made at Seneca Falls. That first Women's Rights Convention was an example of the determination and tenacity of the human spirit accomplished through the collective work to both abolish slavery and fight for the voting rights of all men and all women.

This summer's trip was certainly

inspirational, but I also found it sobering to tour the landmarks and listen to the young park ranger who made "our story" come alive in the Methodist meeting hall that hosted the historic gathering of the first Women's Rights Convention 163 years ago. Sobering because on the same day that I toured the birthplace of the organized movement for women's suffrage in the United States, I thought about how precious our right to vote is and how rarely we think of those courageous souls, men and women, who worked so diligently and bravely against numerous odds to make full citizenship for women a reality. This reality of full citizenship transpired over a course of 72 years, until women, at long last, won the right to vote with the passage of the nineteenth amendment to the Constitution of the United States on August 26th, 1920. Through the nineteenth amendment, women are provided the precious status of citizen because the right to vote and have that vote count is a right afforded to us as full citizens under the law.

I find it ironic that the State of Ohio is currently embroiled in a challenge to that sacred right of citizenship that our foremothers and forefathers fought so hard to secure. This challenge to free,

fair elections, where each and every vote counts comes via House Bill 194, coined the Voter Suppression Bill. I opposed and voted against this bill, which many believe was intended to, and will, suppress the vote of many Ohioans in the upcoming November elections and beyond. There is a citizen movement to repeal HB194 through referendum that I wholeheartedly support, because we citizens should never propose limiting the power of one individual and one vote.

HB194 has many burdensome and confusing elements which seem to be aimed at a disenfranchisement of voters rather than a reform for good. Thanks to statewide public servants such as former Secretary of State Jennifer Brunner, Ohio has made great strides for the better since the days of long lines and hours of waiting time in 2004. Unfortunately, HB194 would turn the clock back on these advances. A few details from HB194 include:

A vote will be invalidated where a voter properly marks the ballot in support of a particular candidate, but also writes in the name of that same candidate.

Satellite voting locations are eliminated for early voting and the time allotted for early voting will be drastically reduced.

cally reduced.

The ability of counties to provide return postage on vote-by-mail ballots will be eliminated.

Poll workers would not be required to tell voters that they are in the wrong precinct, and that their ballots will not be counted if they vote at an incorrect location.

As we acknowledge gratitude to those courageous activists for our right to cast our ballot and vote as full citizens, we must also pledge to protect and guard this precious right that those before us were willing to die to save. We should all take a page from our "herstory" and do everything that we can to preserve our right to vote and to have every vote count. Today that means that Ohioans must educate themselves about HB194 and sign the petition to repeal this attack on our fundamental right to vote. We owe this to ourselves and we owe this to our children who are the voters of tomorrow.

For more information regarding HB 194 please visit the League of Women Voters' website to read their release, "League of Women Voters of Ohio Supports Referendum on Elections Reform Legislation". (From <http://www.lwvohio.org>, click on the "In the News" tab and go to press releases.)

Lakewood Resident Valerie Lyons Inducted Into The Ohio Women's Hall Of Fame

by Linda Hengst

Valerie J. Lyons and Linda S. Noelker were inducted into the Ohio Women's Hall of Fame (OWHF), August 25, 2011, in the Atrium of the Ohio Statehouse last Thursday.

Lyons, nominated for her contributions in Science, is the Chief of the Power and In-Space Propulsion Division of the National Aeronautics and Space Administration's (NASA) John H. Glenn Research Center in Cleveland. The Division performs research and technology development for aerospace power systems including batteries, fuel cells, solar cells, Stirling convertors, and power electronics. She is also the founder and director of an Aerospace Science Summer Camp for children ages 10 through 15.

Noelker, nominated for her contributions in Community Service and Health Service, is a highly accomplished and respected professional in the field of gerontological research, policies, and service. She joined the Benjamin Rose Institute in 1974 as a research analyst and gradually assumed positions of greater responsibility. Her contributions have addressed critical service concerns of older adults and their families and offer avenues for creative delivery of services at the local, state, and national levels.

All women received awards and yellow roses, which signified the suffrage movement and Women's Equality Day, which was August 26, 2011.

Welcoming the inductees and guests was Linda R. Hengst, Executive Director of the Ohioana Library Association. Master of Ceremonies, Sharon D. Howard, Director of Marketing and Communications at Dayton Development Coalition and 2009 OWHF inductee, spoke while Dorothy O. Jackson, retired Deputy-Mayor, City of Akron, and 1990 OWHF inductee, interpreted for the hearing impaired.

OWHF was established in 1978 by the Women's Division of Employment services, now part of the Ohio Department of Job and Family Services.

The 2011 inductees will be joining more than 400 members of OWHF which include famous Ohioans such as actors Doris Day and Hallie Berry, artists Maya Lin and Ann Hamilton, journalists Christine Brennan, Gail Collins, and Erma Bombeck, authors Harriet Beecher Stowe, Toni Morrison, Rita Dove, Lois Lenski, and other extraordinary women.

Other inducted into the 2011 OWHF: Cheryl A. Boyce, Franklin County, nominated for her contributions to Health Services. Elizabeth H. Flick, Franklin County, nominated for her contributions to Community and Military Service. Frances Ellen Watkins Harper, Franklin County, nominated for her contributions to Cultural Activism and the Arts. Brenda J. Hollis, Henry County, nominated for her contributions in the Military Service and Law. Mary C. Juhas, Franklin County,



Valerie Lyons 2011 Inductee into the Ohio Women's Hall of Fame

nominated for her contributions in Science and Education. Kleia R. Luckner, Lucas County, nominated for her contributions in Health Service and Law, and Carrie Vonderhaar, Hamilton County, nominated for her contributions in the Arts and Conservation.

The Ohioana Library coordinated the nomination, selection, and induction program for 2011. It also holds the records of the members of the OWHF where they are accessible to researchers and the general public.

More information about the women in the Ohio Women's Hall of Fame can be found at <http://jfs.ohio.gov/women/>.

Thanks go to Farah B. Majidzadeh, 2000 OWHF inductee, who sponsored the event.

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Lakewood Library

Events At Lakewood Public Library

by Leana Donofrio-Milovan

Wednesday, September 14
Health and Wealth: Your Body is Brilliant

Would you like to live a more natural and healthful life? Holistic wellness coach and master herbalist Rachel Anzalone confronts your greatest health challenges with her powerful plan.
7:00 p.m. in the Main Library Auditorium

Saturday, September 17
Five Star Films: “Just the Ticket”

Directed by Richard Wenk Rated R
Andy Garcia, a good guy who happens to be in the business of scalping tickets, dreams big but has yet to hit a grand slam. His lady, Andie MacDowell, has given up on him for good. To win her back, he must go all in for the biggest gamble of his life. No tickets necessary for this romantic comedy.
6:00 p.m. in the Main Library Auditorium

Sunday, September 18
Sunday with the Friends: Jim Gill & Cathy Miller

The singing storyteller is back and this time he’s brought a friend. Cathy Miller adds a Celtic fiddle and bluegrass roots to Jim Gill’s mix of personal songs. Sometimes they’re sad and sometimes they’re funny. This new duo finds a harmony that will leave you humming.
2:00 p.m. in the Main Library Auditorium

Monday, September 19
Health and Wealth: You Have a Website-Now What?

Having a presence on the Internet is no longer optional for any individual, group or business. A professional-looking site is a good start, but it’s far from the end. Experienced executive Mark Dubis will guide you through critical design and function decisions and help you set smart goals in this indispensable three-part series.
7:00 p.m. in the Main Library Auditorium

Tuesday, September 20
Knit & Lit “Spoon River”

Gail Eaton 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.org/bookclubs for a complete list of the books being considered and find out which title you should read to be ready for the next discussion.
7:00 p.m. in the Main Library Meeting Room

Wednesday, September 21
The Lakewood Historical Society: From Slavery to Freedom

During the first half of this powerful lecture, Dr. Deborah Abbott appears as a runaway slave, risking her own freedom to teach the audience about the ways of the Underground Railroad. Listen carefully! Her knowledge and hard-earned experience just might save your life. In the second half, the former professor and past president of the African-American Genealogical Society reveals the secret routes that ran through Ohio and discusses the state’s impact on the movement. All the while, she never forgets the people who risked everything for simple human dignity.
7:00 p.m. in the Main Library Auditorium

Saturday, September 24
Lakewood Art House Cinema: “The Dreamers”

It is 1968 and Paris is burning with the fever of revolution. Outside the chained gates of the Cinematheque Francaise, a naïve American student meets Isabelle and Theo, beautiful French twins, and with one puff of smoke from her perfectly pouted lips his fate is sealed forever. An innocent dinner invitation leads to fast friendships and soon a game is revealed where the boundaries between love, lust and cinema are blurred with abandon.
6:00 p.m. in the Main Library Auditorium

Sunday, September 25
Sunday with the Friends: Vibrant Wind Dancers

Every dance is different. The Vibrant Wind Dancers bring a Middle Eastern style to Celtic, Spanish, folk and pop music as they float across the stage with long, hand-dyed silk veils and scarves. This wind will take your breath away.
2:00 p.m. in the Main Library Auditorium

Children And Youth Events At Lakewood Public Library

by Arlie Matera

Tuesday, September 6 – Thursday, May 24
Homework ER

Need a little help with your homework? Students in kindergarten through eighth grade are invited to the library for extra help and resources. There is no need to register in advance. Homework ER will be closed for school holidays and vacations.
Monday – Thursday, 3:00 p.m. – 5:00 p.m. Children and Youth Services Department at the Main Library and Madison Branch

Saturday, September 10
Learning Garden Harvest Festival and Performance

Join Foster Brown for songs and stories about the wonders of nature, gardening and ecology. Children will enjoy song, dance, and storytelling, then harvest pro-

duce and pack it up for donation to needy families.
1:00 p.m. in the Madison Branch Learning Garden
Saturday, September 10
Tail Waggin’ Tutors

Bone up on your reading skills by reading to a dog! School-age children are invited to drop in for a one-to-one session with one of our dogs and owners that have been certified through Therapy Dogs International.
11:00 a.m. – 12:30 p.m. in the Main Library Multipurpose Room

Saturday, September 24
Zap the Magician

Join us for an evening of magic, comedy and fun with master magician Bob Durante, aka Zap the Magician.
7:00 p.m. in the Main Library Multipurpose Room

Family Weekend Wonders

Make the library a part of your family weekend time with programs featuring stories, activities, music and crafts. We will provide materials and ideas for families wishing to continue reading and storytelling at home. All programs feature tips and techniques to help develop early literacy skills. These free programs are offered every weekend throughout the year at both Lakewood Public Library’s Main Library and Madison Branch. No registration is needed. Check out our website (www.lakewoodpubliclibrary.org/youth) for times and upcoming themes.
Main Library Activity Room and Madison Branch Auditorium

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Lakewood Public Library threw the Madison Park Mystery Party to celebrate another successful year of Summer Reading Club. In the foreground, Miss Nicka paints a young reader’s face. In the background, kids who finished the reading club drench librarians from Children’s and Youth Services and Madison Branch with water balloons as a special reward.

Social Networking Keeps You Connected With The Lakewood Public Library

The best thing about our Facebook and Twitter pages is that they enable us to connect and interact with the community in a way our website alone does not. Whether you have a question, comment, concern or even just a “Hello,” we welcome them all. So find us on Facebook at www.facebook.com/lakewoodpubliclibrary or follow us on Twitter at www.twitter.com/lakewoodlibrary.

So come see Jim Gill and Cathy Miller on Sunday, September 18, at 2:00 p.m. in Lakewood Public Library's Main Auditorium. Once you enjoy an afternoon with Jim and Cathy, you will understand why we love to have them back year after year. But fair warning, you might find yourself becoming a "gillbilly", too. This program is funded by Cuyahoga County residents through Cuyahoga Arts and Culture and by the Friends of the Lakewood Public Library. As a result of this generous funding, this performance is free and open to the public!

your work at LPL? At the Madison Branch, we do it all. I have done everything from fixing toilets to painting faces and windows, and just about every library task in between.

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Lakewood Public Library

From Slavery To Freedom: The Underground Railroad

by Susan Dunn

Would you be willing to help a stranger? Would you be willing to let strangers into your house in the dead of night because they needed a place to stay? Would you be willing to help a stranger, if by doing so, you could be fined \$20,000 and possibly have to give up your freedom for six months so they could have a chance at freedom for the rest of their lives? In the early 1800s many people did this on a regular basis as a part of the Underground Railroad. In the free northern states it was illegal to help slaves to freedom. If you were

caught helping or hiding slaves, you could be fined \$1,000 (about \$20,000 in today's dollars) and spend six months in jail. With so much at stake, it is amazing that the Underground Railroad was able to help between 40,000 and 100,000 slaves escape to freedom. In the program, "From Slavery to Freedom: the Underground Railroad," Dr. Deborah Abbot will present what it might have been like for a slave traveling the Underground Railroad through Ohio at 7 p.m. on Wednesday, September 21 in the Main Library Auditorium. An expert on African-American gene-

alogy, Dr. Abbot has spent over twenty years conducting research in many states including Ohio. She is a retired professor, the past president of the African-American Genealogical Society and is active in similar professional organizations across the country. Please join us for this gripping program about the people and state who risked everything to help their fellow human beings. As a free state, Ohio was crucial to the Underground Railroad. The Ohio River was called the River Jordan among those seeking freedom. It

was an important landmark, because it offered over twenty access points to the 3,000 miles of Underground Railroad routes that ran throughout the state. Many cities in Ohio including Oberlin, Columbus, Zanesville, Mechanicsburg and Hillsboro offered safety to escaped slaves. Cleveland, Toledo and Ashtabula Harbor were three of the many ports from which slaves could depart for Canada. This program is presented by the Lakewood Historical Society. Visit their website at www.lakewoodhistory.org.

Family Music And More Presents: Zap The Magician

by Kathryn Tatnall

If you have never seen Zap the Magician perform, I have one question for you: Why not? Bob Durante, aka Zap, has been performing magic for the last 33 years. As a youngster, he worked at the Yellow Barrel of Magic Store, which is the oldest magic shop in this part of the country and still in business in Elyria. There his talents were fostered by the owners, who helped many a fledgling performer by holding competitive magic conventions during the 70s and 80s. Later, Durante had the good fortune to work with Tony Slydini, whom

he considers one of the greatest magicians of the last 100 years. Durante also spent a lot of time honing his craft with Frank Meleki, a magician who worked exclusively mentoring performers. "There is an underground group of magicians who are the true masters of magical arts," says Durante. "They never perform for lay people; they just travel around to share with other magicians. Frank guided me for 20 years, teaching me how to be a magician." You may have seen Zap at the library in one of his many incarnations as "Zap the Wonder Chap" or "Zap the Merry Wizard." He is a familiar



Zap the Merry Wizard entertains his audience in the Multi-Purpose Room during last year's performance.

Skateboard Rack At LPL



The Lakewood Public Library welcomes all skateboarders and bicyclers to ride, park, and lock their skateboards and bicycles and visit the library!

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Lakewood Schools

Alumni Foundation

Grants Boost Enrichment Opportunities

by Christine Gordillo

For the last four years, money from the Margaret Warner Educational Grants Fund of the Lakewood Alumni Foundation has provided Lakewood City Schools teachers the ability to offer enrichment opportunities to its students. This year is no different as the Alumni Foundation awarded more than \$10,000 in grants. That number was boosted this year by Board of Education member Linda Beebe's generous gesture of directing donations made in memory of her late husband, former Lakewood High teacher Dr. Bruce Beebe, to the Margaret Warner fund.

The Alumni Foundation has a long history of helping enrich Lakewood students' educational experiences. That is why the estate of Margaret Warner, who had a long and distinguished career as a social studies teacher at Lakewood High, decided to donate to the foundation in 1998. The grants fund was established in 2007 from that initial money.

The fund was set with the specific purpose of supporting the district's teaching staff. Over the years, nearly \$41,000 has gone to teachers in their effort to broaden their students' horizons and enrich their learning. The grant winners are selected by a three-person committee that includes a Lakewood Alumni Foundation trustee, a retired administrator and a retired LHS teacher.

The following teachers and their projects were the fortunate recipients this year, with their students being the ultimate beneficiaries:

Sharon Staskus from Hayes Elementary School: \$75 for Bows on Toes, a study in economics.

Christine Foote and Jennifer Karim from Garfield Middle School: \$243 for Making Non-Fiction Meaningful, securing high interest non-fiction material for a reading intervention class.

Kellie Brown & Debbie Schrader from Harrison Elementary School:

\$250 for Harrison Kindergarten Poetry, expanding this pilot program which uses poetry to help kindergartners from diverse backgrounds further develop their language skills.

Sharon Harwat from Lakewood High School: \$250 for Meet the Designer, a visit to Fashion Fundamentals classes by local designer and Project Runway finalist Valerie Mayen.

Mary Anne Kinzley & Laurie Pollner from Harding Middle School: \$272 for the Margaret Warner Reading Club, a reading skills club to provide additional intervention for seventh-grade students identified as 'at risk' in passing the OAA reading test.

Cynthia Vullo and Cassey Rini from Roosevelt Elementary School: \$361 for Math is Fun – Differentiating Math Instruction for first grade classrooms reflecting a diverse spectrum of student learners.

Alex Cammock, Katherine Gerard, Lisa Hoy and Ann Pesta from Harding Middle School: \$400 for Let's

Glog, Dog!, using 21st century tools for collaboration and problem solving.

Linda Buckle from Garfield Middle School: \$420 for Science Fair Club, a project to enrich the science curriculum through an after school science club.

Roosevelt Elementary School Staff & School Community: \$435 for planting materials for the Roosevelt Garden.

Erica Intihar and Sandy Kozelka from Emerson Elementary School: \$465 for Literacy Corners, an initiative to help kindergarten students transfer knowledge gained in whole-group or small-group guided instruction to independent contexts.

Martha Exoo from Garfield Middle School: \$500 for Ducks 4 Downs, continuing a service learning activity piloted last year.

Lisa Fuehrer and Mandy Post from Harrison Elementary School: \$500 for Therapeutic Play to Start our Day, a project to enhance the learning and overall functioning of elementary age students with special learning needs.

Garfield Middle School's Positive Behavior Support Team: \$635 for Garfield Pride, a project to build school pride and promote character education.

Jennifer Karim, Shawna Lackey and Mary French of Garfield Middle School: \$650 for Building A Healthier Community, a project to promote a healthier lifestyle including the development of a community garden on the school grounds.

Susanna Hobrath from Horace Mann Elementary School: \$687 for Learning English through Touch: Ipods in the ESL Classroom.

Chris Overholt from Lakewood High School: \$1,000 for S.P.E.A.C. – Students Proactively Engaging Activism in the Community

Pamela Thompson, RuthAnn Yoder, Patti Witri, Deb Happel & Lana Wade from Garfield Middle School: \$1,500 for the Margaret Warner Ladies Luncheon Club, an intervention program to empower at-risk middle school girls to achieve success.

Mark Rathge from Lakewood High School: \$2,000 for Lakewood High School's Outdoor Horticulture Classroom, an outdoor learning laboratory including raised beds and other plantings to be constructed near the high school's main entrance.

Josh Thornsberry from Garfield Middle School: \$200 to provide equipment and snacks for the Garfield Soccer Club.

In announcing the awards, Lakewood Alumni Foundation executive director said: "The Lakewood Alumni Foundation is proud to support you and your efforts to maintain the Lakewood City Schools' tradition of offering an opportunity rich environment for our children."

Middle School Students Achieve Success With WNI

by Stephanie Schuerger

If you have a middle school student, chances are good you heard groans when you talked to them about their summer reading assignment. "Read over summer vacation? But isn't that work?" Well... technically, yes, as it is an assignment for school, but when they find the right book, summer reading can be a highly enjoyable and enlightening experience! This year, as

in the 8 years past, the Lakewood Public Library partnered with the Lakewood City Schools to create a fun, educational opportunity to facilitate this assignment. "The partnership between the Lakewood City Schools and the Lakewood Public Library has significantly enhanced the summer learning experiences of our students for almost a decade now," states Christine Foote, Curriculum Coach for Lakewood City

Schools Middle Schools.

Not only did library staff assist Harding and Garfield students in selecting books for which they could write journal responses, but the staff also offered 20 book discussions based on 10 books selected by middle school English teachers in which the students could participate. This program, What Novel Ideas (WNI), was utilized by 330 students to fulfill part of their summer reading assignment. Andrew Harant, Manager of the Children and Youth Service's Department at the Lakewood Library relates that, "[we] are excited every year to work in collaboration with the Lakewood City Schools to enhance students' learning using great, contemporary literature that lends to discussions which delve into the themes, characters and events in the stories."

The program has grown from its initial offering in 2003 of seven book discussions (used as extra-credit for participation) to the 2011 offerings of multiple weekly sessions to incorporate the maximum number of students possible looking to earn credit for their summer reading assignment. Foote goes on to say that "[t]he book discussion component to the library's summer reading program is always a highlight for our students. They truly enjoy the rich dialogues that emerge from the discussions that the library offers each summer. Furthermore, our students benefit from the extra support and encouragement that these programs offer." The staff members at the Lakewood Library enjoy the book discussions as much as the students, and look forward to continued insightful and lively discussions in the future!

LTA Shows Ranger Spirit



Garfield sixth-grader Ella Germaine is all smiles after receiving her free sports bag from the Lakewood Teachers Association. The members of the teachers union chipped in to purchase these bags sporting the Ranger mascot for every sixth grader in the district. It is part of a broader effort by the union to reach out to the community and students, said LTA president Colleen Corrigan. Last year, LTA gave a free book to every first-grader and purchased street banners congratulating the 2011 graduates.

Lakewood Schools

District Convocation Sets Tone For Year

by Christine Gordillo

The district recently received another “Excellent” rating from the State of Ohio on its annual report card, but Superintendent Jeffrey W. Patterson is not resting on those laurels as he told hundreds of district employees gathered for the annual school year kickoff called Convocation on August 22.

Patterson recounted how the district has steadily improved its overall score, or Performance Index Rating, on the state reports each year and how nearly half of the district buildings were rated either “Excellent” or “Effective” for the 2010-2011 school year.

Although Patterson praised the staff for the hard work it took to earn

the Excellent rating, he told them, “We can still do a better job than we’ve been doing.”

He challenged the staff to work with him in ramping up the efforts in and out of the classroom to help him achieve a goal of being, “20 by 20.” That translates into being among the top 20 public school systems in a state of more than 600 by the year 2020.

One of the ways that Patterson aspires to improve the district is by continuing to integrate the latest technology tools into teaching and learning and using technology to help the district operate more efficiently.

One announcement that stirred excitement among the audience was the detailing of a new secure portal that

will allow students and staff to access the information on district computers 24/7, from anywhere and any device. The portal is being rolled out gradually to staff first and then to students as the new school year unfolds.



Superintendent Jeffrey W. Patterson

Patterson also announced the availability of 20 grants that teachers or teacher teams can apply for to receive a complete set of netbooks for their classroom for the year. This is in addition to several state and federal grants that have put more tech tools into the high school and middle schools.

Prior to Patterson’s presentation, Board of Education President Matthew John Markling talked to the Board’s employees about his experiences and memories as a young school child and with a particular teacher and how that affected his life into adulthood. He concluded his remarks by telling those gathered, “to remember the impact you have on all of the lives of your children,” in and out of the classroom.

Also during the Convocation, Lakewood Alumni Foundation executive director Teresa Andreani announced more than \$10,000 in grants awarded from the Margaret Warner Educational Grants Fund that will allow teachers to offer further enrichment and learning opportunities to their students that will help toward Patterson’s goal of being one of the top districts in the state.

25th Annual Marching Band Festival Coming To Lakewood Staduim

by Mike Deneen

Lakewood will host the 25th Annual Lakewood High School Ranger Marching Band Invitational Festival on Saturday September 17th 2011 at 7 pm. This landmark event will feature the bands from The College of Wooster, as well as the following high school bands: Fairview, Lutheran West, Streetsboro, Brooklyn, Padua, Open Door Christian Academy HS, Aurora, Westlake and Lakewood

Tickets for the event are \$6 for adults, \$4 for senior citizens and \$2 for students. Preschoolers are admitted FREE.

This year’s event is the 25th Lakewood Marching Band Festival, an impressive milestone. “We have become one of the best marching band festivals in northeast Ohio,” says LHS Band Director Brian Maskow. “I am always thrilled and pleased with the bands and the parent, community and school support we get for our festival.”

Lakewood Students Helped Shape 9-11 Memorial

continued from page 1

West Shore Career-Tech leader Linda Thayer said the project was a perfect fit for West Shore students. “We always look for ways to offer real-world experience for our students. This project offered that as well as a chance to reach out into the community for something very meaningful.”

The Art 4 students developed design ideas for the memorial. Those ideas were then passed along to the Interactive Media students so that they could convert the designs into 3-D models. Those models were then given to West Shore’s Project Lead the Way engineering class to construct the 3-D models.

When the memorial committee received the design ideas, it noticed that many of them incorporated the theme of the steel beams representing the Twin

Towers, so the committee decided to blend several of the ideas together for the final design, Dunphy said.

Mark Rathge’s Horticulture class at LHS will also have a role in the project as the class has been asked to help with the landscaping around the memorial by choosing plants appropriate for the space.

The Lakewood memorial will be in honor of the 343 firefighters who lost their lives on September 11, 2001, as well as four Lakewood firefighters who lost their lives in the line of duty. The dedication will take place in front of the fire station at 14601 Madison Ave. at 9:11 a.m. on September 11. Leading off the activities will be the LHS Ranger Marching Band proceeding down a closed Madison Avenue from Belle Avenue to the station beginning at 9 a.m.

2011 Brake 4 Kids Campaign

continued from page 1

ers, Lakewood City Council Member Tom Bullock, Lakewood School Board Member Betsy Shaughnessy, Lakewood School Board Member Ed Favre, Lakewood School Board Member Linda Beebe, Mayor of Lakewood Michael Summers, Proud Lakewood Parents Matthew and Katie Markling and Madison Graphics. Tax-deductible donations to Brake 4 Kids™-LECPTA are greatly appreciated. For further information, contact LECPTA Health, Safety, and Welfare Chair Maureen Koopman at brakeforkids@gmail.com or visit our website at www.LECPTA.com.

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Lakewood Sports

Lakewood Catholic Academy’s
“Run For Excellence” Set For Sunday, October 2

by Paul Nickels

Lakewood Catholic Academy (LCA) will host its 7th annual “Run for Excellence” 5K race and the Michalko Mile Youth Run on Sunday, October 2 beginning from the LCA campus at 14808 Lake Avenue in Lakewood. Race-day registration will take place from 7:30 – 9:00 a.m. The chip-timed 5K race starts at 8:30 a.m., followed by the Michalko Mile Youth Run at 9:15 a.m.

Race pre-registration is now open

Rangers Lose
In Final Minute



Lakewood Rangers varisty defensive player Sie Doe, Jr. (r., seated) bears his disappointment on the home bench moments after a final minute score by North Ridgeville gave the visitors a 21-14 victory. The Fri., Sep. 2, loss evened the Rangers season record at 1-1.

online at www.hermescleveland.com until 9:00 a.m. on Friday, September 30. Registration forms are also available from Lakewood Catholic Academy’s website, www.lakewoodcatholicacademy.com. Mail-in entries must be post-marked by Wednesday, September 28. The first 300 pre-registered participants receive a high-quality technical t-shirt. The pre-registration fee is \$20 per individual, or \$60 for a family of four. Race-day registration increases to \$25 per individual, or \$70 per family of four. An additional fee will apply for family members above four.

Both races, which will follow new routes this year, are open to participants of all ages. The new routes guide participants east on Lake Avenue and through Lakewood’s northeastern neighborhoods to Nicholson Avenue, returning to the Lakewood Catholic Academy campus for the finish.

Awards for the 5K race will be presented to the top male and female runners overall and the top three finishers in each of 11 age categories. The



Last year’s LCA Run for Excellence. top three one-mile runners in each of four age categories will also receive awards. The event includes post-race refreshments, music and more.

Pre-race packet pickup will be Saturday, October 1, from 5:30 – 7:30 p.m. in McBride Hall at St. Luke Church, 1212 Bunts Road in Lakewood. A pasta dinner, catered by Italian Creations, will be available in McBride Hall for \$6 per per-

son. A vigil mass will be held earlier on Saturday at 4:30 p.m. in St. Luke Church.

All proceeds from the “Run for Excellence” will go to support the efforts of the Saints Organization (SSO), Lakewood Catholic Academy’s volunteer network that works to enhance the Catholic elementary experience for LCA students with more than 25 special programs and activities each year.

New Fall Recreation Booklet Is Out!


by Michell Robida

The Lakewood City Schools Community Recreation Department’s fall booklet is out! We have added a lot of new opportunities for the community, not only did we keep our most popular courses but we have added 18 new youth and adult classes and 4 new instructors. Whether you are looking to hone a skill or start a new hobby we have a class that will fit your interest.

In addition to all of these great programs this booklet also contains the fall Lakewood High School pool schedule and the Learn-to-Swim schedule. We have also planned a Community Day at Cleveland Browns Stadium on October 2nd when the Cleveland Browns will play the Tennessee Titans.

We mailed out our latest booklet to each Lakewood resident. We hope you have received it and have had a chance


to look it over. If you haven’t received the latest Community Recreation and Education booklet it is available at the Recreation Department, City Hall, both Lakewood Public Libraries and other Lakewood hot spots. If you prefer to look at the booklet in the comfort of your own home and don’t have a paper copy on hand please log onto www.lakewoodrecreation.com or call 529-4081 for more information.




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



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Lakewood Is Art

A Call To Prayer For World Peace, Social Justice, And Tolerance In Our Time And In This Place

by Kent Cicerchi

Tapestry: A Concert for World Peace intends to inspire a new movement of peace through two performances of the late David Fanshawe’s multimedia and multicultural work African Sanctus.

Jonathan Willcocks of London, England will serve as guest conductor

of the performances on Friday, September 16, at Faith Lutheran Church in Lakewood and on Sunday, September 18, at St. John AME Church in Cleveland. Tickets are \$10.

Willcocks will direct performers from Faith Lutheran Church (ELCA) of Lakewood, Ohio; Duffy Liturgical Dance/Music Studio of Shaker

Heights, Ohio; and guest musicians as they perform African Sanctus and its later addition, Dona Nobis Pacem: A Hymn for World Peace.

Fanshawe’s music challenges performers and audiences to move, as a community and as a nation, from a numbing concentration on war and violence toward the hope of world peace.

It confronts the distressing sounds and reports of wars, social injustices, racism, civil unrest, human rights violations and inhumane atrocities that echo throughout a world that thirsts for peace, justice and tolerance in our time.

In the early 1970s, Fanshawe journeyed through Africa, recording tribal music and photographing the performers. African Sanctus combines these recordings and juxtaposes them with Fanshawe’s unorthodox music setting of texts of the traditional Latin Mass, borrowing from the unique melodies and electrifying rhythms of the African music.

Tapestry will begin this movement of peace, hope and reconciliation with music, liturgical dance and visual arts by urging audiences to re-focus attention, energies, lives, and souls on creating peace, social justice, and tolerance in our time.

Recognizing that “people of African descent represent a distinct group whose human rights must be promoted and protected,” the concert also commemorates the United Nations General Assembly’s resolution, proclaiming 2011 the “International Year for People of African Descent.”

The Northeastern Ohio Synod of the Evangelical Lutheran Church in America likewise has, by resolution, adopted this theme at its assembly in May.

In the shadows of the tenth anniversary of the 9/11 attack on the United States, Tapestry is performed also in remembrance of the victims of that tragic event.

Tickets may be purchased online at www.wepay.com/tickets/view/52069 or by calling (216) 921-0734 or (216) 226-6500.

The September 16 performance at Faith Lutheran Church begins at 8 p.m. Faith is located at 16511 Hilliard Road (at Woodward Avenue) in Lakewood.

The September 18 performance at St. John AME Church begins at 7 p.m. St. John is located at 2261 E. 40th Street (at Central Avenue) in Cleveland.

Kent Cicerchi is director of music at Faith Lutheran Church. Edna Duffy is the founder and artistic director of Duffy Liturgical Dance Ensemble.

Fall Classes Begin At Beck Center

by Fran Storch

It’s not too late to register for fall classes at the Beck Center. Classes begin the week of September 6. The fall class catalog is available exclusively online at www.beckcenter.org and now students can register 24/7 with our convenient, easy-to-use online registration. We have many new offerings this semester including dance for musical theater,

beginner group lessons in brass, strings and woodwinds, Shakespeare for young actors, Broadway “Glee” Club, cut paper illustration, and more.

Beck Center was voted “Best of the West” by West Shore Magazine for Dance/Theater Instruction (2009, 2010, 2011) and Music Instruction (2009, 2010). Our faculty of qualified professionals have years of experience teaching and working in their fields. We offer classes in dance, music, theater, and visual arts for students of all ages and abilities. Take a class, learn a new skill and discover your hidden talents. Join us for the fun learning at Beck Center - Where Arts Matter!

Auditions for Beck Youth Theater’s upcoming production of Charlotte’s Web will be held 2:30 to 6:30 p.m. on Saturday, September 17 and 1:00 to 5:00 p.m. on Sunday, September 18. Callbacks are scheduled for Monday, September 19 from 5:00 to 7:00 p.m. Rehearsals begin the week of September 26. Production dates are November 3-6 on the Mackey Main Stage. Auditions are open to all Beck Center students ages 6 to 19 years who are currently enrolled for fall semester. For more information or to schedule an audition time, please call Customer



photo by Ellen Brinich

Little ballerinas learn proper positions at Beck Center.

Service at 216.521.2540 x10.

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 in dance, music, theater, visual arts, early childhood, and creative arts therapies for special needs students, and gallery exhibits featuring regional artists.



photo by Ellen Brinich

Young artists express their creativity at Beck Center.

Windsong Chorus Welcomes New Singers

by Jan Snow

Windsong, Cleveland’s Feminist Chorus, welcomes new members for the 2011-2012 season. Rehearsals are Sundays 1:45 to 4:00 p.m., beginning September 11, at Lakewood Presbyterian Church, 14502 Detroit Avenue.

Dedicated to building community through music-making, Windsong encourages any woman who wishes to

sing to join the ensemble. Choral singers of any level of accomplishment are invited. No audition is required.

Directed by Karen Weaver, Windsong performs a wide variety of music from folk material and Broadway tunes to pop songs and swing era favorites. Windsong’s first concert of the season is “The Beauty of Your Dreams,” on Sunday, January 15, 2012, in conjunction with the

Six Students To Sing In Midwest Honors Choir

by Christine Gordillo

Four current and two former Horace Mann Elementary students have been selected to perform with the Midwest Kodaly Music Education Association Honors Choir this October in Columbus. Chosen at the end of last school year for their outstanding singing talent by their choir instructor, Marjorie Hildebrandt, are: Hannah Cogar and Carolyn Kocian, now sixth-graders at Harding, and fifth-graders Hannah Masters, Rebecca Parch, Stephanie Posedel and Angie Amazo.

Six Students To Sing In Midwest Honors Choir

The girls will perform at the music association’s fall conference on October 22 and rehearse weekly with Hildebrandt before then. The girls will be performing with 100 students from all over the Midwest.

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St. Paul Lutheran Church's Final Days

by Jim O'Bryan

St. Paul Lutheran Church has been torn down, but it will not depart without going on to a better place.

"It is amazing everything that is being reused and recycled," said Sean McDermott, Lakewood resident, and project coordinator for Zarembo Construction. "The trees are going to a shop in Tremont where they will become furniture. Timbers are going to two different places where they will be recut. Bricks have been sorted into different piles for recycling. The stained glass will be used down the road."

So while Lakewoodites shared their sadness during the demolition, there is a lot to smile about. "The CVS lot will be the greenest, and possibly best use of space in all of Lakewood," McDermott said. He is very proud of his handling of the delicacies of tearing down such a historic lot, and of the construction of CVS. After all, Sean lives on Arthur, so it has a direct impact on his neighborhood.

The school was built in 1904, and the church was added later in 1914, making the church structure 97 years old. It went through 7 rebuilds, and now, one demolition. In the end, we have to hope that this is a step forward for Lakewood; there is no going back.

For over 400 images of the entire demolition go to LakewoodObserver.com/forum and follow the threads.



Lakewood Business

Don't Bark Up The Wrong Tree

by Alanna Faith

The 4th Annual Spooky Pooch Parade is fast approaching. Don't miss out! Northeastern Ohio residents have made the Lakewood, Ohio Spooky Pooch Parade, "The Largest Halloween Dog Parade from Coast to Coast."

On Saturday, October 15, 2011, this regional event will bring Thousands of people into 2010's Best Suburb of Cleveland. It's a great opportunity for local and regional businesses and organizations to reach people in a fun-filled, family-friendly atmosphere. It's a great chance to get a "jump" on end of year business.

The Lakewood, Ohio Spooky Pooch Parade gives you the opportunity to show off your business or organization at the "feel good" event of the season! More 25 to 34 year olds call Lakewood "home" than any other



Spooky Pooch Parade 2010

community in the Northeastern Ohio Region. Voted 2010's Most Walkable City, Lakewood, Ohio is known for its friendly community and selection of retailers, restaurants and businesses.

Could your business or organization benefit from reaching 1,000's of targeted customers in just a few hours? Become an event sponsor or vendor today!

Hundreds of dogs and dog lov-

ers participate in costume, 1,000's of spectators line traffic-free downtown Lakewood for blocks! More than 70 million or 63% of American households own dogs. This makes the Spooky Pooch Parade a great opportunity for all businesses and organizations to reach this crucial target market. It's not just for pet specific businesses anymore.

There's Tail Waggin' fun, pet exhibits, prizes, judging and awards. (Just take a look at our video at www.downtownlakewood.org or on YouTube!)

Here's the best part, The Spooky Pooch Parade benefits the Lakewood Animal Shelter and Downtown Lakewood Revitalization.

Deadline to register is September 8, 2011 @ www.downtownlakewood.org OR call LakewoodAlive @ 216-521-0655.

Brice Of Towers Watson And Johnson Of Polyone Corporation Elected To Cornucopia's Board Of Trustees

by Mary Johnson

Robert "Tony" Brice, senior consultant at Towers Watson and Larry Johnson, global healthcare marketing director at PolyOne Corporation have 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.

Brice and Johnson will each serve a three-year term and assist in community outreach. In addition, they 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 honored to welcome new members 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

36 years and it's leaders such as Tony and Larry whose enthusiasm and commitment help keep our programs and mission alive," added Duennes.

Brice has more than 25 years experience in consulting and client relationship management. In his current role, Brice provides consultancy services that help organizations improve performance through effective people, risk and financial management.

Brice holds a Bachelor's Degree in Political Science from Denison University.

Johnson has more than 25 years experience in sales, marketing and management. In his current role, Johnson is responsible for driving growth through new business development and strategic planning for PolyOne Corporation.

Johnson holds a Bachelor's Degree in Business Management and a Master's Degree in Business Administration from Wright State University.

About Nature's Bin

Nature's Bin, a full service natural and organic foods market located in Lakewood, Ohio, is operated by the nonprofit, Cornucopia, Inc. This

natural foods market serves as a training site for a unique and successful program that provides vocational training leading to employment for people with disabilities. Programs hosted at Nature's Bin serve people with a wide range of severe disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness.

What distinguishes the programs at Nature's Bin from other training facilities is the real-work learning environment. Trainees work side-by-side with staff members in all aspects of retail service, facing the challenges and rewards of competitive employment in a caring, supportive atmosphere. Cornucopia/Nature's Bin has been serving people with disabilities for over 35 years.

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Monday, September 12th
Stages of Senior Care 6:30pm-7:30pm
At Northwesterly
Explore the different options you and your loved ones have when it's time for more assistance. Learn what is right for you! Coffee and pastries will be provided. Please RSVP to Annette by September 9th

Thursday, September 15th
Northwesterly Pet Parade 1:30pm-3:00pm
At Northwesterly
Love animals? Join us for a fun afternoon and meet our furry friends at Northwesterly! Come help judge who has the best trick, best dressed, & cutest pet. Prizes will be given to the winners. If you would like to enter your pet, it's easy! Just call in and ask to speak to Annette by September 12th

Wednesday, September 28th
Ohio Senior Health Insurance Information Program (OSHIP)
6pm-7pm at Northwesterly
Find out how you can qualify for additional savings through Medicare and learn more about your coverage options! Please join Ann Sevenich, certified volunteer OSHIP counselor from Northwesterly Assisted Living as we discuss FREE services available to seniors who are on Medicare through The Ohio Senior Health Insurance Information Program. Coffee and pastries will be provided. Please RSVP by September 27th.

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Lakewood Cares

National Assisted Living Week

Northwesterly Assisted Living: "Forever Proud"

by Annette Kelly

In observance of National Assisted Living Week®, September 11 to 17, Northwesterly Assisted Living will host a series of events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate "Forever Proud."

"Forever Proud," a patriotic theme, was chosen because the first day of National Assisted Living Week begins on the 10th anniversary of 9/11. While we remember the fallen, we also recognize the pride we feel as American citizens and in our community. Forever Proud also addresses one's pride in work done well, family and friends, or a skill mastered. Feeling proud about our citizenship, community participa-

tion, friends and families is a universal feeling," said Ann Sevenich, Executive Director, Northwesterly Assisted Living. "This weeklong celebration is a demonstration of the commitment assisted living professionals feel when providing care and services to residents in their communities."

Some of the week's special events for the residents of Northwesterly include: Belgian Waffle Breakfast; Cookies & Card Players Social; trip to Mitchell's Ice Cream; Edgewater Park Swing Band Concert; Special lunch featuring our new Chef Susan Hunter.

Community events the public are invited to attend in celebration of National Assisted Living Week include:

Stages of Senior Care, September 12th, 6:30-7:30 p.m. Explore the dif-

ferent options you and your loved one have when it's time for more assistance. Learn what is right for you! Coffee and pastries will be provided. RSVP by September 9.

Northwesterly Pet Parade, September 15th, 1:30-3:00 p.m. Love animals? Join us for a fun afternoon and meet our furry friends at Northwesterly! Bring your pet to join us and compete for Best Trick, Best Dressed, & Cutest Pet. Prizes will be given to the winners. Please have your submissions to Annette by September 12.

Ohio Senior Insurance Information Program (OSHIIP), September 28, 6:00-7:00 p.m., Find out how you can qualify for additional savings through Medicare and learn more about your coverage options! Please join our

Executive Director, Ann Sevenich, certified volunteer OSHIIP counselor from Northwesterly Assisted Living as we discuss FREE services available to seniors who are on Medicare through The Ohio Senior Health Insurance Information Program. Pastries will be provided. Please RSVP by September 27.

National Assisted Living Week® is an annual celebration sponsored by the National Center for Assisted Living, Washington, D.C. and Ohio. Northwesterly Assisted Living is a 91-unit assisted living community located in Lakewood, Ohio. For more information on National Assisted Living Week®, visit www.nalw.org.

For more information please contact: Annette Kelly, Marketing Director, 216-228-2266.

Biographer Of Gay Rights Giant To Speak At Liberation Church

by Jim Ebbenga

New Yorker Michael Schiavi, author of the new book, *Celluloid Activist: The Life and Times of Vito Russo*, will speak at Liberation United Church of Christ on Friday, September 9th at 7:30 p.m. Russo was a gay rights giant at the center of the gay cultural and political turning points in the 1960s, '70s, and '80s. He witnessed the Stonewall riots in 1969, emceed NYC's earliest Pride Parade rallies, and hosted America's first gay show on public television, "Our Time". He was a co-founder of the AIDS Coalition to Unleash Power (ACT UP) and was a founding member of the Gay and Lesbian Alliance Against Defamation (GLAAD), which presented its 2011 Vito Russo Award to singer Ricky Martin.

Russo's entertaining and insightful interviews with celebrities, many of whom became his friends (including Bette Midler, Lily Tomlin, Valerie Harper, Harvey Fierstein and Whoopi Goldberg), appeared in *The Advocate*, *Film Comment*, *Moviemaker* and numerous other publications. Russo wrote *The Celluloid Closet: Homosexuality in the*

Movies, generally regarded as the foundational text of gay and lesbian film studies. A 1995 feature documentary film by Academy Award-winning directors Rob Epstein and Jeffrey Friedman was based on Russo's work.

Vito Russo embodied the spirit of early gay liberation and his death in 1990 epitomized how AIDS had wiped out a generation of the movement's best and brightest movers and shakers.

Film writer and biographer Schiavi, Professor of English at the New York Institute of Technology, never met Russo, but when he was "17, closeted and very scared," Schiavi came across *The Celluloid Closet* on a library shelf and soon claimed the spellbinding gay activist writer as his personal hero. Schiavi's engrossing biography draws on archival materials, unpublished letters and journals, and more than 200 interviews with family members and friends. His presentation will include commentary, video, readings from *Celluloid Activist*, and Q&A. "I'm excited to introduce Cleveland to one of our movement's most important activists," says Schiavi. "Vito was

visionary, articulate, fiery, extremely funny, charismatic, sexually precocious, and wholly loving. His inspiring life created lasting change for us all."

Schiavi's appearance is part of Liberation United Church of Christ's 18th anniversary celebration. The church, with a special mission to the lesbian, gay, bisexual, transgender and allied communities, is located at 13714

Madison Avenue in Lakewood (one block east of Bunts Road). Books will be available for purchase for \$20 (list price is \$29.95) at the event, which will be followed by a reception and book signing. A free-will offering will be received.

For more information, contact the church office at 216-521-5556 or info@liberationucc.org or go to the church website www.liberationucc.org.



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Wellness Watch

Food And Yoga: The Power Of Prana

by Marcia Camino

The other evening, I was chatting over the backyard fence with my next-door neighbor, who I like and admire. She is strong, kind and has a wonderful family.

As is often the case during our chats, the topic was one of our favorites: food. Over the years, she and I have exchanged recipes, dishes and memories associated with the meals our families toss together during the week and labor over on weekends and holidays to keep us bonded, satisfied, and grateful. No one on this planet will argue that food isn't a powerful force. On one level, it keeps us alive. Beyond that—and more and more we are seeing food in the news, from restaurants to recalls—it can take on a life of its own.

In our conversation that evening, my neighbor shared with me changes she is making to her diet. In the name of improved health, she said, she has gotten professional nutrition counseling. She's changing the foods she eats and her approach to meal planning, and getting her family involved right along with her. She talked quinoa. I talked sprouts. She talked goat milk. I talked flax seed crackers.

We are learning so much about food in this generation that a sea change seems to be occurring. From two distinct fronts, food issues stake their claim. First, the need for our food to be clean, local, fresh, and whole has created communities of small farmers, marketers, and restaurateurs who bring us food for an optimal diet. As Clevelanders, we know our city is making a phenomenal showing in this realm. Second, the need for food to be equitably distributed so that even the most disadvantaged have access to it

is driving the food industry, from fast foods to slow foods to factory farming, toward changes via protests, ramped-up fundraising, farm-animal rights, and legislation.

Food is no longer just a casual affair, like the Jell-O salads my grandmother used to make. It is science. It is political. It is both intensely personal and wildly global.

And in that sense, the food movement is very much like the yoga movement.

One of the most meaning-packed words associated with yoga is prana. Prana means, literally, breath, but it also means life force. Similar to the Chinese word chi or the Greek word spiritus, prana is the yogic concept that 'We breathe; therefore we are,' but it is also deeper than that. It is that because we are, we are a source, and force, of prana.

We have prana and we are prana. The air blowing on our skin is prana, the flower is prana, the volcano is prana, the old theater is prana. We share prana with the entire world. We are one with the world and the world with us simply because we are all alive and because, simply, we are alive at the same time.

The food we eat, especially if taken in its natural form or close to it, is rich in prana, in its own life force. Yogis notice that when we eat fresh fruit and vegetables and whole grains, we have an abundance of natural, easily accessible energy. Good food is filled with prana and blends easily with our own prana to keep us strong and vital.

So, yes, we are what we eat. And what we are, if we eat as well as possible, is strong and vital. And when we are strong and vital from the foods we

eat, we are poised to do the real work we are meant to do: help others with their lives, their own pranic power.

This is exactly the purpose of yoga as well, and the yoga movement on this planet shows us this more and more, from the individual practicing on her mat every day to the groups of American yoga teachers volunteering their

time to teach yoga to the disadvantaged in Africa.

Food and yoga, like a marvelous tour guide, take us on an invaluable personal and communal journey. So even if you do not practice yoga, take a yogic stock of your eating. A pranic-rich diet will give you energy to feel alive and to live a life of great purpose.

Live Well Lakewood Recipe

Curried Chicken (or Tofu!) Salad

by Rachel Anzalone, CNHP

Serves 4

- 16 oz cooked chicken breast, cut in ¾ inch cubes - or -
- 16 oz extra firm tofu, pressed and cubed
- 1 cup either low fat, olive oil or soy mayonnaise
- 1 tsp ground ginger
- 2 tsp curry powder
- 1 cup diced celery
- ½ cup toasted pecans, chopped
- 1 cup seedless grapes, cut in half
- ¼ cup minced fresh flat-leaf parsley
- Sea salt and fresh ground pepper

Place mayonnaise, ginger, and curry powder in a medium bowl and stir to combine. Add chicken, celery, pecans, and grapes into the mayonnaise mixture and stir to combine add the parsley and stir. Season with salt and pepper to taste. Serve over green salad, in halved avocado bowl, or on sprouted grain bread.

Silhouette Joins In The Cause With Soles 4 Souls

by Margaret Brinich

Silhouette School of Dance and Fine Arts recently volunteered to become the only west side Cleveland location to accept Nashville based Soles 4 Souls shoe collection. An international non-profit organization serving 127 different countries, Soles 4 Souls has successfully donated over 15 million pairs of shoes over the past 6 years. With a simple mission, bringing shoes to those areas of the world where individuals have limited access to shoes, Soles 4 Souls accepts both child and adult shoe sizes.

When Miss Donna of Silhouette DANCE heard about the efforts to collect shoes for the needy on the east

side of Cleveland, based out of Ratner School, she immediately felt the need to give west-siders the same opportunity to dig into their closets and make a difference in the lives of others. The donation process is easy- just take your new or gently used shoes to the drop box outside of either location of Silhouette DANCE. From there, Silhouette parent and student volunteers will take the time to bundle and box up the shoes for donation.

Lakewoodites will also have a chance to donate at the Lakewood Community Festival. Look for the drop box at this great community event on Saturday, September 10 at Madison Park. This is a great chance to do some good and meet up with your friends and neighbors at the same time. So do your part and head down to either the Silhouette Main Ballroom (12501 Madison Avenue) or Silhouette DANCE TOO (15641 Madison Avenue) to share your shoes with others. The boxes will be out at all times through October 7, so there is no need to restrict your generosity to a certain time of day. Or, if you would prefer, just bring the shoes along with you to the Lakewood Community Festival (Madison Park, 13029 Madison Avenue). And don't forget to thank your drop-box volunteers- they will be sorting, tying and boxing those shoes later, so that all of those shoes can travel across the world and into the hands (or rather onto the feet) of those most in need.

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Wellness Watch

The Help For Mom Program At Far West Center

by Alicia Bright

Being a new mom can be joyous and rewarding. However, the demands of motherhood can also be overwhelming. As a new mom, it can be difficult to find the time and energy to take care of your new baby and yourself. Maybe you are feeling moody, depressed, anxious, tearful, hopeless

The Living Miracles

Healing And Hope Across The Way



The Living Miracles - a supportive and healing presence in the neighborhood

by Marc Mannheimer

The Living Miracles, a peer support and empowerment center, is a neighbor to Lakewood you may not know about. A service for mentally ill folks run completely by other mental health consumers (thus the term “peer support”), it is located at 1581 W. 117th Street (just north of Madison Avenue across from Aldi’s).

Living Miracles grew out of a support group at the Bridgeway, Inc. crisis shelter in 1999. It moved to its present location in 2006, separating from Bridgeway under director Jennifer Kruse in 2009. Now an independent non-profit organization, it is funded by the ADAMHS Board (the Alcohol and Drug Addiction and Mental Health Services Board in Cuyahoga County) and by several grants, including North-coast Behavioral Healthcare, a local psychiatric hospital where the Living

or sad? Nearly 1 in 12 women experience Postpartum Depression in the weeks and months after giving birth. Postpartum Depression is a serious form of depression new mothers often experience from 3 to 12 months after delivery. Even though Postpartum Depression is very common, only a small fraction of women who experience

Miracles provide weekly peer support and mentoring services.

The group meets Monday thru Friday from 1:00 to 5:15 p.m. for mutual support, education and fun. Members learn how to handle symptoms, manage anger and better their relationship skills. There is a dual-recovery (mental illness plus addiction) group that meets on Wednesday afternoons and various other activities – games, off-site trips, and talent night. Each day ends with Peer Support group, an hour-long discussion during which friends support each other in their trials and in achieving their goals. Programs at the Living Miracles are free and open to anyone wishing to practice recovery from mental illness.

Those who would like to join the Living Miracles are invited to come on Mondays from 1-4 p.m. for an orientation. Call ahead at 216-221-6323.

ience it ever get the help they need! Postpartum Depression can often be overlooked as just the “baby blues”. Postpartum Depression is a real illness and it can be treated!

Are you a pregnant or a new mom and find yourself feeling sad lately? Stressed? Overwhelmed? Answer these questions to see if you are feeling more than the “baby blues.”

- I do not look forward to things with enjoyment
- I have been anxious or worried for no apparent reason
- I have felt sad or miserable
- I have been so unhappy or worried that I have had trouble sleeping
- I have felt scared or panicky for no apparent reason
- The thought of harming myself or my baby has occurred to me
- I have feelings of loss of energy

If you answered “yes” to most of these questions, then your symptoms may be more than the “baby blues.”

The Help for Mom program at the Far West Center works with women who are experiencing Postpartum Depression. We provide an

assessment, individual counseling, psychiatric care and a 12-week educational group.

Group sessions are held in our Westlake office on Tuesday mornings and in our Amherst office on Thursday mornings. Childcare is available for each mother while she attends group sessions. Group sessions teach moms about the illness, managing symptoms, coping skills, relaxation and self care, the role of support systems and relapse prevention tools.

Contact the Help for Mom coordinator, Alicia Bright, at 440-835-6212 ext. 243 for more information or to schedule an assessment.

Our offices are conveniently located in Westlake on the WestShore Health Campus, and in Amherst in the Liberty Woods Office Park.

Far West Center is an award-winning community mental health center providing mental health services for residents of Cuyahoga and Lorain Counties. For more information on other Far West Center services, please call 440-835-6212 (Westlake) or 440-988-4900 (Amherst).

Fallen Firefighter Memorial Set For September 11

continued from page 1

ter wreckage and Lakewood applied to receive two beams. In May of 2011, several Lakewood firefighters traveled to New York City to pick up the beams which are used as the centerpiece for the new memorial. The Lakewood Department of Public Works began construction in July.

“It has been a pleasure being part of this project,” stated Fire Marshal Tim Dunphy. “This was a true community effort with many city departments, businesses and organizations stepping up to assist. The Fire Department wanted to create a memorial which would honor those who have given their lives and pay tribute to the fact that we will never forget what happened on September 11, 2001.”

The Lakewood Fire Department would like to thank the following businesses and organizations for their assistance in the creation of the memorial: Lakewood Association of Firefighters,



Lakewood Paramedics Association, Durr Sculpture & Art, Lakewood High School, Westshore Career Technical Institute, Tighes Insurance Agency, Kantorak Trucking, Gene Dingess Trucking, Bridge Terminal Transport, NYNJ Port Authority, Kotecki Family Memorials, ADA Architects Inc, Donato’s Pizza, AJ’S Auto Body, West Side Auto Paint, Design Surfaces, Hungry Howie’s Pizza, Giant Eagle, Around The Corner, Doughnut Pantry, Incredible Edibles, Caribou Coffee, Initially Yours Inc. and Holmes Printing.

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East End | Main Ballroom 12501 Madison Ave.
West End | Silhouette Dance “Too” 15641 Madison Ave.

Pulse Of The City

Historic Preservation? (Yes, But With Our People First!) The Fabulous Lakewood Senior Centers!

As our city begins to debate the relative merits and priorities regarding its architectural historic preservation, it's quite a comforting feather in Lakewood's cap to know that our city already has a vibrant array of senior services in place to assist the wonderful human resources who, indeed, have helped to create and maintain some of the historic wood, brick and mortar buildings that are currently being discussed in our community.

There's no doubt in my mind that Lakewood is one of those special places where all ages have some outstanding social support systems in place. The purpose of my column this week is to inform you of some of the great services available through Lakewood's Office on Aging. In addition, there are many opportunities available for people to volunteer with the services offered to our seniors.

A number of years ago, some wise community leaders determined that Lakewood's quality of life would be enhanced through an expansion of services to our city's senior population. Indeed, there arose a national movement in our country to establish ever greater avenues of public and private social assistance to America's growing



The Kathleen and Robert Lawther Center (Senior Center West)

senior population. As our nation's health care services expanded, so too did America's life expectancy. With my own huge generation of post-WWII babies now hitting our retirement age, the need for expanded senior services in the future would also seem to be a given.

Lakewood's Division of Aging started in 1973 as a response to the

"diverse needs and interests of older adults, by providing services and activities that enhance dignity, support independence and encourage involvement in the senior center and the community" (this is according to their website: <http://onelakewood.com/HumanServices/Aging/>).

Some of these activities and services include providing a monthly calendar of events and the preparation of meals

provided at both Senior Centers, as well as home-delivered meals. There are also social services, yard maintenance, and leaf and snow removal programs available. Health and wellness programs, as well as an eclectic array of recreational activities, are all planned for Lakewood's seniors to enjoy.

There are also transportation services available, including service to medical appointments, to and from the Senior Centers, and to grocery stores, all with beautiful community vehicles equipped with wheelchair lifts.

These services can begin for anyone starting at their 60th birthday.

Lakewood's two Senior Centers are the Kathleen & Robert Lawther Center (Senior Center West) located at 16024 Madison Avenue (216- 521-1515, Hours: 8:00 AM-5:00 PM M-F) and the Senior Center East, located at 12400 Madison Avenue, (216- 521-1515, Hours: 8:00 AM-5:00 PM M-F). The Division of Aging website is where downloads include monthly lunch menus, activity calendars, and a community resource guide.

As pointed out earlier, volunteer opportunities abound for people wanting to help seniors and others in our community. Indeed, the City of Lakewood has a remarkable tradition of civic community volunteerism. If you're interested in volunteering your time to assist, just give the City a call. The pulse of this city can always use your help.

Wanted: Emergency Response Team Volunteers

by Tricia Granfors

Would you know how to help your family and neighbors in the event of a disaster or emergency? The Westshore Regional Community Emergency Response Team (WSC) is offering free classes on topics such as disaster preparedness, basic injury assessment and medical treatment, search and rescue procedures, fire suppression, disaster psychology, and much more. The 20-hour adult FEMA course is conducted by local safety professionals. Westshore residents who are US citizens, successfully complete training and pass a background check are eligible for team membership.

Do your part to keep our region safe and prepared. To register for the free classes or for more information contact WSC Coordinator Tricia Granfors at (440) 716-4135 or granforst@north-olmsted.com. Space is limited.

Training begins Saturday, October



Regal Cinema Full Scale Exercise

1, 2011. The five consecutive Saturday morning classes will be held at St. John Medical Center, 29000 Center Ridge

Road and the City of Westlake Service Center, 741 Bassett Road, from at 8:00 a.m. to 12:30 p.m.

The Reagle Beagle Grand Re-Opening

by Anita Boutros

The Reagle Beagle will be celebrating its grand re-opening under new ownership Saturday, September 24, 6-10 p.m..

Join The Reagle Beagle Girls Saturday for our GRAND RE-OPENING. We will have appetizers, drinks and many door great prizes to give away.

The Reagle Beagle now offers full barber services and many more nice improvements to the facility.

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Extra Cheese	\$0.75	\$1.25	\$1.75	\$2.50

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Prices effective August 1 and subject to change without notice

LO Opinions

A Story Of Arcs, Bends, Curves And Us

by Chris Perry

The various books, magazines and websites I read often contain various charts that include statistical and scientific data on the economy and the environment. The foundation of such charts begins with vertical and horizontal lines used to graph the trajectory over time of the arc, bend or curve of important research facts and findings.

It seems as if every measurable piece of economic and ecological data is accelerating upward at an alarming rate, soaring ever more sharply towards the apex of the vertical limit with devastating consequences.

Consider income inequality, poverty, pollution, species extinction, deforestation, water and food shortages, health care costs, diseases and disorders, corporate welfare, defense spending--just to name a few. The common theme that countless charts and graphs show is that the arc of the curve grows rapidly sharper as key benchmark measures of our ecological sustainability and economic justice hurtle towards transformation or disaster, most often disaster.

The fact is, the only chart that shows a flat line to match the horizontal bottom are those that depict wages, which have remained stagnant in America for nearly 40 years when adjusted for inflation.

What happens in the chart does not stay in the chart--the manner in which the data arcs, bends and curves greatly impacts all of us. What the charts tell us is the story of ourselves.

They tell us that our global environment is so afire that it may soon no longer be able to support human life. It tells us that our economic "free market" system is almost entirely owned, run, milked and exploited by just a tiny fraction of one percent of us and in many ways has crashed around us and upon us.

In order to reverse the trajectory of the arcs, bends and curves before it reaches critical mass we must admit to and correct the mistakes that have brought us to this point. In order to understand our mistakes at their deepest level we must recognize that our most serious and recurring mistakes are grounded in our culture, our way of thinking, our way of seeing the world and the stories we tell ourselves about who we are and why we are here.

It boils down to two words--Economy and Environment--and how the arcs, bends and curves capture and measure the mistakes we have perpetuated in both, thereby irrefutably making the case for us to change our way of thinking which has led to the near-terminal velocity of the lines charting our course towards certain thresholds that measure the biological and human limits of our world.

The most fundamental mistake we make as humans is a belief that an abstract economic system is divine and separate from us. This mythical free market, so we believe, operates under its own divine set of rules and is entirely and eternally self-regulating. It

is always right. The fact that worldwide it is more than 95 percent owned and run by less than .0001 percent of us is just the way it happens to work. We are here to serve the economy, the belief goes, and it is not here to serve us.

This free market asylum and the tortured gospel for which we have sold our collective souls has depended heavily on changing the thinking of the people to support and vote against their very own economic interests and stability. Virtually the entire barnyard of our elected officials is preaching a mix of free market religious revivalism and brutal 19th-century industrial capitalism.

The idea of the free market as the ultimate democracy and measure of personal freedom has been seductively simple, as the average person does not have enough economic training to know that there is no such thing as a free market--all markets (outside of individual barter) are the result of both society and government creating them through a complex web of laws, trade, tariffs, rules, massive public financing and the handing out of endless subsidies to privileged private interests.

The most dangerous mistake we make as humans is the far-reaching belief that we are separate from nature. Our many religions tell us that a supernatural being who is not part of our planet created us. That we have been set apart from all other life forms and that the majority of the six billion of us don't even believe that we are animals, but instead think we are a completely different life form.

Just as a tree, fish, deer or person is a seemingly independent and single organism but is made up of an intricate web of interacting living parts, so too is our planet. We need to think of Earth as a single organism in which all of us play an interactive role in its care and sustainability.

The Earth's atmosphere, our life-protecting shield, is a thin layer just five miles high, a distance that if laid out flat you could run from one end to the other in a bit more than a half an hour. When Europeans first arrived in North America the average depth of topsoil was two feet and was rich with minerals to sustain a bounty of plant life. Today, North America averages six inches of topsoil depth, and much of it is devoid of many vital nutrients as a result of pesticides and industrial agriculture practices.

So essentially, we are a quick 8k run or a shovel blade depth away from depleting the atmosphere and soil that sustain all life on this planet. The majority of us have been raised to believe that we are separate from our natural world, that we have been created to consume to the point of collapse. It is why we need to change our way of thinking so that we are simply incapable of rationalizing away the fact that we have killed off 90 percent of the big fish that were in world's oceans just fifty years ago and that in just the past 100 years we have

laid waste to more than half the world's forests--we can no longer separate ourselves from, and dominate nature, without severe consequences.

In the economic sphere, American politics has been reduced to an argument over big government so that we the people avoid talking about big capitalism, the largest source of our economic predicament. But reality is not cooperating with our evasions. Despite the so-called recovery, the free market pathologies generated by unbounded capitalism during the past four decades are continuing to expand.

The economic solution does not lie in the ending of capitalism, but rather in reinventing American capitalism to serve the people and to restore individual freedoms, protect workers and their communities, respect the environment and constrain or abolish the worst greed-driven elements of laissez-faire capitalism. Although there have been times within our history in which unbounded capitalism was reined in (the first 50 years of our nation's founding, the trust-busting years of Teddy Roosevelt's presidency and the New Deal period from 1935 to 1980) most of American history has been "anything goes."

We need permanent and lasting economic justice solutions. We can be well on our way towards achieving a democratic capitalism with the following:

A fundamental redistribution of power and money. Obviously, this will require a stronger government (though not necessarily a bigger one) that stops subsidizing the maldistribution of wealth and income through its tax code and spending programs. Government has to recover some of the economic levers it purposely abandoned in the era of deregulation, a move that created obscene inequalities.

A revival of antitrust law to protect customers and workers from the brutality of monopoly capitalism. The owners of small businesses typically act more responsibly than big-time CEOs because they have a personal stake in the companies they run. Reckless behavior by the big boys could be curbed if they faced similar risks.

Abolish overseas tax havens that enable companies to pretend their profits are earned in other countries like the Cayman Islands. Eliminate tax subsidies for corporations that distribute generous profit-based bonuses to the top officers but little or none to the employees down below. On average, the largest 400 corporations in America pay nearly 12-15 percent of its earnings to just its top five individual officers.

The most threatening challenge to capitalism, and our survival, is arguably the finite carrying capacity of the natural world. If the industrial system is not transformed, the destruction of nature will limit economic growth and eventually bring down the entire system. Companies that do not change are doomed. We need to end the great fallacy that the DOW, NASDAQ, S&P 500 and the GDP are accurate measures of progress. A sustainable ecological economy depends on people understanding it, being an integral part of it, balancing it with nature and acting on it.

In the environmental sphere, transforming our culture and ways of thinking will come through the understanding that the world is a living and complex thing, rather than a machine with a series of levers to pull for whatever we want or desire. It is no longer possible to pursue the unsustainable logic of industrialism to its limits in a biological landscape.

The Iroquois Confederacy had an actual "law" that every decision had to be made in the context of its impact on the environment on the seventh generation. Given the current velocity of our trend lines, if there is not a change within our cultural beliefs and actions, the world in which we live may no longer be recognizable to the seventh generation.

The word "unsustainable" is immensely underrated, possibly because it is so overused. But it is not a "maybe" word. It does not refer to a process. It points directly to an end point and says that when that point is reached, whatever behavior it is referencing must change or end. How the arcs, bends and curves end within the many charts and graphs that speak to our past and show us our present will ultimately be our future. Do we choose to change or let it end?



Minding The Issues

Our Congress Of Vienna Moment

by Gordon Brumm

During the height of the Arab Spring some months ago, observers compared the Arab uprisings to the democratic revolutions that swept Europe in 1848. Like their Arab counterparts, the 1848 revolutionaries aimed to wrest control from the rigid, autocratic rulers of the day.

The revolutions of 1848 provided a sharp counterpoint to an event, the Congress of Vienna, that occurred about 35 years earlier, in 1814-1815.

The Congress of Vienna was a meeting of ambassadors from the great powers of the day, Austria, Prussia, Russia and Great Britain, plus other nations including post-Napoleonic France. It was chaired by ultra-conservative Klemens von Metternich, who in the next century became a role model for Henry Kissinger.

The basic aim of the Congress was to restore the status quo as of 1793, before Napoleon's attempt to spread French power across Europe – which incidentally cleared the way for the ideals of the French Revolution. Another aim was to insure that the warfare just ended would never reoccur. To these ends, the Congress restored traditional monarchs to their thrones, redrew boundaries, and agreed to help any member state put down uprisings that might spread to other countries.

In fairness, the Congress did a fairly good job of keeping the peace. Although the international arrangements established by the Congress steadily eroded, there was only one significant European war (the Crimean War) between 1815 and 1914.

But all these arrangements, all these agreements, were by and for the monarchs – who generally considered their authority to derive from God – not the people. Demands for democracy and nationhood for the various ethnic groups were ignored.

The Congress of Vienna is a prime display of Power at the expense of Humanity.

The revolutions of 1848 were Humanity's reaction to the conditions promoted by the Congress of Vienna. The revolutions themselves were largely suppressed within a few years, but the democratic impulse, as we know, did not die.

Since that time, Power and Humanity have contended for supremacy like two wrestlers, first one on top and then the other, both in Europe and in the U.S. In the United States, for example, the Gilded Age was followed by the Progressive Era, followed in turn by the Coolidge era and then the New Deal, and so on.

But in the long term, Humanity has been on the upswing, slowly but steadily. Consider the changes in the United States in the past 100 years. In 1911, women lacked the right to vote, and they were seldom to be found in responsible positions in the workplace. The labor movement was established

but was narrow in scope. Blacks and other minorities were definitely second-class citizens, and no means, however violent, was spared to let them know it.

Fifty years ago conditions had improved, but there was still much to be desired. In 1961 women had the vote, but the idea of women in the professions or in management positions still hadn't caught on. (Think of Justice Sandra Day O'Connor, who graduated from law school and was offered only a job as legal secretary.) Gays were still outcasts at best. The situation for minorities had advanced – the armed forces were integrated, for example – but they were still second-class citizens, explicitly in the South and by unspoken convention in many Northern states.

Despite long-term progress, Power and Humanity still alternate in gaining control. And we are now going through a period in which Power is in the saddle:

Big business has the Supreme Court in its back pocket.

The American people seem to think of CEOs as Santa Claus, generously granting jobs when the people are nice to them, and withholding their favors if the people are so naughty as to impose regulations or raise taxes.

Conservative advocates have sold the American people an amazing amount of snake oil: They have convinced the public that the wealthiest among us deserve to be immune from their proper tax burden because they have taken risks in order to implement innovative ideas that benefit society. A sensible idea, except that the conservatives extend the risk premium to everyone at the upper end of the income scale, including for example, entertainers and sports figures and, more notably, professionals of all sorts. (We know that doctors face a tough grind on the way to attaining their professional status, but are they taking a risk? Is there any uncertainty as to what their financial future will be? Is there any possibility of their losing anything? Please! And what holds for doctors holds even more for lawyers, accountants and other professionals and most businesspersons. Not to mention those who live on inherited wealth.)

The American people have also bought into the idea that the wealthy, in spending obscene amounts of money on their houses or perfumes or motor cars, are graciously bestowing their bounty on the working class. Why? Because for their ten or fifteen dollars per hour the workers can produce goods for the wealthy instead of producing for the great majority of the public.

And through it all, money pulls the strings of government.

In this low and oppressive period,

as Power is stifling Humanity, what can partisans for Humanity do? Here are my suggestions.

Be calm. Remember that history is on your side. The Congress of Vienna is now a laughable anachronism, and today's injustices face the same fate. But history needs materials to work with. Help lay the groundwork for Humanity's next advance.

Bear witness to your ideas and principles, whether in the public forum, in print, or in private conversation. Someone will remember.

Present ideas, based on your principles, that furnish practical solutions to specific problems. (See Sen. Sherrod Brown as a model for this.)

Leave slander to your opponents. They seem to enjoy it so much, and it might be their only weapon.

Be careful of your sound bytes. Sound bytes are not inherently bad; Socrates gave us some good ones: "An unexamined life is not worth living." "All I know is that I know nothing." "I am the gadfly of Athens." But the big problem with today's sound bytes is that they are pure emotive rhetoric, lacking a factual foundation or relevance to the significant issues at hand. So make sure your sound bytes can be unpacked into arguments that are fac-

tually supportable, logically sound, and relevant.

Having done what we can, let us wait for history to have its way.

Footnote #1: For all his flaws and failings, Barack Obama MUST be re-elected, for one simple reason: the Supreme Court. As you no doubt know, the Supreme Court is divided among four conservatives (relatively young in age) and four liberals (or better, center-liberals), with Justice Kennedy the often-deciding vote in the middle. It is likely that Kennedy or one of the liberals will retire in the next four years. And in all probability, a Republican president would replace him or her with a conservative, meaning that the Court would be controlled by a rock-solid conservative majority for decades to come. And don't count on one of the relatively moderate Republican candidates to offer a suitable candidate. Remember that George H.W. Bush (the better Bush) gave us Clarence Thomas.

Footnote #2: In some interpretations, the Mayan calendar ends in 2012 with an unprecedented cataclysm that will bring about the end of the world as we know it. My question is this: How did the Mayans get the idea that Rick Perry (or Michele Bachmann or Sarah Palin) would be elected president?

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Lakewood Living

Melissa Page Says:

School Board Candidate Pagsuyoin Gets My Vote

by Melissa Page

Election Day is coming up on Tuesday, November 8. Three out of the five Lakewood Board of Education seats are up for election. Six candidates are vying for these seats and only one of them is an incumbent. Lakewood voters have an opportunity to make significant adjustments that will best represent all Lakewood's children and the Lakewood population. I hope we are able to hear from and learn about all of these candidates before casting our votes.

I know first-time candidate Kristine Pagsuyoin (Pug-C-U-in) is worth taking the time to get to know more about. She will be getting one of my three votes and I can share with you why. But first, I'll encourage you to visit her website at www.PagsuyoinforLakewoodSchools.com. There you can learn about her relevant background, experience, and what she stands for. You can also read other endorsements and easily link to her published Lakewood Observer articles relating to recent school issues. This list includes her story announcing and introducing herself as a school board candidate. She will also be available to speak with in person at the events I mention below.

I want Kristine elected to the school board because I've witnessed her passion and dedication to serving our school district over the last few years. She isn't just coming out of the woodwork, so to speak. She already has experience working with the current board members and administration. She's been attending school board meetings regularly the last few years and has participated in committees and advocacy efforts as a participant, facilitator, and leader. She is knowledgeable about federal, state, and local educational policy and has a background in education. She is positioned to hit the ground running.

This year my husband Charlie and I now have two young children attending Roosevelt Elementary. We want someone currently living the life of raising kids in Lakewood, experiencing first hand what is going on in families of school age children. We feel Kristine can best relate to the current challenges facing our school district. Between Charlie and I, we have been committed to volunteering to the Lakewood schools in many ways alongside Kristine. We now find ourselves happy to do our part towards her campaign efforts because we are confident in her ability to facilitate and lead. We feel that Kristine listens to and values the opinions and experiences of everyone in the community.

I viewed the video recording of this year's Lakewood School Convocation (posted on the Lakewood Observer Observation Deck internet forum). Superintendent Jeff Patterson spoke of the 21st Century Skills that our school district must focus on in order to maintain our current successes and to continue improvement. The skills were dubbed as the "4 Cs". They are critical thinking, creativity, collaboration,



Kristine and Art Pagsuyoin with their family. Kristine (pictured left) is running for election to the Lakewood Board of Education in November.

and communication. I thought it befitting the timeliness of Kristine looking to serve where she knows her skills are most needed. I first met her four years ago when I sought her out for some advice on a matter. Since then we continued to cross paths volunteering on various child and education projects. Most recently I served the last two years with her on the Leadership Team of the newly formed Lakewood Family Col-

laborative. Many people within this group can tell you she applies all of the 4 Cs dynamically.

Kristine will have a booth at the Lakewood Community Festival on Saturday, September 10 from 11 a.m. to 5 p.m. at Madison Park. This festival always has a great selection of ethnic foods, music and fun for all ages. Admission is free. Charlie and I look forward to helping with her booth. We

hope you will stop by.

Then on Friday, September 23, 6:30 to 11 p.m. Kristine's campaign committee is putting on a flavorful benefit concert, Night At The Winchester. The cover charge is only \$10 per person or \$25 per household. Music performances will be by Tracy Marie, Shadow of Doubt, and John Tamilio III. Signature foods will be served from local ethnic restaurants: Thai Kitchen, Borroco Grill (Columbian), Khiem's Vietnamese, Greek Village, and Tommy's Pastries all of Madison Avenue. It will be held at The Winchester Music Hall, at 12112 Madison Avenue. If you've never been to The Winchester for a show you will be amazed at the quality sound and comfortable atmosphere of this music hall that once was a bowling alley. (See ad in this Lakewood Observer). Advanced tickets can be purchased at her website listed above, by calling 216-233-3157, or purchase at the door.

Lastly, make sure you mark your calendars now so you don't forget about the School Board Candidate Forum hosted by the Lakewood PTA Council on Wednesday, September 28 at 7 p.m. at Garfield Middle School on Detroit Ave.

Lakewood Featured In Time Magazine

by Melissa Garrett

Lakewood has just received another nod from the national media. The City is featured in the article How To Save The Housing Market: Destroy Homes which appears in the September 5, 2011 issue of Time. "If you close your eyes and try to imagine Middle America, you might picture Lakewood, Ohio, a working-class suburb of Cleveland whose orderly residential streets, tidy houses with postage-stamp lawns and median household income of \$44,000 are the very foundation of the American Century. With good public schools, an economically diverse population, multiple parks and 33 churches, it's been home to generations of families in the Cleveland area," states the magazine.

The article focuses on the national housing market and uses Lakewood as an example of a community trying to improve the market by demolishing nuisance properties. The article discusses the recent demolition of 1549 Lakewood Avenue and how it had jumped from absentee landlord to absentee landlord and had become a criminal nuisance property. Lakewood has demolished 12 of these types of homes in recent years with another 11 scheduled to be taken down soon.

The article goes on to explain that the intention is not only to eliminate nuisance homes but it is hoped that the elimination of these homes will actually help the economy. "Razing houses, officials say, will increase competition for the remaining homes, driving up real estate values. That in turn, will make it easier for homeowners to refinance to cheaper loans, freeing up spending and boosting consumer con-

fidence," states Time.

"We are excited that Time Magazine chose to feature Lakewood and what we are doing with our Housing Initiative. We are effectively implementing a comprehensive plan for dealing with these

difficult properties and it is starting to show results," stated Mayor Mike Summers. "Our first goal is to stabilize a neighborhood by removing a nuisance. Secondly, we hope to improve the value of our housing stock."

Lakewood Early Childhood PTA Hosts An Open House

by Angie Stoke

The Lakewood Early Childhood PTA is hosting an Open House in conjunction with our monthly Children's Party on Friday, September 16 from 6 -8 p.m. at Harrison Elementary. We will be kicking off the school year and football season with a pint sized tailgating party! We will have training camps for our future football players and cheerleaders, crafts and other activities. And, of course, no tailgating party is complete without food!

The LECPTA wants to extend an invitation to those families in our community (and those that surround it) with children birth to age six to join us for an evening that is sure to be fun! What better way to learn more about our organization than with a party!

Please contact the LECPTA for more information and details at lecpta@gmail.com or 216-536-0821.

Lakewood Resident Is A Shining Star!

by Ginger Bivin

Let me introduce to you a very busy lady residing at the Northwesterly Assisted Living Community. Her name is Helen Chamberjian and she has recently received the Shining Star Award.

On Monday, June 21, 2011 Helen was presented with the Shining Star Award for her involvement with Experience Corp. The Executive Director, Joy David along with the Project Manager, Debra Kay, along with Helen were guests of honor at a luncheon with the Mayor of the City of Cleveland, Frank Jackson.

Helen received the Shining Star Award for her 7,500 volunteer hours that she has given Experience Corp. that began during the Mike White administration continuing through the Frank Jackson administration.

As I was interviewing Helen for this article she revealed her desire to help educate children. She considers all the children she has met through her volunteering as her grandchildren, and she has said she has many!

It has been a great honor and privilege to share a true shining star of the Lakewood community.

Lakewood Living

Jonathan Zagorski, Master Road Debris Dodger

Jon Zagorski will spend more than \$150 on socks in the next few months. More specifically, he is going to spend that money on three pairs of socks. We're talking high-quality, legitimately waterproof socks. Walking into this conversation, I asked, "Why wouldn't you just buy one pair and wear them a few times between washes?" "Because I wear them outside for at least eight hours a day all winter! Last year I destroyed a pair in two months," Jon replied. These are socks that should last at least an entire season. So, what is going on with Jon Zagorski? He's a bike messenger.

Jon has been a courier for about 15 months now. While winter is obviously the most difficult, uncomfortable, and stressful time for his job, he still loves it and is more than willing to put up with the infamous Cleveland weather to continue it. He came upon the job almost by accident, through an odd sequence of events that just happened to line up. During a stint of unemployment, Jon found himself riding his bike out to Kent at least once a week to spend time with a friend who was going to be moving away soon. Never having had a car or a license, it didn't seem too out



Jonathan Zagorski, Master Road Debris Dodger, in the orange jacket.

of the question for Jon to make a ride of that distance, and he soon got used to the 80 miles round-trip he was doing on his Specialized Langster road bike. During this period, Jon ran into a friend who was doing courier work

for two different companies, and told Jon that if he wanted work, he should ride out to East 131st and Broadway the next morning. He got up, made the ride easily, and was hired by the courier company. The rest is Zagorski Messen-



ger history: he's been doing it every day since. Jon is currently riding a KHS Flite 100, a bike that is built as a fixed-gear by the manufacturer. The KHS is one of four bikes Jon has owned and ridden in the past three years, and is the bike he uses for all of his riding. He grew up in the Lakewood/Cleveland area, and as previously stated, has never owned a car or had a driver's license. When the time came for him to be able to do those things, he decided that riding a bike was more fun, would be much cheaper, and would get him around without having to wait for public transportation.

As a major mileage rider, Jon is going to be participating in the Bike Summit that is taking place in Cleveland on September 10th and 11th. The summit is taking place as an effort to try to correct some of the major issues that cyclists (and motorists) face when it comes to the roads. He'd like to see the bridges swept more often (the Lorain bridge is not-so-affectionately nicknamed the "Lorain-Car-Debris Bridge"), and would love to see bike lanes put in as well. These seem to be more than reasonable requests, especially coming from a person who rides between 700 and 800 miles a month. He'd also like to see Cleveland host more bike races, seeing that as a way to raise cycling awareness and put cyclists in a positive light.

Jon is excited to see more bike shops opening in the Cleveland area, specifically Joy Machines and Blazing Saddle Cycle. The biking community is growing in this area, and it is becoming more and more visible. The more activity towards safe cycling, and the more access people have to cycling knowledge and equipment, the safer it will become to ride.

I certainly find Jon and his \$150 socks a serious motivator for me to keep riding when the weather starts to turn. This summer has been an exciting one for the biking community; its growth is inspiring and beautiful, and I can only encourage everyone to do everything they can to become a part of it. Let's keep it going through the fall and winter, and give Jon some company on those cold and icy days.

If anyone is interested in being a part of the Strategic Planning Summit, you can contact Jacob Van Sickle of Bike Cleveland at jacob@bikecleveland.org.

Also, keep your eyes peeled for the first ever Lakewood Critical Mass Ride, coming soon!

Heritage Ohio Brings Small Business Marketing Conference To Lakewood

LakewoodAlive's Main Street™ program will host Heritage Ohio and more than thirty Ohio Main Street directors for a two-day Small Business Marketing Seminar. The event will take place at Lakewood Public Library Main Branch on September 14, 2011 from 9:30 a.m. to 4:30 p.m. (includes lunch). Lakewood business owners may take advantage of LakewoodAlive's membership with Heritage Ohio and enjoy

a low cost of \$15.00 for the seminar. A networking session will be held the following day at the library from 9:00 a.m. to 1:00 p.m. Small Business Marketing will be presented by Team Halo, advisors who have been teaching locally owned and operated businesses how to succeed with smart marketing. Attendees will learn how to create a marketing plan & strategy, utilize social media, blogging, web site development and email mar-

keting to help small businesses better promote themselves. LakewoodAlive, the Downtown Lakewood Business Alliance and Heritage Ohio invite any local business to be part of this seminar. Take advantage of LakewoodAlive's rate of \$15 (a \$60 savings) by calling 216-521-0655 or emailing sstrachan@lakewoodalive.com. Visit heritageohio.org for more information.

Nature's Bin Reports

Vitamin K Protects Against Bone Fracture In New Study

Nature's Bin, a full service natural foods market in Lakewood, reports the first study to show a direct link between vitamin K in the diet and bone quality. Men and women who consumed the most vitamin K had better bone mineral density and less-porous, stronger bone compared to those who got the least vitamin K. The report is part of the August, 2011, issue of Natural Insights for

Well Being®, which Nature's Bin publishes free each month to inform the Lakewood community of the benefits of good nutrition choices and healthy lifestyle. The August issue also includes a study that found women who got the most flavonoids from fruits, tea, and dark chocolate had the highest bone mineral density; dieters who took alpha-lipoic acid lost up to 5 percent of their body weight in 20 weeks, and people with the highest

levels of vitamin D had lower levels of body fat, among other important findings. "Whether you are trying to lose weight, protect your bones as you age, or live pain-free, our August issue reports new scientific evidence that natural vitamins and foods are safe, affordable, and effective," said Mary Johnson, Director of Development and Marketing at Nature's Bin. "We're proud to see such well-respected peer-reviewed journals including Bone, Clinical Nutrition, Diabetes, and others recognizing the value of good nutrition," added Johnson.

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

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Lakewood Living History

Celebrate The History Of Lakewood Park

by Mazie Adams

Any current resident of Lakewood, Ohio is familiar with the spacious park on Lake Erie which is the site of so many family and community events each year. Fewer, however, are aware of the various roles this piece of land has played in the history and development of the city. Lakewood Park has a rich history. First owned by a noteworthy early settler family, the parcel later became the home for a member of a renowned Cleveland family who hosted celebrated guests on this grand estate. Then it entered an extended period of civic use as a hospital annex, the center of Lakewood’s government, an educational asset and a public park. The evolution of the property reflects the changing settlement and development patterns found throughout Lakewood (formerly Rockport Township).

The Lakewood Historical Society will host a dedication ceremony on Thursday, September 8 at 5:30 p.m for an Ohio Historical Marker commemorating the fascinating history of Lakewood Park.

Early Rockport settler John Honam arrived in Rockport by 1830. Like most of his neighbors, Honam purchased a large farm that fronted on Detroit Avenue. Four years later, he built a house of local siltstone on what would become his 97 ½ acre farm that stretched from Detroit to Lake Erie, between what is now Belle (named for Honam’s daughter Isabella) and Cook Avenues.

Following Honam’s death in 1845, the property transferred to his daughter Isabella, wife of Orvis Hotchkiss. Widely regarded as a leader within the community, Orvis Hotchkiss operated several businesses on the property, including a tannery and a mill. Orvis Hotchkiss also received the contract to build the plank road on Detroit Road through the community. The family owned the house until 1897. This house is now the Oldest Stone House Museum, operated by the Lakewood Historical Society.

As the population of Rockport grew, so did the need for available land. Like many wealthy Cleveland businessmen in the late 19th-century, Robert Russell Rhodes looked west to



Lakewood Park in the 1920s

Rockport for the location of his summer cottage. Rhodes purchased the northernmost portion of the Honam property.

Robert and Kate Rhodes’ greatest refuge from the demands of busy business and social activities was their lovely lakefront estate, called “The Hickories.” Rhodes built his summer “cottage” in 1881 which, after three additions, became a 3-storey mansion. By 1890, they used “The Hickories” as their primary residence.

The Hickories was, according to local historian Margaret Manor Butler, “a rendezvous of celebrated company, where gathered on many occasions all members of the Rhodes and Hanna families and close friends, among them the McKinleys, the Garfields, the Sims, the Barretts and the Nicholsons.” The property included gardens, winding drives, creeks, bridges, a gazebo, a natural forest, numerous benches and other amenities.

Throughout most of the 1890s and into the new century, Robert, his wife Kate, their son William Castle Rhodes and daughter-in-law Myra, all lived on the Lakewood estate. Robert Rhodes died in 1916, leaving over \$1.5 million to 26 local institutions.

From the late 1890s until 1930, Lakewood saw an incredible boom in residential and community building to serve the needs of this increased population. The City of Lakewood grew along with the population, as did the need for increased services and pub-

lic spaces. After the death of Robert Rhodes, the City purchased his former estate for use as a public park, spending \$215,000.

The reaction to this deal was covered favorably in the local press. An article in the Lakewood Press entitled, Surpassing Beauty of Rhodes Estate gave a vivid description of the estate as it looked in 1918, waxing poetic about stately elms, fruit and flowering trees, and a decorative pagoda that stood over the cliff at the back of the property. “Beautiful is no name for it, nor

10, 1959 following the completion of the new City Hall on Detroit Avenue (still in use to this day.) The only structural remnant of the Robert Rhodes estate is the stone wall, which still includes the inscription “The Hickories.”

In the florid prose of the day, the Lakewood Press published the following prediction upon the dedication of Lakewood Park in 1918: “It needs no prophet to predict that many years hence, sons and grandsons of the men now active in this celebration will go to Lakewood Park for similar celebrations.” This prophecy has truly come to pass.

Lakewood Park, one of the largest lake front parks in Ohio, remains a hub of activity. Each decade has seen improvements that reflect the changing needs and interests of the community, including a swimming pool, tennis courts, picnic shelters, a heritage garden, an indoor pavilion and, most recently, a skateboard park. Lakewood residents still gather to play sports, hear music, enjoy fireworks and watch movies in the park.

The piece of land that is now Lakewood Park has a rich history. From an early settler farm to a grand Lake Avenue estate to a community asset, the land reflects the changing land use and community development of



Robert Russell Rhodes estate called “The Hickories”

grand, it is the Westminster Abbey of Lakewood, the cathedral of the vicinity, a memorial to Rhodes.”

The City of Lakewood took official possession of the estate on the Fourth of July, 1918. However, although the park opened to the public in 1918, the City of Lakewood’s planned conversion of the Rhodes house into a new City Hall was delayed. The home was initially used as a convalescent hospital for wounded soldiers returning from World War I. Then, when the influenza epidemic struck Lakewood, the local government quickly expanded the use of the residence into a supplementary hospital for flu victims. By 1920, the immediate crisis of the flu pandemic had passed and the soldiers were re-established back into civilian life. In January, the local government converted the Rhodes house into its new City Hall.

Up to 47 employees worked in the converted mansion until 1959. The building was torn down on December

Lakewood over the past two centuries. Join the Lakewood Historical Society as we celebrate this history during the Ohio Historic Marker dedication ceremony on September 8 at 7 p.m.



Original stone wall for “The Hickories”

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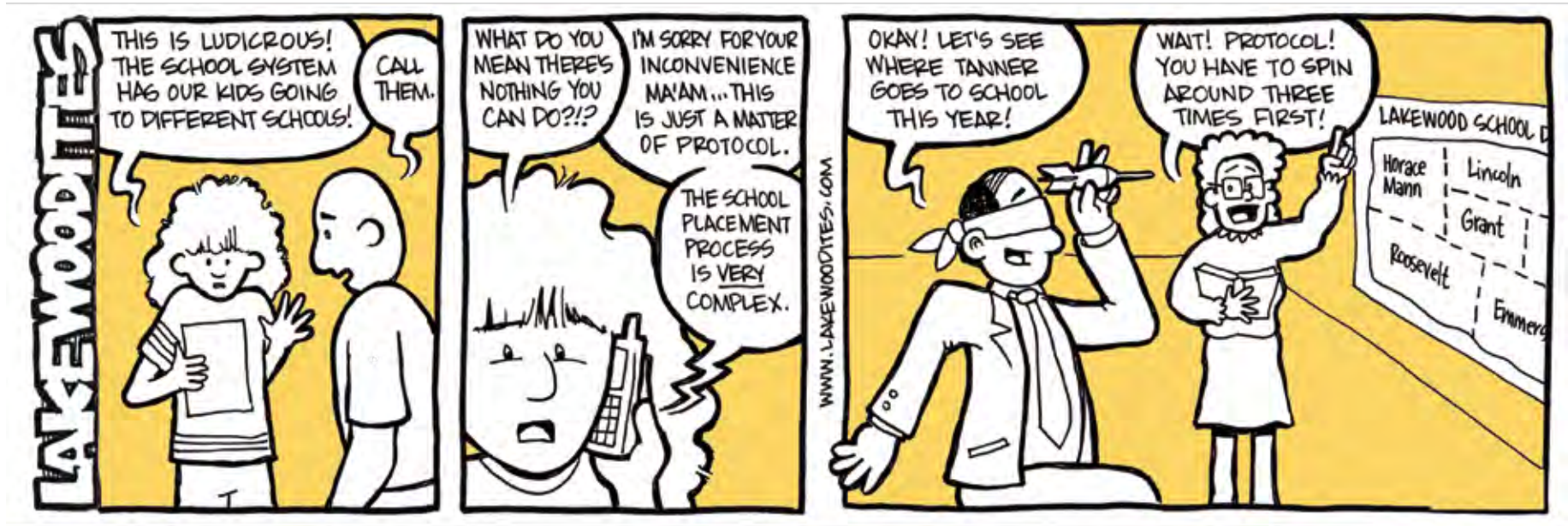
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