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McDonald's De-Arched

by Mary Johnson

Cornucopia, Inc., a northeast Ohio nonprofit that provides vocational training for people with disabilities and the owner/operator of Nature's Bin, a full service natural foods market in Lakewood, recently received approval from the Lakewood Architectural Review Board on the "de-arching" and redesign of the Sloane Avenue McDonald's building.

"We are now one step closer to making our vision a reality," stated Scott Duennes, Executive Director of Cornucopia/Nature's Bin. "We



are proud to be a part of the Lakewood community and look forward to growing with our neighbors."

The space will be redeveloped for expanded vocational training opportunities for people with disabilities and to serve as a commissary kitchen for Nature's Bin.

Included in the de-arching

will be the removal of all McDonald's logos, the replacement of the roofline, the addition of a peak at the front of the building and a monument sign.

The new facility (about 3,500 square feet) will allow Nature's Bin to work with up to six trainees at a time while they develop job skills to help them graduate with solid work experience and sought-after skills. The expanded commissary allows Nature's Bin to develop a well-rounded curriculum for trainees interested in food prep, as well as to consider larger catering opportunities.

members, basketball courts



Thank you for the lemonade! The Fourth of July Parade was bigger than ever with more people than I can ever remember. What a great DAY it was. Stop by the Lakewood Observer to see 199 photos of the parade to see if you made the final show! http://lakewoodobserver.com/forum/ viewtopic.php?f=7&t=11066



party. While the Street Walk

name was dropped from the

event title, the active living Street Walk component is still

participating in the 5K (3.1

miles) last year, the race has

become a major regional draw.

The relatively flat and com-

petitive course gives runners a

continued on page 15

With over 500 runners

part of the event.

Meltdown 5K & Street Party Is July 21

by Ken Brand

This year marks the third year for the Lakewood Summer Meltdown 5k & Street Party. The event, which takes place on a closed Detroit Avenue, runs from 4-10 p.m. between Mars and Marlowe Avenues and features family friendly activities, a kids' fun run, one of the region's only evening 5K races, and a street

Lakewood Criterium: **Bicycle Racing Returns** To Lakewood July 28, 2012

by Valerie Mechenbier

USA Cycling-sanctioned bicycle racing returns to Lakewood on July 28th for the second year with the Lakewood Criterium.

A "criterium" is a bicycle race in which riders compete for many laps on a short cir-

cuit, hitting speeds near 40 mph as they jockey for position and sprint for prizes, glory, and ultimately the win.

The Lakewood Criterium will bring racers from around the region and surrounding states to a neighborhood with continued on page 2

Kauffman Park Master Plan Development: **Community Meeting Monday July 30**

by Meg Ostrowski

The City of Lakewood's Planning & Parks Departments are teaming up with LakewoodAlive's Design Committee and Kauffman Park Friends to develop a Master Plan for Kauffman Park. With commercial development deals for the park off the table and the old Little Links (miniature golf) area cleaned up, these groups are ready to roll up their sleeves and

get to work to see the park's way into the future.

At seven acres, Kauffman Park is the third largest "greenspace" in the city and the most centrally located, just north of Detroit and Arthur Avenues. It is home to Jimmie Foxx Memorial Field jointly operated by the city and Lakewood Recreation Department, a community garden tended by LEAF (Lakewood Earth And Food) Community

Fireworks Will Not Be Rescheduled

by Melissa Garrett

Technical difficulties prevented Lakewood's annual Fourth of July fireworks display from happening as planned.

"We, like so many of our residents, were disappointed with the cancellation," stated Mayor Mike Summers. "Unfortunately, our vendor had some electrical issues which they tried to resolve, but they were unable to do so in order to resume the show."

The city made the decision not to reschedule the fireworks display Thursday, July 5, due to questionable weather and safety concerns.

supervised by LOBC (Lakewood Outdoor Basketball Committee) and one of two parks that welcomes leashed dogs as accomplished by the group Leashed Dogs In Lakewood Parks. Year round, kids expend energy on the playground, courts and fields, while train lovers watch them roll on by. In winter months the gentle hills of the park serve our

littlest and most cautious sled riders and veterans alike. But many have bigger dreams for a park with so much potential. Located just steps from

the main branch of award-winning Lakewood Public Library, it is an ideal location for an outdoor reading garden as confirmed by long-serving library Board Member, Mary Nixon. Residents have expressed interest in adding an all-purpose path, water-play fountain and performance stage. Developing a Master Plan for the park is the first step towards turning dreams into reality. Once complete the document will serve as a springboard for public and private funding. Lakewood resident and urban planner, Bryan Evans will lead the process, beginning with a community input meeting on Monday, July 30 from 6:30 - 8:00 p.m. in the Main Auditorium of Lakewood Public Library at 15701 Detroit Avenue. Please join us and share your thoughts and suggestions as we work together to polish up another of Lakewood's gems.

The city has been in close contact with officials from Pyrotecnico, the city's fireworks vendor based in New Castle, Pa.

"We are exploring all our options with our vendor, including a full refund and reimbursement for out-of-pocket expenses associated with the event," Summers said. "We will continue to work with Pyrotecnico until these issues are resolved."

This is the third year the city has contracted with Pyrotecnico for its fireworks display. The prior two displays were successful parts of Lakewood's renowned Fourth of July festivities.

Hot Time In Lakewood

Last week it hit 103 degrees in Downtown on the First Federal Lakewood sign . We are only in the first real month of hot weather, so please stay cool and check on elderly and those that need help. Keep pets water bowls filled!



Save the Date: Starry Night: Friday, August 3

by Angela Smith

Lakewood Hospital Foundation is proud to host Starry Night: All Jazzed Up on Friday, August 3, from 7-10 p.m. under the starlit tents on Belle Avenue at Detroit Road. The festivities include gourmet cuisine and lively jazz entertainment. Monica Robins, WKYC News senior health correspondent/anchor, is the Mistress of Ceremonies.

Proceeds from Starry Night benefit the Diabetes Assistance Initiative (DAI), a

program that provides funds for diabetes testing supplies, medications and education to individuals who are unable to afford this life-saving support. The DAI is a program of the Lakewood Hospital Diabetes and Endocrine Center.

Tickets for Starry Night begin at \$100, and can be purchased at lakewoodhospitalfoundation.org/starrynight or by calling 216.529.7009. This event has sold out in the past; please make your reservations early.

Calendar Page

EVERY SUNDAY ALL YEAR Sunday Mass



Join with Lakewoodites, and riders from all around for a leisurely ride through Cleveland neighborhoods leaves

Lakewood Park every Sunday at 11 a.m. and typically includes a stop for coffee or brunch. Distances are typically under 15 miles. Contact Erika Durham, Facebook Bike Lakewood.



Lakewood: Lakewood Criterium

continued from page 1

a thriving restaurant and bar scene for a late-Saturday afternoon festival of color and speed. Organized by Team Spin and supported by the Lakewood Chamber of Commerce and the City of Lakewood, the afternoon of races will offer guests a multitude of opportunities for dining and refreshment, in addition to the thrill of watching high speed competition.

The city has welcomed the race with open arms. As Mayor Mike Summers commented about the inaugural event, "Our community continues to reflect its abundant energy and zeal for its vibrant lifestyles. A bike race in Lakewood! How interesting is this? You do not have to travel far to see something new and different in Lakewood."

Lakewood Chamber of Commerce president Patty Ryan gives credit to the host neighborhood. "The West End has always been a dynamic district known for eclectic shops, entertainment, and dining venues. It's a logical location for the Lakewood Criterium. Cyclists, their families and local race fans can enjoy the race and get acquainted with the great businesses lining the route. West End merchants will be putting out the welcome mat for spectators and riders alike."

Race director Brian Limkemann adds, "Cyclists are thrilled to return to Lakewood's West End again this year.

A race venue in a busy business district on a Saturday afternoon provides a festival-like atmosphere - in stark contrast to the typical race held early on a Sunday morning in an empty office park. This course is fast and challenging, which is fun for racers and spectators alike. Team Spin is thrilled that Lakewood is hosting this event again this year."

Racing begins at 3 p.m. with events for beginning and intermediate USA Cycling licensed riders, older riders, and women, as well as open categories for non-licensed adults; fees range from \$10 to \$35. There's also a Kids' Race to give kids ages 6 to 12 a chance to test their speed on the same course. The course takes riders on a loop covering parts of Detroit, Sloane, and Edanola Avenuses and West Clifton Boulevard.

The main event is the Category 1/2/3 race at 7 p.m. that will feature some of the fastest riders in the Midwest. The riders will complete dozens of laps around the course as they compete for the top prize. With six corners, a fast downhill stretch, and a slight climb, the course offers plenty of thrills and opportunities for race strategy to play a role in the competition.

For a complete schedule of races and additional details regarding the Lakewood Criterium, visit www.lakewoodcriterium.com.

Many more listings at www.lakewoodobserver.com List Your Event Today - It's FREE!



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City News

Bike Parking For Your Business

by Troy Bratz

Every bicycle trip begins and ends with the need for a safe and secure place to park one's bike.

These are the last few days that the City of Lakewood will be taking applications for bike racks for their one-time purchase of bike racks for businesses throughout the city. The cost-sharing program works like this – the business pays for the rack and the city will install it on their own dime.

Why invest in bike parking?

By providing secure and adequate bicycle parking you can let business patrons know that they and their bikes are welcome. This then equates to a number of benefits for businesses and customers alike: increases the overall parking capacity at little cost, increases sales opportunities from cyclists who visit your business, helps the business gain a competitive edge by attracting bicycling customers, and also allows users to bundle trips with like-minded businesses.

What are the requirements?

The City will make a one-time purchase in 2012. You must register for a bike rack before the Friday, July 13 deadline. The City will accept the first 20 qualifying applicants for the 2012 program.

Racks are to be installed in the public right-of-way and must be made available for public use. Racks are powder-coated blue and will be surface mounted on sidewalks.

Talk to your neighbors and local

business owners, especially those you visit frequently and encourage them to coordinate with adjacent businesses on a rack location for their patrons.

Businesses and organizations will pay for the material cost only and The City will cover costs of shipping and installation. Different bike rack styles are being offered. An "Inverted U" or "Post & Ring" racks are available. The Inverted U racks have already begun to be installed in Downtown Lakewood over the past couple of months. Post and Ring Racks can be free standing or installed on an existing parking meter post. The City is also encouraging business owners to custom design bike racks for their customers. If your business is interested in a custom-designed rack, contact Lakewood's Department of Planning and Development.

Apply ASAP!

To apply email Bryce Sylvester at bryce.sylvester@lakewoodoh.net and include the following information: (1) Name of business, establishment or organization (2) Address of proposed location (3) Name, address and daytime phone number of person making request (4) Number of racks requested and (5) Three available times that the contact person can meet the city planner at the proposed location. Please include any additional information such as rack preference or desire for a custom rack.

Troy Bratz is a member of the Bicycle Rack Action Committee, BRAC.

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The University of Akron is an Equal Education and Employment Institution © 2012 by The University of Akron IM-0712-31674 Attend a BOS information session: Wednesday, July 25, 6-7:30 p.m.

Call 330-721-2210 to register.



14725 Detroit Ave. Lakewood, Ohio 44107

Lakewood City News

Council Approves Installing Bike Lanes On Detroit

Council President Brian Powers called the July 2, 2012 meeting of Council to order at 7:33 p.m. He then asked Chelsea Polk and Danny Toner to lead everybody in the Pledge of Allegiance.

Councilman Shawn Juris (WardIII) then asked Council to pass a resolution recognizing Chelsea Polk and Danny Toner who were both selected by the National Association for Music Education to perform in the National Honor Orchestra at the Kennedy Performing Arts Center in Washington, D.C. Both talented cellists, the two were selected to not only represent Lakewood, but Ohio as a whole, in the orchestra. Councilman Juris asked that the City recognize them for their achievement and for representing Lakewood with honor at the national level.

Council passed the resolution and

Update On "Residents Say Enough Is Enough": **Residents Win!**

by Betsy Voinovich

The Planning and Zoning Code Ordinance itself again proved to be the best friend of the neighbors of Grace and Cohasset at the Planning Commission meeting last Thursday night.

This time the residents zeroed in on times when "Conditional Use" can be used to go around the code, and relied on this section of the *Code* 1162.02(c): "...the conditional use will not change the essential character of the general vicinity in which it is located."

It fell to the neighbors to prove to the Planning Commission that taking out half of a home's side yard, and removing an apartment building which they feel is a perfect buffer between residential and commercial DID NOT meet that criteria--that in fact, it would change the character of the neighborhood.

Mary Grodek, one the leaders of the Grace/Cohasset neighborhood called in after the four and a half hour meeting, so excited that it was hard to understand what she was saying, but I will let her speak for herself:

"We won last night at the City Planning Commission meeting about the Drug Mart encroachment. After

an almost four and a half hour meeting the commission voted to DENY the conditional-use permit to Drug Mart for the two residential properties which were the apartment building and the thirteen and a half feet (which widened to 20 feet at the back) for the first residence, the 1899 house. So they cannot expand their commercial footprint there...

So we are completely thrilled and grateful that the Commission listened to all of the neighbors who showed up and spoke so eloquently ... "

The meeting was well-attended, the fact that so many would stay for so long attests to the fact that many residents understood what the Grace/ Cohasset neighbors pointed out from the beginning:

If this can happen to our streets, it can happen to yours, and suddenly the quiet, neighborly experience of living in your own neighborhood in Lakewood doesn't exist for you anymore, especially if you live near any of our commercial streets.

Mary Grodek pointed out that it lowers the value of every home in the

continued on page 15

by Christopher Bindel

presented them both with signed copies of it.

Councilman Powers (At-Large) then asked Chuck Greanoff, a teacher at Lakewood High School, to speak. Mr. Greanoff came to the meeting to ask Council and members of the administration to participate in the Lakewood Community Summer Reading project. Beginning last year teachers decided that instead of having their students all read different books, that they would choose one book that every high schooler would have to read. At the same time the teachers invited parents, friends, family, or anyone else from the community to also reed the same book. Throughout the summer there were discussion groups that would get together that were open to anyone who was interested, student or not. This year they decided to do it again and the social studies department got to choose the book. This years book is, "The Other Wes Moor." It is a book about two men who grew up in inner-city Baltimore around the same time, who both are named Wes Moor. One of the men becomes an educated successful member of society while the other ends up in jail. The book looks at the situations surrounding both Wes Moors' upbringing and education to discuss how they ended up so different.

Mr. Greanoff presented each member of Council and the Mayor with a copy of the book so they can participate.

Councilman Powers then read a communication from the Committee of the Whole regarding two items the were introduced at previous Council Meetings. The first item was a resolution which, if passed, would allow the city to spend up to \$20,000 dollars installing bike lanes or 'Sharrows' on Detroit Avenue. The second item was a resolution which would allow the city to conduct a feasibility study not to exceed \$7,000, related to hotel, banquet facility or bed-and-breakfast use in the city. The money for both items would come from a fund set up for Council to use toward economic development. The Committee agreed to recommend both resolutions for passage.

Upon the completion of Councilman Power's report Council passed both resolutions.

Director of Planning and Development Dru Siley read a communication to Council telling them that the city was chosen to receive a grant from RTA to construct an enhanced transit stop in front of City Hall. The grant was for \$14,400 dollars and will cover purchase and installation of the transit waiting area. Director Siley then asked Council to pass a resolution allowing the City to accept the money so it can start the bidding process.

Council referred the matter to the Public Works Committee to be considered.

Finance Director Jennifer Pae then asked Council to pass an ordinance that would allow they city to increase a loan with Key Bank for an additional \$600,000 dollars, and not to exceed \$4.1 million dollars. The increase in the current loan would help pay for the new 2012 Fire Quint Apparatus purchased by the Fire Department. As the city has already received the new truck, having traded in an old one towards part of the purchase, Director Pae asked that Council suspend the three reading rule on this item and pass it on its first reading. Councilwoman Mary Louise Madigan (Ward IV) stated that, even though the item had not been officially submitted to Council yet, the Finance Committee discussed it and decided that they believed the city could hold the extra debt and recommended adoption on first reading.

Council agreed and passed the ordinance.

Coming to the end of the agenda items, Council President Powers adjourned the meeting at 8:32 P.M.

Council meetings are held every first and third Monday of the month at 7:30 P.M. in the City Hall Auditorium. The next regularly scheduled council meeting will be held on July 16, 2012. For a copy of the agenda or for any other information regarding the LakewoodCity Council, you can find it at onelakewood. com/citygovern_council.html.







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Lakewood Public Library Events

compiled by Leana Donofrio-Milovan

July 17

Knit and Lit

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 for the next discussion

Tuesday, July 17 at 7:00 p.m. in the Main Library Meeting Room

July 18

Health and Wealth: Natural Solutions for Healthy Living: The Yeast **Connection: Addressing Chronic Candidiasis**

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.

Wednesday, July 18 at 7:00 p.m. in the Main Library Auditorium

Meet Mark Twain At The Library

by Leana Donofrio-Milovan

"When I was younger I could remember anything, whether it happened or not; but my faculties are decaying, now, & soon I shall be so I cannot remember any but the latter. It is sad to go to pieces like this, but we all have to do it."---Mark Twain

It is hard to imagine Mark Twain as anything but a sharp-witted master storyteller and orator. Twain's tales were enthralling. It didn't matter if he was musing about the meaning of life or telling you about breakfast. It is difficult not to wonder what it might have been like to actually see and hear him, and it is easy to curse the fact you weren't lucky enough to be alive at the same time as one of America's greatest writers.

Twain will make a rare appearance in the flesh at Lakewood Public Library Sunday, July 15 at 2 p.m. when expert storyteller Charles Kiernan brings to life his brilliant ability for narration, resurrecting the man and his memories for Sunday with the Friends in the Main Library Auditorium.

Kiernan began performing as Mark Twain for a very simple reason. "The short answer is that I look like him. The long answer is that I started out storytelling with my daughter, Emily, as father/daughter tandem storytellers. She was homeschooled, and our performing made up part of her curriculum. Then she grew up. I was



suddenly on my own. I had already started to perform The Jumping Frog of Calaveras County, which became the starting point for the Mark Twain program I have developed."

When Twain put on his best linen suit and began to speak, his ability to captivate was unrivaled. Whether rambling through boyhood memories, newspaper gossip, southern anecdotes or frog stories, Kiernan becomes the man beloved by many. Mostly, though, he likes to talk about the mighty Mississippi River, Twain's favorite subject. The imposter gives the audience a bit of Twain's biography, his humor and his viewpoint. The true subject of his talks is the evolution of man.

Kiernan said Twain's true contribution to storytelling was the creation of the American voice. "All American writers before him looked to European nodels. Even James Fenimore per, who tried and thought he had an American voice, fell short," he said. "I like performing this show which gives me a chance to let my audience know better who Mark Twain was as a man and as an American of his time."

July 21

Five Star Films

Assassination Tango (2002), Directed by Robert Duvall - Rated R

Hitman Robert Duvall, on assignment in Buenos Aires, spies a couple performing the tango and is instantly mesmerized. When he meets dancer Luciana Pedraza in a café, she arranges tango lessons for him. They go dancing together. Now he wears two hats-assassin by day, tanguero by night.

Saturday, July 21 at 6:00 p.m. in the Main Library Auditorium

Children/Youth Events

compiled by Arlie Matera

Ongoing through Saturday, August 11 Summer Reading Club

For children ages birth through twelfth grade

Feeling adventurous? Join our Summer Reading Club and read 30 books or for 30 hours over the summer. Visit the Summer Reading Club desk to collect stamps and tickets toward prize drawings.

Children's and Youth Services at Main Library and Madison Branch

Ongoing - Thursday, July 26

A World of Crafts

For children entering first through fifth grade

Drop in for a different craft each week of summer programming. Craft station will be set up Mondays - Thursdays.

11:30 a.m. - 3:30 p.m. Children and Youth Services at Main/ Madison Branch

Saturday, July 14

Tail Waggin' Tutors

For school-age children

Bone up on your reading skills by reading to a dog! 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.

Tuesday, July 17: Afternoon at the Movies: Lilo and Stitch

Tuesday, July 24

Afternoon at the Movies: The Lion King

For the whole family

Beat the summer heat by taking in a movie shown on our big screen. Bring a snack if you wish!

1:00 p.m. in the Main Library Auditorium.

Wednesday, July 18 Workshop Wednesday: Experience the British Isles!

Wednesday, July 25

Workshop Wednesday: Experience Germany!

For children entering first through fifth grade

Beat the heat with workshops that are cool. Broaden your mind, build skills, and jumpstart your creativity.

11:30 a.m. Madison Branch/1:00 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. These free programs are offered every weekend throughout the year at both the 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

Weekends With Wee Ones For families with children under 2 years old

Spend a part of your family weekend time clapping your hands, tapping your feet, singing nursery rhymes and, of course, sharing books. We will provide materials and ideas for those wishing to continue the fun at home. Programs are offered every weekend throughout the year and there is no need to register in advance.

Madison Branch Children's and Youth Services

Satrudays at 11:30 a.m. and Sundays at 3:30 p.m



Since retiring from gainful employment, Kiernan performs at theatres, clubs, schools, arts festivals and libraries, and is the Pennsylvania State Representative for the National Youth Storytelling Showcase and Pennsylvania State Liaison for the National Storytelling Network.

Thanks to the Friends of Lakewood Public Library for this program. To learn more about the Friends of Lakewood Public Library please visit www.lakewoodpubliclibrary.org/ friends.



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Lakewood Schools Lakewood Resident Praises The YWCA **Early Learning Center For Excellence In Childcare**

by Margaret Brennan

One of the best-kept secrets in all of Cleveland is the Early Learning Center at YWCA Greater Cleveland. You'll find children at play, and early childhood education at its best.

Parents Michael Fleenor and George Graham attribute the Early Learning Center with "building a love of learning" in their two children, both of whom have attended the program since they were just a few months old. When their son Robert started kindergarten and was tested to determine his academic level, he was the only student in the class of 25 to receive a perfect score. "He seemed to be ahead of what they were doing in kindergarten," says Fleenor. "I am sure that the strong academic foundation he has is partly due to his experience at the YWCA."

Everyone on staff is doing what they love most - working with children and helping families establish a solid educational foundation for their children's future.

Fleenor says that after looking at several childcare programs, he ultimately chose the Early Learning Center because of its convenient location and educational environment. "We probably chose the Early Learning Center because it was so convenient to our offices – but we also liked the diversity, especially in the infant rooms."

Take a quick glance into any of the classrooms at the Early Learning Center and you will see that the children in this unique program are a true reflection of the local community. The Early Learning Center welcomes children and families of all races, ethnicities, religions, socio-economic status and other dimensions of difference.

"One of the hallmarks of all of our programs at the YWCA is our strong commitment to diversity and inclusion," says Program Director Christine Davis. "At the Early Learning Center, we have created a wonderful environment where diversity is celebrated - and this is greatly valued by the parents and families of the children enrolled here."

Early Learning Center before you go response to a school physical but it checked during a school physical are: The Early Learning Center prononetheless demonstrates the impor-Vision



Michael Fleenor, George Graham, their daughter Ellen and her friend Tayoun at the Early Learning Center.

vides a high-quality, comprehensive, age-appropriate learning environment for children ages ranging from six weeks to five years.

The YWCA is proud that the Early Learning Center has earned a two-star rating by the State of Ohio's Step Up

to Quality program, indicating it has exceeded the licensing requirements with its evidence-based curriculum, low teacher-child ratios, high teacher education levels, focus on professional development and effective administrative practices.

eliminating racism empowering women

The Early Learning Center is open from 7 a.m. to 6 p.m. Monday through Friday and is currently enrolling children 6 weeks to 5 years of age. It is conveniently located at 4019 Prospect Avenue in Midtown Cleveland - minutes from downtown and University Circle. For more information, contact Program Director Christine Davis by phone at 216.881.6878 x234, or email at cdavis@ywcaofcleveland.org.

Children enjoy a wide variety of age-appropriate activities as part of the highly acclaimed Creative Curriculum. Experienced and enthusiastic teachers help make learning fun while building the children's motor skills, social skills and development abilities.

Fleenor says that he would recommend the program because of its great staff and location. "I have always appreciated the ELC's high quality staff. I feel good about having my child here during the day and it's very convenient for me to be able to get here easily."

It's Not Too Early For School Physicals

by Shannon Mortland

It's summertime and most children are likely occupied by playing outside, swimming and staying up late. But school and sports will soon be back in session and it's not too early for parents to start thinking about school physicals.

Physicals are required for many children before they start the school year and begin playing sports, some of which start in July.

"Schools need to know that the child is fit to be involved in any school activity," said Dr. Abdulla Ghori, pediatrician at The MetroHealth System. "Doctors need to assess a child's readiness for school."

Hearing Allergies **Behavior** Medical conditions that may limit participation Mental development

Dr. Ghori knows firsthand how important it is for children to get a physical each year before classes begin.

As a boy, he was smart but was ranked 46th in his class. Luckily, the problem was discovered quickly. At eight years old, he got a physical and the doctor diagnosed him with poor eyesight. The young Ghori got eyeglasses and catapulted to head of his class.

What you need to know about the Among the medical issues This might not be a typical

tance of each child undergoing a physical at the beginning of each school year, Dr. Ghori said.

"We need to be able to identify medical problems that could interfere with learning and school performance. There are many changes happening in a human body going through puberty that need to be examined and addressed," he said.

MetroHealth has openings for school physicals Monday - Friday on its main campus and at the Metro-Health Lakewood Health Center, 14701 Detroit Avenue, Suite 400.

For more information or to schedule an appointment, visit metrohealth. org/schoolphysicals or call 216-778-2222.



Lakewood Schools Class Immerses LHS Students In Nature

by Christine Gordillo

Sixteen LHS students recently finished a summer school class that took them through a gulch, out on Lake Erie, into a forest and down in a cave, among other interesting outdoor places. The Lakewood Field Ecology course has been available each summer since 2007 through a grant funded by the Grossman family's charitable foundation. School tuition as well as all fees associated with the course are paid for by the grant.

Below is an outline of many of the educational activities the students engaged in, led by LHS science teachers Alice Hubbard, Lisa Krumroy and Nima Zaaeed.

River Study, Rocky River: Students conducted Stream Quality Monitoring (SQM) according to



The Field Ecology class of 2012.

the Ohio Department of Natural Resources (ODNR) Protocol in the Rocky River. They collected this data in order to write a scientific



Students test the water quality of the Rocky River.

paper comparing the health of this river to the Chagrin River.

River Study, Chagrin River: Students repeated the SQM procedures on the Chagrin River. Because this river is designated a "Scenic River" by the state of Ohio, the students data will be shared with the ODNR, which tabulates and publishes the results of all its scenic rivers at the end of the year.

Adopt-A-Beach Study and Clean-up: Students participated in the Adopt-a-Beach program, sponsored by the Alliance for the Great Lakes. The results collected by the students were sent to the Alliance for tabulation and publication. Speakers from Northeast Ohio Sewer District spoke to the students about the water quality of Lake Erie.

Geology Program, Cuyahoga Valley National Park: The students were led on a hike through the Virginia Kendall Ledges while learning the background of the geology of the area. Afterwards, students conducted a forest study using a random sampling technique to determine the composition of trees in the upland forest. The students then sampled the soil and performed chemical analyses to determine the nutrient content. These results were used to write the second scientific paper, comparing this coniferous forest to a deciduous forest found in the Rocky River Reservation.

Forest Study, Rocky River Reservation: Students repeated the techniques learned in the Cuyahoga Valley National Park in the deciduous forest of Rocky River Reservation. The students then cooked their own dinners over a bonfire (a first for many of the students)! The evening ended with a hike of the area culminating in a view overlooking the two branches of the Rocky River as the sun set.

Case Western Reserve Farm: Students conducted a study of four phases of succession at the farm.

Stebbins Gulch, Holden Arboretum: Students were led on a hike through Stebbins Gulch, a deep ravine cutting through and exposing millions of years of sedimentary rock.

South Bass Island: Students began by meeting Kristen Stanford of Ohio State University who has researched and coordinated the recovery of the Lake Erie water snake. They learned some of her research techniques and had the opportunity to try to catch, record, and release some of these snakes. Later students went on a walk on a wildflower trail and later toured Crystal Cave, learning about the geology of the Lake Erie Isalnds.

Floating Water Lab, Hinckley Lake: Students conducted chemical tests and macroinvertebrate surveys to analyze the water quality of Hinckley Lake.

Students had a wonderful two weeks and learned a great deal about the outdoor world around them! The students came from a variety of backgrounds that is typical of Lakewood High School, and many expressed how much they enjoyed the class and how much of what they experienced was new to them. "I really enjoyed the two weeks I spent in class," said junior Georgia Cole. "I had a much better grasp of the material when we could perform tests rather than reading about them out of a textbook, like in a normal class. All of the trips we went on gave us a good picture of what numerous careers in science could be like."

Students Catch The Beat At Summer Jazz Jam

by Brian Griebel

The Second Annual Summer Jazz Jam was hosted through the Lakewood Recreation Department at Harding Middle School the week of June 18th through the 23rd. Nineteen students from Lakewood and Rocky River, ranging from 5th to 9th grade came together to form a Jazz Band that learned the ins and outs of Big Band Jazz. Matt Bott, the leader of the Mojo Generations Swing Band, along with his team of Chris Alexander and Chris Burge led the students through classic Jazz charts as well



Rachel Dasa gives it her hest during a



Stephanie Charleton helts out a solo

as the basics of improvisation.

I was very pleased with the effort and accomplishment of all the students. There is sure to be a Third Annual Jazz Jam and I look forward to expanding the program and making it a summer tradition that should not be missed! Watch for fliers in the fall as well as the Summer Lakewood Recreation bulletin for next year's summer program.

Congratulations to all the Jazz Jam participants! Keep on jammin'!

You can catch Matt Bott and the Mojo Swing Band at Brothers Lounge on Monday nights from 8:00 - 10:00 p.m. Enjoy fresh, live jazz...right here in Cleveland!

Brian Griebel, is the retired Harding Band director and Jazz Jam Camp Coordinator. Rachel Daso gives it her best during a solo on her trombone.

Stephanie Charleton belts out a solo on her saxophone.



The campers put on a final day performance for friends and family.

Lakewood Schools Shattering Neighborhood Schools?

by Katie Stallbaum

It is unfortunate that Lakewood will close one of its elementary schools for the 2013-2014 school year. I would prefer that none would close. Our family has lived in Lakewood for nine years and during that time we have observed passionate, involved families supporting all of our schools. Regardless of which school closes, there will be sadness and perhaps even some anger. But dramatic reactions can be tempered by a transparent process and a logical decision.

Although our family lived in Lakewood during the initial Phase Three discussions, we did not participate in them and frankly none of us could adequately explain the controversy surrounding the decision to close Grant Elementary. However, we do perceive the entire process as one that lacked transparency and which failed to answer the questions that were continually asked by the city's residents regarding criteria used to make the decision.

Having moved from a North Carolina community which ran county-wide school districts that forced neighborhood children to be scattered to multiple schools and caused several children to be bused for over an hour one-way, we strongly desired neighborhood schools which kept neighbors attending the same building. We found a gem when we moved to Lakewood. Not only do we have neighborhood schools, but the children are close enough to their schools to walk to them!

But this idyllic situation will be shattered for a significant portion of the Lakewood community if Grant, our only centrally-located elementary school, closes. Currently Grant Elementary School is at the center of the most densely populated area of Lakewood. It defies logic to close this school and force these young children to the corners of Lakewood and into walks that could increase tardiness and absences. Students can't learn if they are not in school. Perhaps the community is unaware of the large numbers of elementary children who walk to and from school without supervision. I observe this every day as I walk my own children and I have assisted many young ones with untied shoes, scrapes from tripping on the sidewalk, and winter coats that need zipped. I have also sheltered children from the random person who is screaming on the street about some cause or event that has upset him. Who is going to do this when parents like me choose to drive because the school is now significantly farther from our homes?

Perhaps these relatively "intan-

gible and immeasurable items" are too idyllic and easy to ignore. Let us turn our thoughts to cold, hard facts. It is no surprise that our district, like thousands of districts across the nation, must trim our budget. The question of which programs, staff, and resources should bet cut is a difficult one that must be addressed with care and caution. It has been stated on numerous occasions that Grant Elementary School is the least expensive to renovate and run while the renovations and operating costs of Lincoln and Roosevelt are significantly more. Why would the district ignore these cost savings? Clearly NO school will be renovated in the next few years, so why would the district ignore the opportunity to keep open a school that is in comparison less costly to operate and to seize the opportunity to close one of the schools that is causing a large financial drain?

Additionally, one of the primary complaints that I repeatedly hear is the agony parents have faced when their children must be shuffled between numerous schools while renovations are being completed on their "home" school. At the very minimum, it is only logical to keep Grant open until the renovations are complete? It has been discussed that Grant will be the "swing school" or "hub school" for students when the final two elementary schools are closed for rebuilding. Perhaps the School Board should provide stability for our students by maintaining a school that is already intended to be used as part of the process of improving our district.

And let us not forget that Grant is one of the two highest performing elementary schools in our district. Rated Excellent with Distinction, Grant ought to be considered an anchor to our school system. The formula that Grant uses WORKS!! Why would our School Board consider closing a school ranked so highly?

If the School Board wants to truly gain community support and insure that Lakewood schools remain strong, then it is their onus to be transparent and explain why one school is chosen to close rather than the remaining two. If sound reasoning is used and presented, then the community can move forward and fully support the decision. A lack of explanation resonates with rumor, hidden agendas, distrust, and ultimately lack of community support. I cannot imagine a School Board that would chose to alienate the community it should be relying upon as a partner.



The most widely spoken language in the world today is Chinese. The Beginning Chinese I introductory course will focus on teaching speaking and listening skills, with an introduction to

Chinese characters.

Beginning Chinese I starts **August 27** and meets at UA Lakewood on **Mondays and Wednesdays from 6:05 to 7:45 p.m.** It's offered as a noncredit course (\$50) or for university credit (at regular tuition rate). Books cost approximately \$150 (includes text, CDs and DVDs).

Beginning Chinese I will also prepare students for Beginning Chinese II, offered at The University of Akron in spring 2013.



The University of Akron Lakewood

Go to lakewood.uakron.edu for more information and registration information.

* Translation: Learn Chinese.

Lakewood Is Art 02005

Creative Summer Camps For Kids At Beck

by Fran Storch

There is still plenty of summer left at Beck Center! Kids will enjoy a variety of fun camps where they can create, discover and explore the arts. Beck Center kicks off the month of July with a Dance Camp for students ages 8 to 15 from July 9 to 13. A minimum of one year of ballet experience is required to enroll in this camp.

Want to try a little bit of everything? Children ages 7 to 12 may enroll in an Arts Sampler Camp from July 16 to 20 and spend a week exploring the arts in dance, music, theater, and visual arts.

Your child got the acting bug? Then he or she will want to register for the second session of Destination Adventure!, the Junior Theater Camp for young thespians ages 7 to 12. This three-week camp begins July 23 and runs through August 10. Have double the fun! Sign up for the Junior Theater Camp in the morning and then enroll in the Visual Arts Camp in the afternoon--at a discounted price. Theater camps specifically for teens, ages 13 to 19, include an Acting Camp: The Brothers Grimm Spectaculathon, July 2 to 20 and a Musical Theater Camp: The Best of Broadway, July 23 to August 10. These camps may qualify for high school credit through the Credit Flex program in collaboration with Lakewood High School. For details, contact Ed Gallagher, Beck Center's director of education at egallagher@beckcenter.org.

New this summer, Beck Center is offering a Visual Arts Camp for Teens. Artists ages 13 to 15 will learn and develop techniques in sculpture, watercolor, glass and mosaic tile, paper making, drawing, collage, and printmaking. The camp starts on July 9 and concludes with an Artists' Exhibition for family and friends on July 20. Learn how to write lyrics and music in a Songwriting Workshop for students ages 14 to adult at Beck Center, July 9 to 13. All participants should play an instrument, but no prior experience in songwriting or music theory is necessary.

In addition to all of these camps, Beck Center also offers over 100 arts education classes and lessons this summer. For more information about all of Beck Center's summer camps and classes or to register, visit beckcenter.org or call Customer Services at 216.521.2540 x10.

Beck Center For The Arts Announces New Board Members

by Fran Storch

Beck Center for the Arts is pleased to announce the election of three new members to the Board of Directors at their meeting on June 25, 2012.

Angie M. Kazi, VP Relationship Manager, Commercial Banking, PNC Bank

Nancy Score, Retired Manager, Realty One/Smythe Cramer (now Howard Hanna)

Dr. William Wagner, Principal Lakewood High School

Ms. Kazi, Ms. Score and Dr. Wagner have served on several committees at Beck Center including Development, Education, Facilities, and Strategic Planning. "We are pleased that three such well-respected and outstanding members of our community will be further engaged as members of our Board of Directors." said Lucinda B. Einhouse, President and CEO of Beck Center for the Arts. Their terms begin September 1, 2012.





The author captures the range of color found in Lakewood gardens.

Photography, Just Shoot

by David Skolyak

One of the many questions I am asked is how do I take such great pictures? What tricks or settings do I use? What programs do I use to enhance my photos? The answers of course lie in the subject or topic you are shooting in my opinion.

It is hard not to find great motivational subjects to shoot in Lakewood, Ohio. Everywhere you turn you see interesting people, flora and fauna. You have the Lake, the parks, animals (wild or tame), historic buildings, heck, I would say that Lakewood encompasses every diverse and interesting thing you can find.

The first thing you have to do as a photographer is just get off your lazy butts and grab a camera and shoot. Maybe not all your pictures will be Pulitzer winners but I would bet you that with just a little imagination, the right angle, and maybe sometimes just a quick finger on the shutter you would surprise yourself. Oh sure, you can get all technical with camera settings and with photo programs but why? Unless



you have plans on turning pro and trying to sell your stuff just relax and take those shots in your yard, the park, the beach, from a rooftop, from a ladder, bent over, kneeling on the ground, lying on the ground or whatever position you think is interesting. Have fun. It is not like the old days where you had to buy the film and either develop it yourself or take it to the local photo store and hope they came out right, is it? Taking pictures is no where as expensive as it used to be. Just take those pictures and download them. If you have editing programs and want to use them then go ahead. That is up to you. Do you really have to buy that really expensive camera to take great shots? Heck no!

I, in no way, am a spokesman for the Lakewood Observer, they have great people working there way more informed, educated and knowledgeable than I, and they seem truly committed to allowing Lakewoodians to express themselves through its papers and online services. Send them your pictures or articles, but please, only the ones you think are interesting and let them decide which, if any, to show.

Of course when I shoot weddings, galas, ceremonies and the such I take my really good equipment and then spend hours doing what corrections or editing are mandated, but when I just feel like strolling the park, around my house, whereever, I just take a cheap point and shoot camera and have fun. It should not be surprising how many of you out there have talent or talents. But, in the case of photography at least, if you don't take those pictures you will never know. Sometimes showing off your work is a big ego boost and helps develop your confidence in yourself. And boy, if or when they are published what a kick. Talent is like playing the Lotto, if you don't try, you don't win.

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Lakewood Is Art 02005

Broadway At The Beck: Legally Blonde The Musical

by Fran Storch

When a musical's opening number is called "OMIGOD YOU GUYS!" it's a pretty fair assumption that the next few hours will be either excruciatingly giddy or... just giddy. In the case of the Beck Center's "sugar rush" production of Legally Blonde: The Musical, it's definitely the latter, and some surprises even get thrown in. This is especially thanks to equity actors, Caitlin Elizabeth Reilly (as the earnest, effortless blonde heroine, Elle Woods) and Jamie Koeth, (as her Harvard teaching assistant Emmett), who share a totally charming connection with one another that makes you want to stand up sing "OMIGOD YOU GUYS!" too (and you probably will, just like opening night crowd who was singing the catchy reprise on the way out.)

If you can stomach the amount of pink on stage (think Malibu Barbie), you'll dig past the aesthetic and down to the truth of some truly skilled performers that director Scott Spence has gathered— all the way from the principals (especially Kimberly Bush as the hilarious stylist Paulette) down to the (nameless) quirky and flamboyant salon assistant in the ensemble.

Oh. And there are dogs. Very cute dogs. Because what's a cute story without cute animals, and what's a sorority girl without her purse-sized Chihuahua?

I can remember seeing the 2001



From left to right, Elle Woods (Caitlin Elizabeth Reilly) introduces her dog, Bruiser to Emmett Forrest (Jamie Koeth), a teaching assistant at Harvard Law School.

film, Legally Blonde, starring Reese Witherspoon, buying it on VHS, and having an internal fire of "YOU GO GIRL!" lit brightly through all of my middle school years. I was a proud 13-year old fan of the idea that I could wear a pink dress, thrive in the maledominated profession of my choice and just like the fictitious protagonist of the story, get the guy, too. It was the era of "Girl Power" and the Spice Girl style empowerment of third-wave feminism. And some say it still is.

But I also looked closely at the glimpse we get of Vivienne Kensington (played with as much nuance as possible by Katie Zarecki in the Beck's production). When Elle decides to follow her ex-boyfriend Warner (Jason Leupold) to Harvard Law (getting accepted against all expectations) Vivienne is Elle's biggest skeptic and much to Elle's panic, also Warner's new fiancé. Vivienne hides behind frumpy clothes and a plain brown bob to avoid suspicions that her successes were because of her looks, and to maintain a semblance of dignity in a cut-throat intellectual environment. Both Elle and Vivienne are well aware of the double bind of the Madonna/Whore complex: the same complex that makes "Girl Power" a tricky beast.

Of course, empowerment of the underdog in any situation is timeless, and the Beck takes its ever-present heart and sweat to sing it loud and proud. But all the while, the musical itself doesn't "update" the story. (Though it does add a hilarious Greek Chorus of sorority girls and a sassy dance number for the iconic "bend and snap".)

So what now? What do the 13 yearolds of 2012 get out of this 2007 musical based on a 2001 movie that uses the same jokes and the same issues? Does "Girl Power" work today, or did it ever? No doubt, a descendent of "Girl Power" is out there. We can see it standing boldly and clearly in the controversial 2012 "Science, it's a girl thing!" viral video, published by the European Commission to recruit girls into the careers in the sciences. (The original video was actually removed because of the strong negative response to the sexualization of the female "scientists" in the video.) You can view the video at the Observation Deck: lakewoodobserver.com/forum, where you can also share your opinions after seeing the Beck's current production of Legally Blonde: The Musical.

Show times are 8 p.m. Fridays & Saturdays and 3 p.m. Sundays. Tickets are \$28 for adults, \$25 for seniors (65 and older), \$17 for students (with valid ID), and \$10 for children (12 and under). An additional \$3 service fee per ticket is applied at the time of purchase. Group discounts are available for parties of 13 or more. Purchase tickets online at beckcenter.org or call Customer Services at 216.521.2540 x10.

Bloody Bloody Andrew Jackson Extended Through July 22 Nine Shows Added To Beck Center's Regional Premiere

by Fran Storch

Beck Center for the Arts is pleased to announce the extension of their regional premiere of the award-winning rock musical, Bloody Bloody Andrew Jackson, through Sunday, July 22 in the Studio Theater. Show times are 8 p.m. Fridays and Saturdays and 7 p.m. Sundays. There are no Sunday matinee performances for this production. Tickets are now on sale.

Audiences have elected to keep rocking and rolling with America's first political maverick, who kicked British butt, shafted the Indians and smacked down the Spaniards all in the name of these United States. Who cares if he didn't have the constitutional right? This award-winning rock musical recreates and reinvents the life of "Old Hickory," one of our nation's founding rock stars, from his humble beginnings on the Tennessee frontier to his days as our seventh Commander-in-Chief in the Oval Office. This production includes adult language and themes and is recommended for mature audiences ages 17 and older. Bloody Bloody Andrew Jackson is directed by Beck Center's Artistic Director, Scott Spence, features Equity actor Dan Folino as the audacious Andrew Jackson and includes an ensemble of 16 talented area actors. "We are thrilled that Bloody Bloody



Theater is limited. Group discounts are available for parties of 13 or more. Purchase tickets online at beckcenter.org or call Customer Services at 216.521.2540, ext. 10. Beck Center is located at 17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Free onsite parking is available.

Beck Center's production of Bloody Bloody Andrew Jackson is presented through special arrangement with Music Theatre International (MTI) and is sponsored by Cuyahoga Arts and Culture and the Ohio Arts

AJ's groupies say goodnight.

Andrew Jackson has become one of the Northeast Ohio hits of the summer." said Spence, referring to the sold-out performances and critical acclaim. "We are happy to keep this rockin' production going for an additional nine performances. Get 'em before they're gone! The show must close July 22." added Spence.

Written by Alex Timbers with music and lyrics by Michael Friedman, Bloody Bloody Andrew Jackson was called "an intriguing, often outrageous look at American history, filtered through the satiric eye of Timbers and Friedman's pulsating rock score" by the Associated Press. This New York Times Critics' Pick received rave reviews during its Off Broadway run. The New York Post called it "irreverent and subversive" and the Daily News said it was "offbeat, fresh and fun!" Bloody Bloody Andrew Jackson was nominated for two Tony Awards and won the 2012 Outer Critics' Circle Award and 2011 Lucille Lortel Award for Outstanding Musical.

Tickets are \$28 for adults, \$25 for seniors (65 and older), and \$17 for students with valid ID. An additional \$3 service fee per ticket is applied at the time of purchase. Seating in the Studio

Council.

KEEPING THE MUSICIAN IN YOU PLAYING EFFORTLESSLY



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Lakewood Cares **Student Receives National MS Society Scholarship**

by Guyla Wehman

One of the 2012 National Multiple Society Scholarships for \$1,000 was awarded to Emily Trautmann, of Lakewood, who graduated from Lakewood High School. Emily is the daughter of Bruce and Anna Trautmann (step mom) and Christine Robas (mom).

Emily is attending Kent State University with plans to major in art education since she wants to become a high school art teacher.

Emily's mom has been diagnosed

Letter To The Editor **Re: "Is Every Life Precious?"**

Dear Editor:

Like writer Craig Bobby, every caring person wants to end the need for euthanasia of homeless dogs and cats, but until animal births are brought under control through spaying and neutering, euthanasia will remain necessary to prevent animals from suffering.

"No-kill" shelters may seem appealing at first glance, but shelters that arbitrarily end euthanasia often resort to warehousing animals in cages indefinitely, sometimes for years. Dogs and cats are social beings who need exercise, mental stimulation, and regular companionship to thrive. Being stored like old shoes makes many animals depressed, withdrawn, or aggressive, and even less adoptable. Many no-kill shelters also lower their adoption standards and hand animals over to anyone who will take them-including animal hoarders posing as "rescuers."

No-kill shelters also turn animals away when their cages are full. Many of these rejected animals still die-the lucky ones, painlessly, in the arms of caring workers at open-door shelters; the less fortunate ones by starving, being hit by cars on the streets, or being cruelly killed by people who don't want them.

with multiple sclerosis since 2000 so

she fully understands the challenges of

living with a chronic illness, including

the financial burden the disease can

determination and perseverance are

the only things that get you far in life," Emily said. "She has really served as an

people living with MS or their chil-

dren who were pursuing a college or

"My mother showed me that

The Society established the Scholarship Program in 2003 for

have on the family.

inspiration to me."

The only real and humane way for Lakewood to become a no-kill community is to first become a no-birth one-by passing mandatory spay/ neuter legislation and by outlawing the unregulated breeding and sale of animals by breeders, pet shops, flea markets, and puppy mills. To learn more, visit www.PETA.org.

Sincerely, Teresa Chagrin People for the Ethical Treatment of Animals (PETA)



technical school education. For more information about multiple sclerosis or the National MS Society Scholarship

Program, please visit www.MSohiobuckeye.org or call 1-800 FIGHT MS (344-4867).

199 - 2012 Parade Photos Online



CrossFit walked with us. Stop by the Observer and see the rest online!



Frankfurter **Fridays** A SUMMER-LONG EVENT COME EAT WITH US!

where: Front lawn at Church of the Ascension 13216 Detroit Avenue, Lakewood

when: June 15 and continuing every other week through September 21.

what: Grilled hot dogs, drinks, conversation, and yard games for

LAKEWOOD SEVENTH-DAY ADVENTIST CHURCH • 1382 ARTHUR AVENUE

all ages. Food served from 6-7pm.



Back for the 3rd year and ALL new!

Our earth to table event to benefit Lakewood Community Services Center

Friday September 7, 2012

LCSC Community Garden at Madison Park 13201 Madison Avenue



Schimoler Crop

Music by Kristi **Jackson and KJ**

Wellness Watch Is Yeast Affecting Your Health?

Gas and bloating, foggy brain, fatigue, inability to lose weight, "sickall-over" feeling, thrush, nail fungus, yeast infections, athlete's foot, coated tongue, diarrhea and/or constipation, allergies, heartburn or GERD, frequent colds, rashes, anxiety, depression, headaches, dry, scaly skin, acne, joint pains and stiffness, stuffiness, congestion, runny nose...

These are just some of the signs and

by Rachel Anzalone

symptoms of a Candida overgrowth. Candida albicans is a microorganism that can be found in the digestive system. It is one of over 900 species of yeast. Candida is parasitic in the human body, consuming nutrients found in the digestive tract and creating toxic by-products.

Under normal circumstances,

Roasted Corn and Barley Salad Recipe

courtesy of Josie Duennes of Nature's Bin in collaboration with Live Well Lakewood

This is the salad we served at the Taste of Lakewood. This recipe is a little more work than some of our others but those of you who tasted it know that it's worth it.

Ingredients

Salad

- 4 ears of corn, husked & de-silked
- 1 cup barley
- 1/4 cup diced red onion
- 1/2 cup chopped red bell pepper1/2 cup chopped yellow bell pepper
- 2 Tbs. chopped cilantro
- 2 garlic cloves, minced
- 1 tsp. lemon zest

Dressing:

- 1 lg. tomato, sliced or wedged
- 1/2 cup red wine vinegar

1/2 cup olive oil
 2 tsp ancho chile powder
 2 tsp. salt
 1 tsp. pepper
 1 tsp. agave syrup

Instructions

Heat oven to 450 F. While it is heating up, bring a big pot of salted water to a boil. Boil the barley until cooked through but with a little bit of chewiness. Drain, rinse and cool. Put ears of corn and slices or wedges of tomato on a sheet pan and roast about 15 to 20 min. or until they they get some dark brown spots on them. You may have to take out the tomatoes before the corn is done. Let them cool completely. Reserve the tomato for the dressing.

Cut the kernels off the corn cobs and with the back of the knife, scrape all the milky goodness off the cob. Combine the corn, barley, vegetables, cilantro, garlic and lemon zest in a large bowl.

For dressing, combine all the dressing ingredients in a deep bowl and blend with a stick blender. Taste for seasoning and adjust to suit your taste. It can also be mixed in a blender.

we live in harmony with the can-

dida, as they are part of a delicate

balance of intestinal bacteria. Things

can go awry though when there is an

overgrowth of candida, resulting in

Candidiasis or Yeast Syndrome. All

of the body systems can be affected

by Candidiasis and the problem can

go undetected for years, or a lifetime.

Pour the dressing over the salad and mix thoroughly. Serves 4 as a main dish or 6 as a side.

Note: If you happen to be grilling a day or two before you want this salad, go ahead and grill the corn and tomato and refrigerate until you need them. This is one of those salads that holds up well for several days and is great for a picnic or buffet. Since this is a salad, feel free to customize it to your liking. The cilantro and garlic are certainly expendable. Parsley, basil or mint are options. If you don't have any agave, honey and even sugar are good substitutes. Candidiasis is often unrecognized unless there is a visible indication, such as thrush, nail infection or yeast infection, and these symptoms are often treated as isolated problems, when in fact, they may be just part of a much larger picture.

A candida overgrowth can occur from overuse of antibiotics, highly acidic food & drinks (like those containing refined flours and sugars), pH imbalance, birth control pills, stress, mildew & mold at home or at work, excessive cheese consumption.

The good news is that Candidiasis can be reversed and health can be restored with these 7 steps:

1. Eat a diet containing lean proteins, healthy fats, and low glycemic carbohydrates. Avoid processed foods and foods containing yeast.

2. Balance the body's pH by eating lots of veggies, supporting your digestion with enzymes, drinking alkaline water and reducing stress.

3. Use probiotics to rebuild the healthy bacteria in the gut.

4. Kill the yeast with natural yeast fighters such as Pau D'Arco, Colloidal Silver, Garlic, Oregano, Caprylic Acid, and Tea Tree Oil.

5. Support the immune system.

6. Clear out the yeast as it dies off with systemic enzymes.

7. Repair the gut with soluble fiber, proibiotics, and l-glutamine.











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Lakewood Business Lakewood Welcomes Origin Massage Studio

by Jessica Newell

Walking into Origin Massage Studio on the fourth floor of the INA building, guests are greeted by a calming, gray room with two white couches and a smiling face at a natural wood table. The room is at a perfect temperature and the air smells sweet and calming, like Cilantro Lime, to be exact.

Behind the desk sits either 28 yearold Jill Solze (pronounced "souls") or soon-to-be 26 year-old Hannah Corrigan. They met at the Cleveland Institute of Medical Massage last year, and opened their business together in November after graduation. Claiming to be risk-takers, they scouted out office space before even receiving their final test results, eager to start working.

"When the general population thinks of getting a massage, they think of doing it as a luxury or they think of doing it as something to help their body recover," said Corrigan. Solze and Corrigan feel as though Origin is an added benefit to the area that is in close proximity to Lakewood Hospital plus other natural and holistic businesses. "People bike more here. People are more health conscious. There are a lot of massage studios and yoga places in Lakewood. It seems to be a good area for this type of business."

Prior to working as a massage therapist, Solze worked as an in-home healthcare nurse's assistant. She loved her job, but wanted to stay in the medical field and find a career that was more dependable. She settled on massage therapy.

Corrigan lived the life of a college student, attended Baldwin Wallace for a time, then lived in Maryland, and held various customer service and retail jobs before deciding to attend massage school.

Solze and Corrigan emphasize the

need to be outgoing, genuine, and caring to succeed in this business. Both describe the other as a perfect fit.

Walking through the matching gray hallway in the studio, guests view the two private, light purple massage rooms. Along the wall, the definition of the word Origin welcomes guests into the space. Origin had a double meaning to Solze and Corrigan, but was not the first name they envisioned for their business. Choosing a name required a certain amount of reflection. "We need to go back to basics. We need to go back to day one of massage (school). What do you learn on day one?" Cor-

rigan recalled, "One of the things you learn immediately is when a muscle attaches somewhere there is either an insertion or an origin. Obviously we weren't going to name a place Insertion." Both Corrigan and Solze feel as though Origin has a deeper meaning of new beginnings; a perfect fit for their new business.

They are already thinking ahead to their future to help the business thrive. "Within the next year," Corrigan said, "definitely, I think we do want to be on Detroit, in your face at street level." When asked where they were looking to move their studio, both excitedly

declared the want to stay in Downtown Lakewood. Both also stressed that any additional services they might add would be based around well-being, not beauty.

Origin Massage Studio offers relaxation massage, hot stone massage, deep tissue massage, and couples massage. Their office is currently located on the fourth floor of the INA building in suite 485. Also, visit originmassagestudio.com or call 216-712-4771 for details and appointments. Please say hello to one of Lakewood's new neighbors and consider taking a relaxing hour to find your origin.

Hiring 150: Quaker Steak & Lube, Lakewood

by Melissa Horvath

Quaker Steak & Lube® is opening its doors in Lakewood on August 15, 2012. Famous for its award-winning, fresh, never frozen wings and more than 22 signature sauces and dry rubs, Quaker Steak & Lube® will offer an extensive menu. It will include appetizers such as the 4-Wheeler (sampler), salads including the "Biker Chick" Chopped Salad and Boneless Wing Salad, half-pound burgers featuring the Lubeburger, sandwiches such as the GTO Gyro and Boneless Wing Chicken Wrap, steaks and a full Kids Menu.

The new restaurant, commonly referred to as, "The Lube®" will be located at 15314 Detroit Road on the east end of the Discount Drug Mart plaza. General Manager of the Lakewood Lube, Tony Pepe, said, "We are excited to get to know our staff, neighbors, and community. Lakewood is a fun and unique city and we are looking forward to contributing!"

The Lakewood Lube management team is hard at work recruiting all restaurant positions for their upcom-

ing opening. They are in the process of hiring 150 local full time and part time employees. These positions include bartenders, bussers, dishwashers, hosts, line cooks, prep cooks, and servers. All new hires will go through extensive training in early August to fully understand the brand.

To apply, you can visit the team in their temporary hiring office located in the parking lot behind the Lakewood Masonic Temple at 15300 Detroit Road. They are accepting application now through July, Monday-Friday between 9 a.m.-6 p.m.

> About Quaker Steak & Lube® The original Quaker Steak & Lube®

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was founded in 1974 and built in an abandoned gas station in Sharon, Pennsylvania as a cook-your-own steak restaurant. As the company began to become profitable, a full-size kitchen was added. Today, The Lube[®] has won more than 100 national and international awards for its wings and 22 different wing sauces. The Lube® features unique decor items including Race Cars suspended from the ceilings, Motorcycles, Corvettes and Gas Station Memorabilia decorating the walls. The restaurant began franchising in 1997 and today has locations throughout the United States and Canada. For more information on Quaker Steak & Lube®, visit www.quakersteakandlube.com.



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Friday, July 6	Vance Music Studios Student Rock Bands	U .
Friday, July 13	Mojo Generations (Modern Big Band)	Con the second
Friday, July 20	Testify (Stevie Ray Vaughn Tribute Band)	200
Friday, July 27	Speakeasy Night – The Syncopated Sin Swing Band & The Get Hep Swing Dancers	
Friday, August 3	Vance Music Studios Student Rock Bands	
Friday, August 10	The Killer Watt Hours (Classic Funk/Rare Groove)	((+
Friday, August 17	Lost State of Franklin (American Roots)	$\left \right \sim$
Friday, August 24	Ernie Krivda (Traditional Jazz)	
Friday, August 31	Mo MoJo (Zydeco)	
All concerts are Lakewood Public Lib	PAR	
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Spilled Ink

Update on "Residents Say Enough Is Enough": **Residents Win!**

continued from page 4

city if Lakewood becomes known for tearing down homes, churches, small local movie theaters... to put up CVS stores, Dollar Stores, McDonald's.

What happens to our cool "best city to raise your family in" city then? How cool is our coolest suburb full of Dollar Stores, cell phone stores, and chain hamburger joints?

At times, according to resident and writer Michael Gill, the meeting became quite contentious, with members of our all-appointed all-volunteer citizen Planning Commission having to stand up heroically for the residents, as both Commission members and residents pointed to example after example that underlined the Planning and Zoning Code's simple but strong statement:

The City acknowledges as a matter of public policy that the preservation and protection of residential neighborhoods is required for the health, safety and welfare of the people. Section1173.02(b)(4)

According to Gill, it was the City against the residents, with Planning Director Dru Siley getting in the faces of the Planning Commission, demanding that they give proof of how this development would hurt the neighborhood. Fortunately for the neighbors (and we are all neighbors) the Planning Commission does its homework, as did the residents and they could show that finally what boiled down to EIGHT PARKING SPOTS, wasn't worth it. Without those spots, the Drug Mart lot will have 79 parking spots. Finally the Planning Commission put its foot down. Harming the character of the neighborhood in terms of the peace and pleasantness of the streets, along with the safety issues, and finally the value of the homes themselves put a lot on the Grace/Cohasset neighbors' side.

Again, the neighbors stressed that they are not anti-development and that they are all planning to hang in there for the Next Steps, which definitely include welcoming Drug Mart as a good neighbor if they can all continue to work together.

Everyone understands the need for development in Lakewood, and everyone has seen all of our empty car lots, which back in the day, were responsible for the destruction of so many one-ofa-kind homes and mansions on Detroit Ave. which might have made our city "even cooler" now, as a place to live and visit, IF a use could have been figured out for them.

Clearly balance is required. With this situation, a perfect marriage is possible, between residents who would like a nice, clean Drug Mart in their neighborhood, instead of an empty car-lot, if the Drug Mart will be a good neighbor in terms of how they fit themselves in. Because of the wisdom and the fortitude of the Planning Commission, it's possible that we could see the best of both worlds.

The next meeting of interest is the July 12 Architectural Board of Review meeting, which is THIS Thursday, July 12, and is also a public meeting which will be well attended by the Grace and Cohasset neighbors and their fellow Lakewoodite supporters.

The Grace and Cohasset neighbors have been impressed with the Lakewood Planning Commission and the Architectural Board of Review from the beginning of this process. They would love it if fellow Lakewoodite neighbors would attend these meetings, and meet them, and learn about the process and how to WORK WITH the organizations that have already proven themselves to be responsible and accessible.

I quoted Mary Grodek on the Lakewood Observation Deck the day after the meeting, it seems appropriate to once again, let her end this article, with her words of encouragement to other residents, wise commission members and judicious city planners.

In the words of Mary Grodek, Hey Lakewood, "Rock on!"

Meltdown 5K & Street Party Is July 21

continued from page 1

chance to achieve personal records in a fun environment. Race registration is available at www.peaceracing.org. Preregistration is \$20; day of is \$25. the kid's fun run is \$15.

New this year is the incorporation of the Street Walk into the Meltdown. "This year's event combines the best elements of the popular Street Walk with the Meltdown 5K event," LakewoodAlive Executive Director Ian Andrews said. "By combining the two events, we were able to put the focus around the holistic idea of active-living, something Lakewood is historically known for.

In addition to the featured 5k, the entire event will showcase over 40 local vendors presenting "active-living" demonstrations from yoga to fencing, skateboarding to jazzercise. A one mile fun run for the children will also take place.

After the race, the Street Party kicks into high gear featuring the Burning River Ramblers band, a beer garden (for those 21+ only) and (new this year) three food trucks. Thanks to Melt Bar and Grilled for their support as the title sponsor. Thanks to the major sponsors for their support: Lakewood Hospital, Caribou Coffee, Discount Drug Mart, Ohio City Pasta, Robeks, University of Akron Lakewood, LiveWell Lakewood, and Geiger's Clothing and Sports and the Downtown Lakewood Business Alliance. Visit www.downtownlakewood.org for more information and www.peaceracing.org to register for the 5K or the kids fun run.



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Opinion Growing Old And Going Green: A Lakewood Odyssey

There is a long-standing axiom that in real estate everything boils down to three things - "location, location, location."

When seeking to "green" a 100-yearold Lakewood home, everything boils down to the green building mantra of "seal it tight and ventilate it right."

In the broadest sense, the greenest home is the one that has already been built. Lakewood is green by default due to the advanced age of our housing stock and the fact that the resources used to build our homes were largely extracted a century ago - reused over time by multiple generations. For many Lakewoodites, the thought of living in a home not constructed prior to FDR's first inauguration would be unimaginable. Older is better. Lakewood is a treasure trove of irreplaceable and tangible reminders of our roots - not an architectural wasteland. But that should not excuse us from taking a closer look at what our present carbon footprint is today in regard to home energy consumption and efficiency.

Over two years have passed since my wife and I took the plunge towards "greening" our home. I was inspired by attending an Old House Energy Audit Demonstration held in Cleveland during the winter of 2009. This was the tipping point for me. I realized that perhaps my green utopian dreams might somehow reconcile with the limitations set forth within my monthly bank statement. Our initial goals included doing something positive for the environment, making our house more comfortable, and ultimately recouping our investment via substantial savings on energy costs. No Rockefellers or Carnegies reside here - our hopes were high, but the budget limited.

By now, most of us have heard the reasons for insulating our homes buildings are the main culprit (40%) in our consumptive energy use. Insulation is a place where we can intervene; like recycling, it is one of the most ecological empowering "act locally" steps one can take. But, in looking for what insulation works best with an existing home, in particular an older Lakewood home, there are some trade-offs. There is no one-size-fits-all. Like many of life's journeys, the most important step is the first one, and the first step in any weatherization journey is to have an energy audit of your home. At the time our audit was done in January 2010, by way of Federal Stimulus funds, Cuyahoga County was offering free home energy audits (a \$400 value that also included a free energy-saving programmable thermostat) to encourage employment in the private sector through home weatherization projects. That we could help put people to work in the midst of dire economic times and go green added another incentive for us to take action now. We knew that our wood frame house built in 1910 was bound to have a few issues with drafts and gaps, but to witness firsthand the energy audit equipment measuring the amount of heat that was escaping

by Chris Perry

through our walls and attic made my teeth chatter just to think about it.

The biggest shocker was the attic. It was as if we had a permeable roof. I promise not to dive too deep into the mundane science of it all, but the audit showed that our wall cavity was acting like a chimney, pulling air up from the basement and out through the attic. We tested at 1.10 roomfuls of air changed per hour. In other words, our whole house was being refreshed (good) but also losing all of the heat that quickly (very bad), much of it out through the attic. The inspector explained to us that the ideal is .35 roomfuls of air changed per hour, but a vintage 1910 home will never achieve that number. However, we could take some steps to cut our heat loss in half. I was more determined than ever to make it happen.

The energy audit allowed us to better prioritize which energy efficiency measures to pursue to make sure we received the most bang for our buck. We crunched a lot of numbers and came to the conclusion that spending money to insulate the whole house and air seal our attic and basement was far and away the best option for a full and quick return on weatherization dollars. On paper it all looked good - no fuzzy math here. I can now state unequivocally that my paper projections materialized into real-world savings - our \$3,400 investment for whole house insulation and air leak sealing will soon have paid for itself within three years because of reduced energy bills. We were able to cut our energy use nearly in half, without spending a small fortune.

The main component of the energy audit entailed walking through our house with an infrared camera as a giant fan that was fitted around our front door sucked air out of our 1910 American Foursquare home - built in an era when energy efficiency meant how many calories you burned on your daily walk to catch the streetcar, insulation was the thickness of your wool sweater, and high fuel prices were unheard of. In a nutshell, the "blower door" test produces negative pressure which, in tandem with a handheld infrared camera, shows where the warm and cold spots are located throughout the house. The blower door test basically accelerates where cold air is seeping in and warm air is leaking out. When the infrared camera was swept along our baseboards, it showed a trail of blue light signaling infiltration of cold air from a lack of air sealing. Our house was a sieve. We needed caulk and lots of it. Soon I was strapping an arsenal of caulking guns to my body to seal up the gaps found throughout the house. It was explained to us that our attic was losing heat at such a high rate that it was like having a two-foot-wide hole punched through our roof. It was like having a skylight, but never being able to see the stars. This whole audit process presented several options to consider. Much of it was low-hanging fruit such as plugging the leaks with caulk and slowing the transfer of air with insulation.

Most importantly, we got a lesson on where the real money should go - and it is not new windows. I'm not going to make any friends in the window industry with this statement, but unless cost is not a concern, you will be throwing your hard earned cash right out that new double-paned low-e window. As part of our energy audit, the inspector showed us with the infrared camera how both old and new windows are equally leaky. This confirmed my long-held suspicion of the window industry becoming more of a racket than a benefit – like buying that luxury mid-life crisis two-seat convertible rather than a more practical fuel efficient or older model vehicle. Yes, in most cases, your pre-existing 100-year old windows, combined with a functional storm window system, will serve you just as well as that new high-end replacement window. I developed a new sense of appreciation for the squeaks and creaks of my old wood windows. Our inspector shared with us stories of people who spent very large sums of money replacing all of the windows in their home, and didn't see their heating bills go down at all.

Insulation comes in several forms and the costs can vary widely. This is when you have to balance health (does it release noxious fumes indoors), performance, life cycle (from its production to end use) and cost effectiveness (payback timeframe). The biggest decision we had to make was the choice between foam or cellulose insulation. We went with cellulose - it's the cheapest (roughly 1/3 of the cost of foam), and undeniably has a lower carbon footprint in its life cycle compared to foam. It seems to be the popular choice, but questions are out there about how much it may settle over time - potentially leaving some gaps in your sidewalls. The Department of Energy (DOE) has been monitoring thousands of cellulose insulated homes across the country for almost ten years now, and only a few isolated homes encountered any cellulose material settlement issues. In those that did, it was found to be minuscule amounts. At the time, the DOE payback calculator gave us a payback period for our cellulose blow-in insulation to be within three years. For foam it would have been at least seven years. Even though we plan to stay in our home the rest of our lives, we just didn't have the extra dough available for foam insulation. Foam does have a higher R-value than cellulose (the higher the R-value, the greater the insulating effectiveness), but has its downside as well. Most brands of foam promise 50% more R-value than cellulose - but none come with a very green lifecycle. Also, with younger children at home, there are too many questions still floating around about its health and safety. Synthetic foams still contain formaldehyde, a well-chronicled carcinogen. Most insulation companies now claim to use Tripolymer foam, which

does contain significantly less formaldehyde than prior applications - but it will still off gas its chemical compounds at a much higher level than the more natural fiber-based cellulose.

When all was said and done, we sealed all the air gaps in our home and pumped in a total of 2,600-pounds of cellulose insulation. We were fortunate to have a tall 3rd floor attic ceiling which had a pre-existing large void between the roof frame and finished ceiling that allowed us to create an 18-inch thick layer of insulation on top of our house. Not only does our attic retain much more heat, it is five degrees cooler in the summer than before allowing our 3rd floor A/C window unit to be set at a higher default temperature because it does not have to work so hard to keep the room cool.

During our re-inspection process it was thumbs-up throughout the house. All the measurements pointed towards a much more energy efficient house. We originally tested at 1.10 roomfuls of air changed per hour. After our whole house insulation was complete we measured at 0.54 roomfuls of air changed per hour. The inspector explained to us that just in the attic alone we would save in the neighborhood of \$500 a year and reduce our carbon dioxide emissions by a several thousand pounds annually. Since the completion of our weatherization project in February 2010, we have saved just over \$1,200 per year on energy costs – we are just a few months away from our investment paying for itself. The benefits we have reaped are far-reaching. Our home is warmer and cooler at the appropriate time of year, and as an unexpected perk, all that insulation made our home much quieter. Unless the windows are open, we no longer hear the traffic, the neighbors' dogs or that pesky pigeon.

I still derive much satisfaction each time I open my utility bills and see how low the bar graphs depicting our energy usage remain. The first 12-month billing cycle, post-insulation, was the most gratifying as the bar graphs showed how much lower my monthly usage was compared to the same period the previous year. I continue to have these delightful images in my head of a collection of face-contorted Energy Company executives hunkered down in some dark, cigar-smoke-infused hazy boardroom cursing my low carbon usage and profit-depleting energy efficient home. Devious diversions aside, green homes do not have to be built from scratch. It is possible, here in the "city of homes," to balance green principles with the aesthetic and historic integrity of the original structures. It seems that the term "energy efficiency" suffers from a lack of sexiness. I don't know many people that get excited over words like "insulation" and "air sealing." Perhaps a going-green terminology makeover is in order because this critically important concept deserves a hot, new name. I propose we brand the green home movement in Lakewood as: "Old is the new Green."

Pulse Of The City

Life in Lakewood, 50 Years Ago...

Drums and Sons... (A Tribute To Declan Simon)

by Gary Rice

It's well-known among my readers that every now and then, I like to do a column about music. If you know ANYTHING about Gary Rice, you know that a great portion of my life has been connected to the world of professional music. This particular tale goes back fifty years, and begins with a pair of drums.

The drums that you see in the photo are Ludwig[™] 400 model snare drums. At the time, those drums were truly considered to be among the best snare drums in the world. Turns out, all of you have heard that kind of drum on more songs than you could probably count. That type of drum was an in-demand piece of studio equipment, providing that essential back-beat and distinctive "rifle-crack" sound that defined the essentials of modern Rock and Jazz music. That professional-level drum sold for quite a bit of money back then, and as a result, was not always purchased by parents as a student's first drum.

In the early sixties, these two drums were purchased at Educators Music in Lakewood by two sets of caring parents who had sublime faith in the talents of their two young sons, both of whom were beginning their journey in the world of music.

This column tells the remarkable story of those drums... and those sons.

One of those drum sets went to me, and the other one went to Declan Simon. Declan and I shared the same drum teacher: Frank Tichy, who was one of the finest percussion instructors in the United States. Declan took his lessons from Mr. Tichy on Fridays at St. Clement's school. I took mine later on those same days, when Mr. Tichy came down to Educators Music. Declan and I played in school bands, and both of us occasionally had our issues with the "powers-that-were" at the time. Both of us went on to high school and graduated...and oh yeah, we both got involved with rock bands. In those days, "Rock" was still in a process of development. The term "Hard Rock" had just developed out of the Blues band tradition, and that style of Rock was indeed sprouting its wings of controversy in the fields of political commentary and social



Declan Simon (Photo credit-Chris Robinson)

in what would later become known as the societal counter-culture. That style of music became a primary area of interest for our bands.

Just as you have young ball players who compete on their respective fields of play, so too do young musicians compete among themselves--sometimes formally in area musical recitals and competitions, and sometimes less formally, like in a "battle of the bands." Declan and I met under those circumstances on a hot steamy night in Lakewood Park on July 22, 1970. More about that later.

Lakewood was a rather conservative place in those days. Surprisingly, however, there were plenty of places for young bands to play live music at the time. Junior highs, the Lakewood "Y," the high schools, and local churches regularly used live bands for teen dances. There was even a teen drop-in center coffeehouse at Lakewood City Hall. Occasionally, the local theaters would permit live music shows as well. As times got (shall we charitably say) a bit rowdier, these venues started to close, one by one.

I remember many special musical moments back then, like at age 12 when I was playing my snare drum in the living room along with the muffled drums on TV on the day of President Kennedy's funeral procession in 1963 after his brutal assassination in Dallas. I also remember our rock band's first "gig" in the basement of Lakewood Christian Church, and our lead singer whispering, "Don't open the curtain! If you do, I'll throw up!" Well, we did, and he did, show went on. I remember junior high school band with my dad at Harding, and marching band with Mr. Strang at the high school. There are so many other musical moments too. Maybe you were there, and shared some of those memories with me? Declan was there with me at Lakewood Park in 1970, and the moment we shared together back then was sublime indeed.

As far as drummers go, next to me, Declan was the best (depending on whom you might ask, I write...with a smile). His technique was superlative, and his showmanship? Out of this world. His band was called "Haze" and my band was "Skie." In Lakewood's great "Battle of the Bands" that night, it came down to his band and mine. Mine was first up, and I'd like to think we were pretty good. I played a doublebass set of drums that was finished in champagne sparkle. My snare drum cracked sharply with rim-shot after rim-shot. We loved every minute of our time, as did the audience, apparently.

And then? It was time for the Haze to take the stage. NEVER have I heard a better rock band anywhere, and NEVER have I heard a better drummer than Declan Joseph Simon. His hair, in some sort of impossibly cool frizziness, flew all over the place as he attacked HIS snare drum as a snare drum had NEVER been attacked before. He virtually danced behind his silver sparkle drum kit. The Haze band was tight and incredibly cool, and Lakewood Park was stunned by that exposure to "Hard Rock" in its purest form. People still stop me on the street to talk about that evening.

Supposedly, our bands tied for first place. Both bands received similar trophies, both of which have been lost to time. We lost Declan too, not long ago. While enduring his illness, Declan still found the time to play his music, volunteer at his church, and participate and inspire others in both religious and support groups. To many, he was a true hero as he endured the many challenges that came with his condition. To many more, he was an angel of assistance to the needy, helping with community meals and numerous inner city activities.

Declan was truly a part of the pulse of this city. Oh my friend, how I miss you. This may sound a bit egotistical, but at this point I could care less: This city didn't even HAVE a pulse until those two drums of ours gave it one!

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	to serve	4 Items	\$8.25	\$10.75	\$14.25	\$17.25		
	You Better	Deluxe	\$8.75	\$11.50	\$15.25	\$18.75		
		Extra Items	\$0.50	\$0.75	\$1.00	\$1.50		
20 Years Extra Cheese \$0.75 \$1.25 \$1.75 \$2.50	20 Years	Extra Cheese	\$0.75	\$1.25	\$1.75	\$2.50		

justice, as well as "pushing the envelope"

and the audience LOVED it and the



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Lakewood Living

Lakewood Runs Deep In Major League Baseball Hierarchy

Most of us are aware that longtime Cleveland Indians owner Richard (Dick) Jacobs was a Lakewood resident. Jacobs owned the Tribe during the glory years, 1986 to 2000, after which he sold the team to a group headed by current owner, Larry Dolan.

From 1967 until 1972, the American League Indians were owned by Lakewood resident Vernon Stouffer, founder of Stouffer Foods, Inc. In 1972 Stouffer sold the team for \$10 million to another local group headed by former Lakewood attorney and City law director Nick Mileti. In addition, Mileti was part of a group that purchased a National Basketball Association expansion franchise that became the Cleveland Cavaliers.

Milieti, in turn, owned the Indians from 1972 to 1976.

Prior to Mileti's purchase of the Indians, another former Lakewood resident made a strong bid to purchase the team. This resident, some local residents may not be aware, was George Steinbrenner, who eventually pur-

by Tom George

chased the New York Yankees.

Yes, the same George Steinbrenner of Seinfeld fame. Steinbrenner's son Hal is the current Yankee owner.

Yankee owner Hal (Henry) Steinbrenner is the grandson of Henry and Rita Steinbrenner, former Homewood Avenue residents.

Henry Steinbrenner was owner and chairman of the board of Kinsman Marine Transit Company. Henry, wife Rita, son George and daughters Judy and Susan lived on Homewood Avenue until, according to writer Peter Golenbock, George was eight years old, at which time the family cottage in Bay Village was converted into the full time Steinbrenner residence.

George Steinbrenner earned a master's degree from the Ohio State University in Columbus and eventually returned to greater Cleveland to run American Shipbuilding, Inc., of which he had become Chairman of the Board in 1967.

In 1972, Steinbrenner made an





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unsuccessful attempt to purchase the Cleveland Indians from family friend Vernon Stouffer. According to Golenbock, unknown factors interfered with what should have been a smooth sale between Stouffer and Steinbrenner, including a misunderstanding between members of the two families during an event at the Westwood Country Club.

In 1973 Steinbrenner led a group of investors that purchased the New York Yankees from C.B.S., Inc. for \$8.8 million. According to Forbes magazine, as of March 2012, the Yankee franchise was valued at \$1.85 billion.

During the 70s and 80s, Steinbrenner was a frequent visitor to his hometown and could often be seen enjoying the company of friends and business acquaintances at the old Blue Fox restaurant, located at W. 117 and Clifton, the current site of CVS. After many successful and well chronicled seasons as owner of the Yankees, Steinbrenner died in 2010. At that time his son Henry (Hal) Steinbrenner assumed Yankee ownership.

It should be noted that in addition to the Steinbrenner family, other area residents certainly have had their share of successes in the Big Apple.

Charles Dolan, a brother of Indians owner Larry Dolan, owns the NBA New York Knicks, National Hockey League New York Rangers, and Madison Square Garden. And of course, Cleveland's oil tycoon, John D. Rockefeller, some would say, owned all of New York.

In addition to baseball hierarchy, our city has had its share of professional baseball players who called Lakewood home.

Jimmie Foxx, one of baseball's most feared sluggers and member of Baseball's Hall of Fame, lived in Lakewood during his retirement years. Foxx, known as "Double X," was named Most Valuable Player in the American League three separate times, in 1932, 1933 and in 1938. A Lakewood baseball field is named in his honor. His children and grandchildren still reside in the area.

Jack Buck, distinguished Hall of Fame broadcaster, graduated from Lakewood High School in 1941. After military service, a Purple Heart and college at Ohio State, Buck eventually became the broadcasting voice of the St. Louis Cardinals baseball team, a position he held from 1954 until the late 1990s. One of his sons, Joe, is a sports announcer and frequently heard on network sports broadcasts.

Slews of former and current Indians players have lived and do live in Lakewood, including the late pitcher and broadcaster Herb Score. Tito Francona, Tribe outfielder who hit .363 in 1959, lived on Parkwood Avenue, according to retired Lakewood policeman and school board member Ed Favre. Francona's son Terry is the former Boston Red Sox manager and current ESPN personality.

Countless other Indians called Lakewood home, as many rented Lakewood homes during the summer Major League Baseball season. Indians players were and continue to be frequent patrons of Lakewood restaurants and gathering places.

Among the former major leaguers who lived in Lakewood include Bill (Wamby) Wambsganss, who, while playing second base for the Indians in the 1920 World Series, completed the first unassisted triple play in World Series history. The Indians defeated the Brooklyn Dodgers that year to become world champions of baseball, a feat the Indians accomplished only one other time, that being 1948...64 years ago.

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Lakewood Living Mid-Year Real Estate Review: How's Lakewood Doing?

by Chris Bergin

The July 4th holiday means one thing: we are half-way there! And this means that we also have completed the ever-important spring real estate season in NE Ohio. So how's Lakewood doing so far in 2012?

First, let's talk inventory. Currently there are 157 Single Family Homes for sale in Lakewood, excluding any For Sale By Owners. The average home for sale is just under 1,700 square feet, has been on the market for 156 days, was originally listed for \$156,900 and has been reduced to \$150,000. The median list price is \$120,000, with the highest priced home at \$849,000 and the lowest at \$33,300.

There are currently 92 homes under contract. These homes also average about 1,700 square feet. They have been on the market an average of 148 days. The average list price at time of contract was \$149,300. Of note, 12 of these homes are located at the new Clifton Pointe development on Sloane, selling between \$350,000 and \$729,000.

Sold properties since January 1st

Special Friday Performance: Miss Misty and Her Guitar

by Marge Foley

Get ready to jump, wiggle, and dance all around with sing-along music from around the world when Miss Misty performs at the Lakewood Public Library. Miss Misty will engage the audience with her beautiful voice as she sings and plays the guitar. This performer knows how to entertain! Having earned a Bachelor of Music degree from Ohio University, Misty Drotleff uses the power of music with children to encourage early literacy. She has been doing children's musical performances for the past ten years at several west side libraries and for several community events and programs. Misty states, "My main goal for performances is to keep the children

engaged with high energy songs that foster movement, singing along and, of course, general silliness." For this specific program at Lakewood, she is planning on performing circle songs and movement songs from around the world, many classic children's songs with a twist, and a few cover songs from popular children's artists.

Bring your youngsters to the library on Friday, July 27th at 3:00 pm, to enjoy a show that is sure to be memorable. All programs are free and open to the public. This event, generously funded by the Friends of Lakewood Public Library, will be held in the Multipurpose Room, which is located in the Children's Department.



total 185 units. These sold homes average about 1,800 square feet, were on the market for an average of 144 days, and sold for an average of \$131,000, which is about 94% of list price. The highest sales price was \$710,000 on Lake and the lowest was for \$9,500 on Coutant. When added to the homes currently under contract, we have a year-to-date sold potential of 277 homes. In 2011 the number of sold single family homes totaled 318 units, so we are already about 87% of the way there, and it's only July!

There is also some good news amongst Expired Listings. An expired listing is a home that came on the market and did not sell. Since January, only 44 homes that were on the market expired this year. This is another good indicator that the Lakewood market is beginning to turn.

Finally, concerns are rising that there is a lack of good quality, move-in condition, homes for sale in Lakewood. There are more and more indications of multiple offers on properties that are priced competitively and that are ready for a buyer to move into. Home owners that have equity in their property that may have been waiting for the market to fully recover may want to consider placing their home on the market this summer. Lakewood home owners can check their home value for free at www. HomeValuesInLakewood.Info.



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The Back Page









Please help support basketball (a free, public, and healthy activity) in Lakewood, OH. You can purchase and customize a brick with a personal message of your choice to leave an everlasting mark on the installation of two brand new hoops at Lakewood Park. These bricks will surround the court which will serve as a memorial to Mark Dickens (a loved one lost to cancer). Act fast as time is running out. Thank you so much for your support. We'll see you on the court!



Mark Vincent Dickens (MVD) was born and raised in Lakewood. Graduating in 96, Mark spent a majority of his free time making friends on the basketball courts. Mark passed away after a 2-year battle with testicular cancer one month short of his 30th birthday.



The Lakewood Outdoor Basketball Committee was formed a few years after Lakewood took down all of our city's public hoops. Since then, the 501(c)(3) non-profit org has been working diligently to return this healthy free sport back to the city to be utilized by all.





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