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Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world. -- Ada Louise Huxtable

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Volume 9, Issue 12, June 12, 2013

To Bring Proven "Problem-Solving Ambassador" Service To Neighborhoods

Bullock To Run For Council-At-Large

by Jesse Schmidt

Ward 2 Councilman Tom Bullock said today he is running for Council at Large in order to serve the entire community as their "problem-solving neighborhood ambassador."

"I love Ward 2 and I'm tremendously proud to represent it," said Bullock. "But of course the entire City of Lakewood is wonderful, and since there is an opportunity to serve not just my immediate neighborhood, but the entire community, I am stepping forward to do so."

Bullock said he has been interested in the opportunity



Ward 2 Councilman Tom Bullock, looking to bring his hands on, working for the people, attitude to all of Lakewood.

to serve all neighborhoods across the city since the beginning of the year but held off on a decision to run out of respect

for incumbent colleagues, until receiving recent confirmation that a retirement can be expected.

This November, Lakewood voters will choose the new occupants of all three Council at Large seats. The offices of mayor, four ward councilpersons, and municipal judge are not up for election until 2015.

Bullock said in addition

to extensive experience in government, he offers voters a proven track record of neighborhood service, hard work, and openness to resident initiatives.

"In me, you know you will
continued on page 3

Lakewood In Words And Pictures



Lakewood Schools graduated another group of students ready for college, and life. See story on page 9



LECPA's Meet The Trucks is another success! See story page 4



Saturday, June 8, 2013 a driver leaving Burger King lost control of her car and it ran into The Exchange, breaking an employee's leg.



Baby bald eagle updates twice a week. Hundreds of photos and videos of eaglet from birth to taking first flight to a nearby branch. Called the "miracle eagle" by other media, we have tracked the story since before the tragedy. Check out our photo galleries on all sort of local flora and fauna. Photos of the wonderful things around you shared by your friends and neighbors.

The Friends Summer Book Sale Is Just In Time

by Ben Burdick

Summer is finally here! Time to hit the beach and soak up some rays... But wait. You don't want to take that Library book to the beach do you? What if it gets wet? Or gets ice cream all over it? Or starts to smell like cocoa butter?

Once again, the Friends of Lakewood Public Library are saving the day. The volunteer group that supports so many wonderful things at Lakewood Public Library will be hosting their Summer \$3.00



"At least I didn't pay too much for this book."

Bag of Books Sale on Saturday, June 15 from 9:00 a.m. to 5:00 p.m. in the basement of the Main Library. That's right! You can purchase a whole bag of romances, mysteries, thrillers and more for just three

dollars—and nothing is stopping you from buying more than one bag. The best part is that, once you finish up that inexpensive Grisham, you can make room in your beach tote by tossing it to a pelican or other large seabird—or donate it back to the Friends. The good times never have to stop.

Those of you who just can't wait might consider dropping by the Friends Members-Only Preview Sale on Thursday, June 13 from 6:00 p.m. to
continued on page 6

LHS Asks Community To Join In Reading "Outliers"

by Christine Gordillo

Lakewood Reads is Lakewood High School's effort to get the whole community involved in celebrating literacy by reading a book together. All LHS students will be reading Outliers: The Story of

Success by Malcolm Gladwell, as part of their summer reading requirements. LHS is asking the community to join in.

This is the third year of Lakewood Reads and each year a different department selects the book. Peter Petto and Bob

Sedlak of the Math Department explain why their department chose this book: Outliers is the story of success. Author Malcolm Gladwell takes a careful look at people who are tremendously successful in a variety of fields such as sports, music, and business. And then asks the question: Why? What do they have in common? And what is different among them? He explores a variety of possible explanations using numbers and statistics and logic in a story that is fascinating and dramatic, arousing readers' curiosity.

The Mathematics Department also chose this book because it is a lively example of the way we hunt for answers that is at the heart of applied
continued on page 19

LEAF Presents: Bay Branch Farm Tour

by Heather Ramsey

The Lakewood Earth and Food (LEAF) Community will be returning for another visit to Lakewood's own Bay Branch Farm for this month's educational event. The tour will take place on Wednesday, June 19th at 7 p.m.

Bay Branch Farm is an urban market garden in

Lakewood, Ohio whose mission is to grow high-quality food in a sustainable manner, honoring the soil, the environment, and the people in our community.

Owners Eric Stoffer and Annabel Khouri began gardening in their own backyard before expanding to a vacant
continued on page 11

Lakewood Observer News



photos by Jim O'Bryan

Lakewoodites Go On Field Trip. This and thousands of other photos from hundreds of friends and neighbors about Lakewood, online. Check out the Observation Deck! You do not need to register to read.



photos by Kevin Fraley

Images from Taste of Lakewood, in the Lakewood Observer photo blogs. Check out the thousands of images and videos, and then take the time to sign up and send in some of your photos or stories of Lakewood. All covered live on the Lakewood Observer. Isn't it time you joined and got involved. No cost, lots of fun events and it helps the city we all love.



Hot Off The Deck

<http://lakewoodobserver.com/forum>

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LAKEWOOD DISCUSSION

Topics	Author	Replies	Member Views	Last Post
LAKEWOOD DISCUSSION				
The Problem with Vacant Lots	michael gill	3	111	Mon Jun 10, 2013 12:33 pm
Car Drives In To The Exchange And Not For Service!	Jim O'Bryan	4	814	Sun Jun 09, 2013 12:54 pm
Offender Notification	Ryan Salo	12	1510	Sat Jun 08, 2013 11:20 am
DUI Checkpoint on Detroit Tonight	Mark Mraz	7	218	Fri Jun 07, 2013 8:35 pm
Mayor's New Idea? Well, No.	Jim O'Bryan	13	523	Fri Jun 07, 2013 12:59 pm
Westerly Apartments To Be Converted To Low Income Housing	Bill Call	5	340	Fri Jun 07, 2013 6:36 am
Everybody needs a wet kiss	Jim Marquard	2	243	Tue Jun 04, 2013 12:20 pm
Meet the Trucks	Peter Grossetti	2	360	Mon Jun 03, 2013 8:20 am
Clouds got in the way...	Jim O'Bryan	252	21394	Sun Jun 02, 2013 7:57 am
IMAGE-IN LAKEWOOD		124	7535	Sat Jun 01, 2013 10:59 pm
Grant, Lincoln To Be Rebuilt 7 not 6, Betsy Voinovich State To Pay \$50 Mill		15	812	Fri May 31, 2013 9:50 am

Seeking Teams & Sponsors For 2nd Annual Lakewood Commissioner's Softball Tournament

When: Saturday, August 10 & Sunday, August 11, 2013

Where: Memorial Field (Metroparks) & Foxx Field (Kauffman Park)

Team Registration: \$250 per team and includes game balls, scorers, officials, etc with \$150 of each registration going towards Lakewood Youth Recreation Scholarships! Team slots for the tournament are going fast, so register early to secure your spot!

Sponsorships: Please help us in making this second annual event a huge success! We need sponsors to help us by donating softballs, cases of water, coupons, etc. Or if you like donating the old fashioned way, money is great too!

The deadline for team registrations and sponsor donations are both Friday, July 1, 2013.

Please contact Donald Sharp at, <mailto:dgsjr62@att.net> or call (216) 392-5013 with any questions.

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Upcoming Submission Deadline

Sunday, June 16, 2013
Sunday, June 30, 2013

Publish Date

Wednesday, June 26, 2013
Wednesday, July 8, 2013

www.lakewoodobserver.com – 216.712.7070
14900 Detroit Avenue, Suite 205, Lakewood, OH 44107

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is powered by AGS's:



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ILLUSTRATIONS - Rob Masek

PRODUCTION - A Graphic Solution, Inc.

CONTRIBUTING WRITERS - State Rep. Nickie J. Antonio, Rachel Anzalone, Philistine Ayad, Chris Bergin, Christopher Bindel, Ken Brand, Ben Burdick, Lisa Calfee, Cathie Drumm, Josie Duennes, Susan Dunn Edward Favre, Andrea Fisher, Jay Foran, Christine Gordillo, Laurie Henrichsen, Mary Johnson, Eric Knapp, Laura Krawczyk, Christina McCallum, Leana Donofrio-Milovan, Mark Moran, Gina Ragone, Heather Ramsey, Gary Rice, Shawn Salamone, Jesse Schmidt, Natalie Schrimpf, Kathryn Tatnall, Earl Thomas, and Randy Varcho.

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City News

Tom Bullock To Run For Council-At-Large

continued from page 1

be getting a dedicated public servant, and you will find no-one more committed, no one harder-working, and no-one more determined to make Lakewood the best it can be,” said Bullock.

Bullock said that as councilperson, one of his most important jobs is to serve as an “ambassador to City Hall” for neighborhood problems.

“Across Ward 2, I’ve gone to bat for residents when they’ve faced problem neighbors, irresponsible landlords, litter, high grass, graffiti, broken sidewalks, and chronic speeding. As your Customer Service Representative, my job is to listen carefully to your problem, respect what you’re dealing with, and find a solution that City Hall can provide to help you,” said Bullock. “I’m confident this approach can work not just for Ward 2, but across the city.”

Bullock said he’s partnered with resident initiatives to accomplish a lot over the past five years:

- teaming up with block clubs to improve safety;
- adding bicycle infrastructure, with expanded bike parking installed and share-the-road pavement markings, plus more, soon on the way;
- helping Lakewood’s downtown to flourish, which is growing in terms of business attraction, a revitalized streetscape, and vibrant street events,

including the Saturday Lakewood Farmers Market (returning in 2013), a key initiative he has supported.

In seeking citywide service as a Council at Large member, Bullock anticipates working on several emerging issues:

- Investing in parks: While Ward 2’s Kauffman Park is poised for revitalization and Lakewood Park will soon get lakefront investment, neighborhood parks across the city need equal treatment. “With the tremendous success at the basketball courts and the skate park, we have to make sure that kids in other parts of town have the same opportunities as those who dribble the ball from Rosalie Avenue and skate down on Belle Avenue. Kids from every neighborhood should be able to turn off their video games, walk or bike to a safe, family-friendly park, and learn to relate to other kids in our diverse city playing a ball game, getting exercise, and staying healthy,” said Bullock.
- Buffering residential neighborhoods from commercial development: “We have the happy problem of many businesses seeking development in Lakewood. I’d like all of them to be artisan, locally-owned stores. For those that are larger chains, with heavier traffic, more light pollution, and more litter, we need to continue finding ways to hold them to high



building standards, fully buffer surrounding neighborhoods, and more appropriately zone high-volume automobile-dependent businesses to our primary automobile corridors. Lakewood has been working hard on

this front, and we’ve been improving, but we need to do more.”

Bullock, the second-most senior member of Council, has more than 18 years of professional experience in government and public service.

Bullock said that midway through his sixth year of service on Council, he’s as energized as ever to work for the community.

“After front-line experience for more than five years, I still believe in Lakewood. I am still excited to work for this vibrant community,” said Bullock. “I am still energized by this job and the honor of serving residents.”

The Legacy Of Johnny Appleseed

by Emily Brown,
AP U.S. History student at LHS

Editor’s Note: Johnny Appleseed will be one of five living history presentations that will be part of Ohio Chautauqua 2013: When Ohio Was the Western Frontier, set for June 25-29 at Lakewood Park. You can hear more about Johnny’s story on Saturday, June 29 at 7 p.m. under the big red and white tent at Lakewood Park. To find out more about the entire slate of Chautauqua events, visit lakewoodhistory.org.

One of Ohio’s most famous legends is Johnny Appleseed’s story. Johnny Appleseed was in fact a real man, whose true name was John Chapman. The story of this farmer who fueled the apple industries of Ohio, Pennsylvania, and Indiana is quite similar to the popular folklore.



the right to the claimed land. The places where John Chapman planted his nurseries made popular frontier real estate.

Practicing his religion of the Church of New Jerusalem, Chapman lived a simple, individualistic life and is rumored to have dressed in clothes made of sacks with a cooking pot as a hat.

Besides planting numerous nurseries, Johnny Appleseed lived quite a life as a missionary as well. As he traveled, he spread The New Church gospel to children, adults, and even converted many Indians! Indians thought of him as someone who had been touched by the Great Spirit. John Chapman reported that he never met one disrespectful Native American.

Born in 1774 in Massachusetts, John Chapman was the son of Nathaniel Chapman, who was both a farmer and Revolutionary soldier. As a young man, John was apprenticed to a local orchard where he absorbed all of his knowledge about apples. When he turned 18, he left Massachusetts for the west side of Pennsylvania.

Despite the folklore portraying Johnny Appleseed spreading seeds throughout the Ohio Valley to be randomly generous, the truth is that John Chapman grew apple trees for a profit. Although it was a very small profit, he did this in anticipation of the arrival of communities of settlers in what was then the mysterious western frontier in the early 1800s.

After nursing apple trees until they were one or two years old, John Chapman would set up stands and sell them to the early settlers for six cents apiece. If someone couldn’t pay, he would trade for clothing or food, or would even give away trees for free, telling the customer they could pay him back later.

John Chapman was in fact quite a traveler, though, migrating back and forth in the Ohio Valley to plant and take care of his orchards. During some periods of Midwest settlement, settlers were required by law to plant orchards of apples and pears in order to uphold

During the War of 1812, while the British and the Indians were killing settlers throughout the frontier, John Chapman went from house to house to warn people of the trouble that was coming. He told the people to take shelter and try to protect themselves. Chapman did so day and night without even stopping to eat or rest.

John Chapman died in 1845 at the age of 72, but his legacy still lives on today. To honor his 46 years spent planting trees across the country, a postage stamp was made in his honor, schools have been named for him, and annual festivals are held in his memory like the one in Fort Wayne, Indiana. This extraordinary man changed history by helping to settle the Western frontier by spreading the seeds of apple trees for settlers to come.

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City News

City Looks Into Parks’ New Operating Times

by Christopher Bindel

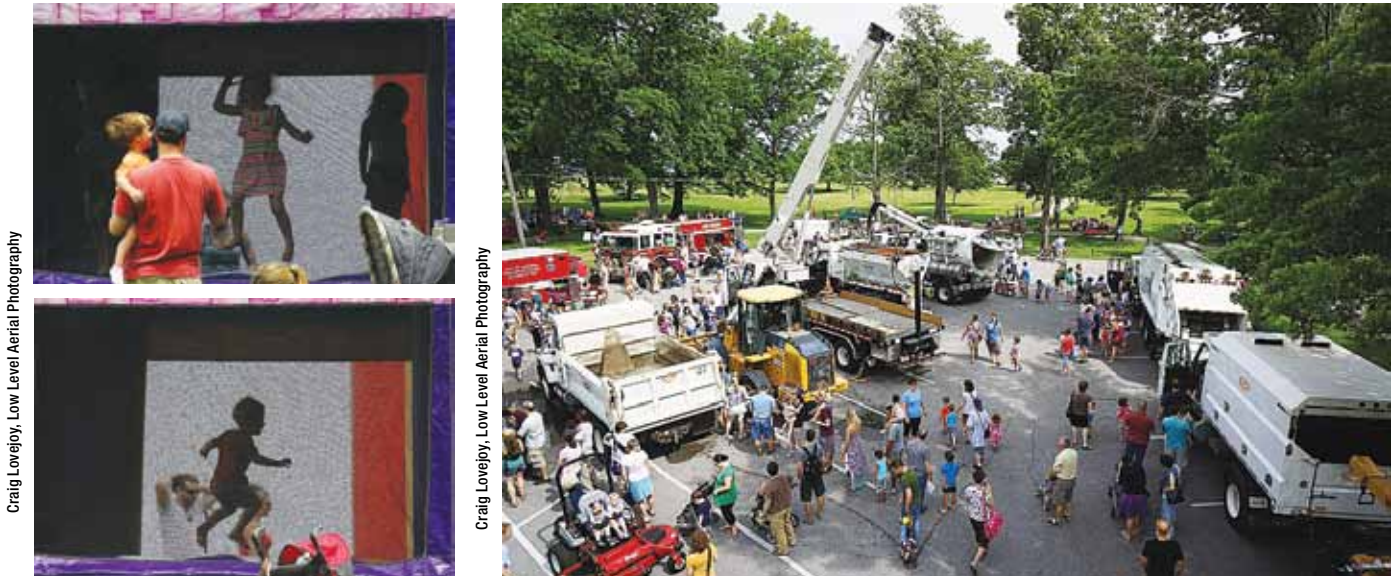
The June 3, 2013 Council meeting was called to order at 7:33 P.M. by Council President Brian Powers. The first order of business was to discuss a report from the Committee of the Whole regarding the resolution to allow the city to spend \$25,000 on consultant services for Lakewood Park lakefront improvements. The city has about \$300,000 left over from projects it did in Lakewood Park about 10 years ago. The money was not spent due to

plans that fell through and cannot be resurrected. However since the money was appropriated for the plan that can no longer happen the city held on to the money while they figured out if it could be used on other projects. It has now become clear that the money can be used on a different project, provided it is still a Lakewood Park lakefront improvement project.
The \$25,000 would go towards consultant services to look at the space along the western edge of Lakewood

Park’s lakefront and come up with conceptual plans for what can be done with the space with the remainder of the funds. The higher than usual consultant fee is do to the fact that that part of Lakewood Park is made up of a construction debris landfill and therefore what is under the surface is unpredictable, and the consultants will have to do extra work to investigate that as part of their plans.
Council passed the resolution approving the funds to be used on the

consulting services.
Next Councilman Powers (At-Large) asked the Public Safety Committee to convene a meeting with representatives from Public Works Department and Police Department to look into the impact of the change in the closure times of the parks. In March of 2012 Council passed an ordinance changing the hours of operation in certain Lakewood parks. After a full year of the change the Mayor and Council President Powers would like an update on how things have changed, if they have at all.
Councilman Powers made it clear that this status update was not to see if they should reverse the changes, but rather just a follow-up report.
Council referred the matter to the Public Safety Committee.
Law Director, Kevin Butler, then asked Council to consider a resolution that would allow the city to renew the lease of Winterhurst to IceLand USA. The current lease term is up in August of this year and the city is already in negotiations for the new lease. Director Butler introduced the ordinance to get Council’s approval of renewing the lease and also to ask for their input regarding the terms of lease.
Council referred the ordinance to the Finance Committee for considerations.
Law Director Butler then asked Council to consider a new ordinance that corrects inconsistencies in two laws regarding dogs in Lakewood Parks. The two laws suggest contradictory rules as to where dogs are allowed within the parks and the new ordinance addresses and change these issues.
The ordinance was referred to the Public Works Committee.
Next, Fire Chief Scott Gilman advised Council that the city accepted of \$245,973 from FEMA. The funds are reimbursements for expenses incurred during superstorm Sandy on October 29 & 30 of this last year. The funds reimburse the Police and Fire Departments for emergency response work and expenses incurred by the Division of Public Works for clean-up of the debris. The funds do not require any matching fund from the city to be accepted.
Coming to the end of the agenda items the floor was opened for public comment; there were several people who wished to speak. One return resident wished to complain about the noise of Nature’s Bin’s trucks unloading next to her house, and another about kids using the Kauffman Park basketball courts after they are supposed to be closed. The vast majority of the audience however was from Grace Avenue and they were there to discuss their disappointment in the administration and the Drug Mart Development at the end of their street.
After an extensive public comment section, the meeting was adjourned by Council President Powers at 8:57 P.M.

Images Around Lakewood On The Website



Craig Loveloy stopped by Meet The Trucks with his “Low Level Aerial Photogrpahy” set-up and grabbed some stunning images. At the LO we are lucky to work with some of the best photographers in Lakewood, and some damn good amateurs.



These images are from Billy Delfs. Billy’s work has graced many a magazine cover, and he just placed well in a professional contest in Sante Fe, New Mexico. He has joined with the LO image makers, so stop by the website and check out all 79 of Billy’s images from the event, and Craig’s 89 images. Also images from your friends and neighbors!



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Statehouse News

State Rep. Nickie J. Antonio Presents Testimony On Equal Housing And Equal Employment Bill

by Nickie Antonio

Chair Young, Vice Chair Duffey, Ranking Member Hagan and members of the Commerce, Labor and Technology committee: I am honored to present sponsor testimony with joint sponsor Representative McGregor regarding House Bill 163, The Equal Housing and Employment Act. This legislation is the same in both language and intent to the final version of HB 176, which passed the House in the 128th General Assembly but languished in the Senate.

The Equal Housing and Employment Act ("EHEA") or HB 163, adds "sexual orientation" and "gender identity" to the categories of those protected by Ohio's laws prohibiting discrimination in housing, employment, and public accommodations. Existing law defines "unlawful discriminatory practice" as discrimination on the basis of the race, color, religion, age, sex, familial status, marital status, military status, national origin, ancestry, or disability of an employee; an applicant for employment, for membership, for the purchase, lease, or financing of housing accommodations, or for credit; a person seeking access to a place of public accommodation; or any appropriate person as specified in the laws.

This bill extends basic civil rights protections and ensures that people cannot be discriminated against in housing, employment or other "public accommodations" simply because of their sexual orientation – the same way Ohio law already prohibits discrimination based on the above mentioned traits (ORC 4112).

HB 163 also includes a broad religious exemption; it does not require the construction of any facilities; and, it only applies to businesses of 15 employees or more (as opposed to the 5-employee threshold for other categories).

The real-life experiences reported by gay, lesbian, bi-sexual and transgender people and heterosexual friends, family, co-workers and colleagues continue to include stories of discrimination. A study completed by The Williams Institute in June 2007 found that up to 17% of gay, lesbian or bisexual people were fired or denied employment based on their sexual orientation; up to 28% were denied a promotion or given negative performance evaluations based upon sexual orientation; and up to 40% were verbally or physically abused or had their workplace vandalized. The report can be found at <http://www.law.ucla.edu/WilliamsInstitute/publications/Bias%20in%20the%20Workplace.pdf>. I would like to believe there is no amount of discrimination that is acceptable in America.

What does discrimination in Ohio look like?

One Ohio lesbian, Shari Hutchinson, claimed that she faced discrimination based on her sexual orientation while working first as a support

officer and then an account clerk for the Child Support Enforcement Agency for Cuyahoga County, Ohio.

Hutchinson holds an advanced degree in business and had nearly 20 years of private sector management experience before joining the agency. But after her co-workers and managers learned she was a lesbian, they passed her over for several promotions that went to less qualified applicants, including straight employees who didn't pass required tests or comply with other procedures. She recently won a lawsuit known as Hutchinson v. Cuyahoga County on the basis that the alleged discrimination violated the Equal Protection Clause of the U.S. Constitution. Attorney Elizabeth Wells represented Hutchinson in the case.

A Middlebranch, Ohio, transgender man who was employed by a local factory was told not to use the men's room but given access to a basement bathroom. The bathroom was inoperable, so he left the building during his break to use a gas station bathroom nearby. He was fired when he returned to work a few minutes late as a result of having to use an off-site bathroom.

In another example an airport hotel refused to rent a single room to a gay couple stranded overnight due to delays. The couple was forced to rent two rooms at \$250 per room even though the advertised rate was \$147 per room.

These are just a few examples of discrimination Ohioans have experienced. Some incidences are litigated, some are not. Most often victims fear retribution or further victimization and loss of employment or housing and so suffer in silence or relocate if they are financially able.

While litigation is costly in both dollars and the emotional toil suffered by all, laws such as proposed HB 163 actually result in relatively few formal complaints.

State-level human rights enforcement agencies can often settle discrimination disputes quickly and inexpensively through mediation, avoiding a long and costly federal lawsuit. The mediation procedures in Ohio's Civil Rights Code are designed to quickly and constructively settle disputes so they never have to go to court. Victims of discrimination who do not have the funds to hire an attorney are often unable to exercise their rights through a lawsuit. In the long run, the EHEA will decrease both the economic and the human cost of discrimination.

The Federal General Accounting Office researched the question of whether there is an increase in lawsuits in states with this type of anti-discrimination law by reviewing the experiences of other states that have amended anti-discrimination laws to include sexual orientation. This research, completed in 2002 (and available through the following link: <http://64.233.167.104/search?q=cache:UojivQvmNigJ:www.gao.gov/new.items/d02878r.pdf+%22james+rebbel%22+gao+discrimination&hl=en&ct=clnk&cd=1&gl=us>), concluded: "For those states where the law has taken effect, relatively few formal complaints of employment discrimination on the basis of sexual orientation have been filed, either in absolute numbers or as a percentage of all employment discrimination cases in the state. Moreover, the state statistics generally do not show any trend in the volume of employment discrimination cases based on sexual orientation over the periods we examined."

As we work to grow our economy and strive to lower unemployment we must not allow discrimination of any form to occur. Today qualified and competent employees can still lose their jobs due only to their sexual orientation or gender identity, rather than the quality of their work. HB 163 provides a concept for Ohio to attract and retain the most talented workers regardless of these characteristics.

Consider the following information that reflects some steps taken in the right direction:

The Ohio House of Representatives has in the past been an Equal Opportunity Employer, and has prohibited discrimination including that based on sexual orientation in the 128th General Assembly.

Governor Kasich issued an executive order establishing an anti-discrimination policy in state government employment which includes sexual orientation in 2011.

13 of Ohio's four-year universities have similar policies, including Ohio State University, Youngstown State University, Cleveland State University and Shawnee State University.

21 states and the District of Columbia have banned discrimination based on sexual orientation and/or gender identity (6 states have sexual orientation-only discrimination bans).

21 Ohio municipalities do provide some sort of protections for people in employment, housing or public accommodations.

Ending discrimination based upon sexual orientation and gender identity has widespread public support in Ohio. According to Equality Ohio and based on a February 2010 statewide survey, nearly three quarters of Ohioans favor employment and housing laws that make it illegal to discriminate on these grounds.

Key Findings of a recent poll conducted by Goodwin Simon Strategic Research were[1]:

-Eight out of ten respondents opposed allowing discrimination based on sexual orientation or gender identity.

-Most Ohioans do not know that it is, in fact, legal to discriminate in these ways.

-When respondents hear that this discrimination is legal in Ohio, 72 percent believe the law should be changed.



State Rep. Nickie J. Antonio

Majorities of all subgroups gave this response, including 83 percent of Democrats, 73 percent of Independents, and 56 percent of Republicans.

-More than seven in ten voters support ending legal discrimination, with support at almost eight in ten depending on how the question is asked.

The conclusion from the survey is that more than seven in ten registered voters in Ohio support ending legal discrimination against people who are LGBT, including more than six in ten who are strongly in favor of making this change in the law.

Hard working Ohioans who are also members of the LGBT community contribute every day to the health and well being of our state. We work, we worship, we pay our taxes, we send our children to school, we attend school, we are civically engaged in our communities. We represent our communities on city councils, school boards, county council boards and yes, we serve even as State Representative and on days such as this we introduce legislation, testify in committees and work for the ideals of fairness and equity of all Ohio Citizens.

No one should be denied access to a home and all that comes with that responsibility, no one should live in fear of losing their job, or be denied the right to pursue a career and be a contributing member of society. All citizens should enjoy the ability to participate in one's own community without discrimination. In the words of our pledge of allegiance, "with liberty and justice for all" - not some, but "for all." These civil rights are the fundamental building blocks of our American dream and Ohio has the opportunity through this proposed legislation to provide equal treatment for all of Ohio's citizens to live, work and recreate in our state.

I believe that every person deserves these fundamental protections in order to fully participate in our society free from fear, harassment, and discrimination. We have the opportunity to make this a reality, with HB 163 to communicate to the business communities that Ohio is open for business. This is not a Democrat or Republican issue - this is an issue of fairness and equity and a bright future for the people of Ohio, all the people of Ohio. Thank You.

[1] (2013, April 14) Goodwin Simon Strategic Research: Results of Voter Survey on Nondiscrimination Protections for People who are Lesbian, Gay, Bisexual or Transgender (LGBT)

Lakewood Public Library

compiled by Leana Donofrio-Milovan

Thursday, June 13

Friend’s Preview Book Sale

6p.m. to 9 p.m. in the Lakewood Public Library Friends Book Sale Room

Thursday, June 13

Booked For Murder: Queens of Crime

“The Crime at Black Dudley” by Margery Allingham

The greatest collection of crime-solving, lady detectives from yesterday and today will keep you up late, turning the pages. Unburden yourself once a month and share your sleepless ponderings with this friendly, law-abiding group of mystery lovers. Visit www.lakewoodpubliclibrary.org/bookclubs for more clues and full book descriptions.

7:00 p.m. in the Main Library Meeting Room

Saturday, June 15

\$3 Dollar Bag Book Sale

9a.m. to 5 p.m. in the Lakewood Public Library Friends Book Sale Room

Five Star Films “Elmer Gantry” (1960), Directed by Richard Brooks - Rated PG

It’s the 1920s, and Burt Lancaster is a fast talking, hip flask kind of guy with a string of female conquests in his wake. At tent meetings, evangelist Jean Simmons preaches salvation. The con man and true believer hook up, attracting even larger crowds. Spoiling for revenge, old flame turned fallen woman Shirley Jones threatens to go public and bring down their partnership.

6:00 p.m. in the Main Library Auditorium

Sunday, June 16

Holiday: Father’s Day – Open normal hours

Monday, June 17

Taste of Judaism: A Three-Part Class for People of All Faiths

These classes, sponsored by the Jewish Education Center of Cleveland and the Cleveland Board of Rabbis, serve as an introduction for new friends. Explore the spirituality, ethics and community of the Jewish faith with likeminded knowledge-seekers under the guidance of a local rabbi. The traditions of Judaism have deep roots in our national culture. Learn more about your own community by engaging in a dialogue with friends.

6:00 p.m. in the Main Library Auditorium

LPL Children/Youth Events

compiled by Eric Knapp

Friday, June 14

Jungle Safari Puppet Show, For the whole family

Enjoy puppets, storytelling and humorous antics with a touch of magic. Free and open to the public.

3:00 p.m. in the Main Library Multipurpose Room.

The Learning Garden Story Time, For the whole family

Make the Learning Garden a part of your family time with stories, music, and activities about vegetables, fruits, flowers, and good things to eat!

10:30 a.m. in the Learning Garden right behind the Madison Branch Library.

Tuesday, June 18 And 25

Afternoon at the Movies For the whole family

Beat the summer heat by taking in a movie on our big screen. All movies are free and open to the public. Movies are shown in the Main Library Auditorium.

June 18, at 1:00 p.m.: "A Bug's Life"

June 25, at 1:00 p.m.: "Brave"

Sunday, June 23

Lakewood Lego® League

For youth in kindergarten through fifth grade (caregivers welcome)

Use LPL’s collection of Lego®Bricks and your own imagination to create fabulous new structures and designs each month. No registration, but numbered tickets will be given out first-come, first-served. One ticket per child. For more information, stop in or call (216) 226-8275, ext. 140.

6:00 p.m. – 7:30 p.m. in the Main Library Activity Room.

Monday, May 20 – Saturday, Aug. 3

Summer Reading Club, For youth, birth through twelfth grade

Feeling adventurous? Join our Summer Reading Club and read 30 books or for 30 hours over the summer. Visit the Reading Club desk to collect stamps and tickets for prize drawings. Special rewards for those who finish! To register, please stop in and fill out a registration form.

Children and Youth’s Services desk at both the Lakewood Public Library’s Main and Madison branches.

Tuesday, June 18

Knit and Lit

“One Hundred Names for Love: A Memoir” by Diane Ackerman

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. Visit www.lakewoodpubliclibrary.org/bookclubs full book descriptions.

7:00 p.m. in the Main Library Meeting Room

Wednesday, June 19

Playhouse: Dressed for Drama

Explore the costuming process, from design to execution. Learn what clothes say about the characters with an ensemble display and experts from the CPH Costume Shop.

7:00 p.m. in the Main Library Auditorium

Introduction to Ancestry.com Library Edition

6:00 p.m. in the Main Library Learning Lab

Friday, June 22

Lakewood Art House Cinema

“The Swimming Pool” (2003), Directed by François Ozon -

Rated NC-17

Julie is beautiful, wild and an uninvited guest at her father’s country retreat. Sarah Morton, who has rented the place, needs a perfect, tightly wound routine in order to construct the cold and calculated world of her bestselling novels. What a pair they make when real-life death comes knocking.

6:00 p.m. in the Main Library Auditorium

Saturday, June 23

Sunday with the Friends: Rough and Tumble

When Mallory met Scott, they found a notebook on the bus containing sad, old country songs, to-do lists with nothing crossed out, torn pages from a hymnal, minor league baseball tickets, self-written wedding vows, a Chinese take-out menu and a copy of the Declaration of Independence with all the vowels circled in red ink. These are the songs that try men’s souls.

2:00 p.m. in the Main Library Auditorium

Calling All Eagles, Arrows And Rangers! The LPL Yearbook Collection Needs Your Help!

by Lisa Calfee

A small, happy crowd can often be found gathered around the Library’s Lakewood High School yearbook collection. And now, for the first time ever, we want to expand the collection to include St. Edward High School, St. Augustine Academy and any other Lakewood yearbooks from your glory days. But we need your help! We are asking for your donations to add to a collection that has become a treasure here at Lakewood Public Library.

Our yearbooks confirm what we know. Times have changed. Consider our first Lakewood High School yearbook from 1903. The eight graduating students are honored with elegant photographs and personal descriptions like the one describing the lovely Stella Colahan, who was by all accounts, “a quiet, unassuming maiden.” Yes, times have changed.

The innovative class of 1920 created the first yearbook written and

designed solely by the students themselves. With over 25 pages devoted to jokes, it’s clear comedy was a top priority. They named their laugh fest "The Cinema"-- “with the hope that other classes will follow.” Ninety-two years later "The Cinema" is still bearing witness to the young men and women who have carried their books and dreams through the halls of Lakewood High School.

Please consider donating your yearbook to our growing collection. We are looking for books from every year for St. Edward High School, St. Augustine Academy and any other Lakewood based school not mentioned.

As for Lakewood High School, we are missing 1975, 1989 and the elusive books from 1905-1919 (which may or may not exist).

You can drop off a yearbook at any desk. Your library and future generations of patrons, students and genealogists will thank you!

The Friends Summer Book Sale Is Just In Time

continued from page 1

9:00 p.m. (Don’t worry. You can join at the door for as little as \$2.00.) This special sale is not a \$3.00 bag sale, but members do get first crack at all of the wonderful books, magazines, movies and more for sale.

All proceeds benefit the Friends of Lakewood Public Library. The group has supported the Library with materials, programming and service since 1980. Originally brought together by a determination to keep good books from going into the trash, the group has

grown with the Library to become an essential part of Lakewood’s way of life.

The centerpiece of the Friends’ operation is the old-fashioned Book Sale. When you purchase books, movies, magazines and other items at these events, you are participating in a grand experiment, now celebrating thirty years of service to the Library and the community.

This event will be held in the Lakewood Public Library’s Book Sale area in the Basement. Call (216) 226-8275 ext. 127 for more information.

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Lakewood Public Library

Discover Your Family With Ancestry.com, Library Edition

by Susan Dunn and Andrea Fisher

Did your ancestors arrive on the Mayflower? Was your great-grandfather a WWI hero? Unlock the story of your family's past with one of the Library's most popular online resources. Ancestry.com, Library Edition can make this tremendous undertaking a little easier by providing access to thousands of records that will help you fill in your family tree. Genealogist Dr. Deborah Abbott will be here on Wednesday, June 19 at 6:00 p.m. in the Main Library Learning Lab to show you the ins and outs of genealogical research using Ancestry.com, Library Edition and other online resources.

Dr. Abbott comes with a vast amount of experience as a genealogist. In addition to being the former president of the Cleveland African-American Genealogical Society, she is an adjunct faculty member at the Institute of Genealogy & Historical Research at Samford University in Alabama. Abbott has presented lectures at many genealogical societies, libraries, schools, and churches throughout Ohio and surrounding states. We asked her to share a little about herself and her studies.

Tell us a little about your background.

After retiring in 2009 from Cuyahoga Community College (Western Campus) as a Professor of Counseling, I turned my interest solely to genealogy. I now give lectures all across the country and currently serve as an adjunct professor at the Institute of Genealogy and Historical Research (IGHR) at Samford University in Birmingham, Alabama where I teach in both the African American

and Researching the South week-long courses. I serve as the Cleveland District Trustee for the Ohio Genealogy Society and am the immediate past president of the African American Genealogical Society of Cleveland (AAGS). I am finishing a family history genealogy project that has taken seven years to research. This project traces an African American family from slavery to the present with the migration of the family from Kentucky to Illinois to Ohio to New York.

What advice do you have for someone starting a family tree?

I always tell people to be patient. Interview family and friends, look for home sources and collect as many vital records as possible. This is not a hobby that moves quickly; it will take time and careful research and they should not expect to trace their entire family tree on the internet. They will have to visit libraries and courthouses at some point.

What is the most important thing to remember when researching your family history?

To always keep an open mind about it. Everything that we "think" we know or have been told (an oral history) may not be true. We have to be ready for surprises, both good and bad. Documenting where you find your information is also important.

Join us on Wednesday, June 19 at 6:00 p.m. to learn more about Ancestry.com, Library Edition. With Dr. Abbott's expertise, you will learn to use this tool to gain knowledge of your family's story and be able to share this history with future generations. Space is limited, so please call 216.226.8275, ext. 127 to register.



Jungle Safari Show With Katie Bee And Roger Dodger

by Kathryn Tatnall

The summer solstice begins on June 21st this year, but as every parent with school age children knows summer is truly determined by the last day of school. So what are doing to entertain your children this summer? Amid the plans for swim lessons, day camp and trips to Grandma's, why not make it a point to visit the library? Take us up on our offer of free entertainment and fun. In our line-up of crafts, movies, and registered programs we are also providing live entertainment for the whole family. Our Special Friday Performance series begins this month on the 14th with the Katie Bee and Roger Dodger Jungle Safari Show.

Kathy and Roger Divella will be performing as Katie Bee and Roger

Dodger to help us use our imaginations to travel on a jungle safari. On our trip we will meet a few jungle animals. There is Vern, a wild and wacky bird. Orie; a very ornery, but adorable orangutan. And last but not least, Peanut, the effervescent elephant. Katie Bee does an excellent job as the puppeteer, while Roger Dodger handles the slapstick comedy and balloon animals with ease. It is a delightful show that will have the kids rolling on the floor with laughter.

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

The Lakewood Library Learning Garden Story Time: For The Whole Family



by Eric Knapp

Make the Learning Garden a part of your family time with stories, finger plays, and music about vegetables on Fridays June 14, July 12, August 2, and August 23, at 10:30 a.m. This story time will replace the Family Weekend Wonders program, weather permitting, on these dates. There is no need to register in advance. The story time will be held inside the Madison Branch during

inclement weather.

The Learning Garden is a garden where families can read, learn and enjoy together and is located behind the Madison Branch. This garden is a collaboration between the Lakewood Public Library, LEAF Community, and the City of Lakewood. The Learning Garden was made possible by a grant from the Institute of Museum and Library Services, and by the State Library of Ohio.

Dig Into Crafts

by Philistine Ayad

Hey all of you Summer Readers! Escape the heat and come to the Lakewood Library for an hour of self-guided craft time fun. Create a Cicada to commemorate the return of the magicada to Ohio. Make garden markers for the garden you planted in the spring. Cut, color, paste, and pretend to be a garden gnome. Stop in at the Main Branch or Madison Branch anytime, June 10 - August 1st, Monday through Thursdays, 11:30 a.m. – 3:30 p.m. No registration is needed.

Crafts will be set-up in the Activity Room of Children and Youth Services. Call 216-226-8275 ext. 140 for more information.



Some of the crafts Summer Readers can make, Above Right, Miss Nicka is the Queen of Crafts.

Lakewood Schools

Lakewood Council Of PTAs Celebrates The Year

by Christina McCallum

Lakewood Council of PTAs celebrated its mission, “Every Child, One Voice,” and the end of the 2012-13 school year Thursday, May 23, when it recognized scholarship and award winners and installed officers for the 2013-14 school year.

The Council of PTAs is made up of members of eight school PTA units in Lakewood plus Lakewood Early Childhood PTA. The Council is part of District 11 in the state of Ohio, under the Ohio PTA umbrella organization. The Lakewood Council promotes communication, leadership development and coordinates efforts of the Lakewood PTAs and it provides individual groups with support and assistance as needed. Additionally, it recognizes the excellence achieved by Lakewood City Schools and students through the cooperation of Parents, Teachers and Associated staff in a variety of ways.

At the Installation and Recognition night, Council presented four Lakewood High School graduating seniors with \$1,000 scholarships to further their educations. Two scholarship winners are chosen annually based on their academic achievement, and two are selected annually for their achievements in the career-tech program. This year, 22 students applied for the scholarships. After evaluating and scoring applications, the Scholarship Committee selected candidates to invite for interviews. The scholarship



2013 Scholarship Winners Julie Herman, Peter Schleckman, Alex Northrup and Brittany Pearsall are all smiles after receiving their Lakewood Council of PTAs scholarships.

recipients were then chosen from the 10 interview candidates.

Maria Shinn, Scholarship Committee chairwoman, presented the scholarships to Julie Herman (Academic), Alexander Northrop (Career Tech), Brittany Pearsall (Career Tech), and Peter Schleckman (Academic). Ms. Shinn described the winning students’ characteristics and then asked each student to talk about their future plans. Julie Herman will attend Bucknell University, while Alex Northrop will study at the Ohio State University. Brittany Pearsall has decided to attend Cuyahoga Community College and Cleveland State University and Peter Schleckman will attend the University of Virginia.

In addition to the scholarship winners, Lakewood Council of PTAs had several special guests. School Board President Ed Favre attended, as did past School Board Member Deb Sweeney. Carol Beasley, who advises the 11th District for Ohio PTAs, was also present. She announced that Lakewood High School senior Moira Horne had won a scholarship from Ohio PTA.

The evening continued with more awards, including Educators of the Year and Helping Hands Winners. Kristine Pagsuyoin recognized Cynthia Peck from Harrison Elementary School and Laura Butterfield from Lakewood High School as Helping Hands winners for Lakewood Council of PTAs. Cynthia and Laura were nominated and recognized by their buildings before their applications were sent to Lakewood Council for consideration. Their involvement and support of PTA, positive impact on students’ lives, and dedication to PTA’s mission and purposes qualified them for the award. They were selected by a committee made up of Lakewood Council of PTA Board members.

Next, Educators of the Year were recognized at the Elementary, Middle, and High School levels. Mary Fitzpatrick, Harrison Elementary School; Emily Adkins, Harding Middle School; and David Gannon, Lakewood High School were again selected by a committee of Council board members after they were nominated at the school level and completed the required application. As Certified Educators, their involvement and support of PTA, positive impact on students’ lives, and

dedication to PTA’s mission and purposes qualified them for the award.

Emily Adkins was selected as the overall Lakewood winner, and her application was forwarded to District 11 of Ohio PTA for consideration. Emily was selected as District 11’s winner for her work not only as a Guidance Counselor at Harding Middle School but also for her involvement in school and community activities. Emily was recognized at the April Ohio PTA state convention in Columbus.

While Helping Hands and Educator of the Year awards are given annually, Golden Apples are awarded at the discretion of the Lakewood Council. Five Golden Apple recipients were recognized for their impact on the lives of Lakewood City Schools’ students. Recipients can be anyone whose work affects students. Winners in 2013 are: Marjorie Hildebrandt, Music Teacher at Horace Mann Elementary School; Fred Wolf, Crossing Guard for the City of Lakewood; Harry Manos, Physical Education Teacher at Garfield Middle School; Sue Wilhelm, Parent Resource Coordinator for Grant Elementary School; and Heather Burdette, Executive Secretary to the Treasurer for Lakewood City Schools.

The last recognitions given were to Roosevelt Elementary School PTA and Garfield Middle School PTSA. These PTA units were awarded Scarlet Carnation Awards during the Ohio PTA State Convention in April. As Kristine Pagsuyoin explained, the Scarlet Carnation is given to PTAs that increase memberships by 10%.

The last point of business was to install officers for 2013-2014. The officers, who were elected at the April 2013 meeting, are: President Kristine Pagsuyoin; Vice President Kim Walcheck; Vice President Superintendent Jeff Patterson; Recording Secretary Kristen Humphreys; Corresponding Secretary Lizz Maxwell; and Treasurer Katie Cooper. With their installation, the new officers pledged to work for the PTA mission: to be a powerful voice for all children, a resource for families and the community, and an advocate for the education and well-being of every child.

The crowd of nearly 60 people filled the Ranger Café in celebrating the successful year. Following the recognitions and business, attendees enjoyed cupcakes, beverages and conversation.

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Lakewood Schools

Congratulations Lakewood Graduates 2013

by Edward Favre,
Lakewood Board Of Education President

The Lakewood Board of Education wishes to congratulate our 400 graduates and their families following Sunday’s commencement.

As we celebrate this important event, take a moment to think about the significance of this occasion to the entire community. Beyond the auditorium full of people who personally

know the graduates, is a community that supports them, and generations of past and future graduates.

Since the 1800s, the Ohio Constitution has provided for a system of common or public schools. This is what societies that recognize the value of education do. And here, in Lakewood, it is what our community does.

The Lakewood City Schools invest over \$12,000.00 every year, in every

student, most of which comes from Lakewood taxpayers. The amount of the investment is quite competitive with other schools and a Lakewood student has access to far more educational opportunity than most other public or private schools. In Lakewood, the community values education and the commencement ceremony is symbolic of that commitment.

So we suggest that this occasion

is not just a family and graduate celebration. It is a celebration of our community. The over 50,000 other folks in Lakewood who were not here, but are invested in, and have an interest in this occasion. It is what we are committed to as a community, and graduation is the culmination of that commitment.

On behalf of the Board of Education, and on behalf of all of Lakewood, congratulations to our graduates.

Inass Abdelsalam
Ali Abdulkadir
Mishgan Abdullah
Abdullah Abid
Hanadi Abuzahriyeh
Monica Adams
Cynthia Afram
Beatrice Aldrich
Aiman Ali
Ambra Alicka
Zeinab Alodat
Jacob Antel
Samuel Aprile
Hirwa Axcel
Rahmatullah Bakhshi
Emily Bango
Alexis Banhidy
Breanna Bardsley
Lorna Barimi
Som Basnet
Vincent Berardi
Joseph Bilinski
Emily Bir
Alexis Bitterman
Dillon Bodnar
Desiree Bonet
Jacob Boone
Matthew Bosworth
Richard Bottiglier
Angela Brazell-Ramos
Patrick Brennan
Christopher Patrick Brinich
Samantha Britton
Matthew Brizzi
James Brooks
Simone Brown
Danielle Brubaker
Dylan Bruening
Amber Brumfield
Anthony Bryant
Harry Buchheit
Connor Burke
Amber Burns
Charles Burton

Stephen Burtzlaff
Caroline Canale
Eric Caraballo
Matthew Carlson
Wesley Carney
Devon Caskey
Nicole Cefaratti
Rebekah Chambers
Carson Chittack
Alexandra Clemens
Katie Collins
Mariesha Collins
Annisah Colon
Tre Colson
Molly Cooney
Rachel Shay Corder
Khalil Cormier
Paige Coy
Gayle Marie Craighead
William Crosby
Mirsad Curri
Joseph John Czechanski
Brian Daniels
Faith Davis
George Davis
Stephanie DeCapua
Argisa Deda
Heather Leandra DeJesus
Jesus Denizard
Giorgi Devita
Selena Evette Diaz
Taylor Diehl
Taylor Dietz
Joella Marie Dietz-Haught
Richard Dill
James Dilzell
Ellen Dineen
John Dixon
Samantha Dlugokecki
Lauren Dobrowski
Christopher Dockus
Kent Dockus
Dylan Dombroski
Aaron Donahoe

Wonricus Donat
Saranda Donley
Matthew Donnelly
Timothy Dowell
Kaylee Downing
Samantha Dreistadt
Robert Dunay
Samantha Eakle
Mark Eastler
Thomas Ebner
Shavonte Edge
Abdellatif El-Ashram
Daja Antoinette Elder
Rachel A. Elder
Musa Asad Elkhatib
Brianna Elston
Colin Ely
Eric English
Brendan Erchul
Dakota Evans
Samantha Fair
Nicolas Faranda
Adam Farunia
Amir Fattah
Samantha Fedor
Zachary Fehrenbach
Jacob Felts
Anthony Fiocco
Reginald Fisher
Romina Faorouhari
Jordan Foss
Mary Katherine Fox-Goodwin
Thomas Fuller
Lindsay Furtado
Amber M. Ganoe
Jessica Gedney
Codie George
Kareem Ghanem
Timothy Ghose
Justin Gierke
Nattalie Marcaline Gierke
Ryan Giermann
Gwydion Gilbert
Zachary Gilchrist

Michael Girard
Andon Gjika
Xhulja Gjika
Anthony Goddard
John Goff
Sierra Shea Goings
Ruben Gomez
Mackena Graham
Frannie Grauel
Hannah Gregory
Kenneth Grubaugh
Rachel Guetling
Sara Guzzy
Alonzo Hagler
Edward Hallis
Hallie Kristina Hamilton
Kellie Hamilton
Raymond Hamrick
Ivy Hanrahan
Bushra Harba
Anas Haroun
Charles Harris
Matthew Harshman
Ariana Hartfield
Martin Hartsel
Kathryn Paige Heidler
Eugen Heinrich
Chantel Henderson
Mary Elizabeth Hentges
Manar Herbawi
Emily Hericks
Julie Herman
Maira Horn
Genesis Hoverson
Brian Hrdlicka
Nicklaus Hudson
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Bobby Johnson
Jada Johnson
Ralph Johnson
Farah Jomaa
Kayes Kabalan
Ian Kane

Brittany Kapsalis
Maxwell Karlake
Dane Kelly
Daniel Kelly
Corrigan Kenny
Joseph Kerney
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Kevin Mann
Sommer Mansour
Kevin Marek
Alexa Marraquin
Jacob Matthews
Jessica Maxwell
Robert Maynor
Aaron McCann
Emily McCarthy
George McClellan
Kevin McConnell
Molly McCready
Race McKernan
James McMahan
Sheila McMahan
Matthew McMaster
Albi Memo
Ilia Mengri
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Logan Pagel
Crystal Palmer
Rebecca Palmer
Tomas Pano
Jazmyn Paoli
Isaiah Parrish
Raychele Paul
Gary Paventi
Brittany Pearsall
Robert Peebles
Deborah Petani
Kevin Petrie
Andrei Plop
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Damber Poudel
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Justin Schmitt
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District Sees Number Of Admin Changes

by Christine Gordillo

Lakewood City Schools is in the middle of a number of major personnel changes due to retirements and professional advancements.

Lakewood High School Principal Bill Wagner will be leaving his position after 10 successful years to become the district’s director of Human Resources, beginning August 1. Wagner accomplished much during his decade at the helm of LHS including being named Ohio Principal of the Year by the Ohio Association of Secondary School Principals and leading the school to Excellent ratings from the state of Ohio the last seven of eight years.

Also leaving his position in August is Mark Gleichauf, Director of Teaching & Learning K-12. Gleichauf has accepted the position of Assistant Superintendent for the Cuyahoga Falls City School District. Before taking on his current position with the district in 2010, Gleichauf was principal of Grant Elementary.

Replacing Gleichauf as Director of Teaching & Learning K-12 will be current Grant Principal Roxann Ramsey. Before landing at Grant in August 2010, Ramsey served as the district’s Coordinator of Teaching & Learning

for one year before the position was eliminated. Ramsey is very knowledgeable in curriculum development and the state school improvement process, which will serve her well in her new position.

Three other administrators have chosen to retire at the end of the school year: Lincoln Principal Noreen Hazen, Horace Mann Principal Kathleen McGorray and Athletic Director Bob Thayer. Thayer’s replacement is Sean Demetries Jackson, the current Director of Athletics and Student Activities for Bedford City Schools.

Jackson has been involved in inter-scholastic athletics in every capacity as student athlete, coach and administrator for over 25 years. He has been a Social Studies teacher and wrestling Head Coach for Bedford prior to his job as AD.

“I am honored to be selected as the new Athletic Director for the Lakewood City School District and I look forward to meeting everyone and joining the Lakewood community,” Jackson said.

Candidates are currently being interviewed for the four open principal positions in the district.

Lakewood Project Celebrates 10 Years At Civic



by Randy Varcho

Alumni members Julian Ellins (l.) and Renee Blackburn of The Lakewood Project acknowledge audience applause during a Tenth Anniversary Concert held May 25 at the Civic Auditorium. Past and current members of the celebrated Lakewood High School rock orchestra performed onstage together for the one-night only event under the direction of LHS music educator Beth Hankins.

Lakewood Schools

School District Trains For Early Identification Of Mental Illness

by Mark Moran

Lakewood City School District wants its staff—and parents of students—to be able to recognize the early warning signs of mental illness in students and refer students for professional help when appropriate.

The school district partnered with Recovery Resources, a Cleveland-based, nonprofit behavioral healthcare organization, to offer two five-hour training sessions in April to school counselors at the city’s public and charter schools aimed at alerting them to the kinds of behaviors that may indicate a child is at risk for mental illness. The training program, held at Hayes Elementary, focused on myths and facts about mental illness, how to distinguish early warning signs of trouble from typical adolescent behavior, and when it is appropriate to refer a student for psychiatric or other professional treatment.

Based on the success of the training with school counselors, the training will be expanded to teachers and other staff in the 2013-14 school year.

“The goal is to help lay people, especially teachers, coaches and youth group leaders who do not necessarily have a professional background in

recognizing mental illness, to focus on the signs and symptoms of developing mental health problems,” said Shirin Boose, of Recovery Resources. “We hope they will be able to intervene by first providing some support to the student and connecting them with professional help if it’s necessary.”

She added, “We want to destigmatize the subject of mental illness and increase people’s literacy about mental illness. And we want to dispel the idea that you need a ton of training to recognize when a young person may be in trouble and to intervene.”

At the same time, a crucial emphasis of the training session was that it is not the job of school personnel to diagnose a young person with a mental illness, let alone provide treatment; that is the responsibility of a psychiatrist or other trained and licensed mental health professional.

“We, as a district, recognize that students face a variety of mental health issues, and while we do not believe that the role of the school district is to provide mental health treatment, we do believe that the district needs to be able to recognize those at risk, triage the situation if needed, and link the family to

appropriate resources,” said Christine Palumbo, Ph.D., director of student services for the school district, who conceived and developed the partnership with Recovery Resources.

She said the Lakewood City School district is one of the first in the state to avail itself of this kind of training. The training was paid for by the district with no mandate from the state, but there may be federal or state monies available to pay for future training.

She added that the support of parents in recognizing early warning signs in adolescents is crucial. So what should parents of children in Lakewood schools who are concerned that their child is experiencing mental health problems do?

“Contacting a primary care physician is the best place to start,” Palumbo said. And she said agencies like Recovery Resources and the National Alliance for the Mentally Ill (<http://www.nami.org/MSTemplate.cfm?MicrositeID=202>) offer invaluable resources to families. Training similar to that offered to Lakewood’s school counselors is available for the general public from Recovery Resources (www.Recoveryresources.org).

(216) 431-4131).

“If parents want to share these concerns with the school, they should contact the school counselor, or, at the elementary level, the school psychologist or building principal,” Palumbo said. “We recognize that families may not be comfortable sharing this type of info with the school, but if we do not have all of the information, our ability to support the student is compromised.”

The majority of mental illnesses begin in adolescence, so addressing problems early can hasten treatment and improve the long-term trajectory for young people at risk. But adolescence can be quite naturally a time of emotional tumult, so how can parents distinguish what is a real cause for worry from the normal ups and downs of adolescence? Shirin Boose, of Recovery Resources, suggests at least a few signals that should be considered red flags: social withdrawal, a sudden lack of interest in normal pursuits, a sudden, unexplained drop in grades, and evidence of substance use.

Lakewood city residents can be proud that their school district is “out in front” of a movement within the broader mental health field to move toward early identification of at-risk individuals before they become acutely ill. It is a movement that has been hastened by recent public calamities, such as the shooting at Sandy Hook Elementary School last year in Newtown, Connecticut.

While people with mental illness who are in treatment are not more likely to be violent than the general population—indeed, they are more likely to be the victims of violence—those individuals with mental illness who are not in treatment, and especially those who are abusing substances, are statistically more likely to be violent.

So, early identification of mental illness is an investment in the safety of the schools and the wider community. “Sandy Hook was a wake-up call to everyone,” Palumbo said. “We want parents and citizens to know that this is another effort on the part of the district to ensure that Lakewood schools are as safe as possible and to reach out to our students, and their families, who may be in trouble.”

First Federal Helps LHS With Financial Literacy Program



Members of Ron Lewis' sixth-period Government class show off their EverFi financial literacy certificates.

by Christine Gordillo

A partnership between First Federal of Lakewood, EverFi and Lakewood High School has helped the schools’ seniors become financially literate and First Federal and EverFi representatives were at LHS in the classroom recently to recognize the students’ new-found financial knowledge.

First Federal has generously signed on to sponsor the EverFi Financial Literacy web-based program for Lakewood City Schools at a cost of \$12,000 over the next three years. The sponsorship enables LHS to bring the interactive financial management program to our students at no cost to the district.

“We as a bank knew it was impor-

tant to bring financial literacy to students because they are future customers and it’s important to educate our students about this topic,” said First Federal Lakewood branch manager Heidi Finiff.

The students in the school’s Government classes worked on the program, which uses the latest in new media technologies – video, animations, 3-D gaming, avatars, and social networking – to bring complex financial concepts to life for today’s digital generation.

The celebration with First Federal and Everfi representatives in May recognized students for completing the program and becoming certified in over 600 topics in financial education. The state of Ohio, since 2010, requires a financial literacy component for high school graduation.

The 10-unit course offers six hours of programming aimed at teaching, assessing and certifying students in a variety of financial topics including credit scores, insurance, credit cards, student loans, mortgages, taxes, stocks, savings, 401Ks and other critical concepts that map to national financial literacy standards.

“This knowledge is something you will carry for the rest of your life,” House Principal Bill DiMascio told the students prior to receiving their certificates. “It will definitely be of use to you.”

Students echoed DiMascio’s sentiments of the program’s usefulness. They particularly commented on the college loan section as many students are going through that process right now.

The partnership with First Federal is the second substantial collaboration that the district and the bank have created. Earlier this year, First Federal was awarded naming rights to the Lakewood Stadium, which is now named First Federal of Lakewood Stadium.

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Sports

Lakewood Rangers Varsity Baseball Concludes Breakout Season With 22-6 Record; Team And Talent Recognized

by Jay Foran

The Lakewood Rangers Varsity Baseball team was not ready for the season to end when it did, but as every team knows only the eventual state champion ends its season on a winning note. The Rangers lost a hard fought District Semi-final game to the Midview Mid-dies bringing their hopes for another day and season to a close. The Rangers finished with 22 wins and 6 losses.

Notably, three of the Rangers six losses this season were to the same team (Midview) and to the same pitcher (major league draftee Eric Lauer). Midview's recognition of Lake-wood's team talent and depth led them to pit the Greater Cleveland area's best pitcher against the Rangers each time they played.

Unfortunately, the district semi-final game had the Rangers fighting from behind from the start as the Mid-dies got to Lakewood starter, Brian Hrdlicka for five runs in the top of the first inning. And while the Rang-ers scored the first runs surrendered by Lauer in over 42 innings this sea-son, they were never able to cut the deficit and lost 7-3. For 14 seniors, the last umpire call and the congratula-tory line expressions of "good game, good game" with their opponents was now going to be their last cherished memory of their high school baseball experience.

2013 was clearly a breakthrough

season for the Ranger squad. In Coach Mike Ribar's first season in 2011 the team finished a lowly 4-21. The follow-ing season in 2012, the coaching focus and team style of play started to take hold when the team finished with a winning record of 15-14. Expectations were high for 2013 and the senior-laden team did not disappoint posting Lake-wood's best record (22-6) in recent memory.

Both the hitting and pitching showed up regularly in 2013. The high-powered offense posted a team batting average of .329 scoring 202 runs on 270 hits. The pitching staff delivered an impressive 2.57 team ERA with starters tossing 12 complete games. The Ranger squad outscored opponents on a per game basis 7.2 to 3.6 runs.

Numerous postseason awards were bestowed on eight different team members. Senior standout catcher Wayne Naida (.465 BA, 62 total bases, 27 RBIs) garnered the most recog-nition as he was awarded 1st team – All-West Shore Conference, Greater Cleveland All-Star, Northeast Ohio All-District and both Ohio Baseball Coaches Association Mizuno All-Star and All-Ohio. Senior shortstop and 4 year letter winner Eric Roder (.362 BA, 27 RBIs) also was 1st team All-West Shore Conference and Greater Cleve-land All-Star. Pitcher Jake Antel was recognized for his stellar senior season (6-0; 1.74 ERA) and named 1st team

All-West Shore Conference. Seniors Brian Hrdlicka (2nd team) and Dylan Bruening (Honorable Mention) and Marquise Tyus (Honorable Mention) also were recognized by the West Shore Conference.

Demonstrating that talent remains in the pipeline, junior pitcher Jameson Foran (5-2; 2.22 ERA) and junior 2nd baseman Chase Osterman (.333 BA; 31 Runs) were both selected to the All-West Shore Conference 2nd team. Foran and Osterman were also both selected to appear in the Ohio Crossroads Series Showcase that will take place at Wright State University in the coming weeks. Additionally, major contributors to the Ranger offense, junior outfielder Danny

Zagaria (.319 BA) and sophomore 3rd baseman and pitcher Max Lavisky (23 RBIs) return in 2014.

Head Coach Mike Ribar com-mented "the 2013 season was truly a great one for our boys, our school and our community. The boys have a lot to be proud of. I thank them for their hard work and mental toughness. For all of us the season ended too soon, but without a doubt our program is really taking hold from our youth summer travel teams to our high school squads. The improvement is playing out on the diamond, no matter the opponent. I think Lakewood is really going to enjoy some competitive baseball in the com-ing years."

LEAF Presents: Bay Branch Farm Tour

continued from page 1

lot in the Birdtown neighborhood in 2009. Now they are regular par-ticipants in the Saturday Lakewood Farmer's Market and LEAF Nights and have their own version of a CSA pro-gram called A La Farm Carte, where members make a down payment in advance, then choose what they like from the crops available throughout the season.

Eric and Annabel will welcome visitors with a tour that will include an

overview of what is growing; the hoop house, which is used for germination and season extension; and the top-bar beehive. Weather permitting, there may be a demonstration of some of the cultivation tools used on the farm.

The farm is located at 2027 Lark Street in Birdtown. Parking is lim-ited, so please consider walking, riding your bike or carpooling to the event. For more information on Bay Branch Farm, visit baybranchfarm.com.

Bring your questions. We look for-ward to seeing you!

Horace Mann Elementary Track & Field Day 2013



Despite chilly weather, students from Horace Mann Elementary spent the day outside and participating in various competitive and team-building events. Many thanks to the parents and teachers who once again made another track and field day a huge success for all the students! Photos are by Ben Taddesse.





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www.JordansFamilyFoundation.org

Lakewood Cares

More Than \$9,000 Raised For New Food Pantry At Society Of St. Vincent de Paul Gala

by Natalie Schrimpf

The Society of St. Vincent de Paul (SVDP) Cleveland is planning to open a fifth Ozanam Center food pantry, thanks to proceeds from its inaugural benefit held on May 4 at St. Basil the Great in Brecksville. Some 170 attendees, including dignitaries, clergy members, sponsors and volunteers from the Society’s participating parishes attended the fundraiser, which generated more than \$9,000 for Northeast Ohio’s poor. Lakewood residents Cuyahoga County Executive Ed FitzGerald and his wife, Shannon, served as honorary co-chairs of the evening, which also honored SVDP’s many volunteers.

The Society is in the process of acquiring the new food pantry, and is working closely with the Cleveland Foodbank to identify a location, according to John Litten of Lakewood, SVDP Cleveland’s executive director. “Our goal is to establish an additional food pantry in a neighborhood that has the greatest need. This will allow us to have the maximum impact on residents,” he said.

Sponsors for the Society’s fundraiser included: St. Ignatius High School; Catholic Charities, Diocese of Cleveland; KeyBank; BakerHostetler; AXA Advisors; Bravo Wellness; Sisters of Charity Foundation of Cleveland; St.



(L-R): Cuyahoga County Executive Ed FitzGerald, John Litten, SVDP Cleveland executive director, and Shannon FitzGerald at SVDP’s inaugural gala on May 4. The benefit generated some \$9,000 for a new food pantry.

Edward High School; Merrill Lynch; Stack Heating & Cooling; Bizooki; Cleveland Food Bank; Fideli Family Foundation; Four Gable Management; Evarts Tremaine Flicker Co.; Great Lakes Construction; Italian Creations;

Mazzella Lifting Companies; Reminger Attorneys at Law; and Unlimited Ink.

Established in 1865, the Society of St. Vincent de Paul, Diocese of Cleveland is a local human service and welfare organization of neighborhood volunteer groups residing in participating parishes (“Conferences”) throughout the Diocese of Cleveland’s eight-county service area. Volunteers (“Vincentians”) provide immediate, temporary emergency direct assistance to those in need, regardless of their race, ethnicity or religious affiliation. Last year alone, some 200,000 low-income individuals received more than \$4 million in aid, which included food donations from SVDP’s four food pantries (Ozanam Centers), clothing, furniture, back-to-school supplies and assistance with utilities. SVDP’s central office is located at 1404 East Ninth Street, Cleveland. For more information, call 216.696.6525, ext. 3150 or <http://www.svdpcle.org/>.

“Together We Can” Camp Offers Support For Children Who Have Lost Loved Ones

by Laurie Henrichsen

For the 15th consecutive year, Hospice of the Western Reserve will host Together We Can, a children’s bereavement day camp, at Red Oak Camp, 9057 Kirtland-Chardon Road in scenic Kirtland. This year’s camp is scheduled for Tuesday, Wednesday and Thursday, August 6-8, 9 a.m. to 3 p.m. Space is limited and registration is required by July 1.

Each year, up to 60 campers between the ages of six and 14 who have experienced the death of a loved one spend three days in this beautiful natural setting interacting with other children who have also had someone special die.

“There’s nothing better than seeing all these kids who have experienced so many different losses come together in a beautiful setting to share stories, learn new ways to handle their grief, and have fun with other kids who understand what they’re going through,” said Karen Hatfield, counseling team leader at the Elisabeth Severance Prentiss Bereavement Center.



Children coping with the loss of a loved one experience healing with the support of trained counselors while having fun at Together We Can day camp.

Children have the opportunity to share their feelings and ask questions in a safe, supportive environment. A variety of activities to encourage memories, coping and expression of feelings, as well as fun recreational activities are led by trained professionals who are experienced in working with children and grief. Cost for the camp is \$25 per camper; scholarships are available. Transportation is provided from three

convenient drop-off points:

Hospice of the Western Reserve, Lakeshore Campus, 300 E. 185th Street, Cleveland; Hospice of the Western Reserve, Warrensville Hts. Office, 4670 Richmond Rd., Warrensville Hts; Holiday Inn, 4181 W. 150th Street, Cleveland

For more information and to receive a registration packet, call Karen Hatfield at 216.486.6042.

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Lakewood Cares

The Dougbe River Presbyterian School

by Earl Thomas

The story of young Isaac Monah's escape from the war torn nation of Liberia in 1989 and of his subsequent arrival in America, is in and of itself a story of biblical proportions.

When civil war erupted in Liberia in 1989, the Monah family fled to the Ivory Coast where Isaac worked for a time in the Tai National Forest where he met Scott McGraw who helped him emigrate to America. Isaac settled in Philadelphia, and eventually moved to Cleveland Heights where he began attending Noble Road Presbyterian Church.

In 2007 Isaac returned to a Liberia still recovering from the wounds

of the war, and recognizing that one of the resources unavailable to those living in the Konobo district of Liberia was education, Isaac embarked on a crusade to bring a school to the citizens of the Konobo District of Liberia, the rural area which was his home. Returning to Noble Road, he allied himself with several resourceful church leaders including: Pastor Francis Miller, John Luttermoser, Ted Roos, John Benko and others; together they formed the organization that became known as the Dougbe River Presbyterian School of Liberia or DRPSL.

After securing 150 acres of land

during negotiations with the local leaders of the Konobo District and securing financial support from various interested parties, the DRPSL broke ground for an 8-room school house in 2010.

At the time of this writing, the school has been in operation for 6 months accepting its first students on November 30, 2012. A school truck has been purchased and bridges and roads have been repaired and wells dug. A dedicated staff has been hired and they are progressively addressing the challenges of working in such a remote location. John Luttermoser informs me that the school will be made self-sustaining through the establishment of a

small farm on school grounds.

In support of this important endeavor the Phoenix Freak Flag Youth Group will hold a special benefit for the Dougbe River School June 22nd at Grace Presbyterian Church, 1659 Rosewood Avenue in beautiful Lakewood, Ohio. The event will run from 1 p.m. until 6 p.m. with live music, poetry and food. A \$5 donation will be accepted at the door with proceeds going to support the DRPSL as the school seeks to expand from a K-6 school to a K-12 institution.

Please join us as we celebrate the accomplishment of the Dougbe River Presbyterian School.

Fulbright Award Will Send Lakewood Family To Ghana

by Shawn Salamone

Baldwin Wallace University political science professor and Lakewood resident Thomas Sutton has been selected to receive a Fulbright Scholar award that will fund a semester of scholarly work in Ghana.

As a Fulbright grantee, Sutton will spend the January – May 2014 semester teaching three political history courses at Ghana's University of the Cape Coast. He will also conduct research into the parallels between recent presidential elections in the West African nation and the United States.

"I've been told the people in Ghana closely followed the two election cycles here involving President Obama and that they were influenced by his campaign themes, particularly in 2008," Sutton said.

In his research, Sutton also plans to examine how Ghana deployed a high tech "biometric verification system" to match voter fingerprints at polling sta-

tions in the December 2012 national election. "They really leapfrogged over us in the use of technology," Sutton said.

In spite of the cutting edge system, aimed at reducing fraud, the election results have been embroiled in a Ghana Supreme Court challenge claiming the polls were rigged in favor of the narrow winner.

The core Fulbright Scholar Program sends a distinguished group of U.S. faculty and professionals abroad each year to lecture and conduct research in a wide variety of academic and professional fields. It is designed to "increase mutual understanding between the people of the United States and the people of other countries."

"I'm honored and deeply grateful to the Fulbright Program for making this exchange possible," Sutton said.

Sutton, his wife and two teen-aged children will relocate to Ghana for the semester and his children



Lakewood Resident and Fulbright Scholar, Tom Sutton.

will attend school there. "I have both scholarly and personal interest in Africa. Our children are African-American and biracial," he said. "We want to explore this part of our family's history and culture by living in and learning about Ghana and West Africa."

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Lakewood Is Art

Timeless - River Colors Celebrates 10 Years

by Kelsey Rose

What do you think of when you see a pair of knitting needles? Most likely, you have one of two reactions. The first: you picture an old woman hunched over them, a scratchy ball of yarn fallen from her lap, tangled in her old rocking chair by a warm fireplace. The second: your cute new shawl, swimsuit, scarf or sweater.

In both of these reactions, there is a weight of importance, of pride that carries in the fact that these items (yes, even those scratchy yarn sweaters

or socks that you were given as gifts) were handmade, not shipped over in a plastic bag, packed in a box, and stamped by FedEx. No tag that tells us, each and almost every time, “MADE IN CHINA.” And there’s always that one mistake that no one else really sees except for you, that makes your piece of art, of clothing, your own. There’s a familiarity in your own work, a comfort, and the pleasure of its own timelessness, carrying on something your grandmother enjoyed, and her mother and her mother’s mother.



Mom (Erika) and co-worker Laura at the counter.

Ten years ago a shop opened up that prides itself on helping to carry on this same tradition. As the owner writes on her web-site, rivercolors.com, “My mom was a first generation immigrant and taught me



More yarn in more colors than you will ever need.

how to knit, crochet, sew, cook, clean and get what I want.” And although ten years ago, this store, River Colors Studio, began small, it is now a place that aids not only in creation, but education and self-identity and pride through one’s own work. It has become a place not only to find yarn (for both new and old to the fiber world), but to find light and community.

It is up to you to find this for yourself, to visit River Colors Studio,

maybe not for the yarn, maybe out of curiosity, or rather to recognize the importance of a ten-year anniversary. To understand--and as the daughter of this shopkeeper, I can tell you first hand, after watching my mother recreate what my grandmother had done so naturally--that there’s a comfort, a familiarity and inspiration here.

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Wellness Watch

A Natural Approach To Allergies

by Rachel Anzalone

Coughing, sneezing, wheezing, runny nose, itchy, watery eyes, hives, eczema, swelling, redness... These are the symptoms of an allergy attack! There are lots of over the counter medications to address these symptoms, but have you ever asked yourself what causes the symptoms to begin with? Symptoms are your body's way of letting you know that something is wrong. There are no new processes in the body. When we experience symp-

toms it is an indication that there is something out of balance, out of sync, or that some bodily function is either overworking or underworking. The question is, "Why?" Allergy symptoms are an indicator that the immune system is in overdrive. "When you have allergies, your immune system makes antibodies that identify a particular allergen as something harmful, even though it isn't." (Mayo Clinic) A healthy immune response is

necessary for healthy living, but what causes the immune system to overreact, attacking foreign particles as if they are harmful when in fact they are harmless? What most people don't know is that the immune system is intrinsically linked to the digestive tract. Because of this fact it makes perfect sense to look at the digestive system when the immune response goes out of balance. In the natural health world we talk about a process called "Leaky Gut Syndrome." In the case of a leaky gut,

the intestinal walls have become permeable due to a deterioration of the mucosal lining. This can be caused by a number of things including diet, stress and some medications. When the mucosal lining becomes depleted the intestinal walls become porous, and larger than normal particles may seep through the intestinal walls. This occurrence may create a heightened immune response that can be localized or can express itself throughout the body. When the body is in a state of heightened immune response it is in a constant "ready for action" state and may over-respond to any and all materials it comes in contact with.

From a holistic perspective we want to ensure that all the systems of the body can do the jobs they were designed to do, the way they were meant to be done. We want to ensure that the body is free of toxins, that it is well-nourished and that any out-of-balance systems are supported. This may be accomplished by use of traditional herbal remedies formulated to support the respiratory and immune systems or this may require more extensive cleansing and nourishment for the whole body.

In the natural health world we often find that when the body is cleansed and given the nourishment and support it needs, symptoms may disappear as mysteriously as they appeared.

Benefits Of Therapeutic Grade Essential Oils

by Cathie Drumm

As a rule, essential oils bring balance to the human body. The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center. Many emotions emanate from this region such as fear, anger, joy, depression and anxiety. Because the limbic system is directly connected to those parts of the brain

that control heart rate, blood pressure, breathing, memory, stress levels and hormone balance, essential oils can have some very profound physiological and psychological effects. We are extremely vulnerable to scent, and will often react to a smell emotionally before becoming aware of it physically. Sourced from nature, pure essential oils have the power to bring calm and joy to rejuvenate and

nourish our mind, body and spirit. Essential oils are sometimes called "the life force" of plants. The oils are extracted from various parts of the plant--the flowers, roots, bark, leaves and fruit--and have been used for centuries to heal both animals and people. They are potent, with remarkable medicinal properties. Modern research confirms this.

There are over 300 essential oils in general use today by professional practitioners. Each oil has its own medicinal properties, including antibacterial, antiviral, and antifungal qualities. For instance, Young Living Essential Oils have been shown to destroy all tested bacteria and viruses while simultaneously restoring physiological balance to the body. Clinical research shows that with essential oils having the highest frequency of any natural substance known to man, they create an environment in which microbes cannot live. Many of the oils are also antiseptic, antiinflammatory, antineuralgic, antirheumatic, antidepressant, digestive, expectorating, deodorizing, circulatory-stimulating and diuretic. So, as you can see, there is more to an essential oil than just its lovely aroma!

The quality of an essential oil depends primarily on the growing conditions of the plant: soil, weather and the timing of the harvest will all influence the fragrance, color and potency of the extracted oil. The processing and distillation of the oils are

continued on page 18

Buffalo Chicken Burgers

by Josie Duennes in collaboration with Live Well Lakewood

Summer's here! Let's fire up the grill and cook up something tasty.

- 1 lb. ground chicken breast
- 1/4 cup crumbled blue cheese
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery (about 1 stalk)
- 1 Tbs. hot sauce
- 1 tsp. salt & 1 tsp. freshly ground pepper

Put all your ingredients in a bowl and mix gently but thoroughly, til well combined. Form into 4 evenly flat patties, about 1/2 inch thick. They need to be flat, not rounded, because this is chicken and you want them cooked all the way through. Medium rare is not an option here!

Heat up your grill and rub the grate with a towel soaked in oil. Reduce the flame to medium high and lay on the patties. Grill for about 6 minutes or until you can turn them over easily. Don't fight with them or scrape them up. When they have cooked enough, they will release. Do not press on them! This will squeeze out all the juices. When turned, give them another 5-6 minutes or until they release. Turn only once! You want burgers, not ground chicken crumbs. Poke them a little and they should feel firm and not at all squishy with no pink in the juices. If in doubt, give them an extra minute. If you don't own a grill, all of this can be done in a skillet.

If you are a fan of all things spicy, brush a little more hot sauce on the burgers just before removing from the grill. Serve on your favorite bun with a little blue cheese dressing and some lettuce. They're great with a side of potato or macaroni salad, homemade or Nature's Bin deli fresh!



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Business News

Lakewood July 13

Summer Meltdown Sizzles In Downtown

by Ken Brand

Downtown Lakewood will be jamming July 13 at the Fourth Annual Lakewood Summer Meltdown from 4-10 p.m. on Detroit Avenue between Arthur and Marlowe Avenues. Presented by LakewoodAlive and title sponsor Melt Bar & Grilled, the Meltdown is the best of family fun, adult entertainment and healthy living all rolled into a summer festival.

The former StreetWalk has evolved into the “Healthy Lifestyle Festival” a free, interactive, family-friendly event that encourage families to exercise, eat well, and take advantage of summer weather. “The event combines the best of elements of Lakewood,” said Ian Andrews, LakewoodAlive Executive Director. “This includes enjoying a summer afternoon in a walkable, vibrant Downtown District, engaging families, healthy food and wellness, and entertainment.” The festival will showcase over 40 local vendors ranging from yoga to football, CrossFit to ballet along with the famous Water Moose.

The ever-popular 5K race returns along with a beer garden, live music, and food. Last year, the Meltdown featured more than 500 runners on a relatively flat and competitive course making it one of the fastest growing races in the region. The 5K, which begins at 7 p.m. is preceded by a 1-mile

Kids Fun Run which begins at 6 p.m. 5K advance registration is \$23; day-of is \$28. One-mile registration is \$18 and is at the event only. Race registration is available at PeaceRacing.com.

Runners who preregister may pick up their race packets on Friday, July 21 from 5-7 p.m. behind Geiger’s Clothing and Sports (14710 Detroit Avenue).

After the 5K, an after-party kicks

into high gear featuring the Burning River Ramblers sweet sounds, a beer garden (for those 21 and over only) featuring brews from Buckeye Beer Engine and four foods trucks. Visit LakewoodSummerMeltdown.com for more information.

Thank you to our major sponsors; University of Akron Lakewood, Quaker Steak & Lube, GNC, Capture

Fit, Renewal by Andersen, First Federal of Lakewood, Lakewood Hospital, Discount Drug Mart, Lakewood Early Childhood PTA, The Movement Factory, Birdtown CrossFit, Lakewood Family YMCA, The Nature’s Bin, The City of Lakewood, The Beehive Studio, 87.7FM, The Cleveland West Road Runners and On-Point Promotions for their support.

Scott Duennes, Cornucopia Executive Director, Named Ernst & Young Entrepreneur Of The Year Finalist

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, is pleased to announce that Scott Duennes, its Executive Director, has been named a finalist for the Ernst & Young Entrepreneur Of The Year 2013 Award in Northeast Ohio. The awards program recognizes high-growth entrepreneurs who demonstrate excellence and extraordinary success in such areas as innovation, financial performance, and personal commitment to their businesses and communities. The finalists were selected from over 90 nominations by a panel of independent judges. Award winners will be announced at a special

gala event on June 27, 2013. Regional award winners go on to compete at the national level.

“I am honored to have been nominated for this award and chosen as a finalist,” commented Duennes. “It has been my privilege to lead Cornucopia for the past 27 years as we have helped people with disabilities become more financially independent and break through barriers that not only separate them from employment but from full participation in community life.”

Cornucopia’s programs serve people with a wide range of disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness. Cornucopia provides its community-based vocational training for people with disabilities through Nature’s Bin and at four other community-based training sites including the Eliza Jennings Home in Cleveland; Jennings Center for Older Adults in Garfield Heights; the TJ Maxx store in Woodmere; and Darice Wholesale Crafts in Strongsville.

Founded in 1975, Cornucopia is a 501 (c)3 nonprofit that provides community-based employment training for people with disabilities. What distinguishes Cornucopia programs from others is the real-work learning environment. Trainees work side-by-side with staff members in most aspects of department operations, facing the challenges and rewards of competitive employment in a caring, supportive atmosphere. Additionally, through Cornucopia Employment Services, Cornucopia provides job placement and job coaching

services for people with disabilities. Cornucopia/Nature’s Bin has been serving people with disabilities for over 37 years. For more information, call 216.521.4600 or visit www.cornucopia-inc.org

About Ernst & Young Entrepreneur Of The Year®

Ernst & Young Entrepreneur Of The Year is the world’s most prestigious business award for entrepreneurs. The unique award makes a difference through the way it encourages entrepreneurial activity among those with potential, and recognizes the contribution of people who inspire others with their vision, leadership and achievement. As the first and only truly global award of its kind, Entrepreneur Of The Year celebrates those who are building and leading successful, growing and dynamic businesses, recognizing them through regional, national and global awards programs in more than 140 cities in more than 50 countries.

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Pulse of the City

Our Centennial City...The Civil War, 150 Years Ago...
From These Honored Dead... (A Memorial Day Reflection)

by Gary Rice

"...from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion- that we here highly resolve that these dead shall not have died in vain- that this nation, under God, shall have a new birth of freedom- and that government of the people, by the people, for the people, shall not perish from the earth."

Abraham Lincoln 1863

With these last words of Abraham Lincoln's Gettysburg address, given at the dedication of the Gettysburg National Cemetery on November 19, 1863, and only a scant four months after the bloodiest battle of the Civil War, Lincoln established a goal for a national post-war reconciliation while at the same time acknowledging that the American Civil War was not yet concluded.

Most people, including a great percentage of our nation's civilian and military leadership, had not envisioned that the Civil War would last very long. At the war's first significant battle at Manassas (also called Bull Run), a fair amount of Washington D.C.'s glitterati had even come out to watch the battle with their picnics and carriages while dressed in their Sunday finery. Only when the battle had turned to favor the Confederates did their carriages (and the Union army) race back to Washington D.C. in disarray.



Gettysburg Battlefield, looking towards Little Round Top.

A great bulk of the Southern officer corps had been trained at our nation's military academy at West Point. These young cavaliers were often exceedingly bright and highly committed to their cause. They were often very daring. In contrast, for quite a while President Lincoln had a terrible time getting his Union military leadership to commit to any kind of proactive military movement against the South. When movements were finally made, they were often made with considerable caution, and with a predictability that the South could easily exploit. Though frequently outnumbered, the Southerners had the "home field" advantage, as well as the iron-clad honor-bound motivation that comes from troops defending their own homelands.

The Union troops, on the other hand, had motivations of their own, of course. They were angered beyond belief that other Americans could actually rebel and fire against their own flag. There was also the issue of slavery. Although Southerners argued that Northern factory workers were little different than slaves, the fact that those workers had the ability to leave their jobs made a big difference. If this seems a lot like economic warfare, combined with the never-ending struggle for human rights, let's face it: It was.

It was also political warfare. The Republican Party had come along just six years before Lincoln was elected in 1860. It could well be argued that the Republican Lincoln might not have been elected at all had the Democratic

Party been able to offer a single candidate, but the Democrats had split into two factions. This gave Lincoln and the Republicans the chance to win, and they did so. During the Civil War, political debates about that war continued to rage between Democrats and Republicans. Ohio Representative Clement Valladigham (D), who was against the war, was tried and convicted for his remarks and even imprisoned for a time before being deported to the South where he eventually made his way to Canada. Vallandigham even attempted to run for governor of Ohio from Canada! (He lost.)

By the way, the Democrats were not the only group to split up, amoeba-like, as a direct result of issues relating to the Civil War. A number of church denominations, as well as other organizations, and even one state split up (West Virginia split from Virginia), leaving a number of groups that are still separate today.

By the time the war concluded in 1865, both sides had suffered incalculable losses. The South lay in ruins, and the North was exhausted. Lincoln was very much in favor of a conciliatory attitude towards the South, but his assassination at the hands of a Southern sympathizer meant that many years would pass before any forgiving

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Tuesday, June 25

11 a.m. Youth Workshop: Adopted by Indians by Dan Cutler
2 p.m. Adult Workshop: The Indian Perspective by Dan Cutler
6 p.m. Will Crosby, Diane Virostko and Duncan Virostko
7 p.m. Oliver Hazard Perry by Jeremy Meier

Wednesday, June 26

11 a.m. Youth Workshop: Telling a Tall Tale by Marvin Jefferson
2 p.m. Adult Workshop: York, William Clark, Slavery, and American History by Marvin Jefferson
6 p.m. Four Seasons String Quartet & Vive L'Four Alumni Group
7 p.m. Chief John Logan by Dan Cutler

Thursday, June 27

11 a.m. Youth Workshop: Inspired by Margaret Blennerhassett by Debra Conner
2 p.m. Adult Workshop: Women on America's Western Frontier by Debra Conner
6 p.m. Luke Lemmeier, Grace Lazos, & Vive L'Four
7 p.m. York by Marvin Jefferson

Friday, June 28

11 a.m. Youth Workshop: Becoming Johnny by Hank Fincken
2 p.m. Adult Workshop: John & Johnny: Past, Present, and Future by Hank Fincken
6 p.m. Foster Brown
7 p.m. Margaret Blennerhassett by Debra Conner

Saturday, June 29

11 a.m. Youth Workshop: A Star Spangled Banner by Jeremy Meier
2 p.m. Adult Workshop: Three Perspectives on the Battle of Lake Erie by Jeremy Meier
6 p.m. The Webb Trio & Vive L'Four
7 p.m. Johnny Appleseed/John Chapman by Hank Fincken

Strolling banjo by Gary Rice at 5:30 p.m. each evening at the park.

Locations

Youth Workshops:
Beck Center for the Arts, 17801 Detroit Avenue

Adult Workshops:
Lakewood Public Library, 15425 Detroit Avenue

Musical Entertainment and Evening Programs
Lakewood Park (under the tent!), 14710 Lake Avenue

Lakewood Living

Lakewood Park Bandstand To Get Fresh New Look

by Gina Ragone

A landmark of the city’s most prominent park is getting a makeover, courtesy of Lakewood-based Neubert Painting. In what is sure to be an exciting display of civic pride, 60-plus volunteers from Neubert Painting will scrape, sand, and paint new life into the Bandstand at the historic and beautiful Lakewood Park. The Bandstand was selected by Neubert Painting as the recipient of its 2012 annual Charity Paint Giveaway. The event was rained out, however, and will take place this June 27.

“Lakewood residents have welcomed us into their homes and trusted us to help maintain their homes for 38 years, so we’re very excited to give back to the community in a way that all Lakewood residents can enjoy,” says John Neubert, founder and C.E.O. of Neubert Painting. The Bandstand has been a gathering spot for residents to enjoy concerts, plays, and even movies for more than 40 years.

The structure will go from weathered and chipping to fresh and vibrant. Cleveland-based Sherwin-Williams is

donating the 50 gallons of paint and stain needed to complete the project. In all, the paint giveaway has a total retail value of \$10,000.

Always looking for the most cutting-edge and environmentally-friendly products, John Neubert chose two new Sherwin-Williams products for the Bandstand: Emerald, the first truly zero-VOC exterior coating, and WoodScapes, an industry-leading exterior stain.

“We’re pleased to participate in this great project,” says Pat Herman, District Manager for Sherwin-Williams. We’ve been in Cleveland since 1866 so we feel it’s important to give back to the community where we live and work.”

The Bandstand at Lakewood Park was chosen from dozens of nominations submitted. Past recipients of the giveaway have included Providence House and Maggie’s Place, both of which provide homes for parents and children in need, and the Coit Road Farmer’s Market, a cooperative market that provides fresh food to an inner-city East Cleveland neighborhood.

In addition to the live concert stage, Lakewood Park, one of the largest lakefront parks in Ohio, is also home to an outdoor pool, as well as picnic pavilions, a four-season public pavilion, children’s playground, baseball diamonds, volleyball courts, and a skate park. The painting project will complement recent improvements

to the park. In 2006, a million-dollar lakefront promenade opened to the public. From it, visitors can view downtown Cleveland and enjoy an all-purpose trail that circles the park. “We are proud to be part of the continual improvements happening at this wonderful Lakewood institution,” says Neubert.

“Painting Your Home: Technique And Color” Workshop To Be Held June 15

by Laura Krawczyk

LakewoodAlive’s Housing Education Series presents “Painting Your Home: Technique and Color,” a presentation by Michael Fleenor of the Cleveland Restoration Society.

This program will examine different types of paint failure, highlights what to look for when hiring a painting contractor, reviews historic color schemes and provides tips on selecting

and placing appropriate colors on older homes.

Join us at the University of Akron, Lakewood Campus on Saturday, June 15 at 10:30 am. This event is free and open to the public. Free parking will also be available in the rear lot.

Details on the full series are available at: www.tackk.com/LAHousingEducationSeries

Benefits Of Therapeutic Grade Essential Oils

continued from page 15

very important and can vary greatly from company to company. Many oils will say 100% pure but they are not necessarily “Therapeutic Grade,” which is the highest quality of oils and will be labeled that they can be taken internally. If the product does not say it can be taken internally please do not take it internally.

Some methods of using essential oils are in Massage or Aromassage, the Raindrop Treatment and Vita-flex on the feet, Polarity Therapy, Acupressure

and Energy Healing such as in Reiki, by applying topically to the skin, often diluted with pure vegetable oil, or by inhalation with a room diffuser.

Oils such as Lavender and Roman chamomile are good oils to use for allergies. The blends called Harmony and Valor by Young Living are also suggested.

There are some oils to avoid during pregnancy or if you are an epileptic. Please consult your aromatherapist or physician.



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Lakewood Living

So You Think You Want To Buy A Home?

by Chris Bergin

So you think you may be in the market for a home, but you are overwhelmed. Questions are racing through your head: What do I do first? Where should I start? Is it even the right time? Breathe. Relax. And start to plan....

The first step is to take an honest look at your financials and set a reasonable monthly budget. How much per month can you comfortably commit to your housing payment? Keep in mind that your monthly mortgage will be one payment that includes your principle, interest, and prorated taxes and homeowners' insurance. We'll touch more on this later.

Next, it is time to speak with a reputable lender. Ask them to provide you with an approval letter. They may approve you for more than you are comfortable borrowing. That is ok. Ask them to break down your approval amount into an estimated monthly payment. Based on the amount they can guesstimate figures to plug in for your monthly insurance and property taxes.

Now that you know where you stand and what you can afford, start shopping! Begin with hiring a reputable real estate agent that is geographically competent in the areas that you want to search. If you do not know a real estate agent ask your friends, family, and co-workers for references. Interview 2-3 agents to make sure they are a good fit for your personality. You'll also want to make sure that they can work with your schedule and will be available when you are. Ask specific questions such as:

- Do you sell real estate full time?
- How long have you been licensed?
- What markets are you an expert in?
- What, if any fees, will you charge me to purchase a home?
- What is your experience with fore-

closures? Short sales? FHA regulations?

Do you have a list of references that we may speak with?

Doing your homework in advance and securing a professional agent that you can trust will help the process go smoother with less bumps in the road.

Next your agent will help you set some search parameters to find your ideal home. How many bedrooms and baths do you need? What style do you prefer? Basement? Central Air? Specific neighborhood features or location? You can research specific neighborhood trends at www.HomeValuesInLakewood.Info. Once you fine-tune the search it is time to start looking at the properties.

Once you start looking at homes be prepared to make a decision immediately. The local market has begun to turn dramatically from a buyer's market to favor sellers. The house you "sleep on" today may be gone before tomorrow ever arrives! Currently there are only 106 single family homes for sale in Lakewood. And although the average time on market is 115 days, the trend has been for quality homes that are priced fairly to sell quickly. In fact, there are currently 93 homes under contract in Lakewood. The average time on market is only 75 days!

So, is this the right time to buy? If your finances are in order, and you are approved by your lender for a mortgage, then the answer is YES! Since January there have been 157 single family homes sold in Lakewood. The same period last year saw 156 homes sold. The difference is that homes sold this year are getting about 2% more in Sales Price vs. List Price. The average sale is up nearly 4.5% compared to the same time last year! Even market time is down this year, with homes selling an average of 11 days faster than the same period in 2012.

In addition, mortgage interest rates are on the rise. The 30-year fixed rate mortgage is now over 4%, it's 5th consecutive weekly gain. It is now about 18% higher than the record low in November of last year. The increase accounts for about an additional \$30 per month for each \$100,000 borrowed. The prediction is for rates to continue to increase over the next year

or so, meaning your purchasing power as a buyer decreases.

Now's clearly the time to do your homework and position yourself to enter the real estate market and secure your ideal home!

Chris Bergin is a licensed real estate agent with Prudential Lucien Realty in Lakewood and can be reached at Chris@ChrisBergin.com.

From These Honored Dead...

continued from page 17

would be done. There were even large groups of Southerners who actually left the newly re-formed United States for places like Mexico and Brazil. To this day, there remains a good-sized colony of descendants of those original Southerners in Brazil who still fly their Confederate flags at get-togethers.

It can honestly be argued that many of the issues that Americans faced in the Civil War remain with us

today. Wars do indeed settle immediate questions, but all too often they raise other, more sublime issues. As we continue to revisit our American past during this 150th anniversary of our Civil War, perhaps the greatest homage that we could pay to America's war dead would be for all of us to continue to work towards conflict resolution and reconciliation in our world, as well as in our nation, and particularly...among ourselves.

LHS Asks Community To Join In Reading "Outliers"

continued from page 1

mathematical science. Just find a good question and a great game begins. They expect that this book will interest most readers, and will provoke lively discussion. It is one part of every math teacher's answer to the question: What is this stuff good for?

An outlier is a statistical term to describe things or phenomena that lie far outside normal experience. Author Gladwell describes it this way: "In the summer, in Paris, we expect most days to be somewhere between warm and very hot. But imagine if you had a day in the middle of August where the temperature fell below freezing. That day would be an outlier. And while we have a very good understanding of why summer days in

Paris are warm or hot, we know a good deal less about why a summer day in Paris might be freezing cold. In this book I'm interested in people who are outliers—in men and women who, for one reason or another, are so accomplished and so extraordinary and so outside of ordinary experience that they are as puzzling to the rest of us as a cold day in August."

How can we explain success? How much of success is within each individual's control? Some of the answers are surprising, and nearly every one is useful. And the path to each answer is in itself a separate adventure.

In the fall when students return to school, activities related to the book will be planned in all departments and a community-wide discussion will be scheduled to discuss the book.

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3 Items	\$7.75	\$10.00	\$13.25	\$15.75
4 Items	\$8.25	\$10.75	\$14.25	\$17.25
Deluxe	\$8.75	\$11.50	\$15.25	\$18.75
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