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Volume 9, Issue 16, August 7, 2013

New Athletic Director Shooting For The Stars

by Christine Gordillo

The Lakewood Rangers athletic program has gotten a boost of energy in the form of new Athletic Director Sean Jackson. The former Bedford athletic director has big plans for Lakewood sports that emphasize collaboration, excellence, school spirit and athlete development.

Jackson's official first day was August 1. However, from the day Jackson was approved by the Board of Education in June for his new position – minus a short break to get married and go on a honeymoon – he has been at the office, transitioning with departing AD Bob Thayer and laying the groundwork for what he hopes will someday



Athletic Director Sean Jackson. be one of the premier athletic programs in the state.

When asked if that lofty goal is realistic, Jackson quoted one of his favorite coaches, "You always shoot for the stars, because if you miss, you'll hit the moon." You shoot for the state finals, and maybe you end up a state semifinalist instead," he said. "You have to put that top goal out there."

The super-organized

Jackson places a premium on communication with parents and coaches and has already instituted a new scheduling system that allows parents to be notified by text when a schedule change occurs.

One of Jackson's main

goals is to increase sports participation among grades 7-12 and build greater school spirit around athletics. One way he hopes to accomplish this is through an athletic/academic awards incentive program that rewards students for good

grades and participation in sports and other extracurriculars with free admission to district sporting events.

Increasing participation also means encouraging athletes to participate in more **continued on page 2**

Cindy Marx, Candidate For City Council At-Large

by Maureen Dostal

Cindy is not a politician, or an incumbent, nor is she looking to seek a higher office. She is a Lakewood citizen who feels this is her time to step up to serve the city at a higher level. That is why she is a candidate for City Council At-Large.

Cindy and her husband Jake have lived in Lakewood for over 25 years. Their daughter Tessa Smith and her family also live in Lakewood and her grandchildren attend Lakewood Public Schools.

Cindy loves Lakewood and her passion for this city resulted in her desire to be involved in promoting its development and growth. So she decided to do her part by volunteering.

Cindy's service to Lakewood includes:

- Served two terms on the Citizens Advisory Committee – on this committee she learned how tough decisions are made within the city and about where and how federal monies are spent

- Served on the Grow Lakewood Committee – serving with many that you know-- Mayor Summers, Ed Favre, and Nickie Antonio – they carefully explored how Lakewood could grow and prosper in changing economic and social climates. Many of the Grow Lakewood recommendations continue to serve Lakewood well today.

- Participated in Lakewood's Vision Project

- Currently serving a second term on the Lakewood Loan Approval Board which reviews and approves loans available through Lakewood's Community Development Fund for housing and/or storefront rehabilitation

- Currently a Ward 4 Pre-



cinct Leader and serving on the Executive Committee for the Lakewood Democrats

This local experience demonstrates the level of commitment, enthusiasm and passion that she will bring to her role on Council.

Cindy also has over 30 years of business experience in building and managing Specialty Medical and Dental Practices.

She works in Westlake at Raj Plastic Surgery as Practice Manager and Patient Coordinator. Her experience driving performance improvements in a dynamic environment includes managing financial operations, budgeting, enforcing regulatory compliance as well as developing and implementing strategies for business improvement that resulted in the creation of million dollar practices. She enjoys solving complex problems and operational challenges. Her key to success is her ability to communicate with physicians, with staff and, most importantly, with patients.

Like all the other candidates **continued on page 14**

LHS Freshmen Orientation August 14 And 15

by Christine Gordillo

All incoming Lakewood High School freshmen and other new students are encouraged to attend Fresh Start orientation the evening of August 14 and the morning of August 15. The two-day program is designed for students by students. Student mentors will lead the new high schoolers through a variety of activities that will help orient them to their new school as well as help build class camaraderie and school spirit. Students will tour the school, have a chance to sign up for clubs and other activities and engage in team building

activities to help the students get to know each other.

If you have a freshman and have not yet registered, please go to the LHS home page on the district web site (www.lakewood-cityschools.org) and click on the Fresh Start Registration tab on the left-hand side of the page.

Fresh Start is a collaboration of the high school staff and students led by science teachers Jennifer Frend and Kathy Gabriel, the LHS PTA, the Athletic and Music Boosters and the Lakewood Alumni Foundation.

Any questions please call 216-529-4074.

Cornucopia Inc. Cuts Ribbons, Cakes, And More At Their New Facility



This past week Cornucopia Inc. (Nature's Bin) cut the ribbon on their new commissary. There to cut the ribbon were: President of Cornucopia, Inc. Anthony Rospert, Kelly Petty from Cuyahoga County Board of Disabilities, Jackie, Mayor Michael P. Summers, Cornucopia Director Scott Duennes, and Jim Kirkwood.

photo by Jim O Bryan



LEAF Presents: Fermentation Demo With Wake Robin Fermented Foods

by Heather Ramsey

Join the Lakewood Earth & Food (LEAF) Community for an educational session on fermentation with Molly Murray of Wake Robin Fermented Foods. The demo will take place on Wednesday, August 14th at 7 p.m. in the Engine Room (downstairs) of the Buckeye Beer Engine (15315 Madison Ave.).

Molly Murray works with Wake Robin Fermented Foods, a Cleveland-based company that creates live cultured vegetable products such as sauerkraut and kimchi. A food enthusiast from seed to plate, she is an avid gardener and has also worked as a cook

at several local restaurants. Molly will discuss the history, health value, practicality and versatility of preserving food by fermenting it and will demonstrate a simple recipe.

As always, this LEAF educational event is free and open to the public.

For more information about LEAF and its educational events, find us on Facebook, check out our website at leafcommunity.org, or email us at leafcommunity@gmail.com.

For more information about Wake Robin Fermented Foods, visit their website at wakerobinfoods.com.

Lakewood Observer

New Athletic Director

continued from page 1

than one sport. He would like to see coaches share their best athletes and create an environment where students feel free to try out for any sport they would like. Jackson cited studies that show that athletes who focus on one sport are at a greater risk of injury.

Another key to improving the Lakewood sports program for Jackson is elevating the level of coaching. Jackson foresees a system where the elite coaches in the district act as peer mentors for the other coaches. He also wants to instill in his coaches the notion that success is not to be measured only in wins and losses, “but more on how their kids grow each year...how is each athlete getting better each year.”

Not only is Jackson committed to Lakewood City Schools and its athletics, he is also committed to this community. He and his new bride and his two young sons recently moved to

Lakewood and his boys, ages 10 & 11, will be students in the district this fall.

“I feel like this is a great place to have kids and a place where I can grow,” Jackson said of his new community.

Jackson was drawn to the job in Lakewood not only because he felt it would be a great place to raise his family, but he also was impressed with the level of community support for the schools.

“Parents here are so supportive of the district. That tells me the community cares about education,” he said.

That’s important to Jackson because he sees himself first and foremost as an educator. He started out as a high school Social Studies teacher in addition to being a wrestling coach. He holds a teaching license in psychology, history and social studies and has a master’s in Sports Management and Educational Administration with a principal’s license.

Hot Off The Deck

<http://lakewoodobserver.com/forum>

Join the discussion online – visit the OBSERVATION DECK

LAKEWOOD DISCUSSION				
Topics	Author	Replies	Member Views	Last Post
Lakewood Arts Festival 2013	Jim O'Bryan	3	225	Peter Grossetti
Meth Lab Busted On Quail Ave.	Jim O'Bryan	25	1220	ryan costa
Board of Ed meeting TONIGHT at Grant 7 PM	Betsy Voinovich	0	32	
Beating A Dead Horse At The Emergency Room	Bill Call	0	109	
PTA Welcome Back to School Celebration				
A Short Tale Of Two Cities		1	298	
IMAGE-IN LAKEWOOD		151	10039	jeanne grossetti
Poll: Which weekday evening is least busy?	Peter Grossetti		109	
Cornucopia Kicks Off New Space	Jim O'Bryan	5	292	Peter Grossetti
Schools Survey	Betsy Voinovich	3	260	Christine Gordillo
Congress Votes to Slash Funds to Lake Erie, Great Lakes	Nadhal Eadeh	2	259	Betsy Voinovich
Beer & Wine Fundraiser, Free Raffle Tickets	Corey Rossen	0	73	
Are you doing RAGBRAI?	Michael Loje	11	397	David Lay
Gypsy Bean Closes, Sykes Back, BUT, For How Long	Jim O'Bryan	0	210	
Morning Dew - Tuesday Science Question	stephen davis	4	179	Peter Grossetti
Popular Cleveland Pickle Adding West Side Shop	Craig Lovejoy	0	155	
Free Outdoor Shakespeare returns to Lakewood	Brian Pedaci	5	285	
Fauna - In and around Lakewood.	Jim O'Bryan	69	6387	
Bobby Ferrazza band with Chris Vance on library steps NOW!				
Come Hear Dr. G's Civil War Program!	Christine Gordillo	0	78	
In search of old (non functioning) microwaves	Paul Schrimpf	0	88	
Give me the passwords or else?	Scott Meeson	2	220	Jim O'Bryan
Haappy Birthday!	Betsy Voinovich	0	112	

Photo posted by Peter Grossetti



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Upcoming Submission Deadline

Sunday, August 11, 2013

Sunday, August 25, 2013

Publish Date

Wednesday, August 21, 2013

Wednesday, September 4, 2013

www.lakewoodobserver.com – 216.712.7070

14900 Detroit Avenue, Suite 205, Lakewood, OH 44107

The Lakewood Observer is powered by AGS's:

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PHOTOGRAPHY - Peter Grossetti, Jim O'Bryan, Gary Rice, Kathryn Tatnall, and Betsy Voinovich..

ILLUSTRATIONS - Rob Masek

PRODUCTION - A Graphic Solution, Inc.

CONTRIBUTING WRITERS - Rachel Anzalone, Christopher Bindel, Jared Bartley, Alisa Boles, U.S. Senator Sherrod Brown, Amanda Cabot, Jonathon Clark, Maureen Dostal, Nadhal Eadah, Steve Fecser, Christine Gordillo, Dr. Chuck Greanoff, Laura Jaissle, Lloyd Jones, Amy Kloss, Eric Knapp, Karen Lee, Morgan Maseth, Pat Miller, Mason Milani, Leana Donofrio-Milovan, Elizabeth O'Brien, Kristine Pagsuyoin, Dawn Pyne, Heather Ramsey, Gary Rice, Corey Rossen, David Skolyak, Kathryn Tatnall, and Betsy Voinovich.

Join the Discussion at: www.lakewoodobserver.com

Government News

RTA Updates Seniors

by Lloyd Jones

Ms. Erica Gordon of the Greater Cleveland Regional Transit Authority visited Lakewood seniors at the Lawther Center on July 24. She was there to explain the current state of the RTA. After being introduced by staff supervisor Barry Ms. Gordon began her presentation with a description of recent improvements to the Red Line rapid transit.

She said that Federal funds enabled the RTA to rebuild the airport tunnel and the section of track between the West 117th and West 98th Street rapid transit stations. Erica also stated that the improving economy allowed the RTA to increase service by 4.1%. She said that the system was hiring for both operator and office positions and encouraged anyone interested in employment with the RTA to visit their web site at www.riderta.com.

Erica then opened the floor for questions and was quickly asked about the demise of the Community Circulators.

Ms. Gordon explained that funding from Columbus had been cut and that the RTA had to cut the lowest performing part of their system, which were the Circulators. She said that

funding from the state was used to bolster their operations, and that the Ohio legislature, dominated by Republicans, preferred to spend their transportation dollars on highway projects.

As an example, Erica recalled that Governor John Kasich, a Republican, cancelled a high speed train project and returned the funds to Washington as soon as he became governor of our state.

Ms. Gordon said that to secure more funding for our RTA we should contact our state legislators and vote for candidates who support mass transit. She said that here we have the largest public transit system in the state and that the legislature is used to dealing with the smaller systems around Ohio.

This writer commended the RTA for placing waste receptacles in their buses and trains. This ended the talk and Ms. Gordon received a polite round of applause from the 37 seniors in attendance.

Mr. Jones lives in Lakewood in a double house with his brother. He is a train buff and wrote a railroad-themed novel "The Secret of Petticoat Falls" and an unpublished sequel "Plan Nine from Petticoat Falls."

Ending the Wall Street Tax On Lakewood Beer Drinkers

by Sherrod Brown

With baseball season in full swing, Lakewood families hosting friends for an Indians game may have to pay more for beer and soft drinks. That is because Wall Street megabanks control commodities that manufacturers depend on to deliver affordable prices to consumers. This includes the warehouses that store aluminum and copper which breweries are dependent on for kegs and cans.

Aluminum users are being forced to wait over 18 months for deliveries or pay a high premium to get aluminum today, costing businesses and consumers \$3 billion per year, including the 12 brewers in Cuyahoga County like Lakewood's Buckeye Beer Engine and Pug Mahoney's Pub. We need to take action.

First, the Federal Reserve should issue clear guidance on permissible

non-bank activities and consider placing limitations on those that expose banks and taxpayers to undue risk.

Next, the Commodity Futures Trading Commission (CFTC) needs to stop the bottleneck that allows the banks – which own the aluminum – to charge higher prices to end users like beer and soft drink makers.

Third, Congress needs to pass my "Too Big to Fail" legislation that sets forth a plan that would prevent any one financial institution from becoming so risky that it could put our economy on the brink of collapse.

Since Cuyahoga County manufacturers and consumers should not have the price of their beer or soft drinks driven up by Wall Street, I'll continue to fight to ensure that megabanks will never again monopolize our nation's wealth or gamble away the American dream.



photo by Jim O'Bryan

Senator Sherrod Brown speaks with Congresswoman Marcy Kaptur before the press conference.

Brown And Kaptur Urge House Of Representatives To Reverse Funding Cuts To Lake Erie, Great Lakes

by Nadhal Eadeh

Standing on the banks of Edgewater Park, Senator Sherrod Brown (D-OH) and U.S. Rep. Marcy Kaptur (OH-9) called on the House of Representatives to make immediate changes to a bill that would slash the Great Lakes Restoration Initiative (GLRI) budget by nearly 80 percent, from an estimated \$285 million dollars to just \$60 million. The Ohio Delegation were joined by Lorain fisherman and charter boat captain, Alan Maier.

The health of the Great Lakes, argued Maier, is crucial to Ohio's economy and his industry's livelihood "in the 60s we were the butt of every joke because of the Cuyahoga River, in the 70s we began the cleansing process, in the 80s millions of Walleye returned to Lake Erie, we need to continue the fight to protect our Lake".

According to Senator Brown, a reduction in funds would hurt Ohio's economy "this could significantly jeopardize the economy of Northern Ohio and the livelihood of its citizens. The House must act to restore GLRI funds in order to protect Ohio's drinking water and the thousands of fishing, boating, and recreation jobs that are dependent on clean and safe waters."

According to the State of Ohio, more than \$10 billion of the state's nearly \$40 billion tourism industry is derived from counties along the Lake Erie shoreline. According to environmental activist and Ward 2 Councilman Tom Bullock, the funding is critical for the Lakewood shoreline. "A healthy lake and clean drinking water protects property values," said Bullock, "and Great Lakes Restoration Funds can provide cities hard hit by the housing downturn the financing needed to repair sewers and reduce the storm water overflows that pollute water."

The day after Senator Brown's and Representative Kaptur's press conference urging the reversal of the spending cuts to the Great Lakes Restoration Initiative, 150 million was restored by the House Appropriations Commission. This new version of the bill provides \$210 million in 2014 for the initiative, which cleans pollution from the lakes, combats invasive species and restores wetlands. This is still less than this year's \$285 million but it's a lot more than the meager 60 million that caused our Ohio delegation to demand the change.

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Lakewood Public Library

compiled by Leana Donofrio-Milovan

Wednesday, August 7
Introduction to Ancestry.com Library Edition
6:00 p.m. in the Main Library Learning Lab

Thursday, August 8
BOOKED FOR MURDER: Queens of Crime
“Time to Be in Earnest” by P.D. James
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

Friday, August 9
LakewoodAlive Front Porch Concert Series: Walkin’ Cane
7:00 p.m. on the Main Library Front Porch

Saturday, August 10
Hitchcock Comes to Hollywood, “Rope” (1948)
Farley Granger and John Dall kill a prep-school pal just for the thrill of it, then throw a party in the apartment where the body is hidden. Guests include the victim’s parents and fiancée as well as their former college professor and mentor, James Stewart. Inspired by the real-life Leopold-Loeb murders, the story is presented in real time and appears to be shot without any cuts. Since film reels were only ten minutes long back then, how did the master pull that off? This was Hitchcock’s first film in color.
6:00 p.m. in the Main Library Auditorium

Sunday, August 11
Sunday with the Friends: Judy Garland
Somewhere over the rainbow, the sweet, troubled contralto who broke our hearts is still singing. Vocalist Judy Crawford offers us a chance to remember Judy Garland at her best, covering all her trademark songs with spirit and wit.
2:00 p.m. in the Main Library Auditorium

Friday, August 16
LakewoodAlive Front Porch Concert Series: Bob Frasier and Friends
7:00 p.m. on the Main Library Front Porch

LPL Children/Youth Events

compiled by Eric Knapp

Sunday, August 18
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.

Saturday, August 10
Tail Waggin’ Tutors, For school-age children
Bone up on your reading skills by reading to a dog. Drop in for a one-to-one session with one of our dogs and owners that have been certified through Therapy Dogs International.
11 a.m. – 12:30 p.m. in the Main Library Multipurpose Room.

Wednesday, August 7
End of Summer Party: “A Diggin’ Good Time” For the whole family
Celebrate “Dig Into Reading” and the end of another great summer with games, activities and more. Summer Reading Club members who bring their completed reading record will receive an extra reward.
6:00 p.m – 7:30 p.m. at the Madison Park Pavilion.

Saturday, August 10
It’s a Mystery at Lakewood Public Library, For youth fifth through eighth grades
The Library is missing a valuable first edition and needs YOU to help solve the crime! A classic who-dunnit where you are the clever investigator. To register, stop in or call (216) 226-8275, ext. 140.
2:30 p.m. – 4:00 p.m. in the Main Library Multipurpose Room.

Family Weekend Wonders
Make the Library a part of your family weekend time with programs featuring stories, activities, music and crafts. These free programs are offered every weekend throughout the year at both the Main Library and Madison Branch. No registration is needed. Check out our website (www.lakewoodpubliclibrary.org/youth) for times and upcoming themes.
Main Library Activity Room and Madison Branch Auditorium

Weekends With Wee Ones, For families with children under 2 years old
Spend a part of your family weekend time clapping your hands, tapping your feet, singing nursery rhymes and, of course, sharing books. We will provide materials and ideas for those wishing to continue the fun at home. Programs are offered every weekend throughout the year and there is no need to register in advance.
Madison Branch Children’s and Youth Services
Saturdays at 11:30 a.m. and Sundays at 3:30 p.m.

Saturday, August 17
Five Star Films
“Dead Men Don’t Wear Plaid” (1982) Directed by Carl Reiner - Rated PG
Rachel Ward believes that her famed cheese scientist father was murdered while working on a new recipe. She persuades private eye Steve Martin to investigate. He stumbles upon a piece of paper listing “The Friends and Enemies of Carlotta.” Clips from classic noir films starring some of Hollywood’s most famous actors have been seamlessly woven into the story.
6:00 p.m. in the Main Library Auditorium

Sunday, August 18
Sunday with the Friends: Jody Getz and Friends
This award-winning songwriter is well known for the company she keeps. Drawn together by a good feeling, her supergroup of friends share diverse musical backgrounds filled with blues, folk, rock and pop.
2:00 p.m. in the Main Library Auditorium

Tuesday, August 20
Knit and Lit
“The World We Found: A Novel” by Thrity Umrigar
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

Lakewood Public Library Now Offers Learning Lab Hours For Students And Job Seekers

by Morgan Maseth

When searching for a job, working on homework, or learning a new skill, you sometimes need some extra computer time. The Lakewood Public Library is here to help with Learning Lab Hours for Students and Job Seekers. Learning Lab hours are offered Monday through Friday from 9:00 a.m. to 12:00 p.m. and 6:00 p.m. to 8:30. This extra time can be used for job searching, distance learning, homework or even to use the many learning resources the Library has to offer.

From learning a new language with Mango Languages to free computer software tutorials on the Learning Express Library, there is something for everyone looking to learn. The Learning Express Library also offers test prep for the GED, SAT, ASVAB, Nursing exams and countless other standardized tests. In addition to using the extra time for taking a self-taught course, this time is perfect for all distance learners. Watch your lectures online, or take the extra time to get ahead with your homework. Job seekers have plenty of resources at their disposal as well with the Job and Career Accelerator; you can work on your resume, find opportunities that match your skills and interests, search local and national job postings and even practice interview skills!

Learning Lab Hours for Students and Job Seekers do not require an

continued on page 5



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Lakewood Public Library

Digital Bookmobile Will Visit The Lakewood Public Library

by Morgan Maseth

Get ready for a visit from the Bookmobile, the Digital Bookmobile that is. On Friday, August 9, the Library will be hosting the Bookmobile National Tour from 3:00 p.m. to 9:00 p.m. right in front of the Library.

The Digital Bookmobile is a high-tech update of the traditional bookmobile that has served communities for decades. The one-of-a-kind traveling exhibit creates an engaging experience with the Library's "virtual branch" website and collection of eBooks, audiobooks and more. At this free event, readers of all ages will learn how to download eBooks from the library through interactive demonstrations and high-definition instructional videos. A gadget gallery—featuring Kindle®, iPod® touch, Android™ tablet, NOOK™, Sony® Reader™, BlackBerry®, Windows® Phone, and more— will help visitors discover portable devices that are compatible with the library's download service. Library card holders can also check out and download digital titles anytime, anywhere by visiting www.ohioebookproject.org.

The Digital Bookmobile is housed inside an 18-wheel tractor-trailer. This 74-foot community outreach vehicle is equipped with broadband Internet-connected PCs, high definition monitors, premium sound systems, and a variety of portable media players, all of which help visitors explore the Library's download service. Interactive learning stations give

visitors an opportunity to search the library's digital media collection, use supported mobile devices, and sample eBooks, audiobooks, music, and video.

Patrons can take advantage of the download service 24/7 when they visit the Library's website. From there, they can browse the growing collection of bestselling, new release, and classic titles, and check out a digital title with a valid library card. Once downloaded, digital titles can be enjoyed on a computer or transferred to supported mobile devices. Many audio titles can also be burned to audio CD. At the end of the lending period, titles will automatically expire and are returned to the digital collection. There are never late fees or damaged items.

The Digital Bookmobile is a service of Lakewood Public Library and is operated by OverDrive, Inc. This event is free and will be held at the Lakewood Public Library Main Branch at 15425 Detroit Avenue. No registration is needed. Call (216) 226-8275 ext. 127 for more information.



There's A Mystery Afoot At The Library

by Kathryn Tatnall

There is a mystery afoot at the Lakewood Public Library and we are looking for a few great minds to help solve the case. A rare first edition Sherlock Holmes has been bequeathed to the library by an eccentric millionaire, Mr. Rich Body, but the book was stolen before it became part of the collection. Was the library's cataloger, Sir Harry Beardwell, looking to supplement his trust fund? Was it Red Herrington, disgruntled librarian whose taste exceeds his budget? Or could it be Ivanna Read, the president of the Friends of the Library and long lost daughter of Mr. Rich Body? Maybe it was the butler....oh, wait, this is

a library, there is no butler.

Join us on Saturday, August 12th at 2:30 p.m. in the Main Library Multipurpose room for all the fun. You will assist Detective Violet Blue Baskerville in looking for clues and talking to a cast of zany suspects throughout the library. Think Clue meets The Amazing Race meets Scooby-Doo and a whole lot of fun. You must register for the program in order to participate by calling (216) 226-8275, ext. 140, register on line at <http://www.lakewoodpubliclibrary.org/youth/teen.html>, or stop in the Main Library at the Children's and Youth Services desk. This program is open to students in 5th through 8th grade.

The World Awaits In The Library's Foreign Film Collection

by Amy Kloss

Do you like movies? Most people would answer "yes" to that question. But ask people if they enjoy foreign films, and replies are often "I don't like subtitles," or "I can't really get into that artsy-fartsy stuff."

Lakewood Public Library wants to change the minds of movie lovers who think foreign films are not for them. The Main Library's Film and Music room now has hundreds of foreign titles; it is one of the fastest growing collections in the Library.

Why seek out a foreign film, when there are so many American movies to be seen? The most basic reason is that many foreign movies are just great art. Movie lovers who ignore foreign language films are missing out on fabulous cinematic experiences, not to mention a chance to learn about other cultures and become aware of world issues. Challenging your brain is one of the ways to keep it young, and watching a movie in a language you don't understand requires sharp visual and

auditory perception. Foreign films also offer the chance to view a world more real and raw than the Hollywood ideal we are often presented with. And if you think you can just watch the American remake of a foreign film, think again. What you're seeing is often an inferior presentation of the original idea.

A quick internet search for foreign films reveals that many writers, from renowned film critic Roger Ebert to every college student with a blog, have an opinion about which foreign films are the best. For viewers who would like to delve into the world of foreign cinema (for free, and from the comfort of their own couches), here are ten titles available at the Library that appear frequently on "best of" lists:

- "Breathless" (France, 1960)
- "City of God" (Brazil, 2002)
- "Crouching Tiger, Hidden Dragon" (Asia, 2000)
- "The Diving Bell and the Butterfly" (France, 2007)
- "La Dolce Vita" (Italy, 1960)
- "Maria Full of Grace" (Colombia, 2004)
- "Pan's Labyrinth" (Spain, 2006)
- "La Vie en Rose" (France, 2007)
- "Volver" (Spain, 2006)
- "Y Tu Mama Tambien" (Mexico, 2001)

"Some of my favorite movies are international films," says Leana Donofrio, who orders for the Library's DVD collection. "Many people who love foreign films stick to movies from one country," she says, "but I recommend that patrons expand their horizons. Check out a film from Denmark, Israel or the Philippines. There is an entire world of movies being made that rival in drama, creativity and uniqueness anything being made in the United States."

Donofrio's own personal favorites from recent years include "4 Months, 3 Weeks and 2 Days" (Romania, 2007), "The Edge of Heaven" (Germany, 2007), "Dogtooth" (Greece, 2009) and "Farewell, My Queen" (France, 2012).

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Lab Hours For Students And Job Seekers continued from page 4

appointment, however there will be limited availability during classes and other events. Patrons must provide their own headphones and a Lakewood Public Library Card in good standing is required. The same printing privileges and other rules for the Technology Center still apply. For more information go online to www.lakewoodpubliclibrary.org/classes or call us at 216-226-8275 ext. 127.

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Lakewood Schools

Still Time To Register For Lakewood Schools' Preschool Program

by Christine Gordillo

It's not too late! Registration for Lakewood's Early Childhood Program is still open. The program offers classes for children who will be 4 by September 30, 2013 and one class for children who will be 3 by September 30, 2013. Children must be Lakewood residents and potty trained.

We offer morning (8:30-11:00 a.m.) and afternoon (12:30-3:00 p.m.) sessions Monday through Thursday.

Some classes are in operation on Friday. Early Childhood classes follow the Lakewood City School District calendar and the curriculum is based on Ohio's Early Learning Content Standards.

Tuition is based on a sliding scale fee. Please pick up a registration packet in the Lakewood Board of Education building in the Student Services Office (2nd Floor). After completing your registration forms, please call 529-4214 to schedule your registration appointment.

Lincoln Elementary School Is Turning One Hundred!

by Lisa Ellis

Calling all Lincoln Alumni!

Lincoln Elementary School will be celebrating its 100th Birthday on October 17th, 2013. Along with eight weeks of events and activities from the start of the school year, leading up to the birthday celebration, the planning committee is seeking written submissions of stories, memories, and other anecdotes that we may share to help honor the school's rich history.

Entries will be used to shed light on and commemorate our community of students, families, faculty and staff, past and present.

If you have a narrative...or picture (please no originals) that you would like to share, or if you are interested in volunteering for one of the fall events, you can email Lisa Ellis at ellisschafer@gmail.com.

You may also send hard copies through the post to the school directly:

ATTN: 100th Birthday Celebration, Lincoln Elementary School, 15615 Clifton Blvd., Lakewood, OH 44107

Join our group on Facebook where you can also share pictures and memories and see what others are posting!

<https://www.facebook.com/LincolnElementaryLakewood>

Stay tuned for more updates and a calendar of activities.

8th Annual "Healthy Starts, Happy Hearts"

by Corey Rossen

President, Jordan's Family Foundation

Join Jordan's Family Foundation and more than 300 distinguished members of the community and medical field at the 8th Annual "Healthy Starts, Happy Hearts" Charity Wine and Beer Tasting.

This year's tasting takes place Friday, August 9, 2013 at the Rainforest of the Cleveland Metroparks Zoo. The event includes open bar (wine and craft beer), appetizers, live music from the Smiley Baldazar band (featuring Steve Smith, Lakewood father of two children with severe heart diseases), silent auction and raffle prizes. The Rainforest and exhibits will be open for the event. Tickets are \$65 each with quantity discounts. Visit [HYPERLINK "http://www.theJFF.org"](http://www.theJFF.org) www.theJFF.org or call (216) 704-8049 for more details.

Jordan's Family Foundation (JFF) is dedicated to raising awareness and fund-

ing for the research and development of the prevention of Congenital Heart Diseases Proceeds from past events, more than \$75,000 through this event alone, benefit the Cleveland Clinic Children's Hospital Cardiac Research Department and help JFF conduct events such as Fitness Fits Everyone! where each year more than 3500 people, and 75 organizations, come together to learn about eating healthy, being active and having fun (coming up September 29, 2013 at Lakewood Park).

Jordan's Family Foundation was conceived in 2005 after our family discovered that our, then four month old daughter, Jordan, was diagnosed with heart disease (quadricuspid aortic valve). Most recently, our son, Dawson, was diagnosed with a heart condition as well (WPW). For the event this year, JFF is featuring the Smiley Baldazar band with Steve Smith, a classmate of JFF's president and father of two sons born with heart disease (Tetralogy of Fallot and Truncus Arteriosus).

Lakewood Students Need Your Help - School Supply Drive Is Underway

by Karen Lee

Believe it or not, it's that special time of year again. Back to School shopping! While most of you probably remember the excitement of picking out new school supplies, there is just something about the possibilities of a brand new notebook, a fresh pack of crayons, many of our local students' families are unable to afford even the most basic of school supplies.

That is where our amazing community comes in: The Lakewood School Supplies Initiative (a committee of the Lakewood Family Collaborative) has joined with Lakewood Community Service Center (LCSC), Trinity Lakewood Community Outreach (TLCO) and H2O to become Supplies 4 Success. Our combined group aims to support the families and students who find themselves unable to purchase the supplies needed for a successful school year.

Last year these groups distributed supplies to over 500 students with the majority of the supplies donated by our community. Fundraising has allowed us to purchase and donate over 100 calculators to be part of a calculator library at Lakewood High School and to donate over 300 flash drives – now an essential part of the academic experience.

We hear from our guidance staff just how important it is that they have these supplies on hand to support their students. We see firsthand how providing a notebook, folders, or even pens and pencils can make a difference for our students. Our teachers are now aware that we have supplies so they are helping us identify students in need. Teenagers often are embarrassed if they can't afford supplies so this has really helped bridge that gap.

Jeanne Hoopes, LHS guidance office

This year we need your support again to make sure each student has the tools they need for academic success – from crayons to graphing calculators! We firmly believe all students should have the opportunity to learn regardless of need. It has been proven that a student starting their school year off with all of the tools they need will have a better chance at a successful academic year. It is far too easy for these students to fall in-

between the cracks and drop off the academic track.

Supplies 4 Success will collect supplies until Monday, August 19th. Items can be dropped off at various locations throughout the city. A monetary donation can be made through The Lakewood Foundation (with S4S in the subject line), 12900 Madison Ave, Lakewood, OH 44107 or through the Lakewood Family Collaborative Facebook page. Please contact us at lkwdschoolsupplies@gmail.com for questions regarding the collection or additional information on how to help.

Items needed:

- 3 Ring Binders
- Calculators (TI-30x)
- Combination Locks
- Crayons/Colored Pencils
- Dry-Erase Markers
- Folders (3 prong/pocket)
- Graph Paper
- Highlighters
- Notebook paper
- Notebooks
- Pen/Pencils
- Rulers
- Tape/Glue Sticks
- Markers

Drop Off Locations:

- Becks Pool, 13029 Madison Ave
- Foster Pool, 14532 Lake Ave
- Goddess Blessed, 15729 Madison Ave
- KB Confections, 13519 Detroit Ave
- Lakewood Recreation Department, 1470 Warren Road
- Pet's General Store, 16821 Madison Ave
- PNC Bank, 14205 Detroit Ave
- The Coffee Pot, 12415 Madison Ave
- The Root Cafe, 15118 Detroit Ave

Families in need of school supplies can get them the following ways:

Elementary Students: Can pick up their supplies on Tuesday, August 20th from 1:00pm-3:30pm at their elementary school building or contact their Parent Resource Coordinator after the start of the school year.

Middle/LHS Students: Can get supplies from their school Guidance Counselors on the first day of school, Thursday, August 22nd, and throughout the school year.

Join LHS' Dr. G. At Library Civil War Program

by Christine Gordillo

The Lakewood High School Social Studies Department invites you to a presentation: "Why did they fight - an analysis of the motives of Union and Confederate soldiers," by LHS teacher Dr. Chuck Greanoff on Tuesday, August 20 at 7 p.m. in the Lakewood Public Library Auditorium (main branch).

One hundred fifty years ago, hundreds of thousands of Americans, most of them volunteers, were subject-

ing themselves to death, disease and amputation in the most brutal and deadly conflict in US history. When they left their farms and towns in Vermont, Alabama, Ohio, South Carolina, etc., soldiers were equipped not only with muskets and canteens, but also a variety of motives. More than 600,000, roughly 2 percent of the population, never made it home.

Please bring your thoughts and questions. See you there!

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Lakewood Schools



PTA Members represent Lakewood at the National PTA Convention in June: Katie Cooper, Cindy Peck, Kristine Pagsuyoin, Tracey Logan, and Suzanne Shell.

PTA Welcome Back Celebration, August 28th

by Kristine Pagsuyoin

Founded in 1952, the Lakewood Council of PTAs (Parent Teacher Association) has been serving Lakewood’s children and families for over 60 years. Nine PTA/PTSA units with over 1300 members in Lakewood are represented by Council: Lakewood Early Childhood PTA, Grant Elementary, Harrison Elementary, Horace Mann Elementary, Lincoln Elementary, Roosevelt Elementary, Garfield Middle School, Harding Middle School, and Lakewood High School. This year, the Lakewood Council of PTAs will be hosting a “Welcome Back to School Celebration” for all existing PTA members, new members and their families on Wednesday, August 28th at Garfield Middle School, 6:30pm.

The National and Ohio PTA is the oldest, and largest, child advocacy and parental involvement group in the country focusing on the health, welfare, safety and education of children and youth. In Lakewood, PTA members are dedicated to working with schools and the community to support sound educational policy that provides for the best school experience possible. “The PTA is my connection to my children’s school and my community,” explains Kim Walcheck, a member of Council and a parent at Harding Middle School. “The commitment, passion and volunteer hours of our PTA parents continually inspire me to be a part of this wonderful voice for our children.”

The “Welcome Back to School Celebration” will feature many fun activities, crafts, food, and door prizes intended for all ages and members of the entire family, along with a special appearance by the Lakewood High School cheerleaders and mascot. Each PTA school, including the Early Childhood PTA, will have a booth to sign up new members and renew cards for existing members, a calendar of upcoming PTA events sponsored at each school, and important information to help kids and families have a great school year. Come meet school leaders and get to know fellow PTA members while making some new friends!

Research is clear on parental involvement. Regardless of income or background, when parents are involved, students are more likely to earn higher grades, enroll in higher-

level programs, attend school regularly, have better social skills and improved behavior, and go on to post-secondary education. “Being a PTA member shows your children that school is important and that even though you may be busy you are there to support them. It also allows you to develop closer relationships with other parents and staff members at the school,” says Heather Farcaros PTA member of the Horace Mann community.

It is a great time to join a PTA! PTA/PTSA members receive online parenting resources, e-newsletters on parenting and legislative issues including the Lakewood Council of PTAs E-Newsletter, exclusive National PTA member benefits from national well-known sponsors, leadership training opportunities in-person and online. They are also eligible to participate in “Reflections,” National PTA’s annual cultural arts program, and high school students are eligible to apply for Lakewood Council of PTA’s Scholarships. The Lakewood Council of PTAs holds its meetings every first Wednesday of the month starting on September 4th at the Lakewood Board Of Education, 7 p.m.

A True "Revolutionary"?

by Dr. Chuck Greanoff

The Lakewood City Schools strive to create an Opportunity Rich Environment for students to develop their talents, cultivate critical thinking, and move towards being productive contributors to our nation. We do this by providing a rich curriculum and a wide variety of co-curricular activities—Model United Nations, Academic Challenge, etc. As a history teacher, my role is to not only teach history, but also to encourage students to develop an analytical disposition, to think critically about past and current events. Having students investigate some key questions/debates from our history serves this purpose. One such question involves the nature of the American Revolution. The following in-class essay was written by a student in my 9th grade AP US History class in response to this question:

Analyze the extent to which the American Revolution was truly “revolutionary.” Be sure to provide your working definition of “revolutionary” and support your argument with facts and analysis.

There were many fine essays on both sides of the question. The next one I submit for publication will present the other side.

By Amanda Cabot, Lakewood High School

Students nationwide are taught of the “American Revolution” as an event characterized by steadfast gallantry, extreme resolve to rid the colonies of British influence, and a desire to construct a foundation for future American success. But was the embroilment truly a bid to revolutionize America’s flawed society, or just a petty battle over a mere distinction of independence? Though America has today proved itself a superpower with some measure of longevity, this buildup of prestige can be attributed to other, much later factors besides the revolutionary effort.

The term “revolutionary” denotes something that can alter the prior state in a short span of time. Following the so-called “American Revolution,” the prior state of American society was not transformed; social mobility, universal enfranchisement, and overall egalitarianism would not bequeath themselves for decades (if ever), and certain minorities were, and are to this day, discriminated against. For these aforementioned reasons, the triumphantly named “American Revolution” can’t truly be classified as revolutionary.

Even those at the forefront of the revolutionary cause didn’t put weight upon their own dictation. Thomas Jefferson, who famously asserted that “all men are created equal,” himself owned slaves. As Lincoln supposes such an assertion was not utilized in close proximity to the war’s end. Slavery, obviously not a humanitarian practice, would remain the economic basis of the South for another century, and only after further battle would it be eradicated. Although abolitionist groups became increasingly relevant following independence, their efforts were meager and could not quickly bring slavery to an end. Patrick Henry notably exclaimed that from Britain there was “no retreat, but in submission and slavery” suggesting that colonists deserved no such “enslavement.” Interestingly enough, despite their objection to their hyperbolic enslavement, Henry’s countrymen made no great effort to expel real, cruel slavery from their newly independent nation.

Gordon Wood, a leading American Revolution historian, supposes that the American Revolution was radical, casting off formal aristocracy and leading to the birth of the world’s foremost egalitarian nation. However, women and minorities were heavily outcast, and would not gain enfranchisement

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Lakewood Cares

One Night Only! “Lucky Stiff” At Beck Center Benefits AIDS Taskforce

by Pat Miller

Beck Center for the Arts proudly hosts the AIDS Taskforce’s production of Lucky Stiff at 8 p.m. Monday, August 26, 2013, on the Mackey Main Stage. Based on The Man Who Broke the Bank at Monte Carlo by Michael Butterworth, this benefit musical features many favorite performers from the Cleveland theater community. All proceeds benefit the AIDS Taskforce of Greater Cleveland. Tickets are now on sale.

Directed by Curt Arnold with musical direction by Butch Marshall, Lucky Stiff includes a comic cast of well-known area actors including Tricia Bestic, Brian Bowers, Patrick Ciamacco, Amiee Collier, Dan Folino, Rob Gibb, Jonathan Kronenberger, Caitlin Elizabeth Reilly, Rachel Spence, and P.J. Toomey. In addition to music directing and piano playing, Butch Marshall will also lead band members Tim Keo (bass) and Gregory Cross (percussion) for the show’s many toe-tapping tunes.

Lucky Stiff follows the luckless life of shoe salesman Harry Witherspoon. This all changes when an unexpected telegram turns his life around: a long-lost uncle has died suddenly, leaving Harry \$6 million! There’s just one catch: Harry has to bring Uncle Tony

on the luxurious Monte Carlo vacation that he never got to take when he was alive! Harry and Uncle Tony aren’t the only ones headed to Monte Carlo, though – they cross paths with dog-lover Annabelle Glick, Tony’s mistress Rita and her brother Vinnie, all of whom are trying to claim the inheritance for themselves. An assortment of other colorful characters – including a mysterious Italian stranger, Luigi – pop in and out as Harry and Tony wheel from one adventure to the next.

This production is a staged concert version featuring performances aided only by costumes and props. Without sets and lighting, the cast is left to their own impressive talents to fill the theatrical space! AIDS Taskforce benefit organizers know that people will be talking about Lucky Stiff for a long time after they leave the theater. Don’t miss out, buy your tickets today!

General admission tickets are

\$25. VIP and Supporter Level tickets are also available. Tickets may be purchased online at aidstaskforce.org or by calling the AIDS Taskforce at 216.621.0766 x247.

Since 1994, the AIDS Taskforce of Greater Cleveland has provided a compassionate and collaborative response to the needs of people infected, affected and at risk of HIV/AIDS through leadership in prevention, education, supportive services and advocacy. The ATGC is the community leader in providing or facilitating effective HIV/AIDS services, prevention education, and advocacy which is accomplished through a combination of training, resource coordination, capacity building, and the collaborative participation of consumers, funders, social service professionals, volunteers, government, and other constituents.

Located at 17801 Detroit Avenue in Lakewood, Beck Center for the Arts



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

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“Dog Days Of Summer” Dog Wash At Nature’s Bin Benefiting The Lakewood Animal Shelter

by Dawn Pyne

Citizens Committee for the Lakewood Animal Shelter (CCLAS) and Nature’s Bin are once again holding the Dog Days of Summer dog wash on Saturday, August 17th from 10:30 a.m. to 2:30 p.m. (rain date: Saturday, August 24) in the parking lot of the brand new Cornucopia Vocational Training Center. Don’t be

caught with a filthy tailwagger. Bring your pooch for a pampering bath and a sparkling clean look! Prices for the Dog Wash are \$10 for small dogs, and \$15 for medium to large dogs. Dog nail trimming services will also be available for an additional cost courtesy of Home Alone Pet Sitting. Please make sure your dog is non-aggressive and up to date

on vaccinations. The Cornucopia Vocational Training Center is located next to Nature’s Bin, at 18228 Sloane Avenue, Lakewood. All proceeds benefit the homeless cats and dogs at the Lakewood Animal Shelter.

If you have additional questions or are interested in volunteering for the event, please email cclasweb@yahoo.com.

Consider Mediation For Community And Family Disputes

by Alisa Boles

According to Mary Brotzki, Mediation Advocate for Cleveland Mediation Center (CMC), mediation is a way for two parties to discuss a conflict with a neutral third party and work together to create solutions to resolve their issues. It is a confidential way to communicate where no one is

blamed. In mediation, everyone has a chance to talk confidentially about what they think is happening. They then can work together to develop a plan for reducing future conflict.

Ms. Brotzki runs the Community and Family Mediation program at CMC. Types of community issues that can be mediated through this program include

neighbor issues such as property, fence and noise disputes. Landlord/tenant issues including lease violation, eviction and back rent have also been successfully mediated through this program. Types of family issues that can be mediated include issues between spouses or custody and

continued on next page

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Lakewood Cares

North Coast Health Ministry's "Connect To Good Health" Celebration Of Caring

by Elizabeth O'Brien

North Coast Health Ministry's annual fundraising gala, Celebration of Caring, will be held on Thursday, August 29, 2013, from 6:30 to 9:30 p.m. at LaCentre in Westlake. The theme of this year's event is "Connect to Good Health."

The evening will feature a cocktail hour with piano accompaniment, dinner and dessert, a live auction and raffles, including a drawing for a dream vacation at a Hilton Grand Vacation Club of the winner's choice. Honorary chairs for the event are Ray and Diana Marvar. Event co-chairs are Carol Gress, Wendy Kieding, and Kathe Serbin. Parker Hannifin is the event's lead "Connecting" sponsor.

The winner of the Hilton Grand Vacation Club will receive a one week stay at a two bedroom condo at the Hilton Grand Vacation Club property of their choice, along with a \$750 travel voucher. The trip is redeemable between September 2013 and August 2014.



Raffle tickets are one for \$25, three for \$50 or eight for \$100 and can be purchased at www.nchealthministry.org/raffle or by calling NCHM Development Associate Elizabeth O'Brien at 216-228-7878 ext. 114.

Those interested in attending the Connect to Good Health Celebration of

Caring gala can purchase tickets online at <http://www.nchealthministry.org/celebration2013> or by calling Elizabeth O'Brien at 216-228-7878 ext. 114. Event tickets are \$125 each. Sponsorship opportunities are also available.

This annual event supports the life-saving health care provided at

NCHM for the low-income uninsured in western Greater Cleveland. The evening's goal is to raise \$150,000, more than 10 percent of NCHM's annual operating budget.

Sponsors confirmed as of July 30, 2013 are as follows: Connecting Sponsor: Parker Hannifin; Linking Sponsors: Fairview Hospital and Lakewood Hospital; Bridging Sponsors: Delphine Barrett, First Federal of Lakewood, Louise A. Fletcher, Kaiser Permanente, The Nock Family, Rae-Ann Skilled Nursing and Rehabilitation Centers, Sea-Land Chemical Company, University Hospitals, and Wegman, Hessler & Vanderburg; Joining Sponsors: Larry and Lee Elmore; May Gendron; Chris and Sandy Haas; Wendy Kieding; Lakewood Presbyterian Church; MetroHealth; Mrs. Carol Ann Rini; Dan and Kathe Serbin; St. John Medical Center; and Dr. Richard Watts; Uniting Sponsors: Curt Brosky and Betty Tereck; Fred and Nora DeGrandis; Sara and Jim Doan; John and Donna Fleischer; Ray and Mary Ann Griffiths; The Hoffman Group; Howard, Wershale & Co; Gerrit and Peg Kuechle; John and Nancy Lupo; Adele and Bill Malley; Ray and Diana Marvar; McMannamon & Co., LLC; North Coast Jaw and Implant Center; George W. Quil/FM Global; Mr. and Mrs. Donald and Dorothy Tomsik; and Mary Warren.

About North Coast Health Ministry

NCHM is a faith-based charitable health center that provides and optimizes access to health care for the medically underserved. A vital part of the community health care safety net for the past 27 years, NCHM provides primary care, prescription assistance, specialty referrals and health education to low-income individuals and families. With the support of over 150 volunteer physicians, nurses and other caregivers, NCHM is the medical home for its patients, providing preventive care and chronic disease management as well as care for acute illnesses and injuries.

Roy Williams Introduces Lakewood To Nashville

by Betsy Voinovich

This past Spring I had the pleasure of attending a musical at the Beck Center called "The Nature of Things" performed by a group called Razzle Dazzle. I was invited by my friend Roy Williams, who is a member of the Razzle Dazzle company and who works at the Root Café in Lakewood. He had asked that I report on the show for the Lakewood Observer.

I wrote an article about how entertaining and fun the show was, and about what a great job Roy had done in numbers like "It's Raining Men" and "Heatwave."

A couple of weeks ago, Roy came over to my table at the café and shared with me that he had sent the article to country singer, Loretta Lynn, who he said, according to his uncle, is a distant cousin of his. Loretta enjoyed the story so much that she sent him back a note and an autographed photo of herself.

Like Ms. Lynn, Roy has been performing for many years and has

put in long hours preparing for the annual Razzle Dazzle show. He is quite proud of it and paused to ask my son who was at the table with us, to attend the show next Spring. My son said he would.

Also like Ms. Lynn, Roy is a musician. While we were talking, Jack Misenko, another Root regular and a well-known guitar player came in for coffee. Roy informed us that Jack was his guitar teacher and that he, Roy, owned his own acoustic guitar with a lot of guitar picks inside of it, and had a lesson once a week with Jack.

I asked Roy if he'd always lived in Lakewood and he said he was born in Detroit, moved to Medina with his mom and eventually ended up living where he lives now in an apartment in Lakewood where Pat Kitchen is the manager and Karen Wades is the team leader. He appreciates them a lot. He also wanted to mention how much he values the friendship shown to him at the Root particularly by Tracy, Nicole and her



Roy Williams displays his letter and photo from country singer Loretta Lynn.

boyfriend Zak.

He says he will send this article to Loretta Lynn also and ask her to visit Lakewood.

Consider Mediation For Community And Family Disputes

continued from previous page

visitation issues. Issues between parents and their children have also been successfully mediated as have issues between siblings. Even adult siblings can benefit

from mediation when trying to resolve conflicts such as care of elder parents.

Cleveland Mediation Center is located just west of downtown in Ohio City cattycorner from the West Side Market at W. 25th and Lorain. For

more information about Community and Family Mediation, call Ms. Brotzki at (216) 621 - 1919 ext. 108. Info about other programs and services offered at CMC can be found at <http://clevelandmediation.org/>.

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photos by Jim O'Bryan

Gina Gavlak with Kristin Broadbent, of the Starry Night Committee.



LO's Deb O'Bryan and Starry Night Committee member Polly Stringer.



photos by Jim O'Bryan



Rockport Observer Advisory Board Member John O'Brien talks with Steve Barry of Steve Barry Buick.



photos by Jim O'Bryan

Good music in Sinagra Park.



photos by Jim O'Bryan

When the rains came, we just moved back from the edge and kept on partying! Good work Gina, Kristin, Polly, Ken and crew! More photos of these events online and on our Facebook Page.

Check out the photos from all of these events and many other images and photographers in our photoblogs. Thousands of images uploaded every year for your enjoyment, and for the visual record we have been compiling. Isn't it time you joined and shared some photos. After all isn't the best photo the one that is shared? <http://lakewoodobserver.com>



Jugglers for your enjoyment.



photos by Jim O'Bryan

The crew at the Root Café as always wondering, "What do you want?"



photos by Jim O'Bryan

Nate Pazzo Bocchicchio and Ariel entertain the crowd.



photos by Jim O'Bryan

From last year's Car Culture Show! Samantha Reedy stands in front of her father's (Danny Reedy) 1927 Paige. Stop by August 17.



photos by Jim O'Bryan

A very happy Lakewood couple, Jean Kosmac and State Representative Nickie Antonio check out the art.



photos by Jim O'Bryan

Ryan and Kira Krivosh of Around the Corner, Georgetown, and Vosh, working the festival.



photos by Jim O'Bryan

The Lakewood Car Culture Show this August 17 is the next street party not to miss. A great show for cars and girls, and boys oh my!

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The crew at the Root Café as always wondering, "What do you want?"

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Lakewood Is Art

Rags Make Paper-Inaugural Juried Exhibition At The Morgan Conservatory

by Mason Milani

The Morgan Art of Papermaking Conservatory and Educational Foundation is pleased to present its latest exhibition: Rags Make Paper – Inaugural Juried Exhibition of Works on Paper from August 9-September 14th. This juried exhibition was open to regional artists within 75 miles of the Cleveland area working predominantly with paper. The selected works showcase the versatility of the artists living and working in the area as well as the many utilities paper has to offer. From printmaking and letterpress to photography and sculpture, the gallery demonstrates the many ways of using paper as a vehicle, inclusion, and a dimensional form.

The exhibition has been juried by two well-known curators in the Cleveland area: Bruce Checefsky & Robert Thurmer.

Bruce Checefsky is the Gallery

Director for the Reinberger Galleries at the Cleveland Institute of Art. He is also a photographer whose work often explores unconventional equipment and methods of capturing his subjects. His work can be found in many permanent collections such as the Museum of Modern Art, The Whitney Museum of American Art, and the Cleveland Museum of Art.

www.brucechecefsky.com

Robert Thurmer is the Gallery Director for the CSU Art Galleries and teaches Museum Studies as well as Studio art at Cleveland State University. He is a conceptual sculptor using materials such as neon lights and most recently tar to create representational forms with a historical context. His work has been exhibited internationally with a recent solo show at Arts Collinwood Gallery titled “Dark Matter.”

www.robertthurmer.com

RAGS MAKE PAPER will run

from August 9th-September 14th, 2013 – with an opening reception on August 9th from 7pm-9pm.*

Gallery hours at the Morgan Conservatory are Tuesday through Saturday, 10am-4pm and open to the public at our Main Entrance on East 47th Street (one-way running north from Commerce).

For more information about RAGS MAKE PAPER, upcoming exhibitions or workshops, please contact The Morgan Conservatory at (216) 361-9255 or visit our website at www.morganconservatory.org.

*Opening reception parking is at the East 45th entrance (one-way running south between Payne & Commerce).

The Morgan Art of Papermaking Conservatory and Educational Foundation is an Ohio non-profit art center dedicated to the preservation of hand papermaking and the art of the book. The Morgan Conservatory will pursue



its educational and charitable purposes by serving the greater community locally, nationally, and internationally with sustainable practices in an innovative green environment.

Beck Center Presents Special Collaboration With Musical Theater Project And B-W

by Pat Miller

Beck Center’s upcoming 80th anniversary season includes another exciting collaboration with The Musical Theater Project and the Baldwin-University Music Theatre program. These partners proudly present Merrily We Roll Along – In Concert on the Mackey Main Stage, September 7 and 8, 2013. Show times are 8 p.m. on Saturday, September 7 and 3 p.m. on Sunday, September 8. Tickets are on sale now.

With music and lyrics by Stephen Sondheim and a book by George Furth, this special engagement under the direction of Victoria Bussert will feature performances by students in her nationally acclaimed program at B-W.

Merrily We Roll Along is one of Sondheim’s most provocative and richly entertaining musicals about the friendship of three young artists – a composer, lyricist and writer – and what happens when the idealism of the composer is challenged by the temptations of money and fame. What makes this musical unique is that the story unfolds going backwards over nearly 20 years, and Sondheim’s score includes the classic songs “Not a Day Goes By,” “Good Thing Going” and the stirring “Our Time.”

Tickets for Merrily We Roll Along – In Concert are available at a variety of levels. VIP Tickets are \$50, which include priority seating, program rec-

ognition, and the two-CD set of the 2012 Encores! Cast Recording. General Tickets are \$26 through the TMTP Box

Office, and can be purchased online at MusicalTheaterProject.org or by calling 216.245.8687. General Tickets are

also available at beckcenter.org with an additional \$3 service fee per ticket applied at the time of purchase.

Fall Classes At Beck Center For The Arts

by Pat Miller

Summer may still be sizzling, but registration for fall classes at Beck Center is now underway. Classes begin the week of September 9 for both our Lakewood and Tremont locations. The fall classes catalog is available exclusively online at www.beckcenter.org and now students can register 24/7 with our convenient, easy-to-use online registration.

In addition to new offerings including Photography, Art Makers for Teens with special needs, and Show Choir for ages 10-14, there are nearly 200 classes in dance, music, theater, visual arts, and Creative Arts Therapies for all ages and skill levels. In addition, Beck Center was voted “Best of the West” by West Shore Magazine for Dance/Theater Instruction for the fifth consecutive year!

Beck Tremont, located at 2406 Professor Avenue, will host three five-week sessions September through December for adults that include Visual Arts Sampler, Art of Drawing, Improv Games, and Sketch Comedy. Improv Games offers drop-

in classes throughout the semester for those looking to give improv a try.

Our professional faculty, who are qualified professionals with years of experience, will guide you as you create art experiences this fall. Visit beckcenter.org for class details and descriptions, or Customer Service will be happy to assist you at 216.521.2540 x10.

Located at 17801 Detroit Avenue in Lakewood, Beck Center for the Arts is a not-for-profit 501(c)3 organization that offers professional theater productions, arts education programming in dance, music, theater, visual arts, early childhood, and creative arts therapies for special needs students, and gallery exhibits featuring regional artists.

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Lakewood Is Art

The Craft Of Clay

by Gina DeSantis

The Screw Factory in Lakewood has steadily evolved into an artist hub in Lakewood. I have called this studio home for six years. In March of this year I opened a second studio to focus wheel throwing and other clay classes. After teaching for a decade at various non-profits I

realized a need for an accessible west side location where students could take classes and workshops. More importantly this space also seeks to host open studio time. After establishing my first working studio I was constantly receiving emails from artists and recent graduates that needed access to space but could not

afford a studio of their own. Ceramics equipment such as kilns, potter's wheels and slab rollers can range in the thousands of dollars. Many people cannot afford or commit to establishing a studio of their own, especially after graduating from college. There are a variety of evening and weekend hours to accommodate students with day jobs. The studio has ten electric wheels, three kilns and one slab roller. Open studio fees are modest and there are a variety of packages to choose from.

The classes are designed for all levels of students. On Monday or Thursday evenings students can learn how to throw bowls, cups, plates and other objects with stoneware or porcelain clay. I have also teamed up with Terra Verde Handmade, a new resident studio in the Screw Factory for a one day workshop on Saturday, September 28th. Students can make handmade soaps and coordinating dishes. It is the perfect introduction for novice artists and students who want to get



Monday Night Wheel Throwing Class (All Levels)

their feet wet in clay.

The classes, workshops and open studio times will continue to expand in the winter with a wider variety of offerings including day classes and kids' classes. One time pottery parties for groups of ten are also available per request.

All of the listings can be found at www.ginadesantisceramics.com. Classes begin in September with two fall sessions to choose from. Any questions can be directed to artzy_grl@yahoo.com.



“Viva Lucha Libre!” Art Show At The Good Goat Gallery

by Nancy Cintron

When we think of Mexico, most of us think of it as a colorful country, with a lively culture, that has brought this world beautiful art, vivacious music, happy festivals, deep rooted traditions, delicious foods, and fiesta-like charisma. Another gift that Mexico has given us is its love of LUCHA LIBRE, (Mexican wrestling). The Luchadors, (wrestlers), have various personalities, interesting physiques and colorful

masks that make for a good show. The color and campiness of Lucha Libre is now the prize subject for the artist's eye, in “Viva Lucha Libre!”

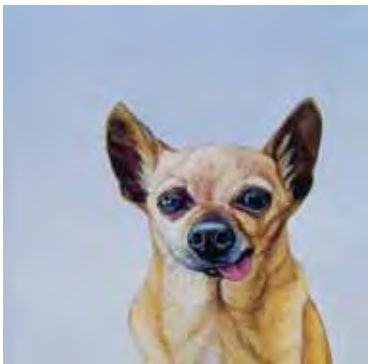
The art show opened July 27th, at the good goat gallery, with an artist reception. It will be up for one month, until August 24th. Come experience a funtastical journey, with some “reassuringly unusual” art.

For more information visit www.thegoodgoatgallery.com.



Above: detail of “Luchadors Like to Do It Old School,” oil painting by A. Nancy Cintron

Below: “Lenny,” the fierce Mexican fighter, oil painting by James Ruby



Left: detail of “Lucha Mama,” watercolor painting by Oliver App



Right: Monroe as “Golden Whiskers,” mixed media by Allison Petty

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Wellness Watch



LEAF Presents: Yoga For Gardeners (And Everyone Else!) With Marcia Camino Of Pink Lotus Yoga

by Heather Ramsey

This all-levels yoga class, led by Marcia Camino (founder and director of Pink Lotus Yoga in Lakewood) will take place at Lakewood Park behind the Woman’s Club Pavilion on Wednesday, August 28th from 7:15-8:15 p.m., weather-permitting. A Lakewood resident, Marcia is Cleveland’s only Amrit-certified instructor and has taught over 1,500 hours since she began her daily practice in 2003.

Marcia will lead students through a practice in the great out-

doors, so welcomed this time of year, with special attention to hands, feet, backs, and knees: areas of the body where gardeners new and saged can feel the ache from their efforts. Class will begin with a brief meditation on nature and end with a deep relaxation.

As always, this LEAF educational event is free and open to the public.

For more information about LEAF and its educational events, find us on Facebook, check out our website at leafcommunity.org, or email us at leafcommunity@gmail.com.

Cindy Marx, Candidate For City Council At-Large continued from page 1

dates, Cindy believes public safety and the preservation of Lakewood’s housing stock are important in sustaining the growth of Lakewood. But Cindy wants more than just to sustain Lakewood’s growth. She wants Lakewood

to become an even more vital, thriving community.

She is a devoted supporter of the arts and believes that the arts and the cultural community can serve as an economic engine for Lakewood. Her bold vision for Lakewood is to be a driving force behind that economic engine, much like Matt Zone and Joe Cimperman drive the neighborhoods of Gordon Square and Tremont. She intends to explore and communicate with Lakewood’s independent businesses and artists creating a dialog to determine how to keep businesses in Lakewood and how to attract the types of businesses that will thrive within Lakewood’s unique community. “The arts, the neighborhoods, the families and the independent businesses are what strengthen Lakewood,” Cindy said.

Cindy’s vision, while preserving the historic nature of Lakewood’s neighborhoods, would encourage commercial development that will attract jobs and contribute to Lakewood’s tax base in an attractive, safe environment that embraces diversity and nurtures the families and independent businesses that choose to make Lakewood their home.

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Get Fit This Fall

by Rachel Anzalone

Graduation parties, weddings, barbecues, trips to the ice-cream parlor. S’mores by the camp fire, beers on the patio, endless taste-of-the-town festivals. Pre-summer slim downs seem like ancient history as temperatures start to cool and the kids go back to school. As relaxed summer days make way for school season routines autumn is the perfect time to get back on track with your own fitness and wellness goals.

Here are 10 tips for getting back on track this fall:

Take advantage of the cooling temperatures. It can be tough to squeeze in a work out when it’s 80 degrees and humid by 7am, but cool autumn temps make for easy outside workouts just about any time of the day.

Set a fall fitness goal. With swimsuit season fading away you’ll want to set a goal for yourself that’s not dependent on how you look in shorts or fitting back into that sundress.

Reap the harvest. It’s prime produce season as crops ripen. Explore the farmer’s markets and eat what’s in season locally.

Avoid cool weather comfort foods. As temperatures drop it can be tempting to reach for calorie dense foods an forget about that usual lunch time salad. Soup is a great option for fall!

Enjoy the view. Fall is a great time to get out of the gym and enjoy nature in it’s prime. Fresh crisp air and changing leaves can be great fitness inspiration.

Stay hydrated. You may not feel the same kind of thirst as on a hot summer day but you still need the water to keep up your energy and stay hydrated.

Try something new. Fitness specials abound in the fall as gyms and studios try to win back your business

after a summer break. Fall specials are a great way to try out a new activity or class.

Plan ahead. Check the weather report and plan a few days ahead for which days you’ll be able to enjoy the outdoors and which days you’ll want to keep your workouts inside.

Boost your immune system. Cool temps can mean an increase in runny noses and sniffles. Prepare your immune system with added echinacea, vitamin c and garlic.

Make it a family affair. Bike rides, apple picking, visits to pumpkin patches. There are lots of active things to enjoy as a family as we head into fall.

Rachel Anzalone is a Naturopath and Loomis Digestive Health Specialist at Holistic Lakewood. www.HolisticLakewood.com

Calling All Runners!

by Laura Jaissle

Mission In Action 5K Sunday September 15th

On Sunday September 15 Lakewood United Methodist Church will be sponsoring a Mission In Action 5k and 1 mile fun-run/walk. All proceeds from this race will go to the No More Malaria Campaign that the United Methodist Church is promoting. To learn more about this Imagine No More Malaria Campaign visit <http://www.imagenomalaria.org>.

To learn more about this race check out <https://www.facebook.com/events/164572810372310/> or www.lkwdumc.org.

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Business News

Win & Grow With Uptown Lakewood

by Rachel Anzalone

The Uptown Lakewood Business Alliance is hosting a community raffle of repurposed decorative tire planters. The artistically painted tires are currently on display at 12 participating businesses and will remain on display through Saturday, August 17, 2013. Visitors are invited to view the planters on display at all 12 businesses and enter for their chance to win one (or all!) of them.

Winners will be drawn at the bandstand of the Lakewood Car Kulture

event on Saturday, August 17th, 2013.

The event is an exciting opportunity to have fun, connect with neighbors & local business owners, and to support the local economy.

Proceeds from the event will support the growth of the 2nd Annual Candy Cane Lane Holiday Decorations and Open House in the Uptown Lakewood district, which encompasses Madison Avenue from Warren to Hilliard. For a complete list of participating businesses visit www.UptownLakewood.com.



Layering Tax Efficient Investment Tools: Part 2

by Jonathan Clark

Part 2 of 2: Layering Tax Efficient Investment Tools might be a valuable strategy for portions of your wealth as we look into the future. In part 1, we discussed the pros and cons of IRAs, Roth IRAs, and Roth Conversions. Let's continue our discussion by addressing Tax-Free Municipal Bonds, Annuities, and Life Insurance designed for cash value growth.

Tax-Free Municipal Bonds: Pro: State and local governments often need to raise capital to help fund bridges, schools, and other projects. This is a great help to society so most, though not all, dividends paid by Municipal Bonds are income tax-free. The investor profile for these bonds includes but is not limited to high income earners with lower risk tolerance. Muni bonds are most effective for high income earners because of the tax status of the dividends. Despite being appropriate in many cases for conservative investors there is still a potential for loss of principal. These bonds are backed by the creditworthiness of the local or state government that issues them. Investors can choose between buying individual bonds on their own or enter into a basket of muni bonds via a mutual fund.

Con: There are some concerns about these municipalities defaulting on their debt. This can be mitigated to some degree by using mutual funds to help diversify the bonds you hold. Another concern at this point is the likelihood of interest rates rising. A general rule for bonds is as interest rates go up bond values go down. And there is always the possibility Washington may change the tax status of muni bonds in the future.

Annuities: Pro: Annuities are typically purchased via an insurance agent who represents a product offered through an insurance company. They are usually purchased for the income tax deferral on the growth and the miscellaneous benefits that a particular annuity offers. Tax deferral can be valuable to a high income earner and to savers who aim to reduce the amount of their Social Security that is taxed. Years ago when CD rates were high some taxpayers had large amounts of

annual interest that they had to declare on their tax returns. Numerous tax payers were forced to include up to 85% of their Social Security payments as taxable income. Annuities provided interest payments that were comparable to CDs and would not be declared each year for tax purposes, therefore reducing the taxation on their Social Security. The interest would be deferred until it was taken out. There is no required minimum distribution required for non-qualified annuities.

Con: Prior to the market crash of 2008 there was a lot of bad press related to annuities. One of the main complaints was the lack of liquidity provided by some contracts. Although many of the accounts allow for 10% withdrawals yearly, there is usually a time commitment referred to as the Surrender Period. Withdrawals above the 10% allowed would be charged a penalty during the period. Recently, the state of Ohio became a 10/10 state helping limit the Surrender Period to 10 years on any new contracts.

Life Insurance for Growth: Pro: Many people think of protecting their family when purchasing life insurance. However, life insurance has been used as savings vehicle for generations. Some of you may recall your agent going door-to-door collecting the monthly debit. This financial tool can be effective for college saving, gifts to grandchildren, and creating tax-free income if coordinated correctly. Insurance as a savings vehicle should be looked at as a long-term strategy that is monitored closely over time. If done correctly, it has the potential to be a game changer if tax rates increase in the future.

Con: Contrarians to life insurance as a savings vehicle might attack the internal cost of the insurance as being counter-productive. Internal costs vary company to company, and should be part of the discussion when deciding to use it.

Collectively IRAs, Roth IRAs, Roth Conversions, Municipal Bonds, Annuities, and Life Insurance may provide tax efficient alternatives for portions of your savings. The challenging part for the investor often is trying to coordinate the advice of their CPAs,

investment advisors, insurance agents, and other trusted professionals.

I purposely avoided potential returns for each of these tax efficient vehicles, as they vary greatly. It will be important to consider time horizon, risk tolerance, liquidity for emergencies, and how much one intends to leave beneficiaries. The main purpose of this series of articles is to introduce

a few tax efficient investment tools. These tools, like tools in a tool box, must be chosen and used correctly to accomplish the intended outcome..

Jonathan M. Clark is an Investment Advisor Representative offering services through Brookstone Capital Management LLC, an SEC Registered Investment Advisor. www.clarkfinancialadvisory.com

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Opinion

What’s In Your Water? (Part 1)

by Steve Fecser

Warning! This commentary will frequently dispense the “F” word without your permission or informed consent. If at any time you are sickened by what you read, contact the nearest mind control poison center immediately. The “F” word I’m referring to is not what you may be thinking but is every bit as vulgar and offensive. F L U O R I D E!

Many of you are probably unaware that August 7th-13th is Fluoride Awareness Week. Why, you may be wondering, do we need to be aware of fluoride? We all know it’s in our drinking water and toothpaste. It’s a good thing. Helps prevent tooth decay and promotes strong teeth, right? At least that’s what propagandists have been encouraging us to swallow for the last 60+ years. According to the CDC website; Given the dramatic decline in tooth decay during the past 65 years, the oral health division of the Centers for Disease Control and Prevention (CDC) named water fluoridation one of Ten Great Public Health Interventions of the 20th Century. They conveniently neglect to mention that, the incidence and prevalence of tooth decay in non-fluoridated communities, not only in North America but worldwide, have dramatically decreased as well. Presently, 97% of Western Europe has either banned, rejected or discontinued public water fluoridation, for a variety of reasons. Only 11 countries in the world, including the U.S. have more than 50% of their population drinking fluoridated water. Evolving intelligence indicates that adding fluoride to the public water supply is neither safe, effective or ethical. Fluoride Awareness Week recognizes your right to access news and information about fluoride, its sources, toxicity and impact on your overall health and well being.

Fluorine is the chemical element from which all fluoride compounds originate. Since it’s the most reactive of all the elements, with a high capacity for bonding, a variety of fluorides will occur. Sodium fluoride is the type used in some toothpastes, mouthwashes and dental preparations. The same form of fluoride is used as an insecti-

cide, pesticide, rodenticide (rat poison) and in the production of steel and aluminum products. The type of fluoride used in your municipal drinking water, according to Mr. Chuck Smith, who identifies himself as Chief of Labs at the Cleveland Division of Water, is fluorosilicic acid (H₂SiF₆). If you live in Lakewood, you are drinking water artificially fluoridated with (H₂SiF₆) courtesy of Cleveland Division of Water, delivered to your tap via City of Lakewood’s aging infrastructure. When I questioned Mr Smith about where the City acquires this (H₂SiF₆) and what the source/origin of it is, he swiftly and factually responded that, “Cleveland Division of Water is currently buying the acid from Mosaic Corporation which produces it at their Riverview facility. The FSA is produced during the concentration of phosphoric acid in an evaporation process unique to the phosphate industry. The vapor stream from the phosphoric acid reaction is scrubbed with water to form FSA from the naturally occurring silica and fluorine in the phosphoric acid.” My translation: The fluorosilicic acid is an industrial grade, classified corrosive, toxic, hazardous waste by-product of the phosphate fertilizer industry. I contacted the Mosaic Corporation over a month ago, via their online submission form, with questions about their lovely product. I’m still waiting for a response. Maybe they’re on vacation.

According to the Cleveland and Lakewood water quality report, fluoride is classified as an inorganic contaminant, intentionally added to the water to allegedly help reduce tooth decay, a non water-borne, non contagious, non life threatening disease. Fluoride is the only element added to the water that doesn’t treat the water, but instead treats the end user, whether they like it or not. Unlike iodine or calcium, fluoride is not an essential nutrient and there is no serious medical condition that will result from a fluoride deficiency. Furthermore, fluoride is considered a drug by the FDA. My questions seeking clarification on the drug status of fluoride were eloquently addressed by Andrea Fischer from the FDA Office of Media Affairs. “To fur-

ther clarify, the FDA classifies fluoride as a drug in prescription and Over-the-Counter (OTC) drug products and in bottled water, whether or not products that contain fluoride are labeled with drug (anticaries) claims.

We were trying to clarify for you that the FDA doesn’t regulate fluoride when it’s added to local water supplies (EPA does), therefore it’s not under FDA’s purview to classify fluoride at all for that use. If FDA regulated fluoride added to the local water supply, we would classify it as a drug, based on its well known effect in mitigating a disease (caries).” Thank’s for clearing that up Andrea....I think. Now, I don’t profess to be the sharpest tool in the shed but it sounds like the fluoride in my drinking water is both a toxic waste material and a drug. Mr. Smith at the Cleveland Division of Water, attempts to allay my concerns about swallowing a toxic waste material. “As with any chemical it depends on the concentration that is being absorbed by the body. The concentration which is beneficial is 1 mg/l and is the dosage that CWD maintains.” I totally agree with Mr. Smith. Any chemical in high enough concentrations can be harmful or fatal, even those that have value in low concentrations. Breathing pure oxygen can be harmful. What I find disturbing, is the term dosage, being used by a public utility, terminology typically reserved for medical and pharmaceutical disciplines. The 1 mg/l dosage can also be expressed as 1 ppm (parts per million) and is frequently cited as the “optimal” dosage by the authoritarian powers that be, in this case, the State of Ohio. I find it astounding that the Cleveland Division of Water, mandated by Ohio law can dispense medication to the masses whether they want it or not. This is an arrogant and pernicious violation of established medical ethics and protocol. And what about the precautionary principle? which states that, if an action or policy has a suspected risk of causing harm to the public or to the environment, in the absence of scientific consensus that the action or policy is harmful, the burden of proof that it is not harmful falls on those taking an act. But wait, there’s more! With every batch of fluoride dumped in the water supply, you get absolutely free, 47.88 ppm of arsenic, which is included in the acid, according to the certificate of analysis for the last batch of Fluosilicic Acid purchased by Cleveland Division of Water on 06/07/2013. The MCLG (Maximum Contaminant level Goal) for arsenic in drinking water is zero according to the EPA, yet arsenic is deliberately added to the water. When I questioned Mr. Smith about this apparent conundrum, he went eerily silent. Maybe he’s on vacation. But I digress...

Fluoridation deprives Individuals of their right to informed consent to medication and is approved and delivered by people without medical qualifications. It is delivered to everyone regardless of age, health or nutritional status, without individual

oversight by a doctor and without any control of dosage. The safety and effectiveness of fluoridated water has never been demonstrated by randomized controlled clinical trials, the standard that is now generally required before a drug can enter the market. Moreover, Once fluoride enters the water, it is impossible to control the dose each individual receives because people drink different amounts of water. Some people (manual laborers, athletes, diabetics, and people with kidney disease) drink significantly more water than others. Folks are also receiving fluoride from many other sources besides water, including food and beverages processed with fluoridated water, fluoridated dental products, mechanically deboned meat, anti-depressants, tea, teflon coated cookware and pesticide residues on food. It’s now widely acknowledged that exposure to non-water sources of fluoride has significantly increased since the water fluoridation program first began. EPA’s website page on drinking water states: Basic Information about Fluoride in Drinking Water: What are fluoride’s health effects? Exposure to excessive consumption of fluoride over a lifetime may lead to increased likelihood of bone fractures in adults, and may result in effects on bone leading to pain and tenderness. Children aged 8 years and younger exposed to excessive amounts of fluoride have an increased chance of developing pits in the tooth enamel, along with a range of cosmetic effects to teeth. This health effects language is not intended to catalog all possible health effects for fluoride. Rather, it is intended to inform consumers of some of the possible health effects associated with fluoride in drinking water. I find it hard to believe that a government agency, with a website that is clearly expansive and voluminous, can’t, or won’t catalog “All possible health effects associated with fluoride in drinking water” I mean, it appears they’re aware of additional health effects. If there’s going to be negative health effects from drinking water, I want to know about ALL of them before I raise that glass of water to my lips, not just some. To illustrate the ineptitude of these bureaucratic behemoths, the CDC claims that peer-reviewed scientific evidence does not support an association between osteoporosis, bone fracture and water fluoridation while EPA warns that Exposure to excessive consumption of fluoride over a lifetime may lead to increased likelihood of bone fractures in adults. Sounds to me like CDC and EPA need to get their story straight.

Stay tuned for Part 2 to learn more about the cumulative long term health effects/risks of fluoride exposure and what you can do to protect yourself. In the interim, if you have any questions, concerns or comments, please forward them to getthefout@tormail.org and I will respond promptly. I’m never on vacation.



Pulse of the City

Our Civil War...150 Years Ago...

General Robert E. Lee: Communion And Convictions...

by Gary Rice

It was a quiet Sunday morning in Richmond, Virginia, in the month of June, 1865. America's bloody Civil War had only been over for a few months. The parishioners had gathered at St. Paul's historic Episcopal Church for services. Many present were in fact, former soldiers of the South. Before long, it was time for Holy Communion to commence.

As the story goes, a finely-dressed Black man rose and went up to the Communion rail and knelt down. These days, such an act would not be considered unusual at all, but back then, certain elements of society, whether northern or southern, were not quite ready for full integration; particularly with a deeply personal sharing of sacred Communion elements. In those days, particularly in the South, Black people were often segregated, even in church. They were often either in the church balconies, or were otherwise allocated a separate area for their families.

The congregation reportedly froze in shock and disbelief. No one moved from their pew to go up and receive the Sacred Elements from the pastor. No one, that is, except apparently, a dignified gentleman with a white beard; he being the former Confederate General of the Army of Northern Virginia, Robert E. Lee. Lee reportedly arose, walked to the communion rail, and knelt by the black man. Seconds later, others followed, and the liturgy of that sacred act was then concluded without incident.

This is an old story, and it is a story that, whether completely true or not, speaks well to the character of former Confederate General Robert E. Lee. Lee's leadership before, during, and after the War Between the States, has been an inspiration for thousands of



Reminders of a lost cause, and strong principles... (Photo by Gary Rice)

people to this day.

At the same time, Robert E. Lee had helped to wage a relentless campaign of war against the United States of America. At war's end, there were more than a few people who would have liked to have seen the former General hanged, but to the credit of many people, (and particularly to Lee's former counterpart in the Union Army, General Grant) Lee escaped punishment for helping to lead an armed rebellion against our country- and in fact, soon became the president of what would later be known as Washington and Lee University. A man of great loyalty to his home state of Virginia, and a man having great faith in God, Lee did not live very long after the Civil War due to his health issues, but his attitude of reconciliation after that war was heartfelt. Lee reportedly said that before, and during the War, he had been a Vir-

ginian, but after the war was settled, he considered himself to be an American. General Lee was a stirring example to veterans and to others that it was once again time to unify the nation, come together, reconcile, and move on into the future.

Lee was a man of unwavering and uncompromising principles. He unfailingly responded to his conscience concerning what he felt to be right and wrong, even to the point of going up against what he considered to be the excessive over-reaching of the United States Government into the lives of the people of his state. To General Lee, the issue of slavery was apparently a side-show to a much larger issue, which he felt to be the unnecessary intrusion of Northern interests into the life of the South. At the same time, quite frankly, questions do exist concerning General Lee and how he might or might not

have treated some slaves that his wife inherited. That point made, Lee was, after all, (like all of us) an imperfect human being. Nonetheless, he still had those strong principles of his. When offered command of a Union army, Lee declined, and offered his services to his home state instead. General Lee defended Virginia steadfastly, until he could do so no more.

These days, many Americans are quite concerned and alarmed at the extent to which the Federal government has expanded its ability to track telephone and e-mail messages. As we are all well aware too, a young man recently decided to inform us about all of this, at the risk of his own life and future. Principles are funny things. We're taught to respect and follow those principles in our homes, our workplaces, our schools, and in our houses of worship... and yet, what happens when we actually apply those principles to our lives? Life can sometimes be more complex than we realize, can it not?

Whether we are considering General Robert E. Lee's own ethical response to the United States Government from 150 years ago, or we're considering the ethical choices made by that young man and those recent disclosures of potential modern-day government over-reaching, it's all very much a part of that same personal question, is it not? Principles or pragmatism? Which paths reflect true patriotism? Which paths might we choose for ourselves, given similar circumstances in our own lives, regarding either of the above situations? Then too, let's shine a spotlight on the very difficult pathway chosen by that Black man, when he decided to approach the

continued on next page

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Lakewood Living

The Best Wings In Lakewood

by Christopher Bindel

Every year people travel to Lakewood from all over to answer one of the world's oldest and most difficult questions.

Who has the best wings?

Although finding the answer is not easy, hundreds travel to Lakewood to try their best by taking on the Pillars of Lakewood Wing Crawl. And where better to try and find the best wings in the world than Lakewood, a city well known for its many bars and fabulous food purveyors.

On August 24, 2013 the Pillars of Lakewood will be presenting their 7th annual Wing Crawl. From humble beginnings in 2006 of a few bars and less than a hundred people to 13 restaurants and 1,000 participants, it has quickly become one of Lakewood's favorite and most anticipated food events.

This year participants will be able to taste the wings from 13 of Lakewood's restaurants. Those partici-

pating are Around the Corner, Harry Buffalo, Vosh, Riverwood Café, Avenue Tap House, Eddy & Iggy's, Midtown Booth's, Plank Road Tavern, Jammy Buggar's, Merry Arts, Quaker Steak & Lube, Deagan's, and Cerino's Casual Italian. Each participant will be able to try two traditional (buffalo) wing and two chef choice wings at each location. That is a total of 52 wings, and 26 flavors! Transportation between all Wing Crawl locations is provided to participants by American Limousine.

Last year the people's choice for buffalo was Merry Arts, while the judges' choice was Deagan's. For the open flavor, Around the Corner's Black Pepper wings took home both the people's choice and judges' choice award. However, with some new competition and more people participating in this year's Wing Crawl, it's still anyone's wing?

This year the restaurants will have to win the hearts and tastebuds of eight judges. Those judges are Grady Willrich of the Wingtones, Gloria Millner

from the Plain Dealer, Jason Beudert from the Cleveland Scene, Dan DeRoos from Channel 19, Munch Bishop from ESPN Radio, Greg Brinda from WKNR, Brenna Connor from Angry Ladies of Improv, and Ramon Rivas from Chucklefuk. And of course the most important judge is YOU! Every participant will be given the chance to vote for their favorite buffalo and open flavor.

Throughout the day there will be entertainment provided at some of the different locations. Jammy Buggars will host the Wingtones, yes, you read that right. The Wingtones are a band where all their music is based on the humble chicken wing.

Who, you may be asking, are the wonderful and creative, food aficionados who are putting on this wonderful event? That would be Pillars of Lakewood. What you may ask, is Pillars of Lakewood? Pillars of Lakewood is a group for young professionals in Lakewood. They are focused on building connections, business, social, and civic; and building a strong community in Lakewood by fostering, engaging, and attracting young professionals.



If you are interested in participating in this year's Wing Crawl, you can find out more information and purchase passes at www.lakewood-wingcrawl.com, or if you are interested in learning more about Pillars of Lakewood you can find them at pillarsoflakewood.org or Facebook.

Pillars of Lakewood would like to thank their sponsors, Yuengling, Cleveland Whiskey, and WKNR, as well as all of this year's participating restaurants.

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Our Civil War...150 Years Ago...

General Robert E. Lee: Communion And Convictions...

continued from previous page

communion rail. Indeed, very serious personal choices were made by all three of those individuals; all of whom knowing full well beforehand that the potential costs for their actions could be devastating. Life can indeed be a complex journey.

By the way, the historic St. Paul's Episcopal Church (consecrated in 1845) continues to serve Richmond, Virginia, as an inspirational and highly vibrant urban ministry, serving an eclectic and appreciative congregation, as well as being a shining example of bringing God's love to the world beyond its doors.

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Lakewood Living

Lakewood, A Place Of Color And Diversity

by David Skolyak

Flowers and weeds can make for an inviting array of color and beauty. Lakewood is known for its cultural heritage as well as diversity. Lakewoodites are known also for enjoying the benefits and excitement of not only the complex things in life but also its simplicities. Take for instance enjoying its festivals and expos. You do not have to be wealthy to walk and take in the aura of what is offered or demonstrated, but, of course you can spend a fortune if you wish to. I bring this matter to light because, though I do not swim in money, I have been able to transform my yard into an oasis of flowers at relatively little expense. Lilies, petunias, hyacinths, gladiolas and much more adorn my yard with even more to come as seeds germinate from the ground. I live on Coutant Ave. where people constantly walking or driving by stop and look and comment. I am sure not everyone deems my yard a place of beauty but to me and many like me it is inviting and relaxing to look at. Though I do weed the garden I do not remove all the weeds because I think they bring a richness and natural feel.

My garden also reminds me of people. If my yard were all one type of flower and one type of color I think it would be boring, interesting maybe, but still boring. If all people were the same race, same builds, same interests, same religion, same anything I would think that would be tiring. It's the differences that allow us to share our beliefs and much more. Different theologians discussing different religions, different social classes discussing different wants and needs, different cultures expressing themselves with



other cultures, etc... To think that in a world fraught with anxieties and sometimes fear, fear of losing one's job, fear of losing life or limb, fear of terrorism, and such, we should stop and enjoy the wonders we have and appreciate what there is to behold. Though I am considered verbose in my writings I do not find any other way to communicate my feelings to the public other than to be wordy.

Humanity is like a garden or it should be. Mix the roses and lilies with maybe less colorful plants and keep the garden interesting. Mix the people, regardless of their tastes or backgrounds or preferences to keep life interesting. Of course even in gardening there are dangerous plants as with people there are those who are dangerous and should be weeded out but only if necessary.

Build Your Own Rain Barrel At Lakewood Workshop Scheduled For August 15th

by Jared Bartley

Learn how to harvest rainwater for all your garden needs and to combat storm water pollution in your community by constructing a rain barrel! The City of Lakewood and Cuyahoga Soil & Water Conservation District will host a rain barrel workshop for residents on Thursday, August 15, 2013 beginning at 6:30 p.m. in the Woman's Club Pavilion at Lakewood Park, 14532 Lake Ave. Each participant will construct a rain barrel to take home. The \$60 fee includes instruction and all materials, including a 55-gallon barrel and a downspout diverter. Registration is required by August 9.

A rain barrel is a container used to collect and store rainwater that would otherwise be lost to runoff and likely diverted to a storm drain. Collected water may then be used to water lawns and gardens.

To register, or for more information, call Rocky River Watershed Coordinator Jared Bartley at 216-524-6580 x14.

The Cuyahoga Soil & Water Conservation District's mission is to promote conservation of land and aquatic resources in a developed environment through stewardship initiatives, education programs, and technical assistance. For more information visit www.cuyahogawcd.org.

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Gardening takes hard work, not being afraid to get on your hands and knees and dig, and pull, and plant. Realizing the value of people takes much the same effort. Not being afraid to delve, probe, ponder and communicate. This does not mean we must all have to agree on everything but at least be able to acknowledge each other as well as each other's feelings. Even the most beautiful roses have thorns. As we run and shield ourselves from lightning and thunder and rain let us remember that those things help keep our vegetation green and colorful metaphorically speaking as with people. Be understanding and forgiving if needed, be open-minded and caring where needed, be generous with kindness and hopeful of a blessed life for not only yourselves but all those around you. Tend your gardens or create gardens when and where you can.



A True "Revolutionary"?

continued from page 7

for many years more. How can it be argued that a nation in which over half the rightful citizens did not have, and would not gain for multitudes of time, representation is one that is egalitarian? Today, the disparities of wealth between whites and everyone else remain shocking. This nation is still one ruled by the white man, as it was before and after the "Revolution," and social mobility stays elusive and is an object of dreams.

Indeed, many human rights were established by the independent and somewhat reformed. America Churches were disestablished in many areas, and equality became a more pragmatic proposition. For most Americans, though, life was not significantly transformed, stereotypes were not erased, and the prevalent concepts of an egalitarian nation (i.e. entrepreneurial equality, enfranchisement, social mobility) would not be realized for years to come (and in some ways still have not been in the present time). To qualify as validly revolutionary, the War for Independence would've had to somehow alter the livelihood of all, and destroy the inequalities that were disputed by our (somewhat

hypocritical) founders. It did not, and so, by all means, its end result was a distinction rather than a revolutionarily equal society. By no stretch of the imagination was it duly revolutionary.

The Library's Foreign Film Collection

continued from page 5

Technically, the Library's foreign film collection is composed of foreign language films. Movies in English made in Great Britain, Australia or New Zealand, or those dubbed in English are not categorized as foreign. The Library generally purchases international award winners, but recently has been adding more films from emerging markets, such as the Middle East and Eastern Europe. There are a number of nonfiction titles in the collection as well, many purchased within the last two years.

If you've never checked out a foreign film, or haven't looked at Lakewood Library's collection in a long time, maybe it's time to try something new. The world awaits, and it's as close as the Film and Music department on Detroit Avenue in Lakewood.

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The Back Page

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