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THE LAKEWOOD OBSERVER

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Volume 9, Issue 18, September 4, 2013

State Results Show Student Achievement Remains High

by Christine Gordillo

The 2012-2013 state report card results show that our district continues to provide a quality education that results in many of our students achieving significantly more than one year of academic growth in a school year. In addition, the state results indicate that the district has made significant strides in helping our most struggling students

achieve above average progress in a year.

These results are part of the district's Value-Added measure, one of the nine measurements the district received a rating for in the newly overhauled report card format. The new report card assigns letter grades A-F as opposed to the previous designations of Excellent, Effective, etc. It also has broadened the num-

ber of categories in which the district will be graded. The categories are: Achievement, Gap Closing, Graduation Rate, Progress, K-3 Literacy and Prepared for Success (how well students are ready for college or career). Each of these categories has specific elements that make up the category's overall grade, including the nine that received grades for 2012-2013.

To give districts time to adjust to these new accountability categories, the state is measuring districts on only a portion of the new components this year and will gradually add more components through 2015. Districts and buildings will not receive an overall letter grade until 2015.

Some of the elements under the new broad categories are carryovers from the former report card format, such as Performance Index, State Indicators Met and Graduation Rate.

The district received the top rating of A in the Indicators Met measurement. Students met 22 of 24 state indicators or 91.7%, missing the mark only in 5th grade math and science.

The district also performed well in the Performance Index measurement, scoring 98.6 out of 120 points to earn a B. The 98.6 is down only slightly from last year's 99.1. The Performance Index measures how well all students did on all tests.

Areas in which the district needs to work on include graduation rates and closing the achievement gap among student sub-groups.

Because of a new method of calculating graduation rates required by the state, the district saw a drop in its rate to 81.5% for four years and 86.1% for five years, earning a D from the state. The new calculation requires districts to track students who leave the district, which has not been done in the past. The district's new rates reflect students



Salute To The Lakewood City Schools' Homecoming

by Missy Toms

It's that time of year. Pep rallies! Bonfires! "The Big Game!" Asking that special someone to the big dance...!

That's right...it's nearly time for homecoming at Lakewood High School!

But it's not just for high school students. All Lakewood residents are invited to ring in the new school year with a weekend of special events to benefit the Lakewood City Schools.

September 26-28 will see the "Salute to the Lakewood City Schools": four fun-filled events that highlight the schools that make Lakewood such a popular place to raise kids.

On Thursday, September 26, 7 pm, in the high school's Civic Auditorium, we will honor 12 alumni and staff at the 2013 Lakewood High School Hall of Fame Ceremony. This event is free and open to the public. Inductees are: ATHLETIC - James Robert Bowman '93, Tom Brandt '53, Mary Harris Day '90, Matthew Fannin '02; DISTIN-

GUISHED - William Beyer '62, Frederick Bissinger, Jr. '60, James Butler '51*, Rear Admiral Janet Russell Donovan '76,

continued on page 2
Superintendent To Hold Community Meeting Sept.11

by Christine Gordillo

Superintendent Jeff Patterson will be holding a Community Meeting at 6:30 p.m. on Wednesday, September 11 in the Lakewood High School East Cafeteria.

The Superintendent will be addressing several important issues including the district's bond issue and construction project, current finances and changes in the state Report Card system. Following his presentation, Superintendent Patterson will field questions from the audience.

If you are unable to attend the meeting, please look for Superintendent Patterson's presentation posted on the district web site (lakewoodcityschools.org) the following day.

Come Hear The Candidates

by Pam Smith

The Lakewood Chapter of the League of Women Voters Cuyahoga will host a Candidates Forum, Wednesday, September 25 at 7 p.m. at Lakewood Public Library. Candidates for Lakewood City Council and School Board will present their positions on the issues and answer questions from the audience. This forum is an opportunity for citizens to become familiarized with the candidates and educated about the way they would address the challenges in our community in preparation for the November 5th election.

Democracy is only as effective as the people who participate in it. Voters are challenged to learn as much as possible about

candidates and issues in a 24/7 news cycle where information, which is often not true or partially true, makes it difficult to make informed decisions. Forums such as this one gives the electorate a unique opportunity to ask their questions and evaluate candidates directly based on their responses.

The League of Women Voters is a nonpartisan political membership organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. Election information and guidance is available on line at www.lwvCuyahogaArea.org.

26th Annual Lakewood Community Festival

by Susan Butler

Lakewood Community Festival Set For Saturday, September 7th At Madison Park

The 26th annual Lakewood Community Festival is scheduled for Saturday, September 7, 2013 from 11 a.m. to 5 p.m. at Madison Park, 13029 Madison Avenue. The festival celebrates community, cultural heritage and families. It is a day of fun and activities for everyone.

Craft and game booths, bounce houses, pony rides, children's games will all be part of the festivities, as well as a variety of delectable foods including stuffed cabbage, pierogies, potato cakes, cabbage and noodles, kielbasa



Alpaca from Starburst Suri Alpaca Ranch

and sauerkraut, pizza, french fries, funnel cakes, Vietnamese cuisine and other dishes. An assortment of traditional ethnic baked goods and other desserts will be available.

Entertainment for the day will include The Lakewood Recreation Department Tap Dancers, Silhouette Dance Stu-

continued on page 6

LEAF Presents: Putting Your Garden To Bed With OSUE

by Heather Ramsey

You are invited to join the Lakewood Earth and Food (LEAF) Community for an educational session for gardeners with the OSU Extension. The session will take place on Wednesday, September 11 at 7 p.m. at LEAF's community garden in Madison Park (13201 Madison Ave.; garden is on the Athens Ave. side of the park).

Nicole Wright from the OSUE will discuss how planting cover crops can improve your garden soil, how row cover can extend your season,

and how putting your garden to bed can make next season easier. LEAF Community gardeners are eligible for row cover, metal hoops, and cover crop seeds. Nicole is a Program Coordinator with OSU Extension's Urban Agriculture Program and provides education and technical assistance to support community gardens throughout Cuyahoga County.

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

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Lakewood Observer

Salute To The Lakewood City Schools' Homecoming

continued from page 1

Bruce Freeman MD, PhD '61*, Robert S. Hewett '53; STAFF - Gerry Stupiansky and Terry Q. Walker *posthumous

Cheer on the Rangers as they face the Bay Village Rockets at the Pregame Homecoming Tailgate Party, Friday, September 27, 5:30 p.m., at Lakewood Stadium North tennis court. Tickets are \$25 and include game ticket and food.

This may be your last opportunity to see the east section of the high school at the Tour of LHS, Saturday, Sept. 28, 10 a.m., in the L Room. Dr. Charles Greanoff '77 will lead a free tour of the new and old sections of LHS and tell the story of the schools.

Mingle with Lakewood alumni, fans of the schools, and Hall of Fame inductees at the Cocktail Supper & Silent Auction, Saturday, September 28, 7-10 p.m., at The Clifton Club. Tickets are \$75, which includes delicious refreshments, libations, and entertainment. You'll also have the opportunity to bid on several unique auction pack-

ages.

Show your love for the Lakewood City Schools and purchase your tickets today! Visit www.lakewoodalumni-foundation.org or call 216.529.4033. All proceeds from the weekend benefit the Lakewood City Schools and the Lakewood Alumni Foundation.

Since 1984, the Lakewood Alumni Foundation has aimed to support the Lakewood City Schools' tradition of providing an opportunity-rich environment for its students through advocacy and financial support. Through the generosity of its donors, the Foundation has provided more than \$2 million in funding for classroom grants, student scholarships, and school programs. Become a donor today! Help every Lakewood student reach his or her potential by making a tax-deductible gift online at www.lakewoodalumnifoundation.org, or by mail at Lakewood Alumni Foundation, 14100 Franklin Blvd., Lakewood, OH 44107.



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
Fall Elections	Stan Austin	6	215	Mon Sep 02,
Last day for buy one, get one at Malleys	Betsy Voinovich	0	44	Sun Sep 01
AutoRecycling--yes,Parking ban--no, residents to fight it out - [Go to pageGo to page: 1, 2, 3, 4]		48	2188	Sat Aug 31
LHS Football Season starts tonight!!!!	Peter Grossetti	3	120	Sat Aug 31
Lakewood? Keeping Up With Da Joneses?	Jim O'Bryan	14	571	Fri Aug 30
Smoke at Lakewood High, Nothing to see move along	Betsy Voinovich	0	143	Fri Aug 30
IMAGE-IN LAKEWOOD [Go to pageGo to page: 1 ... 9, 10, 11]	Jim O'Bryan	159	11603	Wed Aug 28
Is Common Core A Common Danger?	Bill Call	23	717	Wed Aug 28
In the garden today!	Jim O'Bryan	1	222	Tue Aug 27
A Tale Of Two Homes, Well, One Home On Thoreau!		2	614	Tue Aug 27
PTA Welcome Back to School Celebration	Kristine Pagsuyoin	2	138	Mon Aug 26
Superintendent to Hold Community	Christine Gordillo	0	259	Mon Aug 26
Golden baby on Summit	Betsy Voinovich	0	191	Mon Aug 26
New State Report Cards Out-- Lakewood is rated what?	Betsy Voinovich	6	406	Sun Aug 25
Baby You Can Drive My Car...	Jim O'Bryan	51	4695	Sun Aug 25
Photo posted by Jim O'Bryan				



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

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

Upcoming Submission Deadline

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City News

Report: Westshore Council Of Governments Meeting, August 14, 2013

by Conda Boyd, Sue Fink and Susan Murnane, LWV observers, Bay Village Chapter

This report, which contains observations and selected highlights of a meeting of the WCOG, is the first in a new series by members of the League of Women Voters - Cuyahoga Area. It is not an official statement of the LWV.

The Westshore Council of Governments was founded in 1971 "to foster cooperation between municipalities in all areas of municipal service." The mayors of the six WCOG cities meet on the second Tuesday of the month, 9:30-11:30 a.m., at the Lakewood Women's Pavilion. Official minutes are prepared by Mayor Summers' office. All meetings are open to the public.

Present: Mayors Bobst (Rocky River), Clough (Westlake), Sutherland (Bay Village), Summers (Lakewood)

Absent: Mayors Kennedy (North Olmsted), Patton (Fairview Park)

Grant ceremony began 9:30; meeting called to order 9:51 without a quorum; Mayor Sutherland arrived 9:58; meeting adjourned 11:30

CERT grants
Dominion East Ohio and Friends for the Community Foundation presented grants to Westshore Community Emergency Response Teams (CERT) for two generators and other equipment.

Guest: Jim Renacci, US Congress District 16

Discussion focused on two broad topics: Infrastructure and Affordable Healthcare Act implementation.

Sewers/Environmental Protection Agency (EPA) compliance: Infrastructure in most WCOG cities is old, with a "pollution is the solution" design for managing overflow that is no longer viable. Both public sewers and connections from private housing need remediation. Ohio EPA requirements are often more stringent than for the U.S. EPA. Both agencies present moving targets. All mayors present questioned their logistical and financial capacity to deliver. One funding source might be Section 594 funds, which the Army Corps of Engineers administers.

Power grid: On the tenth anniversary of the massive power outage, aging infrastructure remains a national security issue. Can Congress put pressure on electric companies to modernize? Burying lines would cost about \$1 million per mile. Congressman Renacci stated that in Ohio, most electric plants are coal, and EPA mandates to reduce power plants' emissions increase energy costs in Ohio more than in other states.

Community Development Block Grant Program: Lakewood receives significant funds directly. Mayor Summers stated that the process is citizen-driven and works well. Cuyahoga County administers additional funds. Some cities, including Bay Village, do not qualify because there are no large pockets of poverty.

Infrastructure funding: Tra-

ditionally, gasoline taxes funded improvements. Rates have not increased since the early 1990s. Revenue has been hurt by better automobile mileage and the economic downturn. Congressman Renacci argued that an increase in gasoline taxes would fuel inflation in truck-delivered goods. Mayor Summers countered that a user tax is the fairest approach, and it might help stem outward flight. Mayor Sutherland agreed, stating that at some point public transportation will become more economical. Mayor Clough discussed the need to develop trust that funding will go for its intended purpose. Citizens are paying federal and state taxes but not getting that money back in benefits.

Affordable Care Act (ACA): Most mayors present said that ACA implementation is "unworkable" and

"unpredictable." Congressman Renacci stated that avoiding ACA requirements is driving creation of jobs that are only part-time. On the other hand, Mayor Summers observed that the cost of uninsured care is unsustainable.

Meeting with Governor Kasich
The mayors meet with the governor Aug. 20. Agenda items include HB5 (revising municipal income tax laws), the Multi-Agency Radio Communications System (MARCS), state and federal EPA requirements and tax reform.

Future Topics
Tentative topics for September include updates on narcotics and mental health. October's tentative agenda includes MARCS and Share Ohio, an inventory system that could provide a basis to track and share public works equipment.

OTHERS SAW IMPOSSIBLE ODDS. METROHEALTH SAW SAM AND HENRY.



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City News

City Of Lakewood Tree Task Force Update

by David Sangree and John Palmer

We would like to update you on the status of the city of Lakewood's Tree Task Force. The Tree Task Force was formed in early 2013 by a resolution of Council. The task force was formed because damage from Hurricane Sandy focused attention on our trees and the need to plan for the future. There are many locations in the City in need of a tree. Unfortunately, the lives of many of our older trees are coming to an end and it's likely we'll lose more in future storms. Additionally, City staff and citizens wanted an advisory board to help inform and implement a better urban forest plan. The Tree Task Force mission statement is to:

"Study and advise municipal officials and the public and recommend action on issues involving public and private trees in the city by generating a broad, multi-faceted, and forward-thinking sustainable plan to preserve, manage, maintain, and perpetuate a healthy, growing, and mature urban forest."

Members of the Tree Task Force include Chair David Sangree, Vice Chair John Palmer, Sheila Neligan-Riley, Marianne Quasebarth Usiak,

and Bob Rensel. Chris Perry, the City of Lakewood Unit Manager, Division of Refuse and Recycling is the staff representative, and Tom Bullock is the Lakewood City Council Ex-Officio Member.

The following are some important events and activities the City is implementing and the task force is recommending.

Flyers are going out throughout the city informing residents they can request a tree be planted on their tree lawn if they will water and watch out for it. We encourage residents without a tree lawn tree to contact the Forestry Department to get their name on the list of interested homeowners. During the spring and fall the city will be planting trees, giving priority to residents who have requested and will take care of trees.

The City of Lakewood, at the recommendation of the Tree Task Force, has established a special program with Bruner Landscape of Sheffield Village <http://www.brunnerlandscape.com> to plant trees in private yards at a discounted price. Interested homeowners should contact Bruner Landscape at 440-871-2323 and mention you are

part of the city of Lakewood Tree Purchase Program to receive the discount on over 27 different tree species. This program will be available for the 2013 Fall Planting Season, so don't delay.

Gift-a-Tree is a program which allows citizens to donate money to the City to help plant more trees. The Tree Task Force is actively soliciting additional funds to support this program. A donation form is available on the city of Lakewood website http://www.onelakewood.com/PublicWorks/Streets_Forestry. We encourage all citizens to consider donating to this worthy program.

Over 350 City-owned Ash trees will have to be removed due to Emerald Ash Borer damage. The strategy involves their removal and replacement over a 10-year time period, and the replanting of new trees within a narrow time frame. The City is currently treating certain trees with a trunk-injected pesticide to prolong the life of these trees during the overall removal process to reduce the negative impact a wholesale removal of a significant percentage of our overall urban forest would have.

The city of Lakewood plans to plant over 130 trees in 2013 through funds allocated by the city, as well as Gift-a-Tree monies. If a tree is planted on your tree lawn or near your house, you can help by making sure it is regularly watered, particularly in the first two years.

The Tree Task Force sponsored

a special event on July 26 entitled An Evening Under The Trees: Tour, Talk, and the Friday night flick - The Lorax. The event attracted hundreds of people. Our next special event will be on October 26 at 9 AM at Lakewood Park, nearly one year after Hurricane Sandy, when we will have a special tree planting day involving donors to the Gift-a-Tree fund. If you'd like to volunteer to plant a tree and join forces with the Lakewood Tree Task Force, please bring a shovel with you!

The Tree Task Force and the city of Lakewood will be generating special tree tags that identify the benefits of trees, and the names of various species in highly visible areas for tree lawns and parks. Look for these to be put up on various trees over the next six months.

The Tree Task Force has had extensive discussions concerning the loss of trees in commercial areas and the challenges of helping newly planted trees grow to maturity. The task force would like to see trees included in all plans for new developments, improvements to roads and sidewalks, repairs to parking lots, etc. They add to the quality of life in Lakewood, and they save us money if they make it to maturity. The task force would like to see better care taken by groundskeepers and residents of newly planted trees throughout the city to ensure that the trees have a better chance of making it to maturity.

The Tree Task Force looks forward to making a formal presentation to Lakewood City Council in early 2014.

Lakewood Punk Legends Co-Headline At Studio-A-Rama

by Betsy Voinovich

Lakewood's own punk legends—Mirrors—are the special guests at next week's 32th annual Studio-A-Rama, hosted by WRUW in Mather Courtyard off of Ford Ave. in University Circle. Mirrors will play at 9pm, the 2nd last slot in the all-day show. "Co-headlining," according to founding bass player Craig Bell (Mirrors, Rocket From The Tombs, The Down Fi) also from Lakewood.

"We played there 32 years ago," says Jaime Klimek, founding guitarist of Mirrors. "I don't think they'd done it before." Another founding member, Paul Marotta was attending summer school at Case. He convinced one of the DJ's "Michigan Mom" to let them play. "They didn't broadcast it," Klimek says. "I think they had a ten-watt signal at the time. They could reach all the way to Murray Hill." This time around the entire day will be simulcast on 91.1, and webcast around the world at wruw.org.

The show will be another first for Mirrors, a gig with a seven-member band—four of the original members, Jaime, Jim Crook, Craig Bell, Paul Marotta, and members of the latest incarnation: Tom Fallon, Dave Franduto, and Tom Madej. "Four guitarists," says Klimek, laughing. "It could be a trainwreck." He says he's reached a place in his life where he's willing to try anything musically and he doesn't give a f** f** ("This is a family newspaper, right?" he asks. I told him we have asterisks for that.) He said he wants our Lakewood readers to know that the band is enormously excited about doing the job and plan to come out swinging.

The first show was not only the first ever Studio-A-Rama, it was a landmark in punk history: Mirrors last job, The Styrene's first public appearance and The Electric Eels' last public appearance. More on that story in next issue's review of the show. Don't miss it.

"Move To Amend" Lakewood Initiative Considered By City Council Committee

by Trudy Hutchinson

Lakewood City Council has referred the citizens' initiative known as "Move To Amend" to the Rules and Ordinances Committee for consideration. The initiative seeks to establish a city ordinance that would create an annual Democracy Day at which Lakewood residents would have a community conversation about money in politics. The Move To Amend initiative is part of a nation-wide movement that seeks to pass an amendment to the United States Constitution that establishes that artificial entities like corporations and unions are not people and money is not speech. The amendment would restore the ability of the government to regulate money in political campaigns.

In gathering support for the initiative, petition circulators explained Move to Amend to Lakewood voters and emphasized that a Constitutional amendment is needed to override a series of court decisions that unleashed the power of large sums of money from corporations and other artificial entities to influence the outcome of our elections. Most voters recalled the resulting barrage of PAC and SuperPac political advertising that accompanied the 2012 political campaigns.

Gayle Wellman circulated petitions for the Move to Amend campaign in Lakewood. In that process she noted that people were concerned about what

is happening in our election process. She recalls that when she heard that the Supreme Court held that corporations are people and had inalienable Constitutional rights she thought, "What can we do about this? When I heard about Move to Amend I was elated and relieved to know there was some recourse...an uphill battle for sure...but if we do nothing, what then?" Gayle Wellman goes on to say that she feels strongly about the educational value of Democracy Day.

The initiative and referendum processes are provided for in Lakewood's City Charter as opportunities for citizens to play a direct role in the government of Lakewood. Likewise, Lakewood Democracy Day provides a forum through which voters have a face-to-face conversation with elected officials about the will of the people. The Lakewood Democracy Day is an example of voters in politics...not money in politics.

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Lakewood Public Library

compiled by Leana Donofrio-Milovan

Wednesday, September 4

Lakewood Historical Society: City Directories: An Overlooked Source for Family History

In the course of piecing together a family history, the smallest clue can provide a thrilling glimpse into lives of our ancestors and should not be overlooked. For those who have caught the research bug, Master Genealogist Deborah Abbot recommends spending time with the Library’s impressive collection of city directories. These handsome old volumes, dating back to the late 19th century, can be seen as an informal census of a community. Filling the gap between each Federal Census ten times over, directories can be used to follow your ancestor’s migration, occupation, place of employment and paint a picture of the neighborhood where they lived.

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

Thursday, September 5

Documentary Film: “180° South: Conquerors of the Useless” (2010) Directed by Chris Malloy

Presented by Case Western Reserve University’s Inamori International Center for Ethics and Excellence Follow Jeff Johnson as he retraces the epic 1968 journey of his heroes Yvon Chouinard and Doug Tompkins to Patagonia. Along the way he gets shipwrecked off Easter Island, surfs the longest wave of his life and prepares himself for a rare ascent of Cerro Corcovado. Jeff’s life turns when he meets up in a rainy hut with Chouinard and Tompkins who, once driven purely by a love of climbing and surfing, now value above all the experience of raw nature and have come to Patagonia to spend their fortunes to protect it. The Library is honored to present this film as part of the celebration for Yvon Chouinard’s acceptance of the Inamori Ethics Prize. Visit case.edu/events/inamori to learn more.

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

Saturday, September 7

Muslim Journeys: “Muhammad: Legacy of a Prophet” (2002) Directed by Omar Al Qattan and Michael Schwarz - With an Introduction and Post-Film Discussion led by Dr. Zeki Saritoprak, Professor of Islamic Studies at John Carroll University

This breathtaking documentary tells the story of the seventh century prophet who changed world history in a score of years and whose legacy continues to shapes the lives of more than a billion people. The film takes viewers not only to ancient Middle Eastern sites where Muhammad’s story unfolds, but into the homes, mosques and workplaces of some of America’s estimated seven million Muslims to discover the many ways in which they follow Muhammad’s example. Dr. Zeki Saritoprak, holder of the Nursi Chair in Islamic Studies at John Carroll University, will introduce the film and begin our Muslim Journey. After the credits, he will lead an interfaith discussion where all respectful people are welcome to ponder the life of the husband, father, statesman and prophet who inspired generations and whose words echoed across Arabia and spread to every corner of the world.

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

Sunday, September 8

Sunday with the Friends: Amethyst String Duo

Violinist Mary Beth Ions and cellist Kent Collier are in-demand, professional musicians dedicated to bringing the beauty of live string music to audiences everywhere. Follow them on a world tour through some of their favorite classical and contemporary pieces. In Italy, selections from Vivaldi segue into the score from the Godfather. Bach, Handel and the waltzes of Strauss loom large in Germany and Austria. The Beatles make a surprise appearance in England alongside Andrew Lloyd Weber and Elgar in the halls of Downton Abbey. They’ll live La Vie en Rose in France, fall for the lovely Carmen in Spain and dance through Eastern Europe with Gypsy czardas and other folk traditions. Back in the USA, Stephen Foster, Scott Joplin, George Gershwin and the stars of Broadway will welcome us all home.

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

Wednesday, September 11

Meet the Author: “The Best They Could Be: How the Cleveland Indians Became the Kings of Baseball, 1916-1920” by Scott H. Longert

Since the founding of professional baseball, few teams have risen above years of mediocrity only to see their fortunes interrupted by war and tragedy. Fewer still have then rallied to win the World Series. In the early twentieth century, the Cleveland Indians brought the world championship to their city of passionate fans in a spectacular style that has yet to be replicated. The Best They Could Be recaps the compelling story of the ballplayers and team owner who resurrected this proud but struggling franchise. Although the Cleveland ball club had been an active part of professional baseball from the late 1860s and a charter member of the American League, by 1915 the team was on the brink of collapse. Into this dejected atmosphere came new owner James C. Dunn, who, lacking baseball experience, nonetheless had the business savvy to bring his club to the forefront, acquiring superstar center fielder Tris Speaker, Larry Gardner and other great players. But during the rise of the franchise, the outbreak of World War I interrupted baseball. Then, in 1920, as the Indians were leading the pennant race, shortstop Ray Chapman died after a pitch fractured his skull. The outpouring of sorrow from teammates and fans alike made the Indians more determined than ever to fight their way to the top. Scott H.

Longert’s entertaining and poignant narrative traces the rise, fall and rebirth of one of America’s most beloved baseball teams. Books will be available for sale and signing at the event.

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

Learning Lab Classes: Introduction to Ancestry: Library Edition

The Ancestry genealogy resource is free to use every day at the Library. How far back would you like to trace your family tree? Genealogist Deborah Abbott will show you how to unlock the secrets held by census reports, military records, birth certificates and death notices in this hands-on workshop. Unravel your history with professional results.

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

Saturday, September 14

Learning Lab Classes: Internet Skills

Learn the skills you need to teach yourself. We begin with PC basics, navigate through the Internet and finish with web searching. We recommend that all students practice using a mouse before class. Ask the Technology Center staff to show you how.

3:00 p.m. in the Main Library Learning Lab

Lakewood Public Cinema: “A Face in the Crowd” (1957) Directed by Elia Kazan

Andy Griffith flashes his dark side as Lonesome Rhodes, an Arkansas drifter who becomes a media sensation overnight and drinks his newfound power in monstrous gulps. Patricia Neal plays the reporter who discovers him in a back-country jail and is the first to fall under his spell. She has a wild time watching his raucous rise from wandering guitar picker to rabble-rousing TV star, but by the time he starts dabbling in politics she’s wondering if she can bear to watch his inevitable fall. The creative team behind On the Waterfront missed out on a second round of kudos when the film’s indictment of media power proved to be too far ahead of its time. Since then, it has been largely forgotten in the shadow of Griffith’s sitcom success, but today we can laugh and gawk and feel the pain as it cuts us too close to the bone.

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

Sunday, September 15

Sunday with the Friends: Scimitars Swing Band

Back in the 30s and 40s, America needed a break from the dark days of war and depression. Relief came in the form of a new up-tempo jazz called swing that swept the country with its cheerful syncopated rhythms. It was the kind of music that asked you to get up and dance. So let’s bring back the sounds of Glen Miller, Les Brown, Woody Herman and Duke Ellington with the Scimitars Swing Band! Director Paul Lawrence leads a seventeen-piece jazz orchestra with full saxophone, trumpet, trombone and rhythm sections. They’re sure to make a big, happy sound in our little auditorium.

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

Tuesday, September 17

Knit and Lit Bookclub: Pope Joan by Donna Woolfolk

Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. For full book descriptions, visit www.lakewoodpubliclibrary.org/bookclubs.

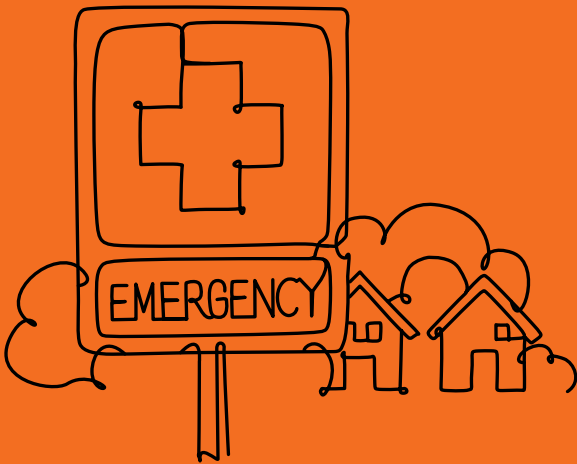
7:00 p.m. in the Main Library Meeting Room

Wednesday, September 18

Lakewood Historical Society: Preservation 101

Margaret Lann of the Cleveland Restoration Society will give a brief overview of the historic preservation movement and explain the legal and governmental structures through which preservation activities are carried out. Learn how the movement has evolved from concern for the homes of founding fathers to preserving recently historic resources and presenting a broader vision of cultural significance.

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



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Lakewood Public Library

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by Nicka Petruccio

Long distance communication is such a commonplace part of our lives that most people probably wouldn't even be able to fathom what life would be like without it. Until a little over 150 years ago, that was the reality of life though. Due to the absence of instant communication, something so tragic happened in the life of one man that he dropped everything and dedicated himself to the development of a long distance communication system. That man was Samuel F.B. Morse, inventor of the Morse code and one of the developers of the telegraph. It was one of the first technological inventions of the industrial age, and it changed communication forever. The transmission of coded signals via electricity through long wires made instantaneous communication over long distances a reality. It put an end to the then-current methods of the pony express, carrier pigeon and more.

Lakewood Library wants to give some students the opportunity to dip into the past and try their hand at communicating in Morse code! Kids from 1st up through 12th grade can participate in this hands-on program where we will learn about the invention of the telegraph, Morse code, and the effect it had on civil war era communication. Then, we will each build our own telegraph "beeper," and try our hand at sending coded messages to each other. Registration is required, and supplies are provided.

Please note that children in 1st through 5th grade must be accompanied by an adult. Students in 6th through 12th grade may attend on their own, but we recommend registering with a friend so you can pair up for message sharing. You can stop in or call (216) 226-8275 ext. 140 to register, or you can register online at www.lakewoodpubliclibrary.com.

LPL Children/Youth Events

compiled by Eric Knapp

Monday – Friday, September 2 – May 23
Homework ER - For students in kindergarten through eighth grade

Need a little extra help with homework or just a cool place to study? Come to the Homework ER room for help and resources. No registration. Homework ER closed for school holidays and vacations.

Ongoing Monday – Friday, September 2 – May 23, 3:00 p.m. to 5:00 p.m. at Main and Madison branch Children's and Youth Services.

Sat. September 7 and end Thur., September 19
Muslim Journeys for Youth - Various ages, program specific

Want to decorate your hand or face with a temporary Henna tattoo? Would you like to write your name in beautiful Arabic script? Maybe you're an artist who would like to try your hand at paper marbling or making a mosaic? Join us for Muslim Journeys! Programs have set age ranges. See our program guide, stop in, or call for specific program dates, times and ages limits.

Sunday, September 8
Origami Go - For students sixth through twelfth grade

Origami Go is for everyone! Each session begins with basic fold techniques and transitions to a group project. After that, it's origami free-time. Supplies and project books provided. To register, please stop in or call (216) 226-8275, ext. 140.

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

Sunday, September 15
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.

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\$5 Flatbreads/\$3 House Wine

Wednesday- Taco Night: \$2 tacos/
\$2 Coronas/\$3 Margaritas

Thursday- Irish Night: Live music/
\$3 Guinness/\$3 Jameson

Sunday- Brunch Menu Specials 12-4P
\$4 Bloody Marys/\$5 Mimosas/5 for \$9
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f

Meet The Author At Lakewood Public Library

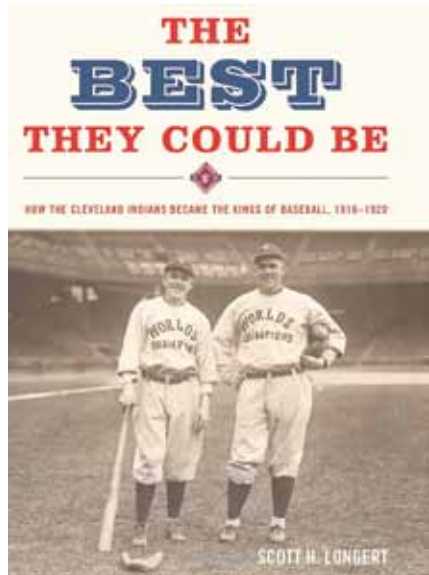
“The Best They Could Be: How The Cleveland Indians Became The Kings Of Baseball, 1916-1920”

by Lisa Calfee

Before they became the Cleveland Indians in 1915, they were the Cleveland Molly McGuires. Yes, the Molly McGuires. And sadly, they were a laughingstock with a losing record. How this nearly defunct team reemerged with a new name and rallied to win the 1920 World Series is the subject of Scott H. Longert's latest book, *The Best They Could Be: How the Cleveland Indians Became the Kings of Baseball, 1916-1920*. The local author and historian is visiting Lakewood Public Library to talk about this dramatic era of Cleveland baseball on Wednesday, September 11 at 7:00 p.m. in the Main Library Auditorium.

The Cleveland Indians were making a brilliant comeback as World War I loomed, but that all ended when America joined the conflict and many ball players joined the army. After the war, they returned to a winning team that was leading the pennant race when tragedy struck again.

Cleveland Indian's shortstop Ray Chapman was fatally wounded by a pitch from Yankee pitcher Carl Mays, taking his regrettable place in history as the only baseball player to be killed in a major league game. Chapman's



family, the team and the city suffered through their grief. Wearing black armbands in honor of Chapman, the team rallied again and emerged champions, winning the 1920 World Series.

Please join the always informative and entertaining Scott H. Longert as he discusses this action-packed era of Cleveland Indians history and his latest book, “The Best They Could Be: How the Cleveland Indians Became the Kings of Baseball, 1916-1920” on September 11 at 7 p.m. Books will be available for sale and signing at the event.

InCREASE Your Skills

by Nicka Petruccio

Fun fact: “origami” literally means folded paper. Well, I suppose that's not that surprising. What is surprising though, is how incredibly easy it is to make beautiful origami pieces with just a bit of practice. Lakewood Public Library is revisiting our popular origami program for teens: Origami Go! Sixth through twelfth graders can come once a month to try their hand at the art of paperfolding. But it's not just for beginners- all skill levels are welcome! Novices will be introduced to basic folding terms

and techniques, and we will create a simple piece together as a group. Afterward, it's origami open-studio, with books and supplies at your disposal to try and create whatever you like. Here, the more seasoned origami artists can shine, and show off their skills to their peers.

Register or just drop in to any or all of the fall and winter sessions: September 8th, October 6th, November 3rd, December 1st, January 12th, or February 8th. Call to register 216-226-8275 (x140), or register online at www.lakewoodpubliclibrary.com.

Stuffed Animal Friend Sleepover

by Bev Gollwitzer

Did you ever wonder what happens in the Library at night when it's closed to the public? Here is a chance for your favorite stuffed animal to find out for you. If you are between the ages of 4 and 7 have your parent bring you and your favorite stuffed animal to the Main Library on Thursday September 12th at 6 p.m. in the multipurpose room. We will have special stories and a craft. Then you

can kiss your stuffed animal good night and leave them at the Library for a night of fun and games. Join them the next morning, Friday, at 10 a.m., watch a slide show of their sleepover fun and receive a special memento of the evening.

To register, please stop in at the children's department or, call (216) 226-8275, ext. 140 or register online at www.lakewoodpubliclibrary.org/youth. Limit 20 children.

26th Annual Lakewood Community Festival

continued from page 1

dio, The Riley Brothers Band, Edelweiss 5, The Polka Pirates, 2 Guys/12 Strings, John Pastirik, Saint Ignatius Circus Company (Jugglers), Lake Erie Science and Nature Center and more.

The festival, sponsored by the

Lakewood Community Festival, Inc. and the City of Lakewood, is traditionally the last event of the summer. Proceeds from the festival will be donated to various local organizations. This event will be held rain or shine.

Lakewood Public Library

People Of All Faiths Come Together For The Library’s Muslim Journeys

by Ben Burdick

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” —Rumi

This fall, the Lakewood Public Library will be hosting a series of programs that will bring to light the cultural, historical and spiritual lives of Muslims in America and around the world. Topics range from Western perspectives on Muslim history to the loving and universal poetry of Rumi to

Muslim Journeys: Children’s And Youth Edition

by Philistine Ayad

Lakewood Public Library—along with our friends from the National Endowment for the Humanities’ Bridging Cultures initiative, and the Turkish American Society of Ohio—is proud to present our Muslim Journey programs. The entire library is working together to educate and enrich our wonderfully diverse community on the subject of Islam. It is especially important to educate our youth, in order to promote understanding of different cultures and religions. That’s where the Children’s and Youth Services Department comes in. We have put together several age-appropriate and entertaining programs at the Main Branch:

Henna Tattoos! (6th—12th grade)
Saturday, September 7, 4 p.m. - 5:30 p.m.

The Art of Ebru, Paper Marbling (3rd—12th grade) Monday, September 16, 4 p.m. - 5:30 p.m.

Write Your Name in Arabic Calligraphy (Students through 12th grade) Tuesday, September 17, 4 p.m.

the rise of the Islam-inspired Hizmet social reform movement. There will be documentaries about the life of Muhammad, the majesty of Islamic art and a conservative Muslim woman’s struggle to educate young Pakistani women. A charming, fictional film will provide a glimpse of everyday life in Turkey and an animated film will illustrate the story of a headstrong young girl growing up in the middle of the Iranian revolution. Children’s programs will focus on arts and crafts



This is a photo of siblings Laila and Adam in traditional Palestinian clothing.

- 5 p.m.

Make a Mosaic (K—5th grade)
Wednesday, September 18, 4 p.m. - 5:00 p.m.

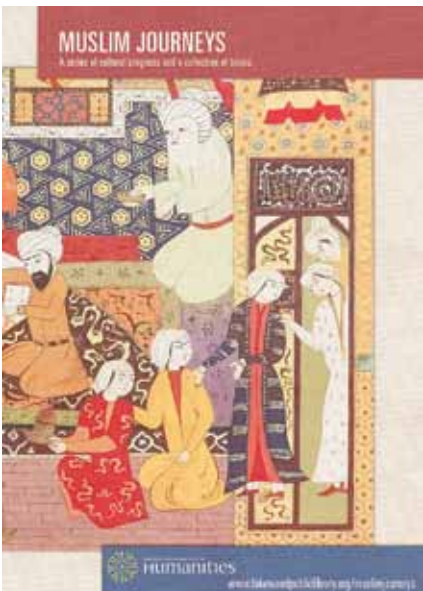
Face Paint Henna Tattoos (K—5th grade) Thursday, September 19, 4 p.m. - 5:30 p.m.

These events will take place in the Children and Youth Services. For more information, or, to register: call 216-226-8275 ext. 140, or visit us online at <http://www.lakewoodpubliclibrary.org/youth/teen>.

of henna design, calligraphy, mosaics and ebru. An ensemble of Sufi musicians will present a glorious concert of openhearted music that welcomes all faiths. And a masterpiece of Persian poetry will be brought to life by actors and musicians reading selections from “The Conference of the Birds.” The series begins on Saturday, September 7 with a documentary film, “Muhammad: Legacy of a Prophet,” introduced and moderated by Dr. Zeki Saritoprak of John Carroll University. A complete schedule with program descriptions and more can be found at www.lakewoodpubliclibrary.org/muslim-journeys.

Muslim Journeys is a part of the National Endowment for the Humanities’ Bridging Cultures initiative, which engages the power of the humanities to promote understanding and mutual respect for people with diverse histories, cultures and perspectives within the United States and abroad. The grant came with the gift of the Muslim Journeys Bookshelf, a collection of books selected by the American Library Association to help audiences become more familiar with the people, places, history, faith and cultures of Muslims around the world and within the United States. The five themes—American Stories, Connected Histories, Literary Reflections, Pathways of Faith and Points of view provide trustworthy and accessible resources about Muslim beliefs and practices and the cultural heritage associated with Islamic civilizations. The books (with handy links to the Library’s catalog) can also be found at www.lakewoodpubliclibrary.org/muslimjourneys.

In addition to support from the National Endowment for the Humanities, the Library has received invaluable help from the Turkish American Soci-



ety of Ohio—Cleveland (TASO) whose newest Turkish American Cultural Center stands at 13303 Madison Avenue next door to the Library’s Madison Branch. Two of the programs in October will take place at the Cultural Center. Tours of the facility, along with light refreshments, will be provided afterwards. Murat Gurer of TASO said, “We are excited to be working with Lakewood Public Library on these outreach programs. It’s a wonderful opportunity to clear up misconceptions and share beautiful ideas.”

Job Openings

The University of Akron’s Lakewood location has several openings:

- **Business Operations and Finance Assistant**
- **Office Assistant**

Both are 28 hour per week positions and require a flexible schedule. For more information or to apply go to: <https://www.uakron.edu/hr/job-openings/openings.dot>



The University of Akron
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Saturday, September 14, 2013
11:00AM - 1:00PM



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Lakewood Schools

LHS Senior Earns Return Trip To National Honor Orchestra

by Christine Gordillo

Lakewood High School senior cellist Danny Toner has been selected to perform with the National Association for Music Education's All-National Honor Orchestra, which will perform in late October in Nashville, Tenn.

This is Toner's second selection to the prestigious ensemble as he performed with the group his sophomore year as well. He will join about 63 other top-performing student musicians in the country to form this year's honors ensemble.



Senior Danny Toner will play with the All-National Honor Orchestra this October in Nashville.

Toner will rehearse and perform with renowned conductors when he travels to Nashville on October 27 for three days of rehearsals capped off with a performance on October 30 as part of NAFME's Music Education Week. The National Honor Orchestra will be joined in that performance by the national honor ensembles for Band, Mixed Choir and Jazz Band.

Sophomores, juniors and seniors from across the country were eligible to audition and had to submit a two-minute audition piece. To be eligible to audition, a musician must also have been selected to his or her All-State Orchestra.

Although this is a return trip for Toner, he is still "super excited" to be part of it all again. Toner said the musi-

cal experience he gains is invaluable. "You really get to understand different conductor's styles. The conductors that are invited are always some of the top ones and most competent," he said.

Toner has his sights set on Vanderbilt University to continue his cello studies. He also was invited to take part in a two-week cello festival at St. Olaf College in Minnesota this summer.

Toner's director, Beth Hankins, attributes his success to his talent, hard work and great family support. "The Lakewood community and Lakewood Orchestra program are so proud of Danny. We have never had a student participate two times. It is very hard to do," she said.

District To Hold Online Furniture Auction

by Christine Gordillo

The Lakewood Board of Education will be conducting an online auction of used school building furniture beginning on Tuesday, September 3, 2013, and will conclude on Friday, October 4, 2013.

To view the auction after September 3, go to www.publicsurplus.com; click on "Select Region"; click on "Ohio"; click on "Select Agency"; click on "Ohio Schools Council"; click on "See All". To see a description, terms and location, click on the "item". If interested in bidding on an item or items, go back to the home page and register and proceed to enter your bid

on the item or items you are interested in purchasing. For clarification you may contact the Lakewood Board of Education at 216-227-5302.

Items to be auctioned may include books, classroom furniture, outdoor maintenance equipment, office furniture, computers, printers, monitors, phones, etc.

"My hope is that community members will engage in the auction process and that the school district can gain some financial benefit. Any proceeds will be placed in a capital improvement fund," said Superintendent Jeff Patterson.

Student Achievement Remains High

continued from page 1

that were never tracked yet still counted as Lakewood students if they were not reported to be enrolled elsewhere. This rate should improve as systems are now in place to handle such tracking.

The district also is working diligently on closing the achievement gap in reading and math for some of our student groups. The new measurement of Annual Measurable Objectives (or AMOs), looks at each category of students and how it performs in relation to all students. The district has been focused on improving the performance of our Limited English Proficiency students as well as our students with Individual Education Plans or IEPs, but we still have much work to do as evidenced by lack of a passing grade in the AMO category.

"We know we have work to do with our sub-groups and Lakewood is impacted significantly by this state measurement as we are one of a minority of suburban school districts that have 9 of the 10 subgroups measured," said Roxann Ramsey-Caserio, Director of Teaching & Learning K-12. Examples of sub-groups include Limited English Proficiency, Economically Disadvantaged, Students with Disabilities and Asian or Pacific Islanders.

"However, we know we are on the right track," added Ramsey-Caserio, "as we have made significant progress with our lowest 20% achieving students as evidenced by the A rating in that category for Value-Added."

On the building level, bright spots

included four of our schools earning A's for number of state indicators met as Hayes and Lincoln elementaries, Harding Middle School and Lakewood High School each met all of its indicators for subject proficiency in math, science, reading and/or social studies.

The West Shore Career-Technical District, also is a point of pride for our district. West Shore continues to shine in state ratings. Out of 91 districts across state, West Shore was one of only 11 districts to receive straight A's across all measures. Each career-tech district is graded on 4-year graduation rate, 5-year graduation rate, and post-program placement.

Lakewood City Academy, the district's community charter school, did exceptionally well with its Ohio Graduation Test passage rate. Of the students who took the OGT, 100% passed.

It will take some time for the district staff to adjust to the new state accountability requirements and adjust its instruction and focus accordingly.

"The new report card data is based on state tests given to students once per year," said Superintendent Jeff Patterson. "It is a snapshot of the district and school building progress and does not reflect all our programs within the district (i.e. our fine arts program). The reported data will be reviews with our instructional staff so that we can focus on our continuous improvement efforts."

For a complete look at the district and building Report Cards visit: reportcard.education.ohio.gov.

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Lakewood Schools

Board Appoints Financial Advisory Committee Members

by Edward Favre
Lakewood BOE President

On May 20, the Board of Education created a Financial Advisory Committee to work with the Treasurer, Superintendent, and the Board Member assigned to Finance. The purpose of the committee is advisory in nature and to work in a cooperative and collaborative manner in following areas: review the annual State Audit and address any concerns; conduct a pre-audit and post-audit meeting; share business and financial “Best Practices;” review the Five-Year Forecast; and make an annual report to the Board.

The Committee is comprised of three citizens who are Lakewood residents appointed by the Board. The

Board sought citizens with financial and/or audit experience, such as CPAs, CFOs, CEOs, or bankers. At the outset, one of the terms will be three years in length with the other two initial appointments being one and two years each in order to establish a rotation of filling one position each year. One of the citizens is to chair the committee.

We are are pleased that a number of good, community-minded citizens came forward to offer their expertise. From these qualified applicants, the Board has selected the following:

Jennifer Pae is the Finance Director of the City of Lakewood and formerly in the audit sections of Key Bank and the State Auditor’s Office. She has two children in Lakewood Schools.

Robert Torok is a CPA and Director with RSM McGladrey. He has past experience with State Board of Education and municipal finance and has taught accounting and finance at various universities.

Pete Nelson is an Assistant Vice President at Dollar Bank and Board

Member of the Lakewood Chamber of Commerce. He has two graduates of and one child in Lakewood Schools.

The Board appreciates all those who offered their help. They exemplify the willingness for public service so prevalent in our community.

District Hires New Treasurer

by Christine Gordillo
The Board of Education at a special meeting on August 22, approved Kent R. Zeman as the next Lakewood City Schools Treasurer. Zeman is the current Treasurer of Avon Local Schools and will replace interim Treasurer Jim Estle starting December 1.

“We are pleased to hire Kent Zeman,” said Board President Edward Favre. “He comes to us with great credentials and we are confident he is up to the challenges and important hard work we have ahead of us.”

Zeman will work with Estle prior to December 1 to ensure a smooth transition, just as Estle worked with former Treasurer Tim Penton prior to his retirement on July 31.

Zeman brings extensive school finance experience, dating back to his time as Treasurer for the Clearview Local Schools in the late 1990s and then his two years as treasurer at

Olmsted Falls Schools. He has spent the past nine years with Avon, where he was instrumental in the passage of operating and capital improvement levies.

Zeman’s experience with two major school construction projects in Avon will be valuable as the Lakewood anticipates its own major construction project on the near horizon.

Zeman is now eager to bring his knowledge and experience to Lakewood.

“As a true believer in public education I look forward to the challenges and opportunities to serve the Lakewood City School District and the community of Lakewood,” he said. I am excited to begin working together with the Board, Administration, and all staff to provide the best educational opportunities for the children of Lakewood while being sensitive to the citizens of the Lakewood community.”

Lakewood Institutes Summer Reading Camp



This class tackled space, the final frontier

by Kevin Spooner
Thanks to an Educational Service Center of Cuyahoga County grant secured by the Division of Teaching and Learning, Lakewood City Schools was able to offer students in grades Pre-Kindergarten-3rd an opportunity to work on their reading skills during the summer months.

For six weeks, Lakewood teachers planned lessons and activities around themes such as animals, dinosaurs, and space. Students learned strategies to aid both phonemic and comprehension skills, worked collaboratively with other students to creatively and constructively analyze different reading selections, read to teachers on a one-on-one basis to further fluency, and played reading games to further learning opportunities.



Reading to her classmates.

Thanks goes out to all who contributed to this worthwhile program. From parents who supported the program, to Mrs. Meredith Wojtkun and Ms. Lauren Nash who as administrators, supported students and teachers alike, and to the students who gave their all to further prepare them for this upcoming school year.



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Lakewood Cares

Remembering H2O Summer Service Camp 2013

by Emmie Hutchison

School has started, fall sports and past-times are picking up momentum, and soon the weather will show signs of change as well. Even as summer fades amid this flurry of autumn activity, H2O's Summer Service Campers still carry fond memories of volunteering around Lakewood and the greater Cleveland area with their peers. As one camper, Grace, phrased it, "H2O isn't just a summer camp, it's a place for making friendships, and you leave knowing you are part of a change." That is a powerful feeling for middle school kids!

The sense that one leaves the camp experience confident in making an impact was reinforced through this year's theme, "Drops of Kindness, Ripples of Change." While the theme extends H2O's 20th Anniversary tagline, its meaning was explored more deeply through shared stories. The reflections that grew from applying the theme were moving and profound. Each of the 9 counselors shared personal accounts of being inspired to volunteer through their involvement with H2O, and then pursuing their passions as they grew and matured. From literacy programs to working with Habitat for Humanity, each counselor shed insight into how service shaped their character and their choices in life. As another camper, Lizzie said, "This shows...that just one little gesture of kindness and service can go such a long way and help so many people. It's the best feeling in the world to know that you helped someone and that your drop is making a difference."

This summer, 194 campers donated 3,255 hours; quite a few drops of kindness!

One highlight of service each year is the Cleveland Foodbank, where kids mostly pack lunches for summer programs. They learn that some children from food-insecure households rely on lunches from schools, and could potentially be hungry during summer without these programs. Their work at the Cleveland Foodbank and at Lakewood Community Services Center are truly eye-opening experiences. Another area of programming allowed campers to learn about the lives of immigrants and refugees. They tutored through the Asian Services in Action summer language camp, and helped set up apartments for new arrivals through Catholic Charities Migration and Refugee Services. They also worked with young children at area daycares, played games with seniors at Crestmont Nursing Home, helped with landscaping at local seniors' houses, made beautiful crafts to sell at The Lakewood Arts Festival, removed invasive species plants at the Cuyahoga Valley National Park, grew fresh food in LEAF gardens to donate, and priced, sorted, and displayed thousands of items for our annual Clothing Drive.

One of the most exciting service sites was our return to the Ronald McDonald House of Cleveland. Due to construction, Summer Service Camp did not make any visits to RMH last year. In the summer of 2013, we made 28 trips, for a total of 448 hours of service! Campers divided their time between doing chores inside and outside the house, and providing fun and recreation for kids who are guests in the house. House Volunteer Manager, Jennifer Sinisgalli, offered her heartfelt thoughts about H2O's involvement with RMH Cleveland: "H2O is a much appreciated,

beloved, and longtime partner with the Ronald McDonald House. We have great admiration for this exceptional program that links youth with community service. What a great way to teach our children the importance of investing themselves into their communities! Our H2O partners are enthused and motivated to do a number of things for us, including cleaning and sanitizing toys, helping organize closets and storage spaces, making decorations for special events and holidays, and playing Wii, blowing soap bubbles, and 'chalking' sidewalk pictures with the children residing at the House. We are sincerely grateful to the City of Lakewood and H2O participants that so generously give their time and resources to not only us, but the many organizations and programs they assist."

Mornings at Summer Service Camp are spent volunteering, and then campers share game time. This valuable part of camp rewards the morning of service, but also creates fun and bonding moments. Some of the afternoons were spent learning more about philanthropy and social issues. Cathy Welsch, Director of the Cleveland-based organization Kick-It, talked to campers about how playing kickball can raise money for children's cancer research. They learned that this research is poorly-funded and desperately in need of updated treatments formulated specifically for children. The concept for Kick-It was originated by a 10-year old cancer patient who used his favorite game to motivate people to raise money. Campers had a penny war fundraiser, collecting \$1,856.00 to donate to Kick-It. Their efforts received a boost

from a "Championship Jar" collected by staff and given to the team who won each session's kickball game.

The student leaders of Lakewood High School's Dare2Care/Club Identity spoke to each session of camp about discrimination. Campers were given a series of thought-provoking presentations which were discussed in small groups. They were asked to identify with their own interests and personality qualities, and to reflect on the merits of all these identities. The overall message was to learn more about other people and to see the value in our differences.

In addition to our great speakers and service partners, H2O "Help to Others," would like to thank some other individuals and groups who helped make Summer Service Camp possible. Thank you to our many, many adult volunteers who helped with driving, teaching, and supervising campers. They gave so much more than their time; they were role models, leaders, and educators. Thank you SO much to our sponsors, whose donations fund Camp. Without their generosity, we could not offer this wonderful opportunity to Lakewood kids at a reasonable cost. Finally, thank you to the City of Lakewood for supporting H2O as part of its Human Services, Division of Youth, and the Lakewood City Schools for their strong role in H2O's successful summer. Molly, one of this year's campers, summed up her experience so well: "Being here makes me feel like I am actually making and bringing hope, peace, joy, happiness, love, care and change to Lakewood."

Thanks again to the partnerships that made this possible.

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Grace Lutheran Church Welcomes
Radio Personality For Rally Day

by George Hansell

Grace Lutheran Church, located across from Madison Park on the corner of Grace and Madison Avenues in Lakewood, will be celebrating their Sunday School Rally Day on September 8th with a special guest. Mark Rein, radio personality at WFHM 95.5 The Fish, will provide contemporary worship music and the message at the 10:30 a.m. worship service. He will also bring greetings and a brief presentation to the Sunday School Children & Staff during the Sunday School hour beginning at 9:15 a.m.

The Greater Lakewood Community is warmly invited to join the congregation for this special day of worship with its special guest as the Sunday School launches into a new program year that will begin with a focus on God's act of Creation. There will be a reception with refreshments following the service.

For more information, visit the congregation's website at www.grace-lutheranlakewood.org, or call the Church Office at 216-221-4959.

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Lakewood Cares

Come To The Lakewood Dog Park Tenth Anniversary Celebration

by Karen Karp
Come. Sit. Stay. Play.
Come to the 10th Anniversary Celebration being planned for The Lakewood Dog Park. Friends of the Lakewood Dog Park (FLDP) is hosting the event to mark the first ten years of the park, which has grown to become a

favorite destination for both dogs and their human companions.
Sit and enjoy dinner on Saturday, September 14, 2013, beginning at 5:30 p.m. The party will take place in the Waterside Room and the surrounding patio at the Emerald Necklace Marina, 1500 Scenic Park Loop Trail, located in

the Cleveland Metroparks Rocky River Reservation. Dinner will include a choice of hot-from-the-grill chicken, hamburger or veggie kabob, complemented by an “all the fixin’s” condiment bar, rolls and buns, an everything-from-the-garden salad, two side dishes, plus dessert and beverage. A cash bar is available.

Stay to win one of many door prizes donated by our sponsors. Feeling lucky? Prizes to be given away include gift baskets, certificates from groomers, trainers and pet stores. The grand prize is an iPad Mini. Thank you to our donors and sponsors: Angelo’s, Furry Nation, Ganley Ford West, Inn the Doghouse, Lakewood Animal Hospital, Paws and Effect, Petique, Pet People, Pet’s General Store, Rocky River Wine Bar and Style Mutt.

Play with the human members of FLDP and other frequent park goers. The Waterside Room is ours until 10:30 p.m., so go ahead and bark for the park all night long.

Tickets are \$20 and available from any FLDP board member or on our website lakewooddogpark.com. Tickets may also be purchased at the Dog Swim on September 3, 2013. Please note that tickets must be purchased in advance. Tickets will not be available at the door.

Friends of the Lakewood Dog Park, Inc. is an all-volunteer, non-profit, tax-exempt 501(C)(3) organization that works with the City of Lakewood to care for and maintain the dog park. We take responsibility for keeping the dog park clean by providing clean-up bags and waste can liners and by raising funds for dog park improvements.

Karen Karp lives in Lakewood and is president of Friends of the Lakewood Dog Park, Inc.

Christian Church (Disciples of Christ) Officially Welcomes LGBTQ Members

by Chris Stark
“Becoming a People of Grace and Welcome to All” is the wording of resolution 1327 which was voted on and passed by a wide margin at the General Assembly of the Christian Church (Disciples of Christ), a mainline Protestant denomination, when they met in Orlando, Florida last week. Resolution 1327 reads:

BE IT FURTHER RESOLVED that the General Assembly calls upon the Christian Church (Disciples of Christ) to affirm the faith, baptism and spiritual gifts of all Christians regardless of their sexual orientation or gender identity, and that neither is grounds for exclusion from fellowship or service within the church, but we celebrate that all are part of God’s good creation.”

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Sharon Watkins, the General Minister and President of the Christian Church (Disciples of Christ), in a letter to congregations saying, “The intent of the resolution is to urge Disciples to welcome into our congregations and other ministries all who seek Christ. It serves as a reminder that among Disciples we do not bar the church door or fence the [communion] table from those who

“The Cannoli Caper” A Murder Mystery Dinner

by Toni Sabo
Try to solve the mystery and enjoy a delicious Italian dinner at Brennan’s Party Center (13000 Triskett Rd) on Saturday, September 14 at 7 p.m. Murderous Mayhem is presenting the “Cannoli Caper” sponsored by the Friends of St. James, Inc.

The play is set in the late 20’s in a speakeasy during Prohibition. It’s a hilarious spin to the gangster days of old when the girls are sassy and the guys are flashy. The plot centers around two rival

gangs discussing a truce. Personalities begin to explode when someone turns up dead. Our guest will be charged with figuring out who “done it”. To add to the fun gangster attire is welcomed, and this is a BYOB event.

Tickets are \$35.00 or 2 for \$65. The festivities will also include a basket raffle. All proceeds will go to St. James Restoration fund. Tickets will be available after Masses at St. James on the weekend or by calling 216-521-4061. Come join in the fun!

Lakewood Couple Wins Award

by Anne Palomaki
Perhaps you recognize John and Trudi Zaremba since they walk many streets in Lakewood picking up litter.

The Zarembas began walking their dog 11 years ago. As they walked, they began picking up cans to recycle them. Soon they added all kinds of litter including hundreds of cigarette butts. Even though their dog died, they continued their daily walks as they take

pride in their neighborhood.
Daily, they walk through Lakewood Park; along Lake and Clifton from Summit to Cove; and on many side streets from Clifton to Detroit. Since John served in the Vietnam War, the Veterans’ Memorial in the Park is important to him, and he cleans that area on a regular schedule.
On June 13th, 2013, they received “The Community Service Award” for exemplary stewardship and com-

munity service, presented by State Representative Nickie Antonio.
Both John and Trudi lost their first spouses. They met in a Grieving Support Group. John had worked as an auditor for the Federal government and after retiring drove school vans. Trudi enjoyed working in retail.
Lakewood is a wonderful city in which to reside because of citizens such as John and Trudi Zaremba.

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Lakewood Is Art

Silhouette School Of Dance & Fine Arts Teaches The “Love Of Dance” With An Emphasis On LOVE!

by Teresa Mulroy Balawender

Teaching the art of dance is something a dance studio does. The instructors mold the students from a little girl, twirling around with visions of becoming a ballerina into a young adult going off with a possible career in the field of the arts. At Silhouette School of Dance & Fine Arts, this vision is just the beginning of what studio owner Donna Rakerd-Converse, known as ‘Miss Donna’, does. Students come to Silhouette and learn more

than just how to dance. They learn the love of the art, respect for self and others, and how to work as a team. Every girl and boy who walks through the front door is greeted with love. Hugs from Miss Donna are a standard greeting. Beyond that, every student knows that they are accepted for who they are, regardless of disability, size, or skill level. Students are praised for their own individual accomplishments and pushed at their own level.

As a teacher for over 17 years at the studio, I have seen first hand the level of love and acceptance Miss Donna has for each student. I have watched students who mastered dance being a size that other studios would have turned away. I have watched Miss Donna work with students who come to us with mental disabilities and have been able to strive in their dance to work alongside typical students. We have students with physical disabilities who were told they could not dance, enter the studio with smiles because they get that opportunity in a private lesson with Miss Donna. These students are made safe. Safe from bullying, safe from ridicule and safe to learn life skills all while working on their own passion for dance.

Miss Donna teaches early on the importance of the students finding

their own personal love for dance. Older students can recall the quotes of inspiration that Miss Donna taught them as toddlers. A common one is “the dancer inside your heart” symbolizing that the art of dance is something each student finds as they grow as a dancer. Not from what their instructors teach them, not from the costumes they put on at recital but solely because each student has their own ability to dance, even with a financial limit, a disability, or even a physical issue. Sil-

houette School of Dance & Fine Arts is accepting new students for the coming 2013-2014 season. Miss Donna and staff are ready to greet your child and let them find their love of dance in a studio that does not mirror the reality shows on TV but lets them find their own vision of dance, from a toddler in ballet to the teen at competition team level.

Teresa Mulroy Balawender is an instructor at Silhouette School of Dance & Fine Arts.

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Inaugural Art And Soul Street Festival

by Ken Tomaro

The Good Day Moon Gallery and The Reiki Room are sponsoring the “Art and Soul Street Festival” to benefit Trinity Lutheran Community Outreach Community Meals program to be held Saturday September 14 from Noon till 7 p.m. The event is being held on Cranford Ave., near Detroit Ave. Steve Berry Buick is also participating by offering the grass lot on Cranford to be used for performers and musicians.

It began with the idea to hold a small event, a few artists, maybe a musician or two.

And it took off...and grew into a street festival offering Fair food, street performers and around 14 artists and musical entertainment.

People can come and enjoy a variety of local artists, who will be selling their work, along with street performers such as “Something Dada,” a comedy improv group who recently performed at the Elmwood Arts Festival. A dance troop from Olmsted Performing Arts Academy is performing “A Reason to Celebrate.” The dance troop are made up of performers ranging in age from 7 years old to 20 years old, and will soon be performing on stage at Downtown Disney this fall.

In addition, there will be live musicians performing, such as Dave Brewer, percussionist, Henry DeLeone, steel drum performer. Eddie Albert will also be performing and playing guitar. We will also be entertained by members of the New-

bury’s St Helen’s Unicycle Drill Team, who have generously offered to put on three performances throughout the event.

A street festival wouldn’t be complete without food!

To satisfy and tempt you, Lucky Dogs will be offering hot dogs, Italian sausage sandwiches and other fun items along with a variety of beverages. The Root Café will be there offering hot chocolate and hopefully some apple cider to kick off the fall season. The festival is also inviting you to get in touch with your own inner artist by helping draw on the sidewalks with sidewalk chalk; in addition there will face painting the kids.

There will also be a raffle of items donated by other local merchants, and a bake sale where 100% of the proceeds will go directly to TLCO. The vendors involved will also be donating 10% of their sales to the community meals program.

There is also rumor of having a glass blowing demonstration by The Glass Bubble Project located in Ohio City.

This is a wonderful opportunity for the Lakewood Community to come together and help a lot of people at one time...the artists and local businesses, as well as the community in need.

Considering this is the first event, we personally cannot wait to see what we can put together for next year!

For questions about the event contact Gina at 440-225-3982 or Ken at 216-952-2731.



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Lakewood Is Art

Hispanic Exhibitions Celebrate Culture At Beck Center

by Pat Miller

Beck Center for the Arts in collaboration with American Greetings, Esperanza, and the Hispanic Cultural Center will host joint receptions from 5:30 to 7 p.m. on Friday, September 20, 2013, for Hispanic Heritage, Hispanic Art and Esperanza's Youth Artists. These free receptions, which are open to the public, will include food, music, and a cash bar. Hispanic Heritage, Hispanic Art and Esperanza's Youth Artists will run concurrently in the Jean Bulicek Galleria and the entry halls on the first floor at Beck Center September 6 – October 6.

The beauty of Hispanic culture will be highlighted at Hispanic Heritage, Hispanic Art, a contemporary exhibition featuring the distinctive artworks of local Hispanic artists. Last year, this exhibition featured the unique works of thirteen participants. The momentum is continuing at this second annual



Artwork by Bess Rodriguez Richard

exhibit, with many of the artists returning including Bess Rodriguez Richard, Augusto Bordelois, Hector Castellanos, Martinez Garcias, and Dr. Maria José Pujana. This exhibition provides

gallery viewers with a glimpse into the artists' lives through their present work. In doing so, viewers may speculate how each artist's future work will unfold.

For the second year, Beck Cen-

ter will host Esperanza's Youth Artists, an exhibition that has grown out of a series of summer workshops led by artists from American Greetings. A group of participants from Esperanza, Inc. will show their work created at weekly workshops throughout the summer. Different artists have guided the youth-program participants from Esperanza, Inc., a local non-profit that promotes Hispanic educational achievement. The young artists explored a variety of artistic techniques, including mask making, collage, and block printing. For many students, this was their first chance to meet a professional artist and to understand some of the creative opportunities that the work world offers.

Founded in 1985, the Hispanic Cultural Center of Cleveland is a non-profit organization whose mission is to preserve and develop the Hispanic Cultures in Greater Cleveland through the arts. With nearly 1250 members from 21 Hispanic countries, the center is one of the most diverse Hispanic organizations in Cleveland. It acts as a liaison with groups and individuals who request programs, artists, sources, and information pertaining to the Hispanic community.

For information about upcoming art exhibits at the Beck Center, visit our website at beckcenter.org. For gallery hours, call Customer Service at 216.521.2540 x10. Beck Center is located at 17801 Detroit Avenue in Lakewood. Free onsite parking is available.

Love Is In The Air As Beck Center Begins 80th Season With "She Loves Me"

by Pat Miller

Beck Center for the Arts opens its landmark 80th season with "She Loves Me" on the Mackey Main Stage, September 20 through October 20, 2013. Winner of the Drama Desk Award for Outstanding Revival and the Olivier Award for Best Musical Revival, "She Loves Me" is considered by many to be one of the most charming musicals ever written. Show times are 8 p.m. Fridays and Saturdays and 3 p.m. Sundays. There will be no performance on October 19. Tickets are now on sale.

With music by the Tony Award-winning team behind "Fiddler on the Roof," Sheldon Harnick and Jerry Bock have composed unforgettable songs that manage to harken back to the golden age of musical theater. "She Loves Me" tells the touching story of Georg and Amalia, two feuding clerks in a 1930s European parfumerie who secretly find romance in their anonymous pen pals, unaware they are corresponding with each other. A warm romantic comedy with endearing innocence and a touch of old-world elegance, "She Loves Me" is as relevant as ever in this age of internet romances. The New York Times called "She Loves Me" a "continuously melodic evening of sheer enchantment and complete escape."

"If there is a musical that anyone should be in love with, this is the musical," commented Director Scott Spence, "I have had a long-time love affair with this show and am thrilled to finally have a chance to share it with Northeast Ohio audiences." With musical direction by Larry Goodpaster and choreography

by Martín Céspedes, the talented cast includes Equity actors Rebecca Pitcher as Amalia, Jamie Koeth as Georg, and Matthew Wright as Maracek. Beck Center is very pleased to have Ms. Pitcher star in this production after appearing on Broadway as Christine Daaé in "The Phantom of the Opera."

Tickets for "She Loves Me" are \$29 for adults, \$26 for seniors (65 and older), \$12 for students (with valid I.D.), and \$10 for children (12 and under). An additional \$3 service fee per ticket is applied at the time of purchase. Preview Night on Thursday, September 19 is \$10 with general admission seating. Group discounts (13 or more) are available. Purchase tickets online at beckcenter.org or call Customer Service at 216.521.2540, ext. 10. Beck Center for the Arts is located at


17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Free onsite parking is available.

Presented through special arrangement with Music Theatre International (MTI) this production of "She Loves Me" is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and the Ohio Arts Council.




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Wellness Watch

What’s All The Buzz About Coconut Oil?

by Rachel Anzalone

Coconut oil is a traditional oil that has been consumed for thousands of years in tropical cultures. Recently it has gotten a lot of attention in the US and has become a staple for the health conscious crowd. Once seen as detrimental to overall health, the medium chain fatty acids found in coconut oil are now considered a heart-healthy food. It may also support metabolism and hormone health as well supply many benefits when used topically.

Coconut oil is nature’s richest source of lauric acid, a saturated fat

which has been shown to increase the “good” HDL cholesterol in the blood to help improve cholesterol ratio levels. Lauric acid is a medium chain triglyceride (MCT). The digestion of MCTs in the liver has been shown to lead to efficient burning of energy and weight loss.

Coconut oil lowers cholesterol by promoting its conversion to pregnenolone, a molecule that is a precursor to many of the hormones our bodies need. Coconut oil can also positively affect our hormones for thyroid and blood-sugar control. People who take coconut oil also tend to have improvements

in how they handle blood sugar since coconut can help improve insulin use within the body. Coconut oil can boost thyroid function helping to increase metabolism, energy and endurance.

Coconut oil improves absorption of the fat-soluble vitamins A, D, E and K, as well as beta-carotene and CoQ10. It also enhances absorption of minerals such as calcium and magnesium.

Some of the most common topical uses of coconut oil include moisturizing the skin & hair. Coconut oil has antioxidant properties, so it protects against free radicals that can dam-

age the skin. It also keeps connective tissues strong, preventing skin from sagging and wrinkling. Used as a hair product it can help control dandruff, condition the hair, protect hair from split ends and add shine.

Coconut oil has also been used traditionally for the healing of cuts, burns and wounds because it contains germ-fighting fatty acids with anti-fungal properties that can help kill bacteria and viruses that can cause skin diseases and infections. It also can help to fight off yeast, fungus and candida.

Another topical use of the oil is protecting against the sun’s harmful rays. With an SPF rating of about 8, coconut oil allows the sun’s rays to enter the skin and produce Vitamin D, which is essential to good health while also neutralizing UV rays with natural antioxidants and anti-inflammatory properties.

Rachel Anzalone is a Traditional Naturopath and Loomis Digestive Health Specialist at Holistic Lakewood. Visit www.holisticlakewood.com for more information.

Get Fit For Fall!

by Paula Reed

Feeling good about the time you spent being active outdoors this summer, but worried about slacking off now that days are getting shorter? Extend your walking season with Live Well Lakewood’s Fit In Five Fall Walking Challenge, which begins on Wednesday, September 11th and continues for four additional weeks, through October 9th.

This Challenge steps off each week on Wednesdays from Horace Mann Elementary School gym, 1351 West Clifton. Enter the gym from the parking lot accessible off Webb Road, and come in the back entrance. We’ll walk different parts of the neighborhood each week, starting at 6:30 p.m. The first walk is one mile; we add a half-

mile each week until we reach 3 miles at the last session. Walk at your own pace with a map or fall in step with a person or group whose stride matches yours. Walk the whole distance or not—this is all about helping enhance your fitness at whatever level works best for you.

On September 11th from 5:30 p.m – 6:30 p.m. before the walk will be registration and free mini-health screenings. We’ll do blood pressure readings, height, weight, & measurements. While you wait, you can nosh on healthy snacks. We’ll do the numbers again at the end of the Challenge, and you’ll see the progress you made.

Those who complete at least 3 out

of the 5 sessions are invited to attend a celebratory Healthy Potluck on Wednesday, October 16th, 6:30 at the Women’s Pavilion at Lakewood Park. The dinner is loads of fun, and the food proves that eating for your health is delicious and exciting.

Pre-Registration is requested, but not required. Our Walking Challenge is a FREE event.

Email info@LiveWellLakewood.org or call or call 216-529-7695 to sign up.

Come join us as we take advantage of our walkable community to enjoy a close-up look at our beautiful houses as we stroll by and enhance our health. You’ll be glad you did!

Moving Beyond Loss

by Daniel Wenger

We all experience loss. Grief is the normal and natural reaction to loss of any kind. Grief and Recovery are not often used in the same sentence. The Grief Recovery Method® is for those who desire to address the pain in their lives, due to loss, in hopes of restoring wholeness and the ability to take joy in life, in other words to recover by completing the emotional pain associated with loss. Developed by the Grief Recovery® Institute, this program is conducted by Certified Grief Recovery Specialists®. All are current or retired chaplains from Fairview and Lakewood Hospitals.

Next workgroup, Mondays, September 16 - November 4. (8 sessions), 6:30 – 8 p.m, at Moll Pavilion of the Cleveland Cancer Center at Fairview Hospital.

The 8-wk series repeats Tuesdays, (Morning group) October 8 – November 26, at St. Paul Lutheran, Berea.

Call 440-899-7113 or 440-233-8024 to register or for more information.

Dress Up And Run In The Youth Challenge Superhero Dash

by Kathy Rigdon

The Youth Challenge Superhero Dash, the 28th Annual Race Day in memory of former Trustee Dave Hardman, will take place Saturday, September 14 at Lakewood Park, 14532 Lake Ave.

The Superhero Dash will raise funds for Youth Challenge (YC), a non-profit that provides adapted sports and recreational opportunities to children with physical disabilities. Trained teen volunteers are paired one-on-one with participants to play, socialize and have fun. YC serves children throughout Northeast Ohio and has offices in Westlake and Shaker Heights.

The 5K run kicks off at 9:15 a.m.



and the 1 Mile Walk/Roll starts at 10 a.m. Awards will go to the top three men and women overall and in each age group, as well as the challenged division. Achievement ribbons will go to all 1 Mile finishers. There will be prizes for best costumes, so be sure to dress up as your favorite superhero.

Event participation is \$15 per person for early registration, \$20 on Race Day, \$10 for Children 18 and under (pre-registered and same day). First 300 registrants will receive T-shirts.

Register online at hermescleve-land.com.

Sponsors for the Superhero Dash are American Tank & Fabricating,

Nurenburg, Paris, Heller & McCarthy Co., LPA, Cleveland Clinic Children’s Fairview Hospital Pediatric ED, Oatey Co., Linda & Doug Hardman and Orthopaedic Associates.

Visit youthchallengesports.com or call 440-892-1001 for more details.

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Wellness Watch

Meditation- It's Not Really That Hard To Do- Or Is It?

by Cathie Drumm

As I sit at the end of a dock on a sweet little lake in Michigan I am reminded that I feel grateful this morning. Grateful that I can get away to this place- this piece of serenity. I am mindful of the soft waves slapping against the shore and I watch the new ducklings follow their mother along the edge of the sand. I watch the birds fly by on their way over to Lake Michigan and a couple of young teenagers out for an early morning canoe ride pass by. There is a soft breeze touching the skin on my arms and the sun is starting to glisten on the water. The setting, I decide, is perfect to begin my morning meditation. It is easy for me to feel more in the moment while I am here, but so often I miss the moment- what is right there in front of me because I am too busy with everything else. Too pre-occupied to be in the present moment to be aware of what is really going on.

Is this Awareness Meditation? It can be. Dr. Jon Kabot Zinn, the developer of Mindfulness Meditation at The University of Massachusetts Medical School says we can only really participate in life fully by being in the present moment

and we do this by cultivating an awareness. An awareness of what, you might ask? Well, I would suggest an awareness of your breath. If you are aware of your present breath then you are totally in the present moment. Dr. Zinn says to “befriend your breathing” by “surfing on the waves of your own breathing.” This has a natural, calming effect that centers one in the present moment.

Okay, this all sounds good, but how about when I get back home next week and I need to go back to work or someone cuts me off while I’m driving and, well, you get it, life happens. Should I try to ride the wave right over an angry or rude person’s head by not taking things personally--maybe by being by being less judgemental of them in that moment? This could be tremendously freeing, but easier said than done. Many of us run away or anestisize ourselves with alcohol, drugs or food because of the stress and pain in our lives. We may spend entire days living in a “fog.” Not really conscious of things going on around us, not paying attention to the pain or joy on others’ faces. Maybe it’s time to be in the world with our eyes wide open but

with an element of non-attachment by not really taking things so personally. Not fighting with everyone and everything even if it’s only in our thoughts.

The practice of Meditation helps us to become more mindful in our lives with those family and friends around us and within our jobs and communities. Meditation promotes a new way of being and fills one with compassion, awareness and well being. There are many ways to “practice” meditation such as centering prayer, breathwork, mindfulness, guided meditation, chanting and movement meditation. Meditation is referred to as a “practice” because its not about getting anywhere or “doing” anything, but is more about “being” in the moment where nothing else exists, except this place of perfect solitude. This place of perfect peace. As I said, we can get to this place of solitude or deep knowing within in many different ways.

Simple, but not easy, one of my meditation students once told me and she was right! The mind is a busy place filled with endless chatter and it seems overwhelming, at first, to quiet it. However, with practice, we begin to see less and less of all that gets in our way and more of the clarity and peace we desire. We begin to see situations more clearly and learn that we don’t need to over-react to other people, places and things.

We become conscious of the beauty in the delightful new landscapes in our lives. And it all begins with the breath...becoming conscious of our breath. It calms us. It sustains us. It centers us. It gives us life. It is life.

Cathie Drumm, BCPP, RPE, Reiki Master Teacher, CHT., owner of The Mind Body Sanctuary, 15203 Detroit Rd, Lakewood, OH teaches classes in Meditation, Reiki and Acupressure. She is also a Polarity Therapist, Acupressure Therapist, Reiki Master and Transpersonal Hypnotherapist.

Cleveland’s Inaugural Children’s Flyathlon Takes Place At Fitness Fits Everyone

by Corey Rossen

Jordan’s Family Foundation’s 4th Annual Fitness Fits Everyone will take place on Sunday, September 29th. A special children’s fun race has been added this year before the event. The inaugural Cleveland Flyathlon is a duathlon (running and biking) event for children ages 7-17 and is designed to get kids active as well as to build a sense of philanthropy at a young age, as kids will raise money to send kids living with serious illnesses to camp at Flying Horse Farms.

Children will run through a small portion of Lakewood Park then get on their bikes for a brief ride and finally end the event with another short run. Please visit www.FlyingHorseFarms.org for more details and registra-

tion information. The Flyathlon will lead into Lakewood’s largest free children’s (and families) event, Fitness Fits Everyone presented by Jordan’s Family Foundation.

Flying Horse Farms provides magical, transformative camp experiences for children with serious illnesses. Located just outside of Mt. Gilead, Ohio, Flying Horse Farms hosts hundreds of children and families each year—free of charge. Flying Horse Farms is a member of the Serious Fun Children’s Network. Founded in 1988 by Paul Newman, the network has served more than 348,000 children and families from five continents and over 50 countries. For a weekend or a week at a time, being sick takes a backseat to being a kid. And fun is priority number one.

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Opinion

Citizens Take Stand Against BSL

by Angela Schleicher

The White House has issued an official statement denouncing Breed Specific Legislation (BSL), which has tails across the country wagging in response. Two petitions hosted at the White House’s official site, www.petitions.whitehouse.gov, received official responses stating that the White House

does not support this type of legislation and that they feel that BSL is inappropriate and a waste of public resources.

Official White House Response: Breed-Specific Legislation Is a Bad Idea

Thanks for your petition.

We don’t support breed-specific legislation -- research shows that bans on certain types of dogs are largely ineffec-

tive and often a waste of public resources.

In 2000, the Centers for Disease Control and Prevention looked at twenty years of data about dog bites and human fatalities in the United States. They found that fatal attacks represent a very small proportion of dog bite injuries to people and that it’s virtually impossible to calculate bite rates for specific breeds.

The CDC also noted that the types of people who look to exploit dogs aren’t deterred by breed regulations -- when their communities establish a ban, these people just seek out new, unregulated breeds. And the simple fact is that dogs of any breed can become dangerous when they’re intentionally or unintentionally raised to be aggressive.

For all those reasons, the CDC officially recommends against breed-specific legislation -- which they call inappropriate. You can read more from them here.

As an alternative to breed-specific policies, the CDC recommends a community-based approach to prevent dog bites. And ultimately, we think that’s a much more promising way to build stronger communities of pets and pet owners.

This is excellent news for those in the fight against this practice of discriminatory legislation. Here in Lakewood, where these ineffective breed bans exist, opponents of city ordinance Chapter 506.00 and 506.03-Dangerous and Vicious Animals-are hopeful that soon our city council will follow the lead of the Commander in Chief, and work with citizens to enact behavior based laws to help ensure that this city is a welcoming home to well behaved, well trained dogs of all breeds.

A group of Lakewood citizens are planning a peaceful demonstration against BSL on Saturday September 7th at 10 a.m. until noon - City Hall 12650 Detroit Avenue. Bring signs and a smile and help make Lakewood a welcoming, safe home for well behaved dogs of all breeds. Find the event on Facebook at <https://www.facebook.com/events/716543635039362/>.

West Side Walk To End Alzheimer’s -Why I Walk

by Stacey Griffin

On Saturday, September 21, I will be joining with many others for a cause that is very near and dear to me, the Walk to End Alzheimer’s.

The Alzheimer’s Association is an organization that is very close to my heart. I have seen the devastating effects of Alzheimer’s disease, starting with my grandmother who I lost when I was 14; she suffered with the disease for many years. A once vibrant and

energetic woman slowly drifted away, forgetting her past, her children, and her grandchildren and becoming lost.

My uncle passed away 4 years ago, and he suffered from the disease as well. I used to love his stories of his car salesman days, but as the disease took hold of him, he couldn’t remember the details and it became the same disjointed story he would tell over and over again.

The biggest impact the disease has had is watching my mother slip away. She was diagnosed 5 years ago, but was suffering long before that. We couldn’t see it because we were focused on my dad’s care. My mother was an English teacher and worked for a card and gift store for over 15 years. She loved to socialize and her customers knew her as the “candy lady.” But now she refuses to leave the house, has given up reading and doing crossword puzzles, and struggles to remember the most common of words. She is disappearing more every day, and soon will not recognize me when I come

to visit. I cherish every minute I have with her, even though she’s not the mom I have known my whole life.

I walk to ensure that others won’t have to watch their loved ones disappear, by supporting the research of the Alzheimer’s Association. I walk to support those who care for Alzheimer’s patients, like my brother and sister who live with my mom and work hard every day to keep her safe, by supporting the services that are provided by the Alzheimer’s Association. I walk because we are not alone, and I share this heartbreaking story with so many others who have seen the devastating effects of this disease.

Walk with me and hundreds who share stories like mine at the 2013 West Side Walk to End Alzheimer’s on Saturday, September 21 at All Pro Freight Stadium in Avon, Ohio (home of the Lake Erie Crushers). Go to <http://act.alz.org/walkcle-west> for more information, to make a donation, or to register to walk with us!

LEAF Presents:

continued from page 1

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 the OSU Extension and its educational work in Cuyahoga County, visit cuyahoga.osu.edu/.

Working To Reduce The Backlog & Serve Cuyahoga County Veterans

by U.S. Sherrod Brown, Senator, OH

Recently, I had the honor of meeting with veterans at a roundtable I held at the Cuyahoga County Veterans Services Commission. These heroes who have made tremendous sacrifices for our country do not ask for much in return – just the benefits they have earned and deserve. But when 490,000 veterans have waited longer than 125 days to have their claims processed, it’s obvious we need to do more.

That’s why I’ve been proud to work to pass VA budgets that invest more than a half a billion dollars into the Veterans Benefits Management System (VBMS), which has added thousands of employees to help process claims.

I recently sponsored the Veterans Services Outreach Act. This legislation would require the VA to notify veterans filing electronically that they can receive help and important time-saving information from VA-approved organizations tasked with assisting veterans.

I’m also working to pass the Claims Processing Improvement Act of 2013. This legislation would hold the VA accountable to veterans by reporting on both its projected monthly goals and actual production. This bill would also establish a task force to hire and train people to process claims and develop

new tactics to eliminate the backlog.

Finally, it’s important that Cuyahoga County veterans get connected early on in the process with local service organizations like the American Legion and Veterans of Foreign Wars. These organizations have decades of experience and can help streamline this process, cut down the backlog, and connect veterans with the support they need.

Solving the backlog is not a partisan issue. It is a solemn promise our nation must honor.

Pulse of the City

When Life Gives You Wrinkles...

Ah, those wrinkles....

by Gary Rice

I've arrived at the time of life when I seem to develop a new facial wrinkle every day. Of course that's a bit of an exaggeration. Like so many other aspects of life, wrinkles don't just suddenly appear. They come as a result of many years of our making faces at the world. Yes, dear young reader, how you contort your face now will pretty much influence how you'll wrinkle up 30 years from now. As I slowly begin to resemble a Shar-Pei in my dotage, it has occurred to me that my wrinkles, and yours, probably provide a sublime historical track record of what our face has done over our lifetimes.

Now, while I will confess that I do not have all of the answers to life, (or concerning wrinkles either, for that matter) at the same time, I will suggest to you that you do take a good look into the mirror. At that point, try to smile, and then frown. Notice, if you will, the creases that your face makes as you perform both facial exaggerations. In the old days, they called wrinkles "worry lines", but as you will soon see, if you haven't already, your face makes just as many lines when you smile.

Millions of dollars are spent annually by people who try to hide or eliminate those wrinkles and "age lines". In our society, a creamy, line-free face remains a Polar North goal for many. For those seeking such perfection, I would say that (although I understand their concerns) for myself... my own wrinkles will remain and inevitably increase, as a tangible personal track record of my own life's journey. To me, a pasty, wrinkle-free face, reminds me too much of the last guy who I saw lying in a box.

Go ahead, take a good look in your mirror. Mine didn't crack and I suspect, neither will yours. Now, note well how many wrinkles you show when you are smiling, and compare that to the number of wrinkles that show up when you are frowning. That experiment should serve to give you a clue as to how many times you've cracked a smile to the world, compared to how many times you've crinkled up an angry game face at life's problems. Remember when our moms used to warn us not to make faces at the world, because our faces

could freeze? Well guess what? They were right! So far as I've researched this topic, those frown (or smile) lines will indeed linger and expand as time passes in our lives... and the older we get, the more they just won't easily go away. Sure, you can see your plastic surgeon, and many do, in order to reduce or eliminate these wrinkles of our lives. We're talking about a very personal decision here, and admittedly, one that the ladies seem to take WAY more seriously than the guys do. Society seems to be much kinder to an older guy whose face happens to be shriveled up like a prune, than it does

to a lady sporting similar facial features. Such is life, I suppose, but when I reflect on the hard-set "character lines" of love and service that my grandmother had, it seems to me that women should be justly proud of those wrinkly battle scars.

When you peeked in your mirror, did you show more "smile" or "frown" wrinkles? That alone may be a clue as to your predominant disposition in life. Maybe we should think about that for a moment. Which face would you rather show to the world, and indeed, which face would you rather see on yourself? Remember that when you are

young, those wrinkles aren't so obvious. The older we get, the more those wrinkles seem to remain.

One time, years ago, during one of life's sad crises, I appealed to Dad for any kind words that might provide me with some respite from my worry and grief. His response was quick and sublime beyond words. "Gary" said he, "Always remember that when you are facing one of life's tragic moments, that they are only that...brief moments in time, compared to the rest of your life which is not at all as bad. The bad moments will pass, and there will be many more good moments that will follow."

That was very good advice indeed.

Lakewoodites Weldon Carpenter And The Rices Honored At The Ohio State Fair

by Gary Rice

Lakewood resident and avid theater and music historian, Weldon Carpenter, was recently honored by the All-Ohio State Fair Band with a plaque commemorating his many years as the band's historian. This year marked Carpenter's 63rd straight year as a member of that time-honored organization, dedicated to annually showcasing the talents of Ohio's best high school band students. Carpenter began with the band in 1950 as a trumpet player before switching over to Drum Major that same year. He has marched with the Alumni Band every year since then as their Drum Major. Prior to this year's award, Mr. Carpenter had also received the State Fair 50 Year Club's Giant Step Award, as well as having been inducted into the Ohio State Fair's Hall of Fame in 2003.

Lakewoodites Robert and Gary Rice were also honored by having the 200 member All Ohio State Fair Band perform their "American Veterans Last Salute March", written several years ago to honor America's veterans, including Revolutionary War vet and drummer John Shepherd, who was America's longest-lived veteran, (117 years old) and is buried in North Royalton. Previously, the Rices had



Weldon Carpenter (Photo by Gary Rice)

composed band marches for Lakewood's schools, as well as "The All Ohio State Fair Band March"; dedicated to Weldon Carpenter and to long-time Fair Band Director Donald Santa-Emma. (Among his many achievements, Santa-Emma is President Emeritus of the Cleveland Federation of Musicians, and is also the principal enthusiastic organizer of the Lakewood Home Town Band.)

As a wonderful side-story here, WWII veteran and retired Lakewood

teacher, Robert Rice, was also scheduled to conduct the Veterans' March, but unfortunately fell at home and injured both feet while reaching for his shoe-shine kit in order to polish his Army-brown shoes. (Rice generally conducts the march in uniform) Fortunately, Robert's hero, Ed Gallagher (of the Beck Center, and a dedicated State Fair Band staff member) telephoned Mr. Rice, so that he could hear the live concert performance of the march from his bedside!

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Lakewood Living

Lakewood Hospital Emergency Department Exceeding Goals & Patient Expectations

by Sabrina Powers

Lakewood Hospital's Emergency Department was recently recognized for an impressive door to provider time - and for exceeding patient expectations.

What is the definition of door to provider time?

The definition of door to provider time is the median number of time between when the patient arrives to the Emergency Department and the time that it takes for a physician or physician's assistant to make direct contact with the patient.

Lakewood Hospital door to pro-

vider time goals:

Scott Hantz, BSN, RN, EMTP, Nurse Manager along with Lakewood Hospital Emergency Room Medical Director, David A. Levine, MD, in the Lakewood Emergency Department noted that all Cleveland Clinic Hospital Emergency Departments have a goal to door provider time of 14 minutes. Lakewood Hospital Emergency Department averaged 12 minutes in February, 11 minutes in March and has continued through the spring and summer in meeting and exceeding its goal times.

"We have streamlined our process in patient registration and have also

decreased the time it takes patients to be given a room. By getting patients into their rooms faster, caregivers are able to get in and do their evaluations in a much timelier manner. It is a rare occurrence that patients are required to wait in our waiting room, which is a significant improvement," said Hantz.

Lakewood Hospital's goal is to provide quality and excellent care in a timely fashion. There are many factors that determine how quickly a patient can be seen in the emergency department and there is no guarantee that every patient will be seen in less than 14 minutes. The number of patients arriving at any given moment can fluctuate greatly throughout the course of the day, as can the critical nature of particular patients and the care they demand. Patient experience is very important to the entire team and Lakewood Hospital's Emergency Department works constantly to meet and exceed patient experience on a variety of levels.

Firsthand Patient Experience:

On top of receiving care quickly, Rocky River resident, 77 year old Frances DeChant was impressed by the transparency of care and convenience of her patient records being available to the Lakewood Emergency Department.

"All of my patient information from Cleveland Clinic was right there for the caregivers to access so I wasn't constantly answering someone's questions, when you're in terrible pain that is greatly appreciated. Everyone in the system acted as a team, picking up the ball in an exceptional way."

Specifically, Ms. DeChant appreciated Lakewood Hospital Emergency Department employee, Dave Van Scyoc, RN for his support. "When I

was admitted I was alone and Mr. Van Scyoc stayed with me giving me ice, quiet encouragement and excellent care so that I was ready for afternoon surgery."

Even after Ms. DeChant's surgery, which was performed at Lakewood Hospital, Mr. Van Scyoc stopped outside her room and waved to her. "He had the biggest smile on his face. That was such a nice touch, you are so aware of people in the hospital when you are a patient and he really made me feel special."

Ms. DeChant is inspired by the care she observed during her time at Lakewood Hospital, from the nurse who brought her lip balm for her dry lips after surgery to the motivating physical and occupational therapists in the hospital's Inpatient Acute Rehabilitation Unit and Outpatient Rehabilitation.

"I had never had a severe accident and I didn't know what was going to happen to me," said Ms. DeChant. "The whole system worked together to do the right thing for me and make it as comfortable and seamless as possible. All the way through I was pleasantly surprised by the excellent service medically and personally."

Ms. DeChant is back at walking her dog and is presently taking part in water exercise to continue the healing process.

"When someone has a traumatic experience, oftentimes it's therapeutic to tell the story of what happened to you. Timely and efficient medical care is paramount, but also as important to the healing process is our emotional health and Lakewood Hospital contributed to both sides of that care spectrum."

RTA Links Lakewood With Crocker Park

by Lloyd Jones

The Greater Cleveland Regional Transit Authority changed 22 bus schedules effective August 18. This included merging the #25 Madison and #46 Detroit-Wagar routes. This resulted in a bus route that runs from the West 117th Street rapid transit station to Crocker Park in Westlake via the Westgate Transit Center.

The Madison bus line has a long history. It was the last streetcar line in Cleveland and converted to bus service in 1954. The RTA extended the route from the Cordova bus loop to the Westgate TC and later cut back the east end of the route to the West 117th Street rapid transit station.

The route heads west on Madison Avenue from the rapid station through Lakewood to Riverside, then turns south on that street to Hilliard Boulevard. Then the line turns west and then south again on Wooster Road to Center Ridge Road, where it turns west and runs past the Westgate Mall to the Westgate TC.

The extended route then turns north on Wagar Road to Detroit Road, and follows Detroit west to Crocker Park. The line terminates at Market Street in Crocker Park. The bus going west leaves the rapid station on the hour (the service is hourly) and arrives at Warren Road at 8 minutes past the hour, the Westgate TC at 21 minutes past the hour, and arrives at Crocker Park at 48 minutes past the hour. There are additional trips at 30 minutes past the hour throughout the day. Eastbound the bus leaves Crocker Park at 4 minutes past the hour, arrives at the Westgate TC at

26 minutes past the hour, gets to Madison and Warren at 38 minutes past the hour, and terminates at the rapid station at 48 minutes past the hour. If you live on the north side of town, the #26 Detroit and #55 Clifton bus lines connect with the #25 at the Westgate TC.

Bus fare is \$2.25 one way, and \$1.00 for senior and disabled. An all day pass is \$5.00, \$2.50 for senior and disabled. Bus schedules are available at www.riderta.com, by calling 216-621-9500, or visiting the Lakewood Public Library at 15425 Detroit Avenue. The library has a rack of nearby bus timetables in a rack in the Community Room, located across from the main desk. With back to school time here and Christmas shopping only a few months away, the RTA has given you a direct route to the shopping mecca of Crocker Park. Happy shopping!



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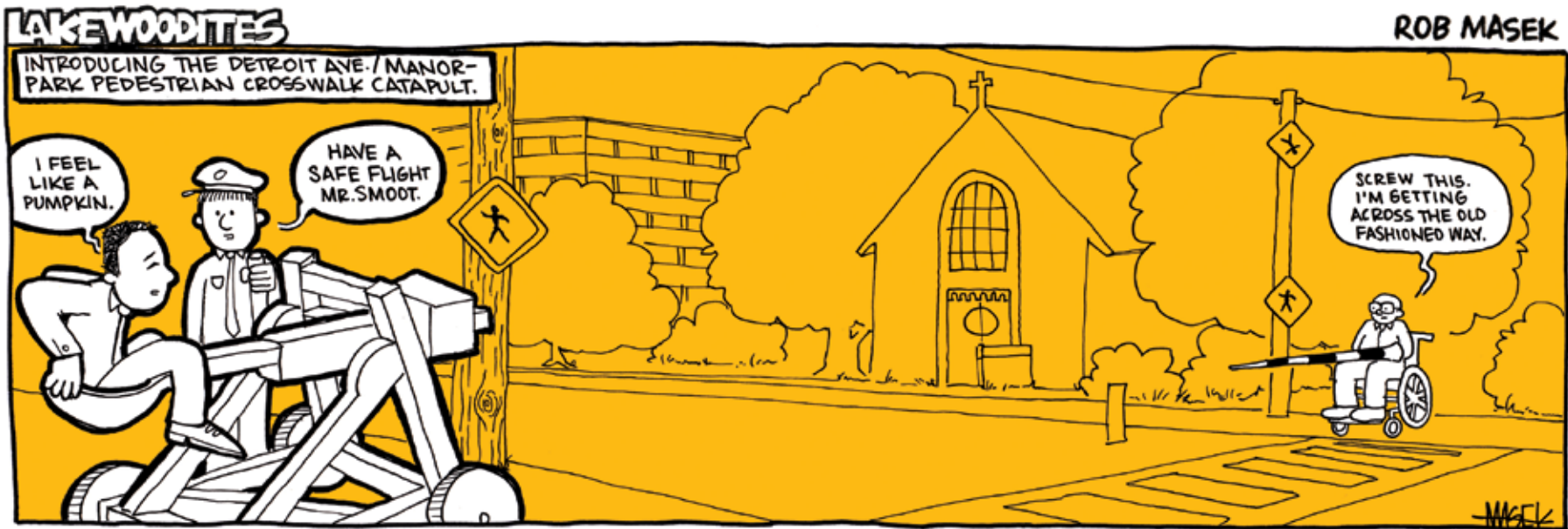
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(Building code violation correctons)

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Choose a select bottle (or glass) of wine or draft beer from the Porch menu and enjoy.

~OR~

Browse the House & hand pick a bottle of wine or beer of your choice and take it back to the Porch to enjoy.

Store & Café Hours:

Monday - Thursday
7am - 7pm

Friday & Saturday
7am - 9pm

Sunday
11am - 5pm

Café service ends 15 minutes prior to closing.

14900 Detroit Avenue
Lakewood OH 44107
216-221-1119



Rozi's invites you to **HAVE A DRINK WHILE YOU SHOP!**

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Enjoy your glass as you browse through the store!

Thank you for making Rozi's Wine House, Inc.
Northeast Ohio's #1 Ranked Wine Store
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PIZZA	Small 6 cut - 9"	Medium 8 cut - 12"	Large 12 cut - 16"	Party Tray Half Sheet
Plain	\$6.50	\$8.00	\$10.50	\$11.50
1 Item	\$7.00	\$8.75	\$11.50	\$13.00
2 Items	\$7.50	\$9.50	\$12.50	\$14.50
3 Items	\$8.00	\$10.25	\$13.50	\$16.00
4 Items	\$8.50	\$11.00	\$14.50	\$17.50
Deluxe	\$9.00	\$11.75	\$15.50	\$19.00
Extra Items	\$0.50	\$0.75	\$1.00	\$1.50
Extra Cheese	\$1.00	\$1.50	\$2.00	\$2.50

Available Items: Pepperoni, Sausage, Mushrooms, Onions, Green Peppers, Anchovies, Ham, Bacon, Fresh Garlic, Black Olives, Hot Peppers, Ground Meat & Artichoke Hearts

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