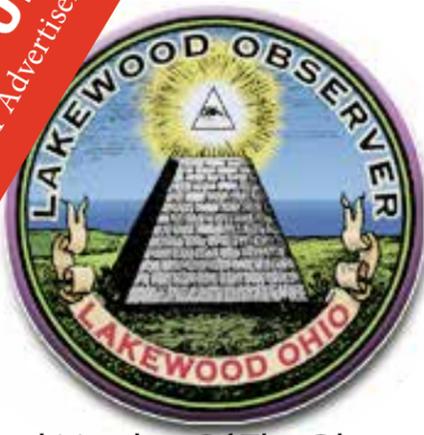


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"A battle lost or won is easily described, understood, and appreciated, but the moral growth of a great nation requires reflection, as well as observation, to appreciate it." Frederick Douglass

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Volume 12, Issue 7, March 29, 2016

Dog Lovers Successfully Rally For Scrappy & Aleeah

O'Malley To Introduce Changes To Lakewood BSL

by Mike Deneen

Over 30 people rallied outside Lakewood City Hall on March 15 to support Aleeah Williams, a little girl fighting to keep her dog Scrappy. Scrappy, a pitbull, has been a loved and trusting companion for Aleeah, a four-year-old that is battling Cystic Fibrosis. Scrappy sits at her side during her medical treatments, which involve a compression vest and a breathing machine. Pitbulls were banned in Lakewood in 2008, which meant that

Aleeah was at risk of losing her best friend. The demonstration preceded a City Hall hearing on the matter, where City Council decided to allow the dog to stay. However, the pitbull ban still remains in effect.

Among those that attended the rally was Jennifer Dix. "I wanted to support Aleeah and her family," she said. Dix has a pitbull of her own, which she adopted from a rescue group. She named the dog Bernie Kosar "because he

was all cut up and beat up" when she first met him. Dix, who works as the Athletic Trainer at Lakewood High School, is barred from living in Lakewood because of the law. "I work in Lakewood but I can't live in Lakewood because of my dog," she said.

Kerry Stack, owner of Darwin Dogs, organized the rally. She hopes that the event raised awareness of BSL (breed specific legislation) in Lakewood. Like many others, Stack hopes that the city will repeal the current BSL law and

instead target reckless owners and or specific dogs that show aggressive behavior.

Ward 4 Council Member Dan O'Malley, who attended the rally, was pleased with Council's decision and is looking into changes. "I'm very glad that a resolution

was reached to allow Aleeah to keep her dog," he said. "But this case highlights significant flaws with our current ordinance, and I plan to introduce changes soon that will spare other families this kind of emotional and financial hardship."



photo by Alexander Belisio

Ward 4 Council Rep Dan O'Malley makes a new friend at the rally.

Cornucopia Presents

Outstanding Achievement And Lifetime Achievement Awards

by Mary Johnson

Cornucopia, the local nonprofit that provides vocational training for people with disabilities, held its 40th annual meeting on March 22 at The Woman's Pavilion at Lakewood Park. The centerpiece of this annual event is always the recognition of Cornucopia consumers who have achieved success in the workplace.

This year Cornucopia honored four people who had participated in job training with Cornucopia and then successfully transitioned into employment in the commu-



photo by Deb O'Bryan

Nancy Pepler, Executive Director, Cornucopia Inc. with Brian Daw, Founder of Cornucopia Inc.

nity. Three honorees received Outstanding Achievement Awards in recognition of their efforts and personal commit-

ment to do their very best each and every day.

Andre H. graduated **continued on page 19**



photo by Deb O'Bryan

Mike's Mom, Brian Daw, Mike S. and his uncle David reminisce about the early days, while enjoying a fabulous lunch prepared by trainees and staff of Nature's Bin.

Lakewood City Academy Receives Top State Rating

by Christine Gordillo

Lakewood City Academy was one of seven schools out of 94 community schools in Ohio to achieve the "Exceeds Standards" final rating as its overall rating on its state Report Card even while Ohio continues to raise the bar for student achievement and higher expectations.

LCA Coordinator Terri Bornino-Elwell said she and her staff at Lakewood City Academy know and understand this intensive drive all too well as they have aimed to ensure Lakewood City Academy meets all of the expected goals required to achieve the highest final rating.

"The staff and students at LCA work very hard every day 5.5 hours each day to achieve the academic standards and goals Superintendent Patterson sets for the district each year. I am very proud of LCA," Bornino-Elwell said.

Community schools that serve a majority of their students through dropout prevention and recovery programs receive one of the following ratings for Report Card measures: Exceeds Standards, Meets Standards, Does Not Meet Standards.

The standards are based on the same traditional school academic content but broken down by the following components: Test Passage Rate, Graduation Rate (4-8 years), Gap Closing, Annual Measurable Objectives and Progress.

This is the second year that LCA has achieved "Exceeds Standards" as its final rating despite the more demanding standards each year.

"With the expectations the state put on us academically and all of the additional testing, we weren't sure we were going to hit the mark. I couldn't be happier for the kids. They deserve it," Bornino-Elwell said.

Lakewood Observer

Thursday, March 31, 2016

Friends Preview Sale

6:00 PM - 9:00 PM

Friends of Lakewood Public Library host the Friends Spring Book Sale on Saturday, April 2, 2016 from 9:00 a.m. to 5:00 p.m. at Lakewood Public Library, 15425 Detroit Ave., Lakewood, Ohio 44107. Members-only preview sale on Thursday, March 31, 2016 from 6:00 p.m. to 9:00 p.m. Memberships may be purchased at the door.

Location: Lakewood Public Library

15425 Detroit Ave., Lakewood, OH 44107

Friday, April 1, 2016

"Shining City" at Beck Center for the Arts

8:00 PM

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April 1 - May 1, 2016 | Studio Theater

Written by the Tony nominated Conor McPherson, this haunting play begins when a guilt-ridden man reaches out to his therapist after seeing the ghost of his recently deceased wife. Wrestling with his own demons, the therapist can only do so much to help. Their sessions soon become a gripping struggle to survive through parallel journeys of self-discovery. Rated PG-13.

Location: Beck Center for the Arts

17807 Detroit Ave. Lakewood, OH 44107

Saturday, April 2, 2016

Friends Spring Book Sale

9:00 AM - 5:00 PM

Friends of Lakewood Public Library host the Friends Spring Book Sale on Saturday, April 2, 2016 from 9:00 a.m. to 5:00 p.m. at Lakewood Public Library, 15425 Detroit Ave., Lakewood, Ohio 44107. Members-only preview sale on Thursday, March 31, 2016 from 6:00 p.m. to 9:00 p.m. Memberships may be purchased at the door.

Location: Lakewood Public Library

15425 Detroit Ave., Lakewood, OH 44107

The Movement Factory Pilates Studio Grand Opening

12:00 PM - 2:00 PM

The Movement Factory, a Lakewood Pilates, Dance, Yoga, and Barre studio since 2013 is moving their Pilates studio and invites you for the Grand Opening Celebration. Coupons and demos for all in attendance.

Location: 13001 Athens Ave #205

Lakewood OH 44107

Wednesday, April 6, 2016

Lakewood Rain Barrel Workshop

6:30 PM - 8:00 PM

Learn how to harvest rainwater for all your garden needs and to combat stormwater pollution in your community by constructing a rain barrel! The City of Lakewood and Cuyahoga Soil & Water Conservation District will host a rain barrel workshop on Wednesday, April 6, 2016 beginning at 6:30 PM at the Woman's Club Pavilion at Lakewood Park. Each participant will construct a rain barrel to take home. The \$60 fee includes instruction and all materials, including a 60-gallon barrel and a downspout diverter. Registration is required by April 1.

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

To register: Register online at the link below or by calling Rocky River Watershed Coordinator Jared Bartley at 216-524-6580 x14.

Location: Woman's Club Pavilion at Lakewood Park

14532 Lake Ave., Lakewood, OH 44107

"Cleveland Restaurants" presented by Joe Crea,

Restaurant Critic, The Plain Dealer

7:00 PM

College Club West will host its general meeting with a program presented by Joe Crea. College Club West meets monthly and presents topics of interest to women. In addition, there are 39 smaller and varied interest groups that meet separately. These groups include golf and bowling leagues, book discussion groups and Cleveland Orchestra Study group. One of the special interest groups "Lend A Hand" will be collecting

items for donation to the Animal Protective League at this meeting. Items needed include cleaning supplies, food, and other pet-related items. CCW membership is open to women who have a Bachelor's Degree from an accredited degree-granting college. New members are welcome.

Location: Don Umerley Civic Center

21016 Hillard Blvd., Rocky River

Friday, April 8, 2016

Tabletops & Trifles

Friday, April 8 from 1:00 PM - 7:00 PM

Saturday, April 9 from 10:00AM - 3:00 PM

Lakewood Historical Society's annual fundraising sale of the finer things in life. Displays of beautiful antique china, silver, crystal, linens & decorative items share space with hats, purses, jewelry, gloves & lingerie. All proceeds benefit the programs and properties of the society.

Location: The Nicholson House

13335 Detroit., Parking at St. Ed's across the street.

Saturday, April 9, 2016

Hospice of the Western Reserve Volunteer Education Series

8:30 AM - 4:30 PM

Hospice of the Western Reserve is seeking volunteers to assist in private residences, nursing homes, assisted living communities, our three Hospice House locations, and hospital settings. As a vital part of Hospice of the Western Reserve's team, volunteers come from all walks of life and have a variety of skills, talents and abilities. Opportunities to serve are diverse: visit patients and families to provide companionship, socialization, and comfort; help with legacy work, transportation, light housework, and meal preparation; run errands; make phone calls; help with clerical work; attend health fairs; make presentations. Volunteers with specialized professional qualifications and training are also needed: attorneys, licensed hair dressers, massotherapists, pet therapy dogs and their handlers.

The next series of volunteer classes will be held at Hospice of the Western Reserve, 14601 Detroit Avenue, Suite 100, Lakewood, OH 44107, on Saturdays, April 9 and 16, from 8:30 a.m. - 4:30 p.m. Non-clinical volunteers attend only the first four hours on April 9, while most other volunteers attend all classes. Pre-registration is required. For more information, or to register, call the volunteer team at 216.255.9090. It is required to wait 12 months after experiencing a significant loss before volunteering directly with patients.

Location: Hospice of the Western Reserve

14601 Detroit Avenue, Suite 100, Lakewood, OH 44107



THE LAKWOOD
OBSERVER



Your Independent Source for Lakewood News & Opinion

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Upcoming Submission Deadline

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Publish Date

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April 26, 2016

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Hot Off The Deck

First Of The Spring Storms



photo by Jim O'Bryan

Above: A strange storm blew in over the lake late on Easter night. It came in several colors that I do not remember seeing before. Above is the white blue. While the Deck is known as the place for the most open and real discussions in the city, with thousands of threads going back more than a decade, it is also home to some of the best photography coming out of Lakewood. Names like Tom Warren, Dan Morgan, Ivor Karabovich, Alex Belisle, Gary Rice and Frank Lanza, have posted images on the Deck. Stop by and check out thousands of images in and around Lakewood, and certainly think about joining the party, the discussion and the project. Below: Same storm, but farther out, the bolts that appeared were a copper or red color.



photo by Jim O'Bryan



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City News

Council Hears Recurring Tenant Grievances

by Christopher Bindel

After another Committee of the Whole meeting that went late, Council President Sam O'Leary called the March 21, 2016 Council meeting to order at 7:46 P.M.

Council started the meeting by recognizing the St. Edwards High School Football Team for winning the Division I State Championship for the second year in a row. Councilman John Litten congratulated the team on their feat and said the game kept him on the edge of his seat. He then asked Council to pass a resolution recognizing the team.

Council passed the resolution unanimously.

Councilwoman Cindy Marx then asked Council to consider an amendment to the current hen-keeping ordinance that would make the changes put forth in the pilot program permanent while also allowing it to expand beyond just the pilot families. Since discussion regarding this topic has already begun in the Housing Committee following earlier communications from her, Councilwoman Marx asked that this ordinance be referred to the Housing committee as well. Council agreed and did so.

Next, Councilman Dan O'Malley asked Council to consider joining him in "urging our representatives in Congress to oppose the Trans-Pacific

Partnership (TPP)." He said, "For too long, international trade agreements like NAFTA and CAFTA have been negotiated in secret with little or no concern for the impact they will have on local communities like Lakewood. The Trans-Pacific Partnership is the latest such attempt at dismantling our trade laws at the expense of American workers."

He continued, saying that the economic growth promised by such agreements tends to fall flat. He cited a recent study from the American Enterprise Institute, which estimated Ohio lost over 112,000 jobs last year due to trade with countries in the TPP. He fears the TPP could be the death of the "already fragile manufacturing sector, which employs thousands of Lakewood residents."

Councilman O'Leary supported Councilman O'Malley and made a motion to adopt the resolution. However, Councilman David Anderson said that though he supports the Councilmen's sentiments, he doesn't feel as though he is informed enough on current international trade to be able to make an informed decision on whether to support the motion or not. Councilman O'Leary then suggested Council defer the matter, not to a committee for discussion, but rather just so Council members can consider the topic on their own before voting on the issue.

Council proceeded to defer the resolution.

Next, Law Director Kevin Butler informed Council that due to a new state law, Council will be required to create a new Volunteer Peace Officer's Dependent Board and appoint two members to the board. The new law, and this board, play a part in helping ensure that the families of those that volunteer as auxiliary police and peace officers are compensated appropriately in the case that they are injured or killed in the line of duty.

Council referred the resolution to the Rules and Ordinances Committee.

Director of Public Works, Joe Beno, then asked Council to consider a resolution that would allow

the City to enter into a contract with the Ohio Department of Transportation (ODOT) to encapsulate a sanitary sewer pipe that crosses over I-90. The current coating on the pipe is quite corroded and beginning to flake off. The project would put a cover over the entire pipe making it unnecessary to remove the old coating. The cost of the project is estimated to be \$400,000 dollars, of which ODOT has committed to cover all construction costs. Lakewood will pay for the design and engineering costs. In addition, Director Beno asked Council to approve \$40,000 for contingency and unforeseeable conditions, which is pretty standard for construction projects.

Council referred the resolution to the Public Works Committee.

Director of Planning and Development, Dru Siley, then asked Council to consider a resolution that authorizes the City to enter into a lease agreement with The Cleveland Clinic Foundation for the Women's Center at the Community Health Center (formerly Lakewood Hospital). The Woman's Center is currently a tenant in the Community Health Center with a long term lease which is set to expire on April 30, 2016. The proposed lease is for three years with the same terms as the existing lease. The Woman's Center is the largest tenant in the building, occupying 40% of leasable space.

Council referred the resolution to the Committee of the Whole.

With no further items on the agenda, Council President O'Leary began calling members of the public up to address Council. Several residents of Marine Towers East addressed Council regarding ongoing issues they have had with the building management company for some time. The first person who addressed Council spoke in more general terms of the overall deterioration of the building and the lack of upkeep from the management company. She cited exterior crumbling concrete, the recently collapsed ceiling of the lobby, a generator that frequently does not work, and overall general uncleanliness of the building inside and out. She also said that the building was cited for 10 issues by the building inspector.

Recently, residents have been informed that they will be assessed, in addition to their rent and association fees, an additional fee to cover \$3.1 million dollars in improvements to the building - primarily to replace the HVAC system, which has left some

residents without proper heat for nearly 2 years. Space heaters have been provided to units without heat, but residents claim they are insufficient to heat more than a bedroom. Residents are upset with the assessment and several expressed doubts that the money will be spent properly, or fix any of the current issues.

Other residents complained about an ongoing bedbug problem that has been persistent in the building. Though several units have been affected, the management company proceeds to attempt to fix the problem by only treating units that are affected. According to those present at the meeting, the company also maintains the belief that all the units that have been affected were contaminated from the outside, making the residents responsible for the infestation. A woman told Council that when reporting the issue to the office, the form used to report the infestation comes pre-printed with a statement assessing the blame on the tenant claiming they "did not report the problem soon enough." The tenants are charged about \$600 for the treatment which requires them to put all of their belongings in plastic bags and pile them in their bathroom. If this is not done properly the company does not treat. The units have to be treated several times at two week intervals. If a unit misses one treatment the entire process has to start over from the beginning.

Director of Human Services, Tony Gelsomino, responded to some of the concerns regarding the bed bug issue. She said that the issue is unfortunately very complicated. Since bedbugs do not carry disease they have not been addressed in the same ways as many other pests. Seen more as a nuisance, there aren't really any laws governing how they should be handled, which makes enforcement difficult. She did say that the City of Lakewood does have a work group discussing the issues surrounding bedbugs and that they are looking at ways to help improve the situation. They are largely focused on education efforts; however, they are also working with LakewoodAlive on outreach and discussing possible ordinances the City could adopt to address some of the issues surrounding the problem.

Next, six members of the Save Lakewood Hospital group addressed Council individually. With no other members of the public to address Council, Council President O'Leary adjourned the meeting at 9:38 P.M.

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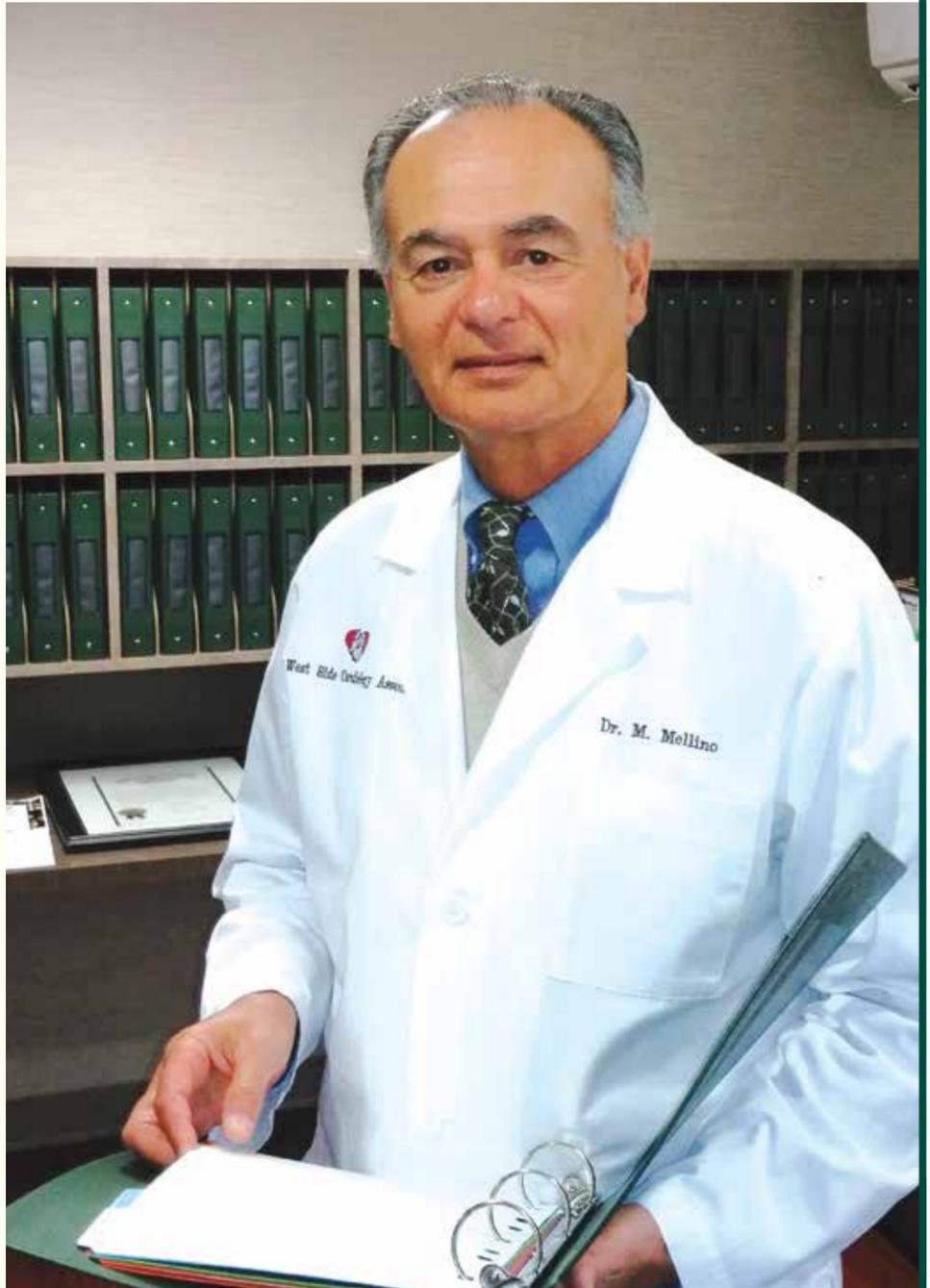
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Lakewood Public Library

Calendar Of Events

compiled by Elaine Rosenberger

Wednesday, March 30

Lakewood Historical Society

“Lost Cleveland: Seven Wonders of the Sixth City”

by Michael DeAloia

From Severance Hall, the only structure in this collection that remains standing, to Andrew's Folly, the grandest house built on the legendary Millionaires' Row, Lost Cleveland provides a revealing historical retrospective on the growth, development and ultimate decline of the North Coast's greatest city. Books will be available for sale and signing at the event.

7:00 p.m. in the Main Library

Thursday, March 31

Meet the Author

“America's War Machine: Vested Interests, Endless Conflicts”

by James McCartney with Molly Sinclair McCartney

President Eisenhower gave an ominous message about the disastrous rise of the military-industrial complex. Fifty years later, the complex has morphed into a virtually unstoppable war machine. Written by the late James McCartney and with additions by Molly Sinclair McCartney, America's War Machine provides the context for today's national security. Books will be available for sale and signing at the event.

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

Saturday, April 2

“Hedwig and the Angry Inch” (2001)

Directed by John Cameron Mitchell

After botched sexual reassignment surgery, East Berlin youth Hedwig makes her way to America with dreams of hitting it big as a glam punk rock star. Instead, she lands a tour of seedy seafood restaurants. Disenfranchised and bitter, Hedwig tells her story through song while dreaming of finding love again. Full of music, glitter, angst and hope, Hedwig has become a cult classic.

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

Sunday, April 3

Chardon Polka

This fresh young group out of Chardon brings new life and energy to the traditional music of polka. Everybody has fun when they add polka-pop reinterpretations of artists like Justin Bieber and Lady Gaga to the mix.

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

Tuesday, April 5

“Rumi: A Paragon of Love”

Presented by Dr. Zeki Saritoprak

Dr. Zeki Saritoprak, Nursi Chair in Islamic Studies at John Carroll University, invites people of all faiths to contemplate the universal message found in the works of Rumi. A Sufi mystic, Jalalu'l-Din Rumi, expresses the ecstasies and mysteries of love in all its forms.

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

Thursday, April 7

Meet the Author

“The History of the Cleveland Nazis: 1933 – 1945”

by Michael Cikraji

With swastika flags, Hitler Youth, armed fascists and alleged intricate Jewish/Communist conspiracies, Cleveland was caught in the frightening rise of National Socialism. These elements met stiff resistance from the press, Jewish groups and, most prominently, the city's German-American community. This book examines questions of American allegiance and the responsibilities of democratic governance. Books will be available for sale and signing at the event.

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

Saturday, April 9

“The Bridge on the River Kwai” (1957)

Directed by David Lean

British prisoners of war are being forced to build a bridge to transport Japanese. Senior British officer Lt. Colonel Nicholson (Sir Alec Guinness), informs Commandant Saito that the Geneva Convention forbids this forced labor. Then William Holden arrives with blasting caps. Terry Meehan continues his series on combat films, introducing each film with rare clips and original documentaries, followed by audience reaction and a lively discussion.

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

Sunday, April 10

WordStage Literary Concerts: Lyrical Langston Hughes

James Mercer Langston Hughes, the African-American poet, playwright, and voice of the Harlem Renaissance, moved to Cleveland in 1916 where he began writing seriously as a student at Central High. His earliest efforts were encouraged by Russell and Rowena Jelliffe, founders of the Playhouse Settlement, which became Cleveland's famous Karamu House.

WordStage's literary concert offers an innovative biographical narrative embedded with Hughes's own poetry, plays, prose and live music inspired by his work.

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

Pictured at left: James Mercer Langston Hughes, African-American poet & playwright.



Children/Youth Events

compiled by Eric Knapp

Saturday, April 9

Tail Waggin' Tutors

For school-age children

Bone up on your reading skills by reading to a dog. Drop in for a one-to-one session with one of our dogs and owners that have been certified through Therapy Dogs International.

11:00 a.m. – 12:30 p.m. in the Main Library Multipurpose Room.

Sunday, April 10

Sensory Story Time

For you and your 3-7 year old child

This story time program can be enjoyed by all children, but it is specifically designed for young children with special needs, autism or those with sensory processing challenges. Registration required.

3:30 p.m. – 4:30 p.m. in the Main Library Toddler Story Time Room.

Wednesdays, April 13 – May 18

Star Wars Roleplay

For students in fifth through eighth grade

A six-week program that takes you on a journey to a galaxy far, far away. Join us for games, challenges, trivia, and a costume contest. Registration required.

7:00 p.m. – 8:30 p.m. in the Main Library Multipurpose Room.

Rumi: A Paragon Of Love With Dr. Zeki Saritoprak

by Elaine Rosenberger

On Tuesday, April 5, 2016 at 7 p.m., Dr. Zeki Saritoprak, Nursi Chair in Islamic Studies at John Carroll University, invites people of all faiths to contemplate the universal message found in the works of the Muslim philosopher and poet popularly known as Rumi. The event takes place in the Main Library Auditorium at 15425 Detroit Avenue.

A Sufi Mystic, Jalalu'l-Din Rumi is treasured around the world for his poems expressing the ecstasies and mysteries of love in all its forms. Born in what is now Afghanistan in 1207, he is best known for the Masnawi, a masterpiece consisting of over sixty-thousand poems.

The program is presented by Dr. Saritoprak, who is the editor and translator of “Rumi's Thought: A Mevlevi



Sufi Perspective,” and also includes a special introduction by Rabbi Enid Lader of Beth Israel-The West Temple. Admission is free and open to all. For more information, visit www.lakewoodpubliclibrary.org.

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Lakewood Public Library

Please Don't Feed The Dogs!

by Fran Storch

Read to them instead at Lakewood Public Library. Every second Saturday of the month the dogs are in the house from 11 a.m. to 12:30 p.m. for Tail Waggin' Tutors, a drop-in program for beginner readers to bone up on their reading skills by sharing a book or two with therapy dogs certified through Therapy Dogs International.

Tail Waggin' Tutors is specifically designed for children age 7 to 12, but younger readers are welcome when accompanied by an adult. This program is ideal for students who are having a "ruff" time learning to read or may be self-conscious about reading aloud.

No registration is required for this "pup-ular" program. Simply stop by the Main Library Multipurpose Room in Children's and Youth Services on a designated Saturday and select from a collection of dog-themed books chosen by the Library staff, or students may bring their own books to snuggle up and read to one of the cuddly canines. Please join us on the following Saturdays this spring – April 9, May 14 and June 11.

For details about this and other youth literacy programs at Lakewood Public Library, please call 216-226-8275, ext.140. For more information on Therapy Dogs International, visit www.tdi-dog.org/.



Upper Right: A therapy dog listens intently as a child reads a story.

Below: A Tail Waggin' Tutor helps pick out a book to read with his buddy.



WordStage Brings Lyrical Langston Hughes To LPL

by Elaine Rosenberger

Langston Hughes, the legendary African-American poet, playwright, and voice of the Harlem Renaissance, moved to Cleveland in 1916 and got his literary start at Cleveland's Central High. On Sunday, April 10, 2016 WordStage brings Langston Hughes' words to life with their program, Lyrical Langston Hughes, which takes place at 2:00 p.m. in the Main Library Auditorium.

WordStage's inimitable literary concert includes biographical narrative embedded with Hughes' poetry and prose and features live music inspired by Hughes' work. Admission is free and open to all. For more information, visit www.lakewoodpubliclibrary.org.

STARBEAM

Help us reshape the treatment for Alzheimer's disease

Are you, or is someone you know, diagnosed with Alzheimer's disease AND is donepezil the current treatment?

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- You may receive an investigational treatment, designed to help improve memory, thinking and reasoning
- All study-related medicines and consultations during the study will be free of charge and reasonable travel, parking and food expenses will be paid

To be able to join the STARBEAM study you must be:

- diagnosed with probable Alzheimer's disease
- aged **50 years** and over
- able to **communicate** with study doctors
- have a caregiver who can communicate with study doctors and will join you during **every visit**
- able to **walk**, independently or assisted
- free from other conditions which affect **mental ability**, such as schizophrenia or Parkinson's disease
- taking a drug containing **donepezil** for at least 6 months

If this is you, or someone you know, we would like to hear from you!

For full details about what is involved and to find out if you might be suitable to take part in the STARBEAM Study, please contact

Lou Ruvo Center for Brain Health
9500 Euclid Avenue, U-10
(877) 662-9162



Lakewood Schools

Schools Strive For Kinder, Gentler Recess/Lunch

by Christine Gordillo

Making students feel comfortable and accepted during lunch and/or recess has been the focus of a number of initiatives at some of Lakewood City Schools elementary and middle schools. While each school in the District places an emphasis on tolerance and anti-bullying, a few schools are doing so with some unique approaches.

Harding Middle School recently completed a six-week program designed by Cleveland State called "Comfortable Cafeteria." The school recognized the need for skills coaching for its sixth-graders, said Assistant Principal Shane Sullivan, who saw the program as a chance to get a fresh perspective on the school's lunch time procedures.

The goal of the program is to provide the cafeteria staff and students with the necessary knowledge, skills, and resources needed to sustain a comfortable cafeteria environment and to improve communication and relationships amongst the students. Students participated in weekly theme-based lessons imbedded during lunch and social time delivered by Harding and Cleveland State staff to help create a pleasant cafeteria and social time environment.

"The students seem to have received it well and, anecdotally, we have seen improvement in social behaviors during the lunch time,"



One of Hayes' three Buddy Benches.

Sullivan said.

At Hayes Elementary School, buddy benches were created as part of the schools Positive Behavior Interventions and Support (PBIS) system, which asks students to be a buddy not a bully, to stand up for others and include

everyone. Students who are feeling left out and in need of a friend are encouraged to go to the Buddy Bench and a friend will come find them. Two of the benches were made by parent Sean Carroll and one was donated and then painted by art teacher Cesar Vargas.

Principal Sandy Crawford is pleased to report the Buddy Bench concept is working. She told of receiving an email from a mom whose second-grader told her that he had no one to play with at recess so he sat on the Buddy Bench. A couple of students went to him and included him in their game. Success!

At Horace Mann, the school's Accepting Differences committee – formed last year in response to a letter written by a student about concerns for how some students were not treating each other kindly - has developed the Recess Ranger initiative. Recess Rangers are students selected from each grade level who receive training and then work with adult recess monitors to engage any student struggling with social skills.

"We envision that this peer support will provide a unique resource in our mission to create a school climate that is safe and welcoming for all," said Principal Merritt Waters. "PTA has been our partner in supporting the work of the Accepting Differences Committee, and we look forward to working with the program as it evolves and matures."

LHS Writers Honored In Hiram College Contest

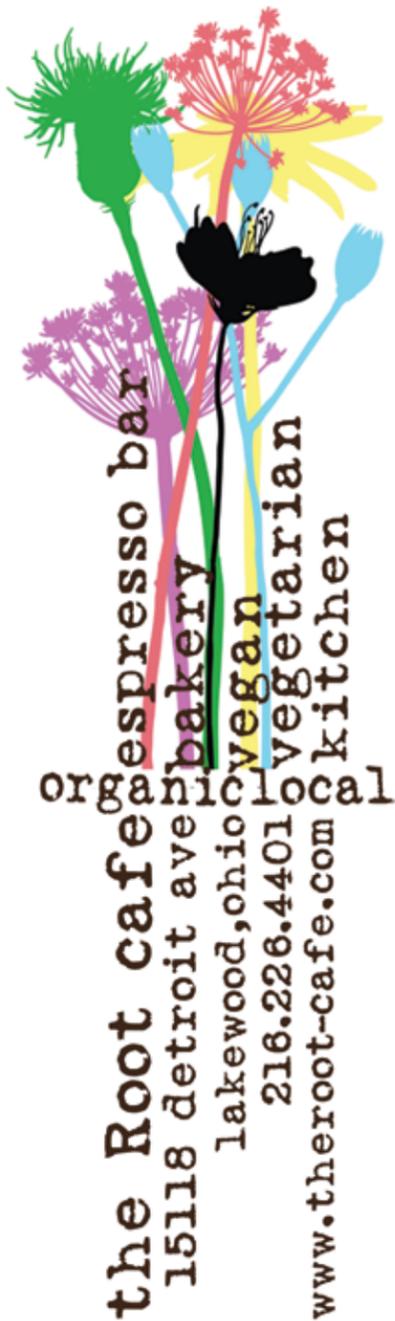
by Christine Gordillo

A number of Lakewood High Schools students were honored for their writing skills in the annual Emerging Writers Nonfiction Contest sponsored by Hiram College. The highest honor among LHS students was an honorable mention earned by sophomore Isabel

Ostrowski.

The contest awards first through fourth places, honorable mention and finalists status. Five LHS students were among the contest's finalists: sophomore Ian Bell, juniors Emma Bressler, Brendan McCallum, Caleigh Sheehan and Evan Suttell.

Honored students are invited to Hiram Writers at Hiram College event on April to receive their prizes and recognition. The first, second, and third place winners are invited to read from their work, and all winners and finalists will be individually recognized for their wonderful achievement.



Lakewood's Jesus Roldan Earns Baseball Honor At Tri-C

by John Horton

Cuyahoga Community College (Tri-C) baseball player Jesus Roldan, of Lakewood, recently earned Player of the Week honors from the Ohio Community College Athletic Conference.

Roldan collected six hits in three games — all Tri-C victories — while

scoring three runs and driving in seven during the week ending March 13. The sophomore outfielder ranks among the conference leaders in batting average, doubles and RBI. The Lakewood High School graduate is studying law enforcement at Tri-C.

The Challengers plays their home

games at Ron Mottl Field at Tri-C's Western Campus in Parma. For a full team schedule, go to www.tri-c.edu/athletics.

Lakewood Recreation



Adult summer softball team registration available through March 31

A variety of men's and co-ed leagues are available, including Sundays and weeknights

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Jesus Roldan - a recent LHS grad - is now a top outfielder for Cuyahoga Community College.

Lakewood Schools

West Shore Career-Tech Students Building App For RNC During CLETeenHack At Tri-C

by John Horton

Students from West Shore Career-Technical District in Lakewood are taking part in CLETeenHack Coding for Community: Civic Engagement, a nine-week programming contest for Northeast Ohio high school students.

CLETeenHack seeks to provide Cleveland-area high school students 21st century skills via computer science education; prepare the students for college and career readiness; solve real world problems; and open the doors of opportunity and creativity.

The theme of CLETeenHack is civic engagement as Greater Cleveland prepares to host the 2016 Republican National Convention (RNC) in July. Students will work over to design an app on civic engagement in anticipation of the RNC and the general election in November.

Teams of students will design and code different portions of the app while working with mentors, instructors and other assistants. The students will use HTML, CSS and

JavaScript to create the final application for the RNC, which will be usable on computers, phones and tablets.

Students met at Cuyahoga Community College (Tri-C) on March 16 to kick-off CLETeenHack and brainstorm project ideas. Tri-C is partnering on the project with AT&T, We Can Code IT, Junior Achievement of Greater Cleveland and Destination Cleveland.

“CLETeenHack serves as a way to introduce the next generation of talent to the technological skills needed to thrive in the new economy,” said Monique Wilson, dean and executive director of Tri-C’s Information Technology Center of Excellence. “The partnership that created this program fits into the College’s mission to stimulate interest in IT careers and create a highly skilled workforce to lead Northeast Ohio into the future.”

Judges will review projects submitted for the app on the software’s quality, execution, creativity and the potential impact on Greater Cleveland. A team of Northeast Ohio



area leaders will judge the students’ work, and the completed app will be unveiled at the finale event held on

May 6, 2016.

To learn more, visit www.cleteenhack.com.

LHS Model UN Club Earns Top Awards

by Christine Gordillo

Congratulations to the Lakewood High School Model United Nations Club for an outstanding performance at the Cleveland Council on World Affairs Conference held March 2-3 at Notre Dame College. The team placed second out of 15 teams and juniors Rachel Daso (representing Bangladesh in the Committee on the Status of Women) and Ian Bell (representing Nigeria on the UN Refugee Committee) won the “Gavel” as the top individual delegates in their committees.

Rachel Daso also won the position paper award with fellow delegate freshman Elizabeth Halko. Winning the Superior Delegation Award were seniors Kate McHugh and Tess Marjanovic (representing South Korea in the United Nations Children’s Fund). Winning an Excellent Delegate Award was junior Zack Dudzik (representing The Ukraine in the UN General Assembly). Winning an Honorable

Mention Award were sophomores Abe Dalisky and Kevin Cush (representing Kenya in the Human Rights Commission).

All LHS students worked hard and competed well. Senior leaders Tess Marjanovic, Alex Figueroa and Kate McHugh were instrumental to the club’s success, as were training consultants Zach Dudzik and Rachel Daso. Advisor Dr. Chuck Greanoff would like to congratulate all Model UN students on an outstanding conference.

The club also did very well at the Carnegie Mellon Conference in Pittsburgh March 12, capturing more awards than any other team. Leading the way were juniors Zach Dudzik and Erica Farr-Mirallia, who each won the “Gavel” for the best delegates in their respective committees. Freshman Elizabeth Halko and sophomore Kevin Cush were named Outstanding Delegates in their committees, while junior Ian Bell and senior Zeke Dalisky were named as Commendable Delegates.

LHS Students Sweep Rotary/Beck Contest Music Category

Pearlman Is Speech Runner-Up

by Christine Gordillo

Lakewood High School music students had an impressive showing in the 71st annual Lakewood/Rocky River Rotary Club Music, Speech and Visual Arts Contest, sponsored by the Beck Center as LHS students swept the Music category’s top three award spots. An LHS student also took second place in the Speech category.

In the Music category, senior Abraham Roos took top honors for his vocal performance and earned \$500. Senior Evan Levis, who also entered a vocal selection, placed second and took home \$350 and senior Alex Figueroa took third and \$275 for his viola performance.

Junior Elizabeth Pearlman won second place and \$500 in the Speech

contest for her speech on religion.

In the Visual Arts competition, seniors Isane-Lee Caraballo and Owen Smith earned Honorable Mentions and \$75 each.

This longstanding Rotary contest welcomes the best high school students from Lakewood and Rocky River as they demonstrate excellence in the areas of music, speech and the visual arts. Participants come from the five Lakewood and Rocky River high schools: Lakewood High, Rocky River High, St. Edward’s, Magnificat and Lutheran West.

Nearly 60 of the 115 visual arts entries are on display at the Beck Center through April 17, including 32 by LHS students. The award winners were recognized in a ceremony March 21 at the Beck Center.

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From The Publisher's Desk

Fellow Lakewoodites Do Not Lose Sight Of The Finish Line For Our Best Assets

To All:

We are almost there, putting the final finishes on the new schools, which is a remarkable feat for an inner ring Cleveland suburb. If you don't believe me, ask any member of any city council or school board, anywhere in the county or the state; they are all amazed that together, we were able to pull this off.

For decades Lakewood made its good name on families and education, knowledge and open conversations. Not burgers, jello shots, drunk buses, or even dollar stores built endlessly to mimic a street car community like some faux mall city.

Even when times were tough, Lakewoodites attended open meetings and voted together in open elections to show our massive dedication and commitment to education, as we did when we stood together to reinvest in one of the best libraries in the country, the Lakewood Public Library. Yes, Lakewoodites wanted our children to be educated and safe, while making sure the rest of the community had access to FREE Education, FREE libraries, FREE programming and FREE events that mirrored the community. Lakewood has always stood for families and intelligence.

This last year has tested the bonds between elected officials' rhetoric and selfish agendas, and the residents. We must not confuse the issues, or let toxic feelings stop the community from finishing what we all voted on and supported.

I have no children in the school system, though I know lots of great families whose kids are in the Lakewood Public Schools, and who use the library. Having educated children is good for a community. Having engaged children, families and institutions like the Lakewood Schools and the Lakewood Public Library is great for the community, and it is reflected in hundreds of ways: Less crime, higher percentages of people involved in volunteering, a better labor force, higher gross in taxes, AND most importantly it attracts new young families who are the lifeblood of any community.

Simply put, good schools, good library, good police, and good fire department are very important to any community, but especially to an inner ring suburb like Lakewood. These are the things that make us stand out and attract others.

LAKEWOOD: Stay focused. Finish and properly fund the schools and libraries. Let's continue to all work together and finish these living monuments to Lakewood's dedication to families, education and our future.

Then when they are finished and funded let's all sit down together and talk to each other openly about what could be next for OUR community--not in an environment of fear, intimidation, and lies, but with facts, coming together in the open to decide what's best for our community as a whole.

Let these new public buildings of education and knowledge stand as lasting testimony to how democracy works, when truth, facts, and intelligence are applied openly and honestly.

peace/love

Jim O'Bryan

Publisher,

Lakewood Observer, Inc.

Roosevelt Elementary School



Lincoln Elementary School



Grant Elementary School



Lakewood High School



Lakewood Cares

Breaking Up With Sugar

by Andrea Anderson

If I could pinpoint the moment when I felt a downward shift in my health, it would be late winter 2009 when a bout with bronchitis required antibiotics to take care of the infection. For the following five years, I experienced continual cycles of fatigue and cold-like symptoms to full-blown colds.

I expressed concern to my doctors multiple times at this noticeable change in my health, but they

advocates a no- or low-sugar diet and even suggests eliminating high-sugar fruits and vegetables for the strictest phase.

So from March through May 2014, I did a full sugar fast – no processed sugars, honey, maple syrup, agave or other “healthy” sweeteners, except for 100% pure stevia. While the fast was challenging, especially for the first two weeks, I noticed my digestive issues had resolved and, as an added bonus, the anxiety I often experienced signifi-

We all have a certain amount of yeast present in our bodies. That’s normal. However, when excessive amounts of yeast are present, a whole host of health problems can follow such as anxiety, irritability and cravings for sweets and alcohol. Two contributing factors to yeast overgrowth are taking antibiotics and a diet high in sugar. To learn more about systemic yeast overgrowth and how to fight it, you can visit www.thecandidadiet.com.

remained apathetic – perhaps chalking it up to my status as a mother with four young children. However, I knew something was wrong and finally insisted on undergoing allergy testing.

The tests revealed I had seasonal allergies that would affect me from early spring through late fall so I began taking allergy medication as needed.

Although the allergy meds did help some, I remained frustrated with subtle fatigue and cold-like symptoms for much of the year. In addition, I experienced issues with my digestion that left me suspecting another underlying problem.

After conducting research coupled with much prayer, I began to suspect the root of the problem was a systemic yeast overgrowth that took hold following my treatment of antibiotics for bronchitis. Not wanting to turn to more medication and discouraged by my doctors’ lack of initiative several years before, I looked for alternatives and found it in “The Anti-Candida Diet,” which

cantly decreased.

The best part, though, is complete reduction of fatigue and cold-like symptoms I’ve experienced. Previously, I needed allergy medication from March through October. Last summer, I only took the medication a couple of times when the pollen was at its highest count; and the only change I had made from previous years was to maintain a low-sugar diet.

As a certified life coach who is passionate about helping people achieve healthy eating and fitness habits, I wanted to share my story in case others are struggling with the effects of a diet high in sugar and are unaware of the possibility of a yeast overgrowth in their system.

What we put into our bodies does matter! In May, I will be running a 30-day Sugar Detox Challenge with a 30-day Sugar Pretox Challenge in April to prepare for the full detox. If you are interested in learning more about these challenges or my story, you may reach me at www.wildberypress.com.

Your best friend just asked *you* to be her health care power of attorney.

Now what?



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Lakewood Cares

H2O Works With RePlay For Kids

by Emmie Hutchison

On Tuesday, March 15th, H2O's high school volunteers had an exciting opportunity to work with RePlay for Kids, an organization headquartered in Medina whose mission is to repair and adapt toys and assistive devices for children with disabilities in Northeast Ohio. This solution is a relatively economical and simple way to put toys into the hands of kids who need them. Once the toy is adapted, it has a jack that can plug into a switch that will allow them to manipulate the toy's function (music, lights, etc.) It's a joy to learn new repair skills while thinking about how the work will empower a child through play.

Our volunteers were each given a robot and a concise set of instructions by the RePlay staff. Their first task was to test the toy, as is. Next, they took the toy apart, pulled out the plug that con-

nected the batteries, and soldered new wires to create a parallel circuit. After screwing the battery plug back into place, they drilled a hole in the front of the toy to run the new cord out and put it back together. Finally, they soldered the other end of the wires to the jack.

Several of the H2O volunteers are currently taking electronics and/or engineering classes at Lakewood High School, but the rest were brand new to this experience. Whether this was a routine task or a new skill, all the volunteers had a chance to participate in an innovative approach to helping others. We're grateful to RePlay for Kids for making this educational outreach part of their mission, in addition to providing assistive devices to children, free of charge. It's service partners like this that give Lakewood's H2O volunteers opportunities to serve, learn, and grow!

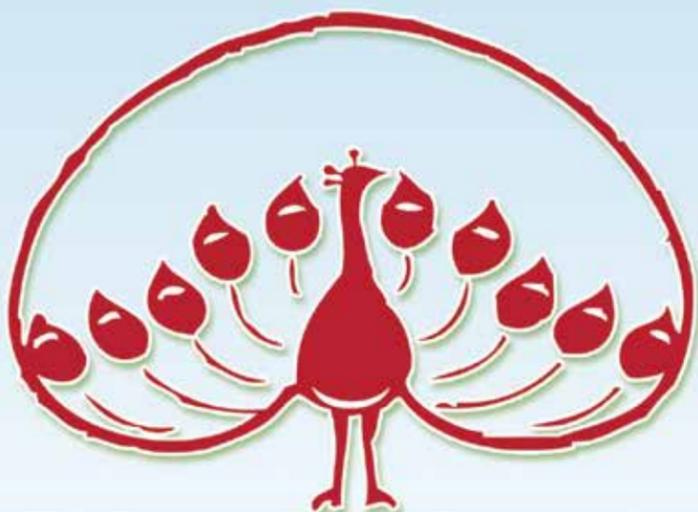


H2O Lakewood High School volunteers show off their handiwork during a recent session working with the local organization, RePlay for Kids.



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Great Lakes Science Center Welcomes New VP Of Development Patrick Ertle

by Joe Yachanin

Great Lakes Science Center is proud to announce the newest member of its senior management team, Vice President of Development Patrick J. Ertle, Esq.

Ertle brings more than 20 years of executive level nonprofit development/ advancement experience to his new role at the Science Center.

"We're so thrilled to bring Pat onboard with us here at the Science Center," said CEO Dr. Kirsten Ellenbogen. "Pat is a Cleveland-area native who really understands the development terrain in Northeast Ohio and has the experience necessary to help us reach our future development funding goals."

Ertle taught theology at St. Ignatius High School while pursuing his law degree and went on to serve as general legal counsel for 21 corporations of the Cleveland Catholic Diocese before entering the nonprofit development field. For the past 15 years he directed numerous development teams and programs at several Cleveland nonprofits including the Cleveland Clinic Foundation, University Hospitals Health System and John Carroll University. He was responsible for creating the Diamond Advisory Group at UHHS and the Magis Advisory Group at JCU.

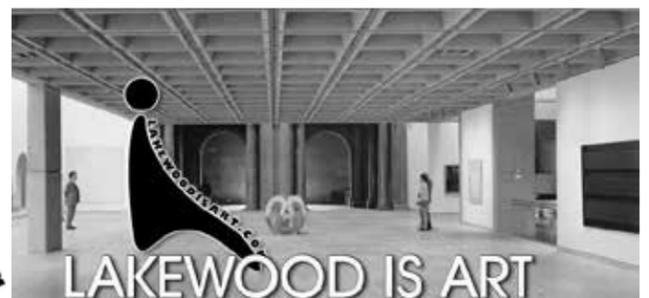
Ertle has been a licensed attorney



Great Lakes Science Center's new Vice President of Development (and proud Lakewoodite) is Patrick Ertle.

in the State of Ohio since 1990, earning his juris doctor degree from Cleveland-Marshall College of Law, and a bachelor's degree in classical languages and English literature from Borromeo College of Ohio. He has served on the board of directors for 21 corporations of the Catholic Diocese of Cleveland, St. Ignatius High School, St. Augustine Academy, and L'Arche Cleveland as well as the BNY-Mellon National Charitable Advisory Council and St. Edward High School Development Advisory Committee.

He and his wife reside in Lakewood and enjoy spending time with their four children and four grandchildren.



Lakewood Cares

Be The Match Event Raises Awareness, Builds Community For Local Family

by Margaret Brinich

On Friday, March 25, the Lakewood community continued to prove that the residents of this city are dedicated to fighting alongside far too many of our friends and family diagnosed with leukemia & lymphoma. In partnership with the international non-profit, Be The Match, Birdtown Crossfit hosted a Bone Marrow Donor Drive and fundraiser for a Lakewood family whose young son was recently diagnosed with a rare form of childhood leukemia.

The evening was a huge success as in just over two hours we added 108 new names & DNA samples to the Be the Match registry, debuted the official t-shirt as a fundraiser for the family, and ate more baked goods than most CrossFit gyms will ever see. Pretty impressive feats all around!

Even if you couldn't join us on Friday (and thank you if you did!),



We couldn't have pulled it off without our stalwart volunteers, Caitlin Nowlin (left) and Troy Bratz (right), who were two of about 20 volunteers that made the evening possible.

we hope you'll join in the fight against blood cancers of all kinds and add your name (and DNA) to the bone marrow

donor registry - all it takes is a cheek swab! Find out more about the process below and get registered!

What does the registration process entail?

Registration involves filling out some paperwork and a simple cheek swab. If you are interested in joining the

registry, you can find more information on upcoming Be The Match events near you or request a kit through the mail by visiting <https://bethematch.org/support-the-cause/donate-bone-marrow/join-the-marrow-registry/>.

Who can register?

Anyone between the ages of 18 and 44 who is in good health.

Why should I register?

When you join the bone marrow registry there is actually a less than 1% chance that you will "be the match" for anyone and actually have to donate stem cells or marrow. But if you are matched, then you will have the chance to save a life. Pretty amazing!



1000 Books, 1000 Possibilities



by Bethany Toth

Be the biggest influence in your child's life and help them reach new heights. Read with them and watch as their cognitive development blossom. Join 1,000 Books before Kindergarten and let the reading journey begin. You will receive a folder, bookmark and a 100 book reading log sheet to get you started. Stop in every time that you have logged 100 books. Help your kids create a caterpillar on their folders, which will represent each new point of

success that they have reached.

Sign up at the Children's and Youth Service desk at The Library's Main or Madison Branch. You can also sign up online at www.lakewoodpubliclibrary.org/youth/. We will help you open new doors for your child, with reading.

1 book per day for 3 years adds up to 1,095 books!

10 books per week for 2 years add up to 1,040 books!

3 books per day for 1 year add up to 1,095 books!



Just a few of the 108 new registrants that signed up to "be the match" that night!



All it takes is a cheek swab and you could be on your way to helping save a life!

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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

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Lakewood Is Art

Certainly Using Appropriate Grammar Structures:

Reviews Of Recent Releases By Local Bands, Pt. 21

by Buzz Kompier

Obligatory Disclaimer: Record reviews are a tricky business. It's one thing to enjoy music, but to, like, pick out what you like about it? That being said, if I review your thing and I didn't like something, don't feel too bad. My opinion doesn't matter all that much.

Club Wow - Nowhere Fast - Zero Hour Records - 20 songs - CD/DVD, download

This is a retrospective release of recordings by this kind of supergroup. Our key players here are lead vocalist/guitarist/keyboardist Jimmy Zero (formerly of the Dead Boys) and bassist/vocalist Frank Secich (formerly of Blue Ash and the Stiv Bators Band). Club Wow was a group that only ever released one single, so as you may have guessed, this CD is mainly unreleased recordings. The album opens with the title track, which pretty much points to the direction of the whole thing, in that, yes, this is an '80s power pop band. On "Nowhere Fast," specifically, the keyboard takes the lead, with a jangle guitar accompaniment. This is followed by one of the best songs on the release, "What's With You?" which has a great melody and nice harmonies. Other cool ones are "It's A Lie," which displays the band's Beatles influence (more on that later) as well as sounding quite a bit like their Ohio power pop predecessors The Raspberries, "A Million Miles Away," which I guess doesn't really count as a cover, as it was written by Frank Secich, but was originally performed by Stiv Bators on his "Disconnected" LP (which Frank Secich also played on, who'd have thought?) (also, maybe? There seems to be a rendition of it on a Blue Ash retrospective as well. I don't know, figure it out yourself.), and the original single's B-side "The Nights Are So Long," which was later recorded by a reunited Dead Boys. To be honest, the issue with this is that it is very much a product of its time, which means it is really affected by how "new wave" it's trying to sound, especially the '80s-style production, which renders otherwise decent songs such as "In The Night" and "Norman Green" sort of flat. The songs are good, but they're so muddled by the production that it's hard to tell. Because of how overbearingly 1980s the production is, I would give the CD a 3/5. However, and this is a big however, this is saved by the inclusion of two live tracks and the DVD. The two live tracks are a psychedelic power pop rendition of the Beatles' "Strawberry Fields Forever" (see, more Beatles, I told you!) and an original, "Wild Ride Of Vera Jane," about the late actress Jayne Mansfield. These tracks, as, again, they are live, are free of the production issues, and prove Club Wow was a good band. And then there's the DVD, which features, in addition to two music videos (both also victims of '80s-ness, but the visual format makes them "so



Some of the wonderful releases featured this week.

bad it's good," so I was entertained), a full live set from the Agora, which is really good. Anyway, if you ignore the production, the songs are good. The DVD makes it worthwhile. For fans of power pop and/or Cleveland music history, of which I am both. 4/5

<http://zerohourrecords.bigcartel.com/>

The Crunky Kids - In The Face Of The Death Of Death - My Mind's Eye Records/Hibachi/Distort Everything - 5 songs - 7"

Another record from The Crunky Kids. For those unaware, Crunky Kids is a hardcore band consisting of members of bands such as Gag Reflex, Bomb Builder, and probably 23 or so more. I'm not sure, go watch Destroy Cleveland. Anyway, the Kids do decent hardcore punk. That's about all there is to say. My favorites here were "Hell Baby," with lyrics like: "Born deformed, unwanted from birth, killed by your father, go back to the earth" and a chorus that's sure to get stuck in your head as soon as you hear it and "Endless Warning," which closed the show and was a good slow one, which was a nice end to the rest of the faster ones. Variety, ya know? The singer/guitarist, Mr. Bearbomb, has an interesting vocal style, which was probably the best part about this. The production was pretty good too. The thing is, while this is an enjoyable listen if you like this type of music, I'm still not sure if there's anything distinctive about it. Perhaps I should have listened to some of Crunky Kids' previous efforts for some context. At the time of writing, I'm getting the feeling that, in a week's time, this will either be a record I think is great or a record I'm rarely gonna listen to. Not sure yet. 3.5/5

<http://mymindseye.bigcartel.com/> though much like last issue's *Caucasoid 7*", it's not listed there yet. Try the physical *My Mind's Eye* store.

Party Plates - Southern Tour Tape 2015 - Noncommercial Records - 4 songs - Cassette

Note: this tape has a very different

title printed on the actual tape itself. I chose the one that was more family-friendly. I don't know how many 7-year-olds read my column, but just playing it safe.. Now that that's out of the way, let's get onto the actual contents of the tape. This is, to the best of my knowledge, the first Party Plates release to feature new members, vocalist Richard and drummer Wedge (hey, Wedge is in Crunky Kids too! Who'd have thought that people in Cleveland would be in multiple bands?), in addition to original members, Skeletor on bass and Paulito on guitar. Party Plates, for those who haven't followed along, play a good mix of hardcore and metal. If that sounds like your kind of thing, Party Plates are probably your kind of band. The first track, "1000 Lifetimes," definitely hits closer to the metal side of the spectrum. The riff that comes in close to the end of the song reminds me of Black Sabbath's "Paranoid" for some reason. Maybe it was intentional. Track 2, "Backseat Chapo," is probably my favorite here. Cool song, good guitar riff, though as I usually find myself thinking about Richard's vocal delivery, I wish there was some lyrics. "F.P.F" starts off with a more metal intro, then kicks into a more hardcore rest-of-the-song. Nice cowbell on the intro, and I like the guitar tone. The tandem riffin' of Paulito and Skeletor really bring the heaviness. I don't know, I don't really listen to much metal. I did like it, though, for what it's worth. Closing track "Short Bedroom Performance" was probably my other favorite, for what it's worth. Also, the liner notes hint at an upcoming full-length LP "if anyone cares to put it out." I hope someone does; I think these songs might work even better in the context of an album. It was good anyway. 4/5

I have no idea where to purchase this one online. Try contacting them through their Facebook page or go to one of their shows.

Wesley Who/The Nico Missile - Quality Time Records - 4 songs - 7"

download

I'm always excited to review splits, even though I'm kind of bad at it. Side 1 of this one has got Wesley Who, who are now (kind of) getting their own real release. I think they've got some Bandcamp stuff, but in terms of physical releases, here it is. Their side starts off with "Tina," which was previously featured in this column as one of my highlights from the Quality Time Records compilation tape. As you can probably guess, I still like it. It's a garage popper in a minor key, with singer Wesley Who (of the band Wesley Who) pleading with the titular Tina to come home. This song really shows off his voice, which is like a classic Buddy Holly type of 50s sound, which is pretty cool. This is followed by a more uptempo poppy garage rock tune, "Shooting Star," which pairs well with the previous. Flipping the record over, we have Quality Time mainstays The Nico Missile with two pop-rock garage punkers. The first one, "21st Century Girl," has got a real catchy chorus with double guitars, one doing the clean rhythm part and the other with a biting lead. Also, the lyrics contain the phrase "shooting star." Was this a coincidence? I don't know. Following this is "Hot Summer," a catchy pop rocker that was also featured on the QTR comp tape. Alright, now, I'm not really sure how to go about rating this. If a band does a two-song single, I don't give it a number value because I decided a long time ago I wasn't going to and then proceeded to immediately forget the reason why. But this is two bands, but they each do two songs...so, 4.5/5

<http://qualitytimerecords.bandcamp.com/>

MOVIE REVIEW: Cruelster - Big Mystery VHS (Turbine Piss Records)

Everyone's favorite band returns, this time with a documentary. And once again, I'm doing a movie review. I don't know how this happened. Anyway, this tape begins with a long message about turbines (I believe it might have been a warning, but I was busy adjusting the tracking and so I couldn't read all of it) and only improves from there. The movie itself starts with the band performing the song "Inchworm" (from the Potatoe Boys LP) in California (!), as the subtitles enthusiastically inform you. Throughout the film, videos of live performances are interspersed with interviews with the band (in one, lead drummer Kid Gone Crazy informs the viewer that playing in Cruelster is like a "big mystery," hence the film's title) and their fans (two of whom, Shame-on-us Grown-men and Timothy Timebomb, hold forth on a porch about the moribund state of the punk scene until they hear some fast drum beats from inside the house and immediately disappear to check it out.) Several of these inter-

continued on next page

Lakewood Is Art

Let Your Inner Artist Grow This Spring And Summer At Beck Center!

by Pat Miller

It's finally time to think spring (and summer!) so let your creativity grow with a class, private lesson, or workshop at Beck Center for the Arts. Whether you are interested in one-on-one instruction, a one-day music workshop, or an 8-week visual arts class, our dedicated faculty looks forward to getting creative with you.

For one day only, musicians can participate in **An Afternoon of Roots Music** with Paul Kovac. Held from 2 – 4 p.m. on Saturday, April 9, this workshop is ideal for students who play guitar, banjo, mandolin, bass, violin – but all instrumentalists and vocalists are welcome! Students ages 12 and up will discuss approach and playing techniques for bluegrass, old-timey, classic country, and traditional music.

Back by popular demand, Beck Center Dance Education presents a **Ballet Workshop Series** with Kim Abkemeier. This series will take place on Sundays, April 24, May 1, May 15, and May 22. Students ages 9 – 15 will dance from 12:15 p.m. – 1:30 p.m., while ages 13 and up are scheduled from 1:30 p.m. – 2:45 p.m. Instructor Kim Abkemeier, a former dancer with

Ohio Ballet and Miami City Ballet, will guide students in improving their classical ballet technique.

Explore your inner-artist during our 8-week **visual arts session** that begins throughout the week of April 4. Choose from a variety of offerings for all ages and artistic abilities from Family Clay Time to Pottery, Drawing, Cartooning, and more.

Don't forget, **private lessons** in dance, music, theater, and visuals arts are offered at any time throughout the year. Open enrollment for private

lessons is a wonderful way to start learning and creating at a time that best fits your schedule. Fast-forward to summer by registering for Summer Camps! We are offering full-day and half-day camps for ages 5-19 of all abilities. Popular camps fill-up quickly... enroll today!

Visit beckcenter.org for lessons, classes, camps, and workshops descriptions, pricing, and additional information, or call Customer Service at 216.521.2540 x10 – they will be happy to assist you!



What does your inner artist look like?

Certainly Using Appropriate Grammar Structures: Reviews Of Recent Releases By Local Bands, Pt. 21

continued from previous page
views contain the assertion that lead voke Yes-Yes is "lost in his own head," which I can only assume he must be. Also found within this film is footage of the band recording several of their hit songs, and of them on a trip to the zoo, during which guitar/voke *Piss* observes things that stink and *Yes-Yes* befriends a ray. Really, I cannot adequately describe how entertaining this documentary truly is. Do yourself and

the world a favor and buy one. Or several, it's your call. As I am not a movie reviewer, I don't know how to rate this, but if I did, I would give it an A+.

I would say the best way to see if you can get one of these is to email turbinepissrecords@gmail.com and see if they have any left (it was a limited edi-

tion type thing). Then, go from there.

Are you a local-ish band? Do you have a record out? Email vaguelythreatening@gmail.com or send it directly to Observer headquarters: The Lakewood Observer, c/o Buzz Kompier, 14900 Detroit Avenue, Suite 205, Lakewood, OH 44107.

The Lakewood Observer is a strong supporter of the arts in Lakewood!



Spring Shows 2016

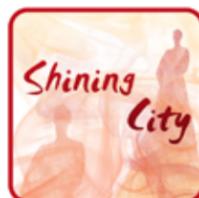
Eight shows
One week
One beautiful location

April 19–22 Free
Opening Night Reception April 19, 6–7:30pm
Runway Show, 7:30pm

- Industrial Design + Interior Architecture + Graphic Design
- Photography + Video
- Ceramics + Glass + Jewelry/Metals
- Biomedical Art
- Drawing + Painting + Printmaking + Sculpture and Expanded Media
- Game Design
- Animation + Illustration
- Runway Show



Arts for All at Beck Center!



Shining City

April 1 - May 1, 2016 | Studio Theater

REGIONAL PREMIERE! Nominated for 2 Tony Awards®, this Irish ghost story follows the parallel lives of a haunted man and his therapist through suspenseful twists and turns. BUY EARLY & SAVE \$5 with promo code GHOST by 3/31.



Princess Scargo

3 p.m. & 7 p.m. April 16 | 3 p.m. April 17

Based on the Native American legend, this original ballet tells the story of a girl who gives up a precious birthday gift to save her village. Also featuring excerpts from the classic *Swan Lake*. \$10 Students (18-Under) | \$12 Adults/Seniors.



Heathers: The Musical

May 27 - July 2, 2016 | Studio Theater

REGIONAL PREMIERE! Based on the 1989 cult film, this is the story of Veronica Sawyer, a teenage misfit who hustles her way into the most powerful clique at school: the Heathers. BUY EARLY & SAVE \$5 with promo code DAMAGE by 5/26.



Summer Camps

Varying start dates in June, July & August

Create! Discover! Explore! Beck Center offers a variety of half-day and full-day camps in dance, music, theater, and visual arts for ages 5 - 19 of all abilities. Popular camps fill-up quickly...enroll today!



beckcenter.org
216.521.2540 x10
17801 Detroit Ave. in Lakewood

Business News

Tri-C Begins New Speaker Series Focused On Women In Science And Technology

by Kristin Broka

"Women in Science and Technology" will be the focus of a new speaker series debuting in April at Cuyahoga Community College (Tri-C®) in Westlake.

The series includes four free Thursday night programs at Tri-C's Corporate College West, located at

25425 Center Ridge Road in Westlake. The programs will be held from 6-7:30 p.m. in Room 305.

At each presentation, speakers from the College and community will share information and perspectives on women working in the fields of science and technology. Each

program will conclude with a question-and-answer session.

Topics, by date, are as follows:

Thursday, April 7: The History of Women in Medicine

Thursday, April 14: Scientist ≠ Man: A Candid Discussion

Thursday, April 21: Women in Health Care and Medicine

Thursday, April 28: Women in IT, Manufacturing and Technology

For additional information, call 216-987-5843 or visit www.tri-c.edu/Westshore.

Lakewood Chapter Installs New Officers



Ed Palm and Carol Palichleb

by Jack Wolf

The Lakewood AM Chapter of International Referral Network recently elected new officers for 2016. Carol Palichleb is the new President replacing Ed Palm.

International Referral Network is a select group of highly qualified men and women, one in each professional category, who join together for the primary purpose of helping each other succeed in business by networking through the exchange of qualified business referrals.

The Lakewood AM Chapter meets every Friday from 7:30 to 9 a.m. at Panera Bread - 19705 Center Ridge Rd., Rocky River, OH 44116. Guest are welcome - contact our Membership Chairperson, Trey Bell, 440-653-8222.

The Lakewood Observer Digital Subscription Pilot

The Lakewood Observer is committed to the continuation of the print edition available around town, the PDF edition online and respecting your inbox. But now in our 11th year, with digital lives taking over, it is time to revisit electronic distribution with our readers.

Throughout 2016 we will be conducting a digital subscription pilot.

If you would like to receive a message and link to the online edition via email on publication dates throughout the year, please send a request to thelakewoodobserver.digital@gmail.com so as not to miss the hyper local news, events and opinions that impact you most.

Otherwise you can continue to pick up the print edition around town or visit <http://lakewoodobserver.com/download-issues/> of your own initiative to access issues in PDF.

Regardless of your preference, there is no cost to our readers. We simply ask that you consider our advertisers for your needs.

Wigs Then And Now

by Bonnie Fencl

In the 17th century French wig makers made expensive human hair wigs. Cheaper versions were made of goat and horse hair. In the 18th century powdered wigs created white or off white colors to a lesser extent. The ground starch was colored violet, blue, pink or yellow.

Head lice and other diseases were common and wigs would hide sores so people shaved their heads and sent the hair to wig makers who boiled and cleaned the lice off. This was easier than removing the insects from the person's own head.

People who could afford the longest pouffiest wigs were known as "big wigs", a term that is common even today. After the French revolution taxes were high on wig powder and short hair cuts replaced wig wearing.

In the sixties human hair falls, wigs and other pieces were very popular; however, they needed as much care as your own hair. The first synthetics were easily cared for and have become

better. Today just looking at them is not enough to tell them from human hair.

Party wigs come in all colors. I have a collection of them myself as I sell them and have found that they aid me in different pursuits. For the Light Up Lakewood parade I chose light lavender with gold tinsel for my outfit. St. Patrick's brings out the green curly look. At the 4th of July, Lady Liberty wears light mint. To support the Save Lakewood Hospital group, I changed lady Liberty to red and matched the hair in a red wig.

A current trend my salon is stocking are Anime designs, with more to come. They are very fantasy-oriented. They round out our costume collections also with dreads, disco. I see them as fun. Our salon is Carabel Beauty Salon & Store. If you are interested in seeing any wigs it is best to call ahead for a phone consultation to see if we can supply you with what you need as we are small and our space is limited.

Egged House To Get A Free Paint Job From Neubert Painting

by Jeanne Bluffstone

An elderly Euclid man whose house was repeatedly egged by an unknown assailant for more than a year, will have his house repainted free of charge this summer by Neubert Painting. The house on Wilmore Avenue, which received national attention for the incident, was egged more than 100 times between May 20, 2014 and June 26, 2015, according to reports.

"We offered to repaint the house last summer as part of our annual Charity Paint Giveaway, but we were waiting for police approval since the case was still under investigation," said John Neubert, owner of Neubert Painting in Brook Park. Then last fall Neubert received the go-ahead from police to paint the house. They planned to do the job as soon as weather permitted.

According to news reports, a former neighbor is allegedly facing

charges regarding the eggings that occurred.

Since dried eggs have covered the house for nearly two years, the job will require considerable preparation before painting can begin, says Neubert.

The Charity Paint Giveaway was created in 2008 by Neubert to provide free exterior painting services to a homeowner or non-profit organization whose building needs painting, but can't afford it. "We have been trusted by Northeast Ohio homeowners since 1975, and we feel part of our mission is to give back to our community. This continues our tradition of doing community service projects for people in need," says Neubert.

More than \$100,000 in free painting services has been provided through the Charity Paint giveaway since 2008. Neubert Painting was formerly located in Lakewood, Ohio.

Forum

Emergency Room?...It's Complicated

by Matt Kuhns

Once upon a time, what to do in a health emergency was simple. In many places it still is. As the website of the Cleveland Clinic advises, "Some situations are clearly an emergency: A heart attack, fall off a ladder, serious kitchen burn or bone break. You know to call 9-1-1 and to get your loved one to the nearest hospital." But Lakewood's hospital is closed, at present. Just what remains of its emergency services, and whether that's enough, may be as divisive as any issue in the ongoing debate surrounding Lakewood Hospital.

Critics of the city's December agreement to close that hospital, and eventually substitute a Cleveland Clinic family health center, charge that Lakewood is losing a full service emergency room. A Save Lakewood Hospital flier asserts that "A portion of the family health center will have what is called an emergency room but in reality it will be a minute clinic with emergency room prices." The limited care at "an ER in name only," hospital advocates say, will endanger lives.

City officials flatly deny all of this. Members of city council emphasize uninterrupted access to 24/7 emergency care, during the transition, as a top selling point. Fire Chief Scott Gilman says that the absence of a hospital in Lakewood will not prevent emergency services from getting critical patients to necessary care on time, and that predictions of lost lives are "completely false." Officials, as well as the Cleveland Clinic, all insist that the proposed health center will ultimately include nothing less than a "new, state-of-the-art emergency room."

Reality is often complex and nuanced, and this situation is no different. Still, on the surface it seems impossible to reconcile the competing claims. Certainly it seems like the question "Will Lakewood have a real emergency room" ought to be a simple one. Doesn't the answer have to be yes or no?

Not quite.

In a very real sense, there is no answer to whether or not Lakewood will have an emergency room, because it's simply the wrong question.

In modern times the terms "emergency room" and "ER" are, basically, obsolete cultural conventions. Paramedic and author Rod Brouhard has noted that American hospitals long ago replaced the single emergency "room" with the emergency "department," and within health care this phrase generally prevails. The emergency room has stuck around, all the same. Brouhard speculates that the television series "ER" preserved the term, plus habit, and perhaps pharmaceutical commercials' popularization of "ED" as a euphemism for erectile dysfunction. Meanwhile, it may be fair to say that the Cleveland Clinic does operate "an ER in name only" in Lakewood, but only in the same sense that they and other American hospital systems do,

everywhere.

Semantically at least, "Will Lakewood have a real emergency department" is a more promising inquiry. Emergency departments are definitely recognizable, contemporary facilities found in real-world health care. Unfortunately, the exact boundaries of where they are found are not so definite.

The Emergency Medicine Network, a research and public policy organization, advises that "The definition of an emergency department (ED) is ambiguous." The American College of Emergency Physicians, whose members might know as well as anyone where they work, says that "Emergency medicine is not defined by location, but may be practiced in a variety of settings..."

The College does note that these settings include "freestanding emergency departments" distinct from hospitals; this too is an established term in wide use, moreover, at least within health care. If any phrase describing Lakewood's projected emergency services merits consensus recognition, it's this one. The announced plans of the city of Lakewood and the Cleveland Clinic definitely encompass a real, freestanding emergency department. All that's left to resolve for this issue, then, are a few long-running national controversies over such departments and their public benefit.

Freestanding emergency departments aren't new, but their rapid growth in numbers during the past decade is. It's also the source of considerable debate in health care. Writing recently, industry CIO David Chou said that they remain something of a novelty inasmuch as "no one has examined the quality of care delivered at these facilities to see if they meet the standard of care" promised and expected. Chou and other experts agree that measurable health outcomes haven't been driving freestanding departments' expansion anyway. The general conclusion of most articles on the phenomenon is that freestanding emergency departments are in business to provide convenience, and to profit by doing so.

Many stand-alone emergency departments have opened in upscale shopping centers. Others have moved into more thinly populated areas. The common denominator is bringing the most-sought attributes of a hospital emergency department into new locations. Foremost among those attributes is seeing patients without an appointment, 24 hours a day. Both critics and proponents of the freestanding departments agree that patients value seeing a doctor without an appointment, even when a condition is well short of life-threatening. Freestanding emergency departments provide this, but at a cost.

With more limited services, compared to a full hospital, in many cases a freestanding emergency department is more usefully compared with an

urgent care clinic, or even the good old doctor's office. Chou says that most of the time "These freestanding Emergency Room centers see the routine patients with cuts, bumps, minor trauma, headaches, the common cold, etc." Physician Don McCanne suggests that "Free standing emergency departments really are not much different from urgent care centers," and more than one health expert suggests that an urgent care clinic is often better for patients. The biggest difference, they concur, is ultimately price.

Health economist Vivian Ho of Rice University says that freestanding emergency departments charge insurers double or triple the amount per patient as an urgent care clinic or doctor's office. Their reasons for charging those much higher fees are, primarily, the costs of meeting requirements applied to emergency departments—such as being open at all times—and, arguably, the fact that they can. Patients keep coming, even with lower prices available at urgent care centers. The reasons why they do, in turn, include the convenience of those all-day hours, plus being affluent enough to enjoy low-deductible insurance in some cases, and in other cases simply not realizing the difference. The Fort Worth Star-Telegram has found that many patients in Texas, where freestanding emergency departments have grown especially rapidly, visit them expecting an urgent care clinic and matching prices, only to get a shock when bills arrive.

For Lakewood, the differences between freestanding emergency departments and urgent care clinics have at least some bearing on hospital debates. Financially, individual residents should probably be aware that there is in fact a significant difference, whatever their personal feelings on how the two categories compare otherwise. A financial comparison may also lend weight to questions about the planned family health center's market viability. The biggest growth markets for freestanding emergency departments differ in important ways from compact, urban Lakewood and its mostly low- to middle-income families. The Cleveland Clinic recently converted Sagamore Hills Medical Center's emergency department into a more modest facility, explaining the move as more appropriate to local demand. The Clinic's detractors in Lakewood may ask whether a freestanding emergency department is any more obviously sound here.

Of course, both local critics and some health care experts argue that a freestanding emergency department is little different from an urgent care clinic anyway, in important ways. Dr. McCanne notes that urgent care clinics "can also transfer patients to acute care hospitals," just as freestanding emergency departments can and do for some of the most critical issues. What those issues are, and what are the

consequences of stopping at a separate emergency department before reaching a hospital, lead to the most hotly contested aspects of Lakewood's emergency care future.

Browse around most hospital websites, and odds are good that you'll eventually find a page telling you when to visit an emergency department and when to visit urgent care. Essentially, the message is to visit the emergency department only for something that may be life-threatening. In some instances this may be ambiguous, and thus hospitals provide various examples; an urgent care clinic is adequate if you're vomiting, e.g., but if you're vomiting blood you need the emergency department.

For the most part, though, the life-threatening emergency lists all lead off with much the same items: heart attack, stroke, and their symptoms. These, probably, are also the core of arguments about whether anything short of a hospital is a risk in health emergencies.

The arguments are plentiful, and ongoing. In 2008, a USA Today story warned that patients who arrive at freestanding emergency departments "and need surgery or cardiac procedures must be rushed by ambulance to hospitals, a potential delay in treatment that worries some emergency service providers." The author interviewed emergency service personnel across the country who said that they they would not bring stroke or heart attack patients to freestanding emergency departments, only hospitals—but, the article also noted, the majority of emergency patients don't arrive by ambulance. Even as freestanding departments' numbers have grown, warnings about their limitations continue. In February David Chou wrote that "it would be a waste of time for Emergency Medical Services to take a patient to such a facility."

Local pulmonary specialist Dr. Terry Kilroy has emphasized more than once, amid Lakewood's own debates, that "time is tissue." In an interview with Save Lakewood Hospital, Kilroy recently said that "Any time that is wasted before definitive treatment is critical. A free-standing ER will assure wasted time."

For those trying to make sense of the apparently incompatible arguments from Lakewood officials, however, careful comparison between their statements and Kilroy's remarks may offer hope of reconciling things. On close inspection, the family health center's advocates and its critics are essentially arguing about different points, especially when it comes to heart attacks and strokes.

Cleveland Clinic brochures promise that Lakewood's "full-service, freestanding emergency department handles critical emergency medical conditions," but the list which follows is a mixture of non-critical conditions. **continued on next page**

Forum

Bad Government 2:

Using Positions On A Charity And Charitable Money To Influence An Election

by Brian Essi

Recently released public records and Mayor Mike Summers' deposition transcript from the taxpayer lawsuit expose how Summers, former Council President Mary Madigan, and Councilman Tom Bullock collaborated with business leaders to use a public charity and charitable money to influence the outcome of an election.

It has been established that as far back as 2013, Summers, Madigan and Bullock took part in the formulation of the then secret plan to divert LHA charitable money and public land to private use. The plan was made public on January 15,

2015, and charitable and city funds were expended to coach leaders and arm them with talking points to sell the plan.

On March 3, 2015, Bullock wrote business leader David Stein a private email uncaptioned "Developing Site Plan for Hospital Redevelopment" that included Bullock's view that the importance of architectural appeal of the new health clinic was "equal to the medical services themselves." Stein is the head of the Downtown Lakewood Business Association and became an active member of political action committee (PAC) known as Build Lakewood that would later fund and oppose issue 64.

On March 24, 2015, Madigan (using her private email account) wrote to Stein and others: "I wrote an email to Mike [Summers] about 'campaign' mode. He wants to engage the LHA to take the lead, which is as it should be. The city ought to not be in a campaign but we can certainly be a bigger and more vocal part of an outreach effort. He said the materials will be done maybe tomorrow."

On March 30, 2015, the Cleveland Clinic's attorney Michael Meehan sent Law Director Kevin Butler over 600 hundred pages of documents in electronic form assembled and prepared by the CCF legal department which were then immediately posted on the city website as is without review or edit and remain there today. Needless to say city leaders and CCF only provided the information that they wanted the public to see which supported their "campaign" --much of that information created a false narrative which has been discredited as the concealed evidence comes to light.

On January 20, 2016 Summers testified that charity funds were expended from the Lakewood Hospital Association (LHA) to influence the election last November. Summers initially denied that LHA engaged in advertising campaigns, public information activities and authorized expenditures to send direct mailers to Lakewood residents to influence the outcome of the election. Some time after his deposition, however, Summers sought to change his testimony by writing the following changed answers: "Yes. The Hospital Association did have an advertising campaign on the proposed charter amendment

[Issue 64] ...Yes. There was a direct mailer...and Yes [LHA money was authorized and spent in the campaign]."

So Summers, Madigan and Stein are discussing and orchestrating a "campaign" that the city "ought not" be involved in but they want "LHA to take the lead" (Note: Summers, Madigan and Bullock were all part of LHA as elected leaders). And later the PACs Build Lakewood and "No on 64" are formed and its activities funded by LHA.

So here are the established facts:

1. Summers, Madigan, Bullock and CCF leaders used a charity and charitable money in a political campaign to influence the outcome of an election.

2. City Hall collaborated with CCF and its legal team in use of the city website to carry out the campaign and propaganda.

3. City Hall delayed for nearly 6 months before producing the records mentioned above and Summers delayed his deposition until this year which deprived voters and City Council information that is now public.

4. The swing on the election was decided by around 2% and Summers, Madigan, and Bullock then used that result as a mandate to execute their agendas.

5. City officials are violating public records laws for personal political purposes using private emails to avoid open and honest government.

Now that's really bad government.

Note: Hundreds of public records requests remain unanswered so we don't yet know how much more our government is hiding or how bad it really is.

Vote For Someone With Vision

by Tom Fahey

There are many who object to Bernie Sanders plans for America. They say that his proposals are too grandiose, too expensive and will lead this country into crippling debt. They will turn us into a socialist nation, with our citizens overly reliant on big government.

This is far from the case.

The Senator's proposition to invest huge amounts of money in both infrastructure rebuilding and sustainable energy development is imperative if we are to continue to lead the world, both industrially and economically. To use a well-worn phrase, someday "the chickens will come home to roost." We are going to have to eventually deal with each of these issues.

Let's say your child has cancer. Are

you going to say, "It's too expensive to cure my kid, I think I will wait awhile and treat him later"? No, you will have him receive the best care you can, the expenses be damned.

Like that cancer, our crumbling infrastructure and the malignant effects of global warming are life threatening. This is the time to do it, while interest rates are comparatively low. We need to "treat" these maladies sooner rather than later. The Republicans have no plans to invest the monies needed (they even deny the existence of global warming), and Mrs. Clinton's plans are way too timid.

Please vote for Bernie Sanders, a man with bold solutions who can finally solve these potentially devastating problems.

Emergency Room?...It's Complicated

continued from previous page
tions such as minor trauma, strains and sprains, and "symptoms" of critical conditions. The Clinic pledges

that its Lakewood facility can handle "chest pain," and "stroke symptoms," but does not mention actual strokes or heart attacks. Noting, accurately, that "most emergencies do not require hospital admission," the Clinic adds that "patients requiring inpatient care will be transported to the closest, most appropriate hospital."

The City of Lakewood echoes these statements, and Fire Chief Gilman denies vehemently that patients will die during transit to such a hospital. Yet the majority of Dr. Kilroy's warnings emphasize an entirely different risk. Kilroy predicts delays as long as two hours for stroke patients being redirected to a hospital after arrival at a freestanding emergency department. "At that time," he says, "once you're outside the golden window of about an hour from the onset of symptoms, you're probably not going to be recoverable to some extent." Lakewood EMS

may well save your life as promised, in other words, but the quality of that life could be substantially reduced if the local emergency department is not itself a hospital.

Semantics and nuance only explain so much, all the same, and impassioned debate will undoubtedly continue. Arguments about capacity at nearby hospitals, about economics, and above all about trust will remain more difficult to iron out. Even differences over the impact of a freestanding emergency department will likely persist; though Dr. Kilroy emphasizes organ damage and subsequent challenges to recovery, he also maintains that the delays in store for Lakewood patients will lead to increased mortality, as well.

It's indisputable that people do die in ambulances, on occasion. Recently, a patient died while being routed to St. John Medical Center in Westlake. Firmly connecting the reduction of a

hospital to a freestanding emergency department with individual deaths is next to impossible, though. Even a potential trend of increased mortality, if one were to emerge, will be surrounded by other statistical "noise." Kilroy and other critics, and Lakewood's fire chief, will presumably have to disagree for the time being.

Still, whatever their disagreements about freestanding emergency departments' potential delays, nearly everyone seems to agree that what emergencies like heart attack and stroke really require is a hospital. Even as the Cleveland Clinic has assured residents over and over about continued emergency care in Lakewood, within the past year the Clinic posted a new "emergency department vs. urgent care" page to its own web site. The advice quoted earlier is from its very first lines: if someone's having a heart attack, "get your loved one to the nearest hospital."

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Forum

Empty Chair Versus A New Shiny Building

by Kevin Young

My father was a hardworking steel worker who could make folks roar with laughter at his funny stories. He was a devoted family man who made sure the bills were paid, his family was clothed and put a roof over our heads. He taught my sister, brother and myself the golden rule.

In 1982 at the Thanksgiving Day table at my house, there was an empty chair. It belonged to my father, who died at 51 of a heart attack. He did not get to see me excel in my business of choice. He did not get to see my brother graduate high school. He did not get to see his grandchildren

and he left my mother to attend to my special needs sister without him by her side. My father would have seen all of this but he did not make it to an acute care hospital in time for his life to be saved.

In this Your Tube video (<https://www.youtube.com/watch?v=mJvwGTnfUaA>) Dr. Terry Kilroy testifies that in the event of a heart attack, stroke, sepsis and other emergencies, going directly to an emergency room attached to an acute care hospital can mean the difference between life and death. Dr. Kilroy knows this from experience. He has saved many lives and

his life was saved because a full service Lakewood Hospital was there to save him and others he treated. My father always told me to err on the side of safety. With that in mind, I will take Dr. Kilroy's view on the importance of having a full service hospital here in our community any day over research that might suggest that the proposed so-called emergency facility can take the place of a full service hospital. That research is more devoted to a profit motive than it is to what is best for the citizens of our city. And in our densely populated area, Fairview is too overcrowded to properly handle

emergencies from Lakewood.

Our profitable, full service community hospital has been unnecessarily closed down by only a handful of people who quite frankly are in need of a heart transplant because if they had a heart, they would have not done this. This small group of people have nothing in mind but profits. It brings to mind the people who were perfectly willing to say that fine family homes were "blighted" so that they could force families out of their homes to build a strip mall. That was bad enough. Now that brand of thinking has closed our hospital and put lives at risk.

The Cleveland Clinic likes to say they are the best...they say theirs is world class health care. Yet, they have slipped a non-compete clause into the master agreement that prevents a direct competitor from going into business in our empty hospital building across the street from what will be their so-called emergency room and medical offices. This is a stunning sign of weakness on their part. If they are as great as they say they are, why can't they handle competition? It is Wall Street behavior at its worst. They want and have secured a monopoly that is anti-capitalist and diminishes services and increases prices. Anyone can see that is the truth. It is undeniable. To say otherwise is to suggest I should look to the western sky to watch the sun rise.

This is truly difficult to say. It comes from personal experience. There will be a lot of empty chairs at holiday dinner tables this year now that the hospital is closed. All because a handful of greedy people have dictated to the 52 thousand who

Cornucopia Presents Outstanding Achievement And Lifetime Achievement Awards At Annual Meeting

continued from page 1

from Cornucopia's vocational program at their Vocational Training Center and Catering Kitchen on Sloane Avenue in Lakewood in August 2014. Within a month of graduation, he was hired by Heinen's in Rocky River and then transferred to their downtown location when that opened. He works for them full time. Antonio L. graduated from Cornucopia's vocational program within Jennings Center in Garfield Heights. He was hired by Jennings Center in September 2014 and as an employee he splits his time between housekeeping services and dietary services. He is a man of few words but a dedicated employee. Candice O. graduated from vocational programs at both Nature's Bin and Eliza Jennings. Upon graduation, Candice was hired for a position in laundry services at Eliza Jennings and has been an important member of the team there since May 2014.

In addition, this year Cornucopia was pleased to present a Lifetime Achievement Award to Mike S. who graduated from Cornucopia's Vocational Program at the original "Bin"



Pictured from left to right: Bob Mosher, Cornucopia Employment Specialist; Shelly Bishop, Cornucopia Case Manager; Andre H., Outstanding Achievement Award recipient; Ronda Van Den Bossche, Director, Cornucopia Vocational Programs

on Madison Avenue in 1986. Mike was hired in 1986 by Rini-Rego's Stop-n-Shop (which became Giant Eagle) and has been there ever since. Mike brought the entire crowd to its feet when he accepted the award saying in part, "What does it mean to be a team player or go the extra mile? We have all heard these clichés in

sports but in the work place it takes on another element. I have learned three important things. First, being upfront or in the limelight is not always the best thing. Two that taking on a supportive role has its own rewards and three, the best thing you can ever give is your smile. It reflects a whole lot about you." As he concluded, Mike encouraged other Cornucopia graduates to work hard and to "continue to fan the flame of your dreams."

Cornucopia also operates Nature's Bin, Lakewood's own independent natural food store. This natural foods market serves as both a job training site for people with disabilities and provides delicious fresh produce, organic groceries, prepared foods and many local products to shoppers. Cornucopia programs serve people with a wide range of disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness. Cornucopia and Nature's Bin have part of the greater Cleveland community since 1975.

continued on page 22



Pictured from left to right: Lori Sides, Employment Supervisor at the Cuyahoga County Board of Developmental Disabilities; Candice O., Outstanding Achievement Award recipient, Ronda Van Den Bossche, Director Cornucopia Vocational Programs, Daniel Moga, Cornucopia Case Manager



Michael Mills (left), Chef at Jennings Center & Antonio L. (right), Outstanding Achievement Award recipient at the Cornucopia 2016 Annual Meeting .

Forum

My Name Is Norman Zuanaich: I Died A Few Days Ago

by Norman Zuanaich

During my years in the Military, I had the chance to serve in several Spanish-speaking countries and learn about their literature and culture. When I read "Chronicle of a Death Foretold" by Nobel Prize Laureate Gabriel Garcia Marquez, I was amazed at how all the residents of that poor Colombian town depicted in the novel were aware that their neighbor, Santiago Nazar, was going to be killed, but none of them lifted a finger to warn him or stop the homicide. Back then, I used to say to myself, "People in Colombia need to learn from us in the USA." Years later, I came to realize how naive I was, especially upon my retirement fifteen years ago, when I purchased a condo in the Lakewood Gold Coast. At first, it was a dream come true. On the shores of Lake Erie, that phase of my life was not an end, but rather a beginning for me to enjoy life in this nice, safe, and culturally diverse neighborhood. Lately, however, this dream has unexpectedly turned into a nightmare.

As I am approaching my eighties, I am realizing that instead of a peaceful retirement, I am at risk of losing my life investment which I poured, year after year, into that condo. It is even worse. I am at risk of losing my faith in the entire system which I and other fellow Americans of my generation grew up believing was fundamental to our country: Protection for the middle class, services for the underprivileged, protection for seniors, etc. As I look around at other veteran condo owners on the Gold Coast, I discover that I am not an isolated case. We, the elders, whether in this area or in other communities across the nation, are systematically becoming an ideal target for a troika formed by Home Owners Association (HOA) board members, real estate law firms, and property management companies.

In this troika, a greedy real estate law firm's goal is not justice. Rather, its ultimate aim is mere lucrative busi-

ness based on marketing expensive training workshops for board members, endless opportunities to provide, necessarily or not, legal counseling at stellar costs thereby eroding HOA funds, and infinite opportunities to spot and impose liens thereby accruing high legal fees in the process, and ultimately causing foreclosures. It is pertinent for a covetous real estate law firm to ally itself with incompetent and/or corrupt HOA board members since they are the ideal type who would not seek their respective homeowner communities' support for HOA related decisions or projects. Instead, they would rely on that real estate law firm to constantly legitimize its decisions under the business judgment criteria, regardless of their reasonableness. These type of board members would further seek the assistance of mediocre management companies to shield themselves, as a ruling class, from the ruled-- that is, the population of homeowners.

A troika often thrives in older neighborhoods where buildings are likely to suffer structural and technical failures. Obviously, these failures indicate that, for years, HOA budgets have not been managed to properly maintain those properties. Conversely, lack of adequate maintenance indicates the lack of appropriate saving and/or reserve funding. Although such financial, structural, and technical failures do not occur overnight, incompetent board members often prefer overnight solutions over long-term planning that would prevent such failures from repeating in the future. Inept and/or corrupt board members grab the easiest exit, that is, levying huge assessments on their fellow homeowners.

Now, in a relatively old neighborhood, the population of homeowners is often comprised of 60% of elders who live on fixed incomes, and 40% young professionals. Lured by the beauty and/or peacefulness of a neighborhood, the latter buy without receiving appro-

priate disclosures by HOAs, property management companies, or mortgage companies indicating the failing infrastructures of the buildings in the area. Thus, deceived seniors and young professionals alike soon find themselves at risk of losing their properties and filing for bankruptcy. And this is exactly where I am at.

Since I belong to a generation of Americans who grew up believing that, in a country of law, giving in/up was not an option, I sought legal advice. I was initially encouraged to work on negotiations and community building to either reach a solution that would benefit everyone or would bring a new team on the HOA board that, instead of being self-serving, would commit to serving the membership. Surprisingly, my weakening bones did not fail me, neither did my neighbors whom I reached out to. The challenge, however, was that many of them were either under guardianship or suffering from serious disabilities due to aging. Hence, the legal path seemed to be the only one left. Was it?

I discovered that the law had little or nothing to protect me against self-serving board members, greedy real estate law firms, and abusive property management companies. I found out that, while alleging protection of democracy, the system allows similar inept and/or corrupt boards of directors to remain in power even if their mismanagement was the cause for HOA structural and technical failures. The system further condones their malpractice when they later use those failures to pursue millions of dollars in loans for questionable assessment projects based on the minimal professional input. The law does not pressure a board of directors to objectively seek a minimum number of professional bids prior to levying assessments. Furthermore, the system turns a blind eye on city officials who fail to rigorously follow up on their periodic inspections of

buildings and resist reporting violations and/or maintenance problems to the city prosecutors alleging that they are civil matters.

By failing to hold boards of directors across the nation properly accountable, the system encourages them to abuse the power of their position to get kickbacks and/or pursue huge bank loans without the obligation of even informing their respective HOA membership on how they would later spend such loans. An evident example in this regards is the Benzer case in Las Vegas.

The real dilemma for a senior citizen like me is to discover that the system does not really protect the American consumer. Rather, it creates a situation that not only fuels corruption but is also likely to generate a crisis similar to that of the housing market in 2008. Thus, my advice to younger buyers and to American consumers across the nation is not to buy as long as there is no serious system that would really protect our investment in housing.

The author of these lines died in early March. He was rushed to Lakewood hospital where a non-kin heir was prevented by the hospital security from going in with him due to his South American dark skin and foreign accent. Hours later, the ER needed a contact for the patient before transferring him to another better prepared medical facility. Such delay and chaos exposed Norman to severe complications and a terminal heart attack. It was discovered that Norman Zuanaich, the American senior citizen who had proudly served his country when he could, had no money to afford his own burial. The only money he had left, was used to pay for a litigation aiming at saving his condo, that is, the shelter which he owned and paid off. Like Santiago Nazar, the victim of that Colombian coastal town Gabriel Garcia Marquez's novel, Norman Zuanaich was the victim of this US coastal neighborhood.

- A. La Pointe



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Lakewood Living

Bernie Volunteers Undeterred; Lakewood Office Remains Open

by Mike Deneen

Ohio was in the national spotlight on March 15, as voters went to the polls in the presidential primaries. Campaign offices of many types sprung up around the state to get out the vote for the big day. After the votes were counted, professional campaign operatives scattered to future primary states, and most of the campaign offices went back to being vacant storefronts. However, one exception remained in Lakewood.

Hillary Clinton won the Ohio Democratic primary, and widened her delegate lead over Bernie Sanders with other big wins in states like Florida. Most national pundits believe Sanders has virtually no chance to catch up to her. Despite this, the volunteers at the Lakewood Sanders office decided to fight on. They are keeping their office open and using it as a hub for phone banking to future primary and caucus states. They are also organizing trips to Pennsylvania and New York to register voters and canvass before those states' primaries.

"I don't think it's over," said Lakewood resident Eric Deamer, an avid Bernie volunteer. Deamer pointed out that after the Ohio vote, about half of the states had yet to vote. In addition, many of the remaining states are considered to be more favorable to Sanders. Deamer is pleased that the office is still busy, "It's a hub of activity, and a physical presence."

Carl Wilhoite is another continuing volunteer. "So much of the campaign is phone banking, which can be done anywhere," said Wilhoite. Like many of the Sanders supporters, he is participating in his first campaign. When asked why he decided to get involved, he responded, "I was tired of sitting on the bench."

Local volunteers have already raised enough money to keep the office going through April, and hope to remain much longer than that. "We're hoping to keep this until November," says Deamer.

Regardless of how this campaign ends, the Sanders "Revolution" has brought a new generation of Lakewood residents into the political realm. Many of them are hoping to continue their movement into future years.



Sanders volunteer phonebanking to western states from the still-open Lakewood office.

Kiwanis "Flips" For Lakewood Charities

KCL Annual Pancake Breakfast

by Dave Norton

The Kiwanis Club of Lakewood is back in the kitchen cooking up breakfast treats for their annual "Pancake and French Toast Breakfast" on Sunday, April 10 at the Lakewood Catholic Academy (14808 Lake Avenue, just west of Lakewood Park) from 8 a.m. to 1 p.m. Tickets, which can be purchased at the door or from any Lakewood Kiwanian, are \$7 for adults, \$5 for children ages 6 to 12, and children 5 and under eat for free. The meal includes all the French toast, blueberry or regular pancakes you can eat! Orange juice, coffee, tea, and milk, and our delicious sausages come with your meal. At the end of your breakfast, your child can take home a free book! Bring your family, friends and neighbors to enjoy a breakfast where you don't have to cook or clean up!

All proceeds will benefit Kiwanis projects in the Lakewood community. Parking is at the rear of the building and the dining room is handicap accessible.

AARP Free Tax Aide Help

by Joan Miller

AARP Tax-Aide brings you free electronic filing of your tax returns.

The IRS-certified volunteers are ready to help income taxpayers of all ages. You do not need to be an AARP member to receive this service.

A photo ID & Social Security # are required at time of visit. Please bring last year's tax return if possible.

AARP tax-aide help is available Monday & Tuesday noon to 3:30 p.m. starting February 1st, 2016 at the Lakewood Senior Center West located at 16024 Madison Ave., Lakewood. An entrance with handicap ramp and stairs is located on Northland side of building.

No appointment necessary. Walk-ins welcome.



Event Calendar for 2016

Wednesday
March 16 at 7 pm

Seed Starting Workshop

with Emil Girod, local gardening guru
FREE • at Lakewood Public Library multi-purpose room

Wednesday
March 30 at 7 pm

Pasta Making with Lakewood Little Pasta Co.

at Lakewood Little Pasta Company kitchen, 15613 Detroit Ave
FREE • limited space available; RSVP at leafcommunity.org!

Wednesday
April 14 at 7 pm

Cut Flowers & Container Gardening Workshop

with Jacqueline Kowalski, The Ohio State Extension
FREE • at Lakewood Public Library multi-purpose room

Saturday
May 7, 2-4 pm

Heirloom Plant Sale

Local, heirloom, organic vegetable plants for sale, plus local foods & crafts
FREE entry • at Lakewood Garden Center, 13230 Detroit Ave.

Wednesday
May 18 at 7 pm

Composting Workshop

with Cuyahoga County Solid Waste District
co-sponsored by City of Lakewood
FREE • at the Women's Pavilion in Lakewood Park

Thursday
June 2, 5:30-8 pm

Spring Fest – First LEAF Farmer's Market

Local food and crafts for purchase; music; activities for kids; and more!
FREE entry • at Lakewood Public Library front porch

Thursday
June 9, 5:30-8 pm

LEAF Farmer's Market & First CSA Pick-up

First CSA pick-up of the season. Plus local food and crafts for purchase
FREE entry • at Lakewood Public Library front porch

Tuesday
June 21 at 7 pm

Cider Brewing Workshop with Griffin Cider

FREE • at Griffin Cider House, 12401 Madison Ave.

Tuesday
July 19 at 7 pm

Fermentation Workshop with Wake Robin

with Molly of Wake Robin Fermented Foods
FREE • at The Side Quest, 17900 Detroit Ave

Schedule subject to change. Check leafcommunity.org or the LEAF Facebook Group for updates and locations or drop us an e-mail at leafcommunity@gmail.com.

Lakewood Living

LakewoodAlive Accepting Applications For Paint Lakewood Program

by Lisa LaRochelle

The Paint Lakewood Program is available to income eligible residents who want to make their home look its best. It has been designed to provide a grant up to \$3,500 to assist with the cost of exterior paint, labor and materials. Because labor is included in the grant, professional painting is more affordable and attainable leading to a longer-lasting paint job. Plus, most paint companies in

the area are now providing a maintenance warranty. Now is the time to take advantage of their warranties and our grant which will make your home and your wallet happy.

In 2015, 18 homes went through the Paint Lakewood Program improving their appearance and beautifying their neighborhoods.

Income guidelines for this program are as follows:

2015 HUD Income Limits Cleveland-Elyria-Mentor, OH MSA			
Family Size	Category 2 (80%)	Category 3 (50%)	Category 4 (30%)
1 person	\$23,151 - \$37,050	\$13,901 - \$23,150	\$0 - \$13,900
2 persons	\$26,451 - \$42,350	\$15,931 - \$26,450	\$0 - \$15,930
3 persons	\$29,751 - \$47,650	\$20,091 - \$29,750	\$0 - \$20,090
4 persons	\$33,051 - \$52,900	\$24,251 - \$33,050	\$0 - \$24,250
5 persons	\$35,701 - \$57,150	\$28,411 - \$35,700	\$0 - \$28,410
6 persons	\$38,351 - \$61,400	\$32,571 - \$38,350	\$0 - \$32,570
7 persons	\$41,001 - \$65,600	\$36,731 - \$41,000	\$0 - \$36,730
8 persons	\$43,651 - \$69,850	\$40,891 - \$43,650	\$0 - \$40,890

Households considered low-income (up to 50% of area median income) would be eligible to receive a rebate up to \$2,500 towards painting labor and materials.

Households considered low-to-moderate income (up to 80% of area

median income) would be eligible to receive a rebate up to \$1,500 towards painting labor and materials.

If only the grant amount is used and no personal funds are spent, clients will be required to contribute 10% of the grant cost towards the project.



Before (above) and after (below) thanks to the LakewoodAlive Paint Lakewood Program. What a difference a coat of paint can make for your home! Check the income guidelines at left to find out if your home is eligible for the 2016 program.

If you are interested in learning more about the Paint Lakewood Program, visit lakewoodalive.com for

more information. You can also call us at 216-521-0655 for an application and more information

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Empty Chair Versus A New Shiny Building

continued from page 19

live in Lakewood that a full service hospital does not suit the financial goals of those few. Court documents have proven beyond a shadow of a doubt that the hospital was closed as a result of destructive mismanagement on the part of the Clinic.

I don't know about you, but I'd take a full table at Thanksgiving any day in favor of a shiny new building and misplaced fantasy talk of the promise that the building might bring. I can't possibly see how anyone's life is less important than the bottom line of The Clinic or any of the builders who are anxious to make money on the construction of a new building. I don't know about you, but as far as I am concerned, lives mean a lot more than money especially when it is made on the foundation of false scenarios and lies.

To see this address presented at

the March 7th city council meeting here is the You Tube link...

<https://www.youtube.com/watch?v=jSZ0jLqShIw>

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Lakewood Living

LPD Citizens Academy Graduation Ceremony



photo by Alexander Belisle

The graduating class, 2016. Every Lakewoodite should take part in this great program.



photo by Alexander Belisle

Chief Malley, Ryan Babiuch with his daughter and Mayor Summers (right).



photo by Alexander Belisle

P.O. Angela Ortiz, the heart and soul of the Citizens Academy.



And the Chief and Mayor with Lakewood's entry into "The Most Interesting Man In The World" lookalike, LO's Alex Belisle.

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The Back Page



photo by Jim O'Bryan

Bald Eagle heads down the Rocky River in the Emerald Canyon. It is believed that they have two eggs on the nest again this year.

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