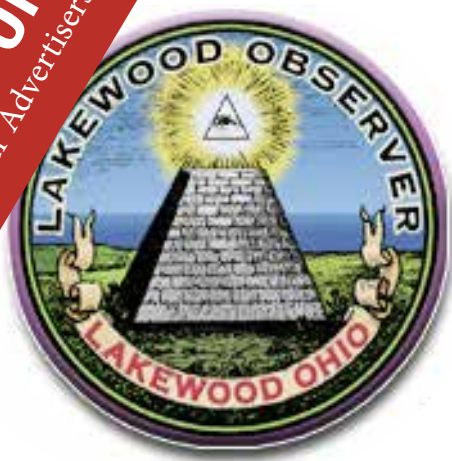


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“Not voting is not a protest. It is a surrender.” – Keith Ellison

THE LAKEWOOD OBSERVER

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Volume 15, Issue 17, September 4, 2019

32nd Annual Community Festival Caps Off Summer

by Karen Karp

Celebrate family, community and cultural heritage at the 32nd Annual Lakewood Community Festival on Saturday, September 7, 2019 at Madison Park, 13029 Madison Avenue. The day of fun and activities for the entire family will take place from 11 a.m. to 5 p.m., rain or shine.

The festival is known for a delicious array of nationality foods including stuffed cabbage, pierogis, potato pancakes kielbasa and more. There will be pizza, of course, and alternative selections as well. Save room for kolaches, baklava and other traditional ethnic pastries, plus ice cream and other desserts.

For the kiddos, the festivities will include a bounce house, an inflatable obstacle course, balloons, crafts, games and hands-on giant bubbles.

Keep a look out for the team from the Rocky River Nature Center. They will provide the opportunity to discover and learn about the wild animals who make Ohio their home.

Studio Go, The Cleveland



Museum of Art's mobile art studio, will be ready with a hands-on art experience for all to enjoy. The Studio Go team is making their second visit to the Festival.

Yes, the City of Lakewood will again be selling old street signs for \$25, cash only. The signs are in good condition and are a prized nostalgic item.

Throughout the day musical entertainment will be provided by 2guys12strings (11 a.m.), Frank Moravcik and the Band (noon), The Down River Music Company (1 p.m.), The Polka Pirates (2 p.m.), Down the Road

(3 p.m.) and The Jobs (4 p.m.).

The festival, sponsored by the Lakewood Community Festival, Inc. and the City of Lakewood, is traditionally the last event of the summer. Proceeds from the festival are donated to various Lakewood community organizations.

Jason Shachner:

A New, Experienced Voice For Ward 2

by Jason Shachner

My name is Jason Shachner and I am running to be your next Ward 2 Councilperson. My wife, Michelle, and I own a home on Cook Avenue with our 12-year-old shepherd mix, Tessie. Lakewood is home for us because of its schools, parks, walkability, unique restaurants and businesses and, most of all, its strong sense of community. I am running for council because Lakewood should be able to support you at every stage of your life. Whether you are a new family or ready to retire, I want you to be able to call Lakewood home.

Early in my life I was aware of the fundamental unfairness that success is often dictated by things beyond your control. Things such as your zip code, your race, your familial wealth, religion, or sexual preference. This is why I have devoted my life and career to public service.

My first job out of college was as a community organizer. I served as an AmeriCorps VISTA Fellow for the non-

Superintendent Listen & Learn Series Kicks Off Sept. 25

by Christine Gordillo

Lakewood City Schools' Superintendent Mike Barnes this school year will be repeating his series of "Listen & Learn" sessions he introduced last year to listen to what the Lakewood community has to say about our schools. The one-hour sessions will be informal conversations and people are welcome to drop in any time. The first one will be held on Wednesday, September 25 from 6-7 pm at the Ranger Cafe at Lakewood High School. Come and share with Dr. Barnes your thoughts, ideas and concerns for the District.

Last year's input from the **Listen & Learn sessions:**

September 25, 6 pm @ Ranger Cafe, 14100 Franklin Blvd.

November 20, 9 am @ Play Grounds Cafe, 15715 Madison Ave.

January 22, noon @ Taco Tonto's, 13321 Madison Ave.

March 18, 6 pm @ Board of Education at Taft School, 13701 Lake Ave.



community at these sessions helped contribute to the development of the District's new strategic vision - Vision of a Lakewood Graduate. So come on out and have your voice heard and learn how the new vision will impact our classrooms.

Help! Candidate Questions Written By You

by Betsy Voinovich

It's that time of year again. The kids are back in school and our thoughts turn, reluctantly, if you are like me, to election season.

In Lakewood we already saw a little bit of it with the various candidates in the Fourth of July Parade and we could count up who had the most supporters or who threw out the best candy or who had the coolest T-shirts but now it's time to get serious, we have some big elections in front of us and it's very clear from looking around at the current state of affairs in Lakewood that who we choose will have a big effect on the quality of life in Lakewood.

These people will make decisions that will touch your lives directly, make no mistake about it. It's important that you know who they are, what they've done, and what they plan to do. It's important that you hear from them in their own words so you can assess for yourselves what you think of them.

But how do you do that?

You can read the campaign literature that gets stuck in your door. You can try to attend campaign events. Better still you can try to attend campaign forum nights or debates so that you can see the candidates assembled, if they

continued on page 2



Michelle, Jason, and Tessie pictured in front of their home.

profit organization Turning the Page. Here, I worked to increase parents' participation in their children's education so that they could betted advocate for their children's future. I created PTAs and PTOs, led parent leadership trainings, and, most importantly, scoured the community for potential leaders and helped foster their

ability to initiate change. After serving as a VISTA, I worked with the community organizing branch of Empowering and Strengthening Ohio's People. I knocked on doors in the Hough, Mount Pleasant, and Slavic Village neighborhoods to organize residents to advocate

continued on page 7

Lakewood Observer

Healthy Lakewood Foundation To Host Inaugural Community Meeting

by Kate Ingersoll

The Healthy Lakewood Foundation (HLF) is pleased to invite the City of Lakewood community to a public meeting on Tuesday, September 24th. This is an opportunity to learn about activities since the foundation was formed in 2018, and engage with the HLF Board of Directors.

HLF is pursuing the vision of Lakewood as a place where all people achieve their fullest health potential and working to advance programs, policies, and practices that inspire a community in which health and wellness are reflected in all aspects of life.

The Board is eager to share progress made over the past year to advance organizational development and strategy, and formalize the processes and priorities that will guide future work on behalf of the community. The Board will provide summary reports covering their collective work and engage members of the community for their

feedback and input.

“I am very inspired to be part of this Board - our 17 members have an impressive range of experience and expertise in many areas relevant to population health and philanthropy. We share a common love for the City of Lakewood and a desire to continue the legacy of health and wellness for all citizens,” said Becca Baas, a member of the HLF Board.

The community meeting will be held at 7:00 pm on Tuesday, September 24th at the Woman’s Club Pavilion, located at Lakewood Park, 14532 Lake Avenue. Light refreshments will be served.

Community members who plan to attend are requested to register at: www.healthylakewoodfoundation.eventbrite.com

To contact the Healthy Lakewood Foundation with questions, please email Courtney Noster, HLF Board Member at HealthyLakewoodFoundation@gmail.com.

Help! Candidate Questions Written By You

continued from page 1

all attend, and hear their positions on the issues and watch how they conduct themselves.

But what if you can’t get out for those events, and what if you do attend those events, but YOU had a question that it seems the candidates never get around to answering?

This is where the Lakewood Observer, your community-written local paper comes in.

During election season, the Lakewood Observer publishes “candidate questions”— questions that go to all the candidates who then respond in the paper. Each candidate gets the same questions, and the same number of words with which to reply.

Where do we get the questions? From you. And from our editorial board, who will also go through the questions you send in to try to condense them into a form that allows for as many readers to be represented as possible, while making sure the paper covers the full range of issues that are out there.

All you need to do is send them

in. And of course, read the replies of the various candidates and VOTE for the ones you feel will do the best job.

There will be a prize for those readers who send in questions:

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Send in questions by September 10, 2019. Go to lakewoodobserver.com, click on Member Center, sign in, click on writer, next, enter “Candidates’ Questions” in Title box, click on Next, and paste/write in your questions.

So far, the following candidates have agreed to answer your questions:

Mayor's office:

Meghan George

Council candidates:

Ward 1: TBD in Sept 10 primary. Race is between Matthew Fredrickson, Lindsey Grdina, Tess Neff and Laura Rodriguez-Carbona

Ward 2: Brad Presutto, Jason Shachner

Ward 3: Jeff Wise

Ward 4: Dan O'Malley

School Board candidates:

Andrew Meyer

Elect

Meghan F.

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As a product of citizen journalism, The Lakewood Observer is looking for people, ages 3-100, to get involved in the paper and the city. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process. Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos. No need to register to post online calendar or classified ads.

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September 12, 2019
September 26, 2019

Publish Date
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October 2, 2019

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Debra O'Bryan

EDITOR IN CHIEF
Margaret Brinich

ASSOCIATE EDITOR
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Celebrating Over 10 Years of Community Discussion at: www.lakewoodobserver.com

Lakewood Politics

Safety Requires A 360 Degree Approach

by Meghan George

Public safety and fiscal responsibility should always be top priorities of local government. Without a city that is fundamentally safe, and responsible with its finances, we simply do not have the ability to reinvest in parks, infrastructure, or other needs, because safety is a bedrock necessity of any dynamic community. As a nearly 38-year resident of Lakewood, I

am committed to supporting the top-notch personnel we have working to maintain that foundation.

My professional experience in helping CEOs structure their businesses has taught me to look at solutions in a 360 degree manner. From the immediately apparent, by ensuring we reinvest in our shooting range so that our officers remain prepared and well-equipped, to understanding that safety includes

making sure our streets are designed for children walking to school as much as for the hard working parent commuting to their job. As a part of this approach, last year I approved the purchase of additional digital speedometers to address speeding on our side streets, however there is definitely more we can do. We need to be active in responding to the changing traffic on Lakewood streets, including bike traffic.

I support having bike lanes more clearly marked by identifying them with green paint, as one step in improving how these recent additions fit alongside other traffic. I will also work collaboratively with NOACA and our legislators in Columbus to secure funding to create protected lanes for greater motorist and cyclist protections.

As the campaign for mayor draws toward autumn, I will discuss more goals of a George administration. I look forward to conversations at the door and at our community events. This is something you can count on from a Mayor George: a mayor who listens to her community first, works to build consensus, then executes that vision.

Fiscal Resiliency In Lakewood Is Inclusive, Diverse And Forward-Looking

by Laura Rodriguez-Carbone

Recently, some of the nation’s top economists, referencing a downtrend from bonds, currency, commodities and a projected growth of national debt, speculated that a recession may be on the horizon. Like most cities, Lakewood gets its revenue from local sources.

The largest source of revenue, according to our city budget, comes from municipal income tax, which are taxes levied on all residents and part-year residents aged 18 or older, residents and non-residents who conduct business, or work, in Lakewood, residents and non-residents who own property, and non-residents who work in Lakewood but whose employer did not withhold income tax (as per the city’s website).

When looking to the future of

Lakewood it is not only important that we are fiscally responsible, but fiscally resilient. We can build resiliency by developing a comprehensive economic development plan now to safeguard our local economy from a potential recession.

Diversification of our city’s revenues (i.e. through qualifying for Federal

continued on page 7



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Lakewood Public Library

Calendar Of Events

compiled by Elaine Rosenberger

Thursday, September 5, 2019 at 7:00 p.m.
Double Author Event: “Mama, Mama, Only Mama” and “Mrs. Morhard and the Boys”
Books by Lara Lillibridge and Ruth Hanford Morhard
Main Library Auditorium

These books are about the lengths to which single mothers will go to create a memorable childhood. In “Mama, Mama, Only Mama,” Lara Lillibridge offers advice she’s gained while raising children in a non-nuclear family. In “Mrs. Morhard and the Boys,” Ruth Hanford Morhard shares how her mother-in-law, out of love for her son, founded the first ever Little League with support from the Cleveland Indians. Books will be available for sale and signing at this event.

Saturday, September 7, 2019 at 6:00 p.m. (103 minutes)
Film Series—From Books to Films: “The Perks of Being a Wallflower” (2012), Directed by Stephen Chbosky
Main Library Auditorium

Trigger warning: suicide. Charlie (Logan Lerman) is about to start high school. He is an endearing and naive outsider coping with first love, the suicide of his best friend and his own mental health. The introverted freshman is taken under the wings of Sam (Emma Watson) and Patrick (Ezra Miller) who welcome him to the real world. Based on the 1999 novel by Stephen Chbosky. This season we will share a few of our favorite book-to-film adaptations.

Sunday, September 8, 2019 at 2:00 p.m.
Concert - Scimitars Swing Band
Main Library Multipurpose Room

In the ‘30s and ‘40s, America needed a break from the dark days of the Great Depression and World War II. Relief came in the form of a new up-tempo jazz called swing that swept the country with its cheerful syncopated rhythms. The Scimitars Swing Band specializes in the music of the ‘40s, ‘50s and ‘60s the true era of the big bands but is also known to mix it up with music of an earlier vintage as well as some more current popular tunes.

Tuesday, September 10, 2019 at 7:00 p.m.
because I said I would, Presentation by Amanda Messer
Main Library Auditorium

Because I said I would is a social movement and nonprofit organization dedicated to the betterment of humanity through promises made and kept. Co-Founder Amanda Messer learned the effect of broken promises at a young age. She uses her deep personal connection to promises to motivate her audiences to become better with their commitments. She also tells emotional and inspiring stories others have shared with her through because I said I would.

Thursday, September 12, 2019 at 7:00 p.m.
Great Decisions in Libraries - Cyber Conflict and Geopolitics
Presentation by Karl Kaltenthaler, PhD
Main Library Multipurpose Room
Cyber conflict is a new and continually developing threat that can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Is the US prepared to respond to such threats? After a brief video, Karl Kaltenthaler, professor at Akron University and Case Western Reserve University, will lead a discussion and help answer the complex questions surrounding cyber warfare. Readings will be available one week in advance.

Events For Kids

compiled by Nic Starr

Wednesday, September 4, 2019, 4:00 p.m. – 5:00 p.m.
International Day of Peace- Origami Paper Crane Folding Tutorial For All Ages
Main Library Multipurpose Room

Celebrate the International Day of Peace by making origami cranes. Come learn how to contribute paper cranes to the display by learning and practicing how to fold your own origami paper cranes.

Sunday, August 8, 2018, 6:00 p.m. – 7:30 p.m.
Lakewood LEGO® League
For youth in kindergarten through fifth grade (caregivers welcome)
Main Library Activity Room

Use LPL’s collection of Lego® Bricks and your own imagination to create fabulous new structures and designs each month. No registration, but numbered tickets will be given out first-come, first-served.

Mondays, September 9, 2019 – November 25, 2019 and Mondays, January 6, 2020 – March 23, 2020, 6:00 p.m. – 8:00 p.m.
Girls Who Code
For students in sixth through twelfth grade
Main Library Learning Lab

Join our club and use computer science to solve a problem that you care about in our community by working on a Computer Science Impact Project where you’ll learn to use computer science to create a mobile app, design a website or program a robot. This program is designed for all levels of computer science experience.

Thursday, September 12, 2019 at 7:00 p.m.
Nonfiction Book Club
Main Library Meeting Room

Come and join the conversation with our newest book club. There are sure to be serious and thought-provoking discussions about many subjects inspired by these nonfiction works. Tonight we will discuss “The Back Channel: A Memoir of American Diplomacy and the Case for Its Renewal” by William J. Burns.

Saturday, September 14, 2019 at 6:00 p.m.
Film Series—Sam Fuller: Audacious Auteur: “Pickup on South Street” (1953), Directed by Samuel Fuller, Presented by Terry Meehan
Main Library Auditorium

Sam Fuller’s infamous Cold War caper begins in a subway car where FBI agents are tailing communist courier Candy (Jean Peters), who has government microfilm in her purse. On a crowded subway, pickpocket Skip (Richard Widmark) filches the film, and both the feds and the reds give chase. Terry Meehan presents a new series, Sam Fuller: Audacious Auteur, introducing each film with an original video followed by audience reaction and a lively discussion.

Sunday, September 15, 2019 at 2:00 p.m.
Concert - Luca Mundaca
Main Library Auditorium

Luca Mundaca is a singer and songwriter and the latest in a long line of great Brazilian artists to gain national and international acclaim. Mundaca’s music is a glorious blend of her native Brazil with a touch of downtown New York City. She mines the deep melodic roots of her country’s heritage, creating musical gems that she polishes with the lightest of touches. She is the 2008 winner of the Independent Music Award in the World Fusion category.

Tuesday, September 17, 2019 at 7:00 p.m.
Knit & Lit Book Club
Main Library Meeting Room

Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. Tonight we will discuss “Educated: A Memoir” by Tara Westover.

Wednesday, September 18, 2019 at 7:00 p.m.
Cleveland Clinic Lakewood Family Health Center Functional Medicine Series, Shared Medical Appointments and the Power of Social Connection, Presentation by Logan Kwasnicka MSPAS, PA-C and Kevin Heine, ACSM EP-C
Main Library Auditorium

Shared medical appointments are a great way to leverage the power of community. Since 1999, Cleveland Clinic has brought patients with common needs together in a relaxed environment that encourages the discussion of questions and concerns. Join functional medicine physician assistant Logan Kwasnicka and health coach Kevin Heine as they discuss

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Lakewood Public Library

Dear Lakewood, Thank You

by Julie Strunk

Dear Lakewood,

Thank you for helping our youth Read to the moon and back during the summer of 2019!

Thank you to parents, grandparents and caregivers who encouraged summer reading and registered their family members to participate at the Library. Thank you also to the 1,027 adult readers who set a stellar example for our young people by participating in the adult summer reading program. Monday, May 13, 2019 began a reading journey at the Lakewood Public Library. The annual summer reading club themed “A Universe of Stories” attracted 1,768 youth. Over a twelve week time period, 743 youth readers met the goal of 30 books, 30 chapters or 30 hours of reading by Monday, August 5, 2019! We should all be proud of our Lakewood readers. They couldn’t have done it without you!

Thank you to all the local businesses for their support of summer reading by donating prizes to help motivate youth and adults to read and reach goals. Your generosity helped improve reading skills and helped develop a love of reading that will serve them well for the rest of their

lives. You truly make a difference.

Angelo’s Pizza, Beat Cycles Blackbird Baking Company, Blossom Cleveland, Cleveland Monsters Dewey’s Pizza, Geiger’s Lakewood Insomnia Cookies , Lion and Blue Madison Square Lanes Bowling Alley, McDonald’s , Melt Bar and Grilled, Nosotros Rock Climbing Gym Papa John’s Pizza , Pink Lotus, Sport Clip Haircuts, Sweet Designs Chocolatier, The Sweet Spot, The Tea Lab Threefold Gifts , Weird Realms

Thank you to the Friends of the Lakewood Public Library for their generous funding. The Friends work hard for the funding they provide to entertain and educate families. The funding they provide pays for Special Friday Performances, BAM gift cards to Books-A-Million, and the purchase of books each reader receives when they finish their goal. They also create extraordinary gift baskets for our young patrons who are grand prize winners. Summer reading wouldn’t be the same without them.

This summer of 2019 was out of this world! See you next summer!



Luca Mundaca Performs At Lakewood Public Library

by Lisa Calfee

With a voice clear and warm, the music of Luca Mundaca refreshes like an ocean breeze off her native Brazilian coast. The talented singer and songwriter brings her sophisticated sound to Lakewood Public Library on Sunday, September 15, 2019 at 2:00 p.m. as part of our Sunday With The Friends programming.

For over a decade, Hollywood has been featuring Mundaca’s music in

films and television. She won the Independent Music Award in the World Fusion category in 2008 and has garnered both national and international acclaim for her albums, “Day by Day” (2005) and “Premerio” (2011).

With the smooth perfection of her voice and the beauty of her melodies and lyrics, Luca Mundaca has a gift you need to hear. The concert takes place in the Main Lower Level Auditorium.

Join The Discussion On World Affairs At The Library

by Melinda Frank

Discuss world affairs with friends, neighbors and experts during Great Decisions, America’s largest discussion program on world affairs. Every year the Foreign Policy Association highlights eight critical foreign policy challenges facing the United States. Each discussion will focus on one of the policy challenges, featuring a thirty minute video and an expert-led discussion.

This year’s discussion series begins on Thursday, September 12, 2019 at 7:00 p.m. in the Main Library Multipurpose Room. Karl Kaltenthaler, PhD, will lead a discussion on Cyber Conflict and Geopolitics. Kaltenthaler is a professor of political science at Akron University and Case Western Reserve University. Cyber conflict is a new and continually developing threat that can include foreign interference in elections, industrial sabotage, and attacks on infrastructure. Is the United States prepared to respond

to such threats?

Discussions will take place throughout the fall and winter months and topics include The Rise of Populism in Europe (September 26, 2019), Nuclear Negotiations: Back to the Future? (October 10, 2019), The United States and Mexico: Partnership Tested (October 24, 2019), The Middle East: Regional Disorder (January 9, 2020), Decoding U.S.-China Trade (January 23, 2020), State of the State Department and Diplomacy (February 13, 2020) and Refugees and Global Migration (February 27, 2020). Attend the discussion that interests you most or attend all of them.

All Great Decisions discussions take place on Thursday evenings at 7:00 p.m. in the Main Library Multipurpose Room. Readings will be available at the Main Library circulation desk one week prior to the discussion. Bring your thoughts and join the conversation.

International Dot Day Fun

by Marge Foley

International Dot Day was created to encourage students to explore their creativity. The inspiration behind the event is the children’s book “The Dot” by Peter H. Reynolds. It tells the story of a teacher who motivates a doubting student to trust in her own abilities and from a dot on a page the child goes on to make her mark. The book “The Dot” has been translated into over 25 languages, including Braille. Since the first Dot Day in 2009, the number of involved students in both schools and libraries around the globe has skyrocketed. It has grown to a world-wide celebration with children from 181 countries expected to participate in 2019.

Students in kindergarten through fifth grade are invited to join the fun of International Dot Day at the Lakewood Public Library on Friday, September 13, 2019 from 4:00 p.m. to 5:30 p.m. in the Main Library Activity Room. Following a reading of the book “The Dot,” participants will be given the opportunity to express themselves by making a dot filled art project to take home and by contributing to a group dot art project that will be displayed in the Library. The program will include playing the ultimate dot game, Twister. Registration is required. Register online at lakewoodpubliclibrary.org/youth or call (216) 226-8275, ext. 140.



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Education Observed

Ranger Marching Band Festival Sept. 21

by Christine Gordillo

The pageantry, precision and rousing music that goes along with high school marching bands will be on display at the 33rd annual Lakewood High School Ranger Marching Band Festival set for Saturday, September 21 at First Federal Lakewood Stadium.

The Parade of Bands begins at 6 pm, followed by on-field performances by each band starting at 6:30 pm. The Ranger Marching Band, led by director Clinton Steinbrunner and assistant director John Blasko, will be joined at the festival by bands from Berkshire (Burton), Brush (South Euclid/Lyndhurst), Garfield Heights, Margaretta (Castalia), and Riverside (Painesville) high schools. The Bowling Green State University Marching Falcon Band will also perform.

The festival, with its toe-tapping music and marching moves, is a great family event. Tickets are \$9 for adults, \$7 for seniors, \$5 for students, and free

for children 5 and under.

This is the band's largest fundraiser of the year so please come out and give your support. There will be concessions and a chance to win cash in the 50/50 raffle.

Another great marching band event coming in September is the Alumni Ranger Marching Band Night, to be held on Friday, Sept. 27 at the Ranger Homecoming Game versus North Olmsted. The alumni will combine with the current band for an exciting halftime finale performance of "Dancing Queen" by ABBA. There will also be a special reunion Homecoming Weekend for the 40th anniversary of the Ranger Marching Band's trip to England. The group will gather for a brunch at Deagan's on Sept. 28 from 10 am - noon.

Any alumni interested in participating can contact Sean DiRenzo group at 216-570-3019 or email lhsarmb@yahoo.com.



Harding Teacher Chosen As Art Museum Fellow

by Christine Gordillo

Harding Middle School English Learner (EL) teacher Pam Thompson is one of 10 educators from across Northeast Ohio chosen to be Cleveland Museum of Art Teaching Innovation Fellows for the 2019-2020 school year. She follows in the footsteps of previous Lakewood Schools CMA Fellows Sean McGuan and Autumn Sabin.

Thompson kicked off her fellowship this summer with a Summer Teacher Institute in July. During the summer session, the Fellows explored a variety of object-based learning methodologies and objects in the CMA collection. As the year progresses, Fellows will hone in on a research question impacting their own teaching and look for answers as to how can art

be used as a learning tool across grade levels and disciplines. Fellows will reflect on experiences and will develop an object-based experience, which they will complete before the end of the school year. Fellows will meet 3-4 times to prototype ideas with each other, provide feedback, and report on the progress of their individual action-based research question/project.

Thompson's project will involve incorporating culture and promoting language development with her EL students using art from their native countries. "Many ELs from war-torn areas have few cultural icons left. The Cleveland Art Museum is a terrific resource for students to make that personal connection with the artifacts in its collection," Thompson said.

LECPTA's Fall Baby & Big Kid Resale Event Is Coming Soon

by Anne Gomez

The Lakewood Early Childhood PTA (LECPTA) is once again planning its popular children's resale of gently used children's clothing (sizes newborn to 10), furniture, toys and other items. The Baby Bargain Bonanza (BBB) is planned for Saturday, September 14th at Garfield Middle School, which is located at 13114 Detroit Ave. in Lakewood. The sale is open to the public and will run from 8:30 a.m. to 12:00 p.m. Admission is \$5 from 8:30 a.m. until 9:30 a.m. and just \$1 from 9:30 a.m. until 12:00 p.m. The first 50 people will have a chance to win a \$50 Target gift card! You do not need to be present to win.

There are many good deals to be found on a lot of children's gear. If it is needed for children, most likely, it can be found at the BBB! In addition to great deals on clothing, there will be a bake sale featuring homemade goodies! There will also be drinks, donuts and

coffee available for purchase. There is sure to be a yummy treat for everyone at the bake sale!

All this sounds great, right? But what if you are thinking, "I already have a closet full of kids' clothes and don't have room for any more!"? Well, maybe it is time to consider being a seller at the BBB. Everyone is welcome to sell children's items that are no longer needed. The items must be clean, free from recall and in good condition with all parts and pieces. If you are interested in becoming a seller, please visit www.lecpta.com for more information or email bbb.lecpta@gmail.com. We will accept registration forms until tables sell out. Whether you choose to buy or sell, LECPTA looks forward to meeting you on September 14th!

Ranger Band 40th Reunion Of England Trip Set

by Christine Gordillo

The Lakewood High School Alumni Ranger Marching Band is proud to announce the 40th Anniversary Celebration of the Trip to England. All alumni marching band and auxiliary members are welcome to attend or perform with the band at halftime for the Rangers' Homecoming game against North Olmsted on Friday, September 27, 2019 at 7 p.m. James Warrick, former band director, will be

attending the event and also will be at a reunion brunch scheduled for 10 am - noon on Sunday, September 28 at Deagan's in Lakewood. "Like" @LHS Alumni Ranger Marching Band on Facebook for updates and to register via the Lakewood High School Bands Alumni page. It's free to join. Contact Mirian Roman at lhsarmb@yahoo.com or Sean DeRenzo, Alumni Marching Band president, at 216-570-3019 with any questions you may have.

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Lakewood Politics

Fiscal Resiliency In Lakewood Is Inclusive, Diverse And Forward-Looking

continued from page 3

funding for community programs and infrastructure improvements and for incorporating green, affordable technology in our development projects) will be a key aspect to building a resilient local economy.

Establishing an economic development plan that includes working with state legislators to bring back dollars to Lakewood to fund critical community services, establishing a process for regular communication and monitoring of our business community's needs, expanding the percentage of citizens, particularly smart, diverse, young adults prepared to start new businesses, and putting the infrastructure in place to be grant-ready and grant-compliant will help to bolster our economy for years to come.

After speaking with many business owners in Ward 1 and around Lakewood - including artists, printers, yoga teachers, bakers, clothiers, child-care providers, salon owners and restaurateurs, it has become increasingly clear that we must expand the city's contract and relationship with LakewoodAlive, who helps to promote our city's culture and vibrancy.

Working with LakewoodAlive and our local businesses to establish a cohesive economic development plan that is reflective of current businesses' needs, including working on ways to improve the survival rate of local business start-ups, should be the first step in this process.

We must also partner with Lakewood's talented and vast art community which would be instrumental to bolstering our economic vitality by engaging in public arts projects that highlight the uniqueness, and diversity of our residents and business districts, making Lakewood a cultural destination for people both inside and outside of the city. Strong arts communities add economic strength to cities and we certainly have an abundance of talent and drive in Lakewood.

Lakewood is also an increasingly

diverse city, and it is important to our future economic development to lean into that diversity by committing to a plan to encourage and provide opportunities for new minority- and female-owned and operated businesses.

I am prepared to introduce an ordinance on city council to create a Business Diversity Office that will be tasked with working locally, as well as regionally with business incubators to identify opportunities for entre-

preneurship for minority and female business owners in Lakewood, actively seeking grants to help bolster Lakewood businesses across the board, and working to offer culturally inclusive professional development training and connection to business resources to strengthen our current, new, and emerging businesses.

We must be proactive in our commitment to an economic development path that takes our growing diversity, residents, talent, businesses

and future fiscal health into account and ensures a future that is bright for everyone.

Laura Rodriguez-Carbone is a candidate for Lakewood City Council, Ward 1. She is a community leader and advocate with nearly 18 years of experience in the federal and non-profit sectors in fund development, community engagement, and cultivating and expanding multi-sectoral partnerships.

Jason Shachner: A New, Experienced Voice For Ward 2

continued from page 3

for their communities. I worked with neighborhood organizations, like the Concerned Citizens (Mount Pleasant neighborhood) and Hough Residents in Action (Hough neighborhood), in efforts to stabilize their neighborhoods by combating blighted and vacant properties.

I wanted to do more, so I pursued a law degree at Case Western Reserve University School of Law, where I continued my path of public service. While at Case, I worked for the Legal Aid Society of Cleveland's Housing Practice Group, where I focused on helping low-income individuals and families secure and retain decent, affordable housing, and helped enforce tenants' rights, by addressing issues such as housing conditions, evictions, and housing discrimination. I earned the Saul S. Biskind Public Interest Fellowship that is awarded to students with a demonstrated commitment to legal work in the field of public interest law. I also served in Case Western's Criminal Justice Clinic representing people who could not afford an attorney; worked for the U.S. Attorney's Office's Criminal Division; and served as an Executive Editor on the Health Matrix: Journal of Law and Medicine. I graduated cum laude with an honors certificate in criminal law.

Today, I serve in a position that has given me direct experience in local government. I am currently an Assis-

tant Prosecuting Attorney in the Lake County Prosecutor's Office Criminal Division. My job is to seek justice and I take that responsibility seriously. I work together with law enforcement officers to help ensure the safety of the community and provide a voice for victims. I previously served in my office's Civil Division, where I provided legal advice and counsel to elected officials and department heads including the Board of Commissioners, the Department of Utilities, the Sheriff's Department, and the Planning Commission. I was responsible for drafting resolutions, reviewing and creating bid packages for large public works projects, and representing the county in legal matters. These skills would directly transfer to work on Lakewood City Council.

I am actively involved in our community. I am on the board of Lakewood's Community Recreation and Education Commissions' Youth Athletic Commission, where I served as Secretary for two years. In this position, I strive to ensure that our youth have access to top notch recreational and educational activities. I previously served on the Lakewood Heritage Advisory Board.

My job experience together with my community involvement has prepared me to effectively and thoughtfully represent you. My experience in community organizing taught me the importance of speaking with stakeholders and engaging with the

community when crafting policy. We can improve trust and participation in our city government by not just focusing on the loudest voices, but by seeking out the opinions of all our neighbors. That means making affirmative efforts to reach people where they are.

On this campaign, I have taken the time to get to know you. I have knocked on thousands of doors and personally spoken with more than a thousand of our neighbors. One (of the many) things I learned is that you love Lakewood. Many of you were raised here, many of you raised your children here, and many of you are lucky enough that your grandchildren are being raised here as well. The rest of Northeast Ohio has finally caught up with what you have known all along; that Lakewood is the place you want to call home.

This means that Lakewood is growing, and I am running for City Council to ensure that we are all growing with it. That no one gets left behind or pushed away. Lakewood owes its success to you; the people that call Lakewood home. You invested in our schools, our businesses, and our neighborhoods. I want to serve you, to ensure that Lakewood's success is your success.

Let us keep moving forward by working together. I would be honored to earn your support this election day, November 5, 2019.

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Lakewood Cares

Famous In The Neighborhood

by Matthew K. Weiland

Lakewood Native Recognized for Exceptional Leukemia Fundraising

There are few things more enjoyable than a good old fashioned September Lakewood saloon reunion, a hops homecoming, bringing together generations of tavernites and neighbors, especially when the occasion is for a great cause.

Lakewood native, stalwart, and impresario Billy Blatt - recently recognized for his fundraising work by and on behalf of the Leukemia & Lymphoma Society of Northeastern Ohio - hosts his annual Music and Tailgating Festival, Saturday, September 14th from 1:00-8:00 p.m. in the carnival parking lot space beside the Avenue Tap House, 18206 Detroit Avenue.

Leukemia & Lymphoma Society of Northeastern Ohio

Inspirational | A community of heroes for a common cause.

<https://www.lls.org/northern-ohio>

"I've had people very close to me pass on from leukemia," says Billy,



who grew up on Edwards and Detroit and still lives with his family in town. Moreover, Billy's longtime friend - see Team Hout - has been battling - and continues winning - the battle against leukemia and lymphoma. "So the quest to find a cure has been a real personal purpose in my own life for a number of years and I've seen how it can help in saving lives."

As in past years, there will be a series of bartending ambassadors that

span the eras of Lakewood smiling weekends while also presenting a truly family event. Kids under 12 get in free and the musical acts are family festive friendly for all ages.

Additionally, Billy draws together each year a confluence of Lakewood business, civic, and neighborhood stakeholders in making this a perennial collaborative among all. "It's a privilege and a pleasure to be in partnership with the Lakewood business

community in helping Billy make this happen," says Aaron Zeleznik, owner of Mullens on Madison. "Even more, it's a great time and every year it's fun to see familiar and friendly faces."

This year's line-up includes the Colin Dussault Acoustic Side Project (Featuring Jim & Eroc.) (2:00 p.m.); Alexandra Gray (4:00 p.m.); and Cats on Holiday (6:00 p.m.). There is an outdoor cash bar serving beer (the spirits at the Avenue create their own alchemy and symmetry with the outdoor festivities). There will also be food, raffles, side plays, and gift baskets.

"Looking out from the stage and seeing the friends you may have not seen in five or ten years is really something," says fellow Friend of Billy and Lakewoodite, Jim Tigie, who has been a part of the music groove at the fest for some five years. "You see faces you grew up with, sitting with their parents and kids - and sometimes grandkids - and it's hard not to get caught up in this really cool vibe."

At 5:30 p.m., there is what has become the ritual hair-shearing, for which funds have been raised for those foregoing their locks in honor of someone battling or lost. In addition - and equally elevating - there occurs the T-Shirt Presentation honoring those triumphing over the battle.

St. Baldrick's

https://www.stbaldricks.org/blog/post/donate-your-hair-in-5-easy-steps?gclid=EAIaIQobChMI3IKTubqZ5AIVEo3ICCh1rHQH4EAAYASAAEgKeN_D_BwE

This past spring, the Leukemia & Lymphoma Society of Northeastern Ohio tapped Billy on the shoulder, asking him to come out to Independence. He was welcomed to cheers in recognition of the committed and tireless work he has performed and the money raised over the past years.

"The respect for Billy from the people at the foundation is impressive and heartwarming," says Jackie Ramey, who has helped host the event over the past five years, speaking about the recognition ceremony. "If you know him, he is very humble and unassuming. And to see people reflect that appreciation and glow is really something special."

There is a general admission fee of \$10 and the event happens rain or shine.

Easterseals Northern Ohio Offers Free Speech Screenings For Children

by Melissa Kocher

Summer has come to an end and a new school year is here! Easterseals is helping children start the year off right by offering free speech-language screenings during September. The screening is designed to provide a quick assessment of a child's speech-language abilities and to help determine if a comprehensive evaluation is necessary.

"Parents should be attentive to their children's ability to express themselves from birth," said Susan Powers, Easterseals VP of Children's Services. "Just as we know at what age a baby should roll over or sit up, we have documented communication milestones," added Powers.

Speech milestones include:

- By age three months, smiling when spoken to
- By age six months, babbling in speech-like sounds
- By age one year, saying simple words, like bye-bye
- By age two years, putting two words together to make simple sentences, like "More cookie."

• By age three years, having a word for almost everything

• By age four years, using detailed sentences, like "I have two red balloons at home."

• By age five years, saying almost all sounds correctly and using the same grammar as the rest of the family

• By school age, following instructions and paying attention in class

Easterseals speech pathologists provide a wide variety of speech and language services to help children with communication delays or disorders and work with families to help children experience success. Easterseals offers services for children birth through school-age which promote early identification, diagnosis and treatment of communication issues.

Easterseals Speech-language pathologists are experienced in pediatrics, licensed by the State of Ohio & certified by the American Speech-Language Hearing Association. Please call 1-888-325-8532, ext. 101 to schedule a free speech-language screening or to



learn more about Easterseals speech therapy program.

ABOUT EASTERSEALS NORTHERN OHIO

Easterseals Northern Ohio is located at 14701 Detroit Ave. in Lakewood. Easterseals is a 501(c)(3) non-profit organization serving children and adults with disabilities and their families for 100 years. Easterseals Northern Ohio provides high-quality services to ensure that all children and adults with disabilities or other special needs and their families have equal opportunities to live, learn, work and play in their communities. Learn more at www.easterseals.com/noh.



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Better Than Deader:

Reviews Of Recent Releases By Local Bands, Pt. 93

by Buzz Kompier

Are you a local-ish band? Do you have a record out? Email vaguelythreatening@gmail.com.

Peter Laughner - Peter Laughner - Smog Veil Records - 56 (or 61) songs - 5xLP box, 5xCD box (and bonus 7")

Here it is, the Peter Laughner box set, long-awaited for 15 or so years. It's a hefty thing here. On one hand, I feel like it's giving this box set more credit than I'm comfortable giving it to review it and only it this week, but at the same time, I am reviewing five records (or six, actually) and a book and an overall concept here, so...well, so be it. I'll start by going record by record, I suppose, and then onto the other stuff. You're about to see something you don't usually see in these reviews, which is paragraphs. That's right, I'm breaking my aesthetic for this thing. You're welcome, Laughner fans.

The first record is "Fat City Jive," comprised of selections from two WMMS Coffeebreak concerts Peter did in late 1972, which represents the earliest material here. The first half is with The Original Wolverines, which was Peter along with Mike Sands and Pete Sinks, both recruited from the Mr. Stress Blues Band. The second half is just Pete and Mike. You'll find here 17 folk-blues type tunes, all very competently performed. There's some Bob Dylan (the unreleased (at the time) "Please Mrs. Henry" and a straight version of "Love Minus Zero"), some older country and blues, some Lou Reed, basically what you'd expect. There's also two tracks by Terry Hartman, who Peter recorded a LP with entitled "Notes On A Cocktail Napkin" that I'd heard was supposed to be released as a standalone LP by Smog Veil at some point— will this happen or not, who knows— "Drunkard's Lament," which is pretty solid, and what was rather arbitrarily made the title track, "Fat City Jive," which is, I don't know, fine and all. There are even two, count 'em two originals on here, and wouldn't ya know it, they're probably the most interesting tracks here. "Solomon's Mines" is a nice love ballad and "It's Saturday Night (Dance The Night Away)" is a good sad tune ("I like sad songs," Peter admits in between this one and the next, a decent cover of "These Days"). It's a perfectly acceptable set here, though there are certain things that are kinda like, ok, I get why they'd play this on a live radio performance and all that, but why release it? There are alright tunes, but I don't know if it's really peak material.

This becomes even more glaring on the next record, which is the first "electric" material we have here. This one's called "One Of The Boys" and consists mostly of covers performed by the group Cinderella Backstreet and one Laughner original by the spinoff group Cinderella's Revenge (this is a good name for a sequel, though not quite as great as the Cooler Marriage Counselors). This

is the most unnecessary record in the set. The covers are good songs (Mott The Hoople provide the title track; the book describes it as "stunning," which is not so much what I would call it and also offers up that Peter named his cat after the group. Three of the six songs here are Velvets covers here because how on earth would they be anything else), but all of them go on way too long. You know what makes the original version of "Heroin" a good song? It's tense. It builds and it releases. Cinderella Backstreet's rendition stretches it out even longer than the Velvet Underground version ("quite a long time to play two chords," one pundit put it to me) and also removes a lot of that tension. Their "Rock & Roll" is dull, their "White Light White Heat," which they combine with a final noise freakout entitled "Call The Ambulances," starts with some promising guitar stuff but devolves into a pretty ordinary cover. Even the original on here, "I'm So Fucked Up," is really not great. The book explains that Peter wrote it when he was 16 and it was his first ever song, but so what? Supposedly, Lair Matic's first song was "I Laugh At Death" and he wrote that when he was 16, where's his box set? Seriously, I'd love a Lair Matic box set. The best track here is a version of "All Along The Watchtower," which Peter introduces as being "apocalyptic vision," and it's not bad. It goes on too long like everything else on this record, but it isn't bad. However, it doesn't save this particular LP from being the worst of the set. I think the Cinderellas should be included, but maybe one or two tracks, not this full record of jam-glam.

Funnily enough, it's followed by probably the best record of the bunch, "Pledging My Time," which is devoted to mostly acoustic solo home recordings. You know what else? Of the 11 tracks here, 9 bear a Laughner writing credit. Weird how that works, isn't it? Quality goes up when you're not spending the whole time doing covers? There's a nice mix of stuff here— some of Peter's "hits" like the semi-autobiographical "Cinderella Backstreet" and his pair of odes on tragic writers, "Baudelaire" and "Sylvia Plath," as well as some unreleased gems like the very Dylanesque "I Must Have Been Out Of My Mind" and "(My Sister Sold Her Heart To) The Junk Man" and "First Taste Of Heartache," a pair of melancholy ballads recorded in early 1977 (the former features the line "I hope in two years I'm still alive," which becomes rather harsh when you realize he didn't even make it through that summer). The covers are Robert Johnson's "32-20 Blues," rather amusingly recorded after a joint poetry reading with his ex-wife, and Dylan's "Pledging My Time," which is a nicely messy version. I do have a gripe at this point, though. Why are they naming the record after one of the covers on it? Same with the previous two. What, Peter's own songs didn't have catchy

enough titles to function as album names? What gives? This one closes with the instrumental "Lullaby," which almost lives up to its name except that a lot of the slide noises are particularly harsh and disrupt the whole ethereal feel, but in a cool way. If they'd released this record on its own, this might've been a very different review you're reading, because this one is actually very good for what it is.

"Rock It Down" is a bit more hit or miss. Side 1 opens with a cover of "What Goes On," performed by Fins, which is fine and all, but I've never heard a cover of "What Goes On" that I actually enjoyed and this is no exception. I do like the drawn-out synthesizer ending, after which some member of the band (not Peter) asks the audience, "Didn't know where the ending was, did you?" After that is the only appearance of Rocket From The Tombs on this whole set, with an alternate version of "Ain't It Fun." Still a great song, but it doesn't top the version that's already out there. Also, I'd like to quote the genius Connie Voltaire and ask why is "The Day The Earth Met The Rocket From The Tombs" not in print? "That thing should be pressed like it's fucking 'Dark Side Of The Moon.'" A Smog Veil representative actually responded to Connie's query to say that the Fire Records version is in print, which isn't true, but whatever. It really should be in print, it's better than most of the stuff on this box set. Closing out the first side here is a long version of Peter's famous "Amphetamine," which is cool to hear, but not the best version out there. Like a lot of the aforementioned live stuff, it goes on way too long. Side B is mostly taken up by the band Friction, who do an assortment of covers and originals that are again, hit or miss. Laughner's "Dear Richard" is great, with its flashy guitar and hypnotic bass groove, the cover of "Pablo Picasso" does absolutely nothing for me and I'm a huge Modern Lovers fan. The final song on here, "Rock It Down," is a real weird one, with Adele Bertei on lead vocals and driven by a drum machine. It doesn't sound like anything else on this set, I'll give it that much.

The final LP of the proper set is the most controversial, I've found. "Nocturnal Digressions" was recorded by Peter in his room in Bay Village the night before he died. Smog Veil's historians raise the question of whether Peter knew he was not long for this world and recorded this as a final statement intentionally or it was just happenstance that he promptly died after recording it. I've heard some people say they think it's sick that this got released. I've heard others say that it's their favorite part of the whole thing. Somebody brought another factor into the argument about it: if Peter had decided to get a good night's sleep instead of staying up to record this and smoke and drink or whatever, maybe he wouldn't have died. Hard to know. Smog Veil didn't help their own case by putting just this record on white vinyl (the rest are on standard black) for no real reason. What, is it supposed to be death or ghosts or purity or something? What's the deal? White is the worst-sounding vinyl color as well, so it's really stupid. Looking at it just for the music, if these are the only existing recordings of some of these songs, I suppose they have a right to be included in this portrait. There's an interesting folky version of Richard Hell's "Blank Generation" and a couple Tom Verlaine tunes, as well as "Pale Blue Eyes," because if you couldn't tell by now, Peter Laughner liked the Velvet Underground (snakiness aside, it's a pretty good version). And "Wild Horses," 'cause why not. Peter's voice, raspy most of the time anyway, is pretty destroyed throughout the course of the tape. I think he even acknowledges it at some point, mumbling about how Lucky Strikes are great for playing guitar, not so great for singing. There are three pretty good originals on here: the reggae-tinged "Everything I Say Just Goes Right Through Her Heart," the bizarre slide-driven "The Next Room Of The Dream," and very melancholy "(Going To) China." "China" is immediately followed by Peter asking, "You

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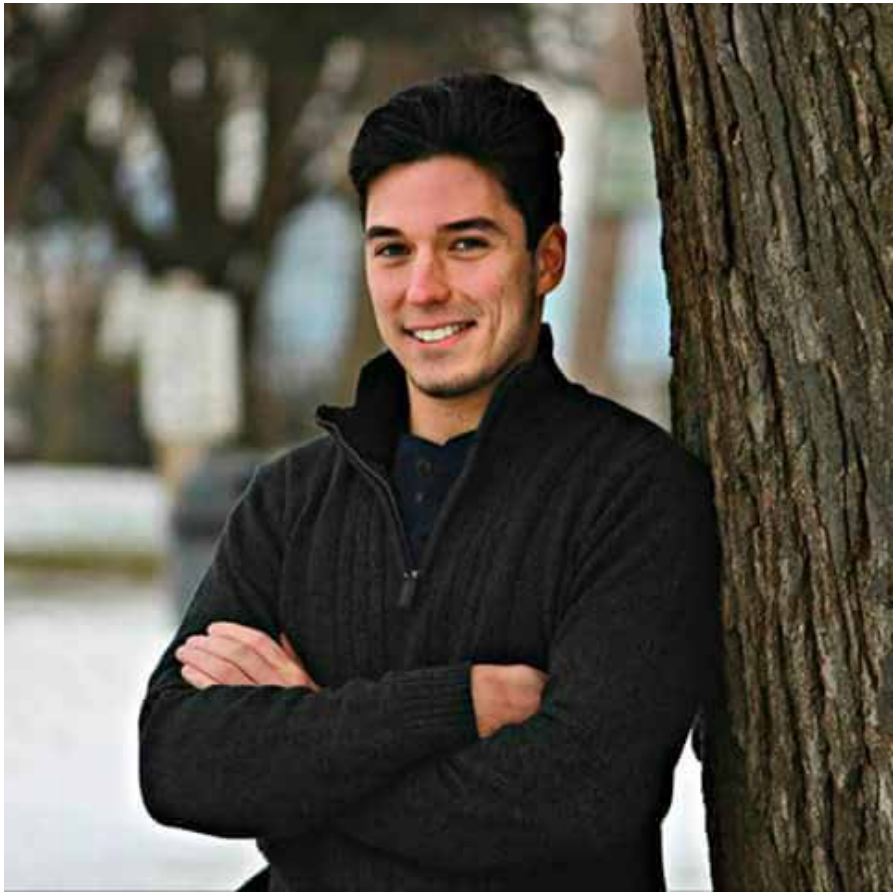
Lakewood Is Art®

Local Poet Dillon Bodnar Publishes Second Volume Of Poetry,
"Harmonic Emotions: A Resonating Assembly Of Reflections"

by Mary Bodnar

I am so proud as Dillon’s Editor and Press Agent and Publicity Chief to introduce to you, "Harmonic Emotions: A Resonating Assembly of Reflections," his second volume of poetry! Dillon moved to Lakewood at age 3 and went through Lakewood City Schools where his talent for poetry was recognized and nurtured from a very early age. After graduating from Lakewood High School, Dillon attended Rensselaer Polytechnic Institute in Troy, NY and earned a Physics Degree in 2017. Up until recently, he was building lasers for Spectra Physics in Silicon Valley, CA where he moved after college graduation. Dillon’s "Music of Our Spheres: A Roundabout Collection of Ruminations," his first volume of poetry, was published in 2014 when he was only 19. It consisted of poems he wrote between the ages of 10 – 18 and received wide acclaim from readers and critics alike. "Harmonic Emotions: A Resonating Assembly of Reflections" includes poems written between ages 19 – 23, plus some early childhood gems.

Here’s the judge’s commentary from the 22nd Annual Writer’s Digest Book Awards 2014: “Dillon Bodnar is a talented young poet who has written and produced an interesting collection, Music of Our Spheres: A Roundabout Collection of Ruminations. Bodnar’s "ruminations" are far-ranging as he dis-



cusses a number of topics in varying styles and approaches. His poems can be lengthy, but they're not self-indulgent or bloated, and his natural ear for rhythm usually carries the lines along. Often his lines show genuine craft and control, with deftly chosen images and strong compression and tension. Such an example is "Mellen's" which describes

melons as "like delicate pearls / that they don as they greet the day / with juicy joy and liquid love." Some verses show humor and whimsy, as when Bodnar pays tribute to his "little pulchritudinous moo box." One of the best poems is "Grandmother (Mahogany Framed)," a loving portrait formed of such lines as "And her bottle-lenses don't / Block the joy of a young soul in a body of wisdom." Music of Our Spheres: A Roundabout Collection of Ruminations presents as an attractive volume. Bodnar presents an impressive debut collection of his poetry; one hopes he won't abandon poetry entirely to the study of particle physics."

Dillon’s poetry now is even richer and deeper, as he continues to master his craft and his world views mature. The quiet beauty of Dillon’s poems is underlined by the richness of his word choices. He’s not always subtle, but he knows how to step back and allow a poem to breathe. Poetry cannot be judged. It comes from the heart and soul of the poet himself; it is his dream, his pain, his gripe with the world. It is his gut reaction to social injustices. Dillon has a deep interior place in his soul and there is beautiful buried treasure there. He has an uncanny ability to excavate it and bring it to light for us to examine it closely on the surface. Those who are deep thinkers can delve below the surface and find many more levels. If we are patient, we can peel off many layers to reveal his poetry’s inner seeds of wisdom. Dillon doesn’t reveal all to everyone and that’s ok. Some things are best to remain hidden in the heart.

His poetry is a lesson in resilience, courage, endurance, humor and wit. It is both colorful and ebullient and at other times, downright painful and difficult. The impact that music, nature, God and the culture around him have had as he creates his poetry is evident. He invites us to be more

intimate and compassionate in considering life as it hurls itself toward us.

Dillon says, “In this book I can’t say I’ve found any such answer, since I’m only one person. Some of the paths I take within lead to dead ends. Some are absurd or impossible, and may leave you as they left me, with a kind of distraught dumbness, born from a failure to solve the math of our own chaotic histories. Some paths are a black box from which little sense can be made. And some are clear and straight, but still fail to completely comprehend or capture our insane, beautiful universe. But you, dear reader, in beholding these reflections, my fleshy little diagrams of misbegotten rhyme and rhythm, you enfold them into your thoughts, and quanta from my own essence comes to resonate between your brain cells. What particles of thought will play and interact there? None can see. What profound energies will propagate out the other side? Only time will tell. I hope you enjoy my newest collection of poetry.”

Call Mary Bodnar at 216/392-4944 and she will deliver a book for \$14.99 to your home out of her trunk, if you live locally. (Save shipping and handling and put the money in the poet’s pocket where it belongs and not Amazon.com, where the book is also available.) So come on board for Harmonic Emotions, and see what poems resonate with you. Get a dose of sonic perfection, delivered in high style, from our incomparable lovable Dillon J. Bodnar. I am so blessed to be his Mom!

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Lakewood Fiction

The Rockport Miracles-Part 4: Episode 14: "The Ballad of Derecho Dan" Continues

fiction by Scott MacGregor

Little Dan had always been a deep sleeper. Even the ominous crackling of thunder combined with Rockport's wailing storm sirens weren't enough to wake him. Poor Little BD had heard everything and because he was still suffering from the horrors of storm 5.4, the little canine dove even deeper into the motorcycle helmet that served as his bed for the night. Little Dan would've slept through the entire storm had a loosened brick from the wall built to protect the Gas & Lube not sailed through the station's windows.

The shattered window wasn't enough to wake Little Dan, either. When this same brick knocked over a large acetylene tank and ruptured its safety valve, he finally snapped out of it. The high pitched squeal of gas escaping had opened his eyes just in time to see the tank coming at him like the torpedo that sank the Lusitania. Little Dan dove for cover just in time. The out of control tank upended his cot and barreled through the wooden wall of the Tire Corral. From there it kept on going until it collided with and destroyed the gas pumps carrying Hi-Test and Regular. When gasoline began spouting from the damaged pumps like geysers, Little Dan remembered that he forgot to activate the emergency shut off valve. Within a matter of seconds, the swirling wind and rain had coated the Gas & Lube with gasoline. A catastrophe was about to occur and Little Dan knew it.

His first and best decision was to grab Little BD and run for his life. He knew the underground gas tanks could blow any second. He picked up the motorcycle helmet, but the dog was gone! "BD!! C'mere boy!" he yelled. He could hear the little Boston Bull crying somewhere inside the giant disorganized pile of used tires. Little Dan began peeling the tires away like a madman, to no avail. He couldn't find Little BD! By then the smell of gasoline began to infiltrate the entire atmosphere of the Gas & Lube. With a thundering crash the entire wall built by the three Joes collapsed under the relentless pressure of the derecho winds. Bricks flew



with wild abandon through the shattered windows of the Gas & Lube and one of them smashed a bank of fluorescent lights. The resulting sparks ignited the gasoline droplets that had permeated the air. Instantly, the entire building burst into flames. Even worse, the storm winds had carried gas-tinged rain well beyond the station and into the surrounding neighborhoods. One by one, the houses in proximity to the Gas & Lube began to catch fire!

As bad as things were in that moment, Little Dan had even bigger problems. For starters, he was about to lose his life! His second best idea was to give up looking for Little BD and dive inside the 1966 Dodge Charger that had just received a tune up in Repair Bay #1. There was no time to raise the bay doors so Little Dan revved up the engine as far as it would go and took his foot off the brakes. The Charger crashed through the bay door, shot out into the middle of 150th Street and came to rest on a traffic island. Little Dan was horrified by the sight in his rear view mirror. The Gas & Lube was thoroughly engulfed in flames. The sweat and toil of three generations of his family... gone in a flash! Then, the fire finally found its way to the underground gas tanks. The subsequent explosion was so powerful that it flipped the Charger onto its side. The hundreds of used tires piled

in the Tire Corral shot up in the air in all directions. Many were later found covering rooftops and some made it as far as Lake Erie, a half mile away. Little Dan unwrapped himself from his upturned position inside the Charger and cautiously poked his head out of the driver's side window. What he saw shook him straight down to his bones. The entire station was destroyed but, even worse, parts of the neighborhood closest to the Gas & Lube were in flames. He watched in shock as panicked citizens poured out of their homes in their pajamas and were blown around by the ferocious winds that characterized Rockport Storm 5.5.

Then, just as suddenly as it had started, the storm stopped. The chaotic sounds of sirens and screaming people were all that was left. Little Dan slunk down inside the car and curled up in a ball against the passenger side bucket seat. He began mumbling words that were to become his mantra in the days ahead. "I lost my dad, my mom, my dog, and



the Gas & Lube..." He repeated those words over and over again, even after the firemen rescued him and while he was being treated in the Rockport Hospital Emergency Room. Little Dan was too traumatized to understand what was going to happen next...and he still hadn't the faintest knowledge of the tragic fate that had met his cousin, Maynard Gridley.

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Use Food To Stay Healthy This Fall

by *Malerie Giaimo*

Have you noticed that summer's heat is gradually fading? You step outside during the evening hours and experience a cooler night. When you breath in the cool air, something inside of you knows that the seasons are shifting.

Those summer moments are warm memories now. School will start soon and daylight hours slowly begin to shorten. As nature shifts from late summer to early fall, we too naturally follow the seasonal change. We ease into the change by becoming less active, going to bed earlier, and adjusting the foods we eat.

In preparation for cooler temperatures, we can no longer rely on the summer sun to warm us. Instead, we must being to rely on our own internal heat and those found in food to keep us warm. The theory of foods having temperature (cold, warm, hot, and neutral), and eating seasonally dates back thousands of years. This practice was adapted due to seasonal crop availability. Before refrigeration, canning and pickling were used to preserve foods.

Now that most foods are available during any season, it's even more important to choose seasonal foods. When we eat in accordance with the season, our body is able



Malerie Giaimo is a practitioner of Classical Chinese Medicine (Dipl. OM) and a licensed Acupuncturist and Herbalist (L.Ac.) At her practice in Lakewood, she provides a complete system of care that integrates eastern and western practices of wellness including acupuncture, herbs, dietary therapy, mind-body guidance, and health education.

to avoid excess stress and maintain homeostasis. While we shift from late summer to early fall, it is best to

enjoy meals that are baked, sautéed, or cooked over several hours. Yes, soup season is in!

One of the most common experiences people have when the weather becomes cooler is cold hands and feet. This happens because we're not providing our body with enough internal warmth through seasonal dietary therapy and exercise. The warmth that typically circulates out to your extremities is staying within your core to protect your organs. In order for our whole body and our organs to function properly, it need to be warm, otherwise our hands and feet feel cold.

Cold hands and feet can be alleviated by avoiding raw fruits and vegetables and by adding more warmth to our internal body. When we add more warmth, there's enough for our internal organs and our extremities (hands and feet). When there's enough to go around, all parts of our body feels warm!

The foods listed below will warm up your entire body, and reduce stress. Pick your favorites from the list, eat them often and enjoy!

During the shift from late summer to fall, I find myself enjoying warm soups, and a cup of fresh ginger and honey tea.

Keep in mind too, while the temperatures drop we become more

- susceptible to colds and flus. Late summer and early fall are the perfect time to charge up your internal army and to protect yourself from bacteria and viruses. This can be achieved by following the dietary recommendations above, and also with natural remedies like herbs, supplements and acupuncture.
- While you're planning your family menu, consider these foods to keep you warm:
- Vegetables**
- Carrot
 - Chard
 - Cabbage
 - Daikon
 - Kale
 - Mustard greens
 - Radish
 - Spinach
 - Sweet potato
 - Yam
 - White potato
 - Beans
 - Aduki beans
 - Black beans
- Grains**
- Oats
 - Quinoa
 - Rice
- Herbs & Spices**
- Basil
 - Cayenne
 - Clove
 - Cumin
 - Garlic
 - Ginger (fresh)
 - Horseradish
 - Leeks
 - Rosemary
 - Onion
 - White peppercorn

Meat

- Beef
- Eggs
- Chicken
- Lamb

Learn more about Malerie, Classical Chinese Medicine, and integrative health at www.MalerieGiaimo.com. Mention this article and receive complimentary ear acupuncture with your general health consultation. Schedule online at www.MalerieGiaimo.com

Whatever Happened To Vegetables?

by *Jeff Fritz*

When I was a kid we were told to eat our vegetables. They were supposed to make us grow up to be big and strong, but that wasn't enough to get us to eat them. Parents had to bribe us by threatening to withhold dessert if we didn't consume our peas and carrots. The only vegetables we liked were greasy french fries and buttered popcorn.

Now, vegetables are called "veggies." Sounds nicer and more appealing, and not so much like former boxers who took too many blows to the head. I did some research to see when vegetables were renamed. The first reference I found was a 1977 article in the New York Times. Changing vegetables



to veggies appears to have been a marketing ploy. People and things ending in "ie" or "y" sound more likeable. It's a suffix of endearment. Billy is friendlier than Bill. Timmy is less threatening than Tim. Still, kids aren't crazy about veggies. Except fries and microwave popcorn.

Not that long ago, in polite society, the phrase "thank you" was followed by "you're welcome." Now, "thank you" is followed by "thank you." What's up with that? Who determined that it makes any sense?

Educated people, like those interviewed on Public Radio, are now answering every question by starting with the word "So." It's crazy!

People who work lots of hours are called "hard working." Who knows if they work hard? If they really worked hard they might get everything done in the standard amount of time. These people are "long working!"

Nearly all businesses today are using the same advertising slogan: "Experience The Difference."

Chile used to be pronounced the

same as chilly. Who changed it, and why?

And how come people can't pronounce "turmeric?" It rhymes with murmur stick. Is that so hard?

A big deal is made of musical artists who are so famous they are referred to by only their first name. Elvis, Prince, Beyonce, Cher. But what if you are a great performer with a common name? I'm pretty sure we'll never have a one-name performer called Bob.

Has there ever been a dumber promotion than pizza carryout insurance?

Lakewood resident Jeff Fritz enjoys exercise, politics, economics, writing jokes and songs, and reading non-fiction.

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LakewoodAlive

Lakewood Tool Box Helps Longtime Residents Reach New Heights

by Matt Bixenstine

Lakewood residents Teresa and Armand B. have taken pride in their Westlake Avenue home for 24 years, overcoming the various challenges associated with maintaining a beautiful century home. Recently, however, one obstacle proved to be a tall task.

When peeling paint on their

home’s exterior became a problem, Teresa and Armand were ready to spring to action and pursue a DIY paint job. Unfortunately, they lacked the proper equipment necessary to reach the second level of their Colonial-style home built in 1905.

“Like many Lakewood homeowners, we have a one-car garage with limited storage space,” said

Teresa. “We don’t want to buy a large ladder for one-time use and have it take up precious space, and that’s why The Lakewood Tool Box came in handy.”

Having learned of The Lakewood Tool Box through social media, Teresa and Armand paid a visit to this tool lending library located behind the Screw Factory in Lakewood’s Historic Birdtown Neighborhood. There they received free consultation from LakewoodAlive’s knowledgeable staff.

After discovering the tool inventory at their disposal, Teresa and Armand decided to become members of The Lakewood Tool Box. They rented a 23-foot, multi-position ladder and later returned to rent a tall step ladder. Both ladders proved valuable toward completing their paint project.

“The Lakewood Tool Box made our big job much easier,” said Teresa. “We were able to reach all the high places to repaint our trim, and now our house looks great.”

Teresa indicated her family plans to return to The Lakewood Tool Box in the future as they seek to tackle additional home improvement projects.

“Our list of projects is long so we’ll definitely be back,” she said. “I would recommend the Tool Box to



This Lakewood family reached new heights for their paint project thanks to The Lakewood Tool Box. (Photo courtesy of Teresa B.)

Rotary Joins With LakewoodAlive To Help Resident



Members of the Rotary Club of Lakewood and Rocky River recently responded to LakewoodAlive’s request to help a Lakewood resident who has been unable to maintain their property. (From left) Marjorie Corrigan, president; Doug Cooper; Mark Bacon; Este Orpheu Pinheiro de Castro, youth exchange student from Brazil; and Jim Lechko.

any Lakewood resident. I wish we’d had this option years ago.”

The Lakewood Tool Box is a tool-lending library offering community members an affordable and educational option for borrowing tools that are essential for completing home repairs to ensure we live in healthy and safe homes. Learn more by calling 216-712-6674 or visiting LakewoodAlive.org/ToolBox.

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LakewoodAlive



Photo by LakewoodAlive

Dog Days:
Registration Opens For LakewoodAlive’s
12th Annual Spooky Pooch Parade

by Matt Bixenstine

Get ready for a doggone good time! Registration is now open for LakewoodAlive’s 12th Annual Spooky Pooch Parade, a celebration of costumed canines taking place Saturday, October 19, from 12:30 to 3:30 p.m. at Kauffman Park in Downtown Lakewood.

Sponsored by Discount Drug Mart, the Spooky Pooch Parade consists of a free-to-attend festival in Kauffman Park, a parade through Lakewood’s downtown business district on Detroit Avenue and an awards presentation. A favorite Halloween tradition for Northeast Ohio dog lovers and their families, this community festival is a one-of-a-kind event in the region, providing a tail-wagging good time for canine and human guests alike. Last year’s Spooky Pooch Parade drew 350 canines and an estimated crowd of 3,000 people.

Pre-registration for the parade is \$10 per dog and day-of registration is \$15 per dog. Multiple dog discounts are available with pre-registration only. Humans are free. This community event takes place rain or shine, and proceeds from the parade benefit LakewoodAlive, a community-centered nonprofit organization striving to foster and sustain vibrant neighbor-

hoods in Lakewood. (Register your dog now by visiting LakewoodAlive.org/SpookyPooch.)

Festivities get underway with the Spooky Pooch Festival beginning at 12:30 p.m. at Kauffman Park. Enjoy entertainment, kids’ games and dog-related vendors, including rescue groups and other nonprofits offering canine-oriented goods and services. Kids are encouraged to wear Halloween costumes at this family-friendly event.

The much-anticipated dog parade commences at 2 p.m. Dogs of all shapes and sizes dressed in their finest Halloween fashions will strut their stuff along Detroit Avenue. Judges will award prizes beginning at 3:15 p.m. in a number of categories, including Best Pooch & Child, Best Pooch & Adult, Best Pooch & Group, Spookiest Pooch and Best in Show. Contestants must participate in the parade in order to be eligible to win a prize.

“We’re excited to have our Spooky Pooch Parade return to Downtown Lakewood for a 12th consecutive year,” said Ian Andrews, Executive Director of LakewoodAlive. “This family-friendly community event not only showcases our city’s vibrancy, but also makes for a really fun time for everyone who participates.”

For more information and to

LakewoodAlive To Host “Knowing Your Home: Cabinet Refinishing”
Workshop On September 19

by Matt Bixenstine

It’s estimated that people spend more waking hours in the kitchen than any other room of their home. That’s all the more reason to give your kitchen a splash of newness by transforming your aging cabinets into attractive centerpieces of this all-important room.

LakewoodAlive will host Knowing Your Home: Cabinet Refinishing on Thursday, September 19, from 7 to 9 p.m. at Sherwin-Williams’ Lakewood location (14711 Madison Avenue). The 12th workshop of 2019 for this popular home maintenance educational series seeks to equip attendees with the knowledge and confidence they need to pursue a kitchen cabinet refinishing project.

Led by our friends at Sherwin-Williams, this workshop will cover a

step-by-step process for refinishing your cabinets safely and efficiently. Our presenters will share best practices for cabinet remodeling and discuss current styles and trends, offering an array of options for cooking up an eye-pleasing refresh to your home’s kitchen.

To reserve your free spot for “Knowing Your Home: Cabinet Refinishing,” visit LakewoodAlive.org/KnowingYourHome or call 216-521-0655.

Now in its sixth year, LakewoodAlive’s “Knowing Your Home” series draws hundreds of attendees annually. Visit LakewoodAlive.org/KnowingYourHome to learn more. Our workshop series is generously supported by: Citizens Bank, City of Lakewood, Cleveland Lumber Company and First Federal Lakewood.

In lieu of charging for these events, we are asking participants to consider either making a donation to LakewoodAlive or bringing canned foods or other non-perishable items for donation to the Lakewood Community Services Center. We appreciate your support.

Matt Bixenstine is the Marketing & Development Manager for LakewoodAlive. He enjoys all things Lakewood, especially walking his basset hound through Madison Park.

register your dog, please visit LakewoodAlive.org/SpookyPooch.

The Spooky Pooch Parade is generously supported by the following sponsors:

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