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Healthy Lakewood Foundation Responds To COVID-19

by Kate Ingersoll

The Healthy Lakewood Foundation (HLF) announced that it will focus its 2020 grantmaking on community needs stemming from the outbreak of the COVID-19 crisis.

Funds will be awarded immediately to help support two organizations that are directly helping Lakewood residents who are in great need during this crisis. A grant of \$50,000 will be awarded to the Lakewood Com-



munity Services Center (LCSC) to support increased food procurement and distribution. A grant of \$25,000 will be awarded to the Department of Human Services, City of Lakewood, for resident emergency needs stemming from the public health crisis.

The Foundation will be taking a phased approach for the remainder of the year to respond with additional grants to meet further needs as they become clearer as the crisis unfolds.

"The board places its full confidence in LCSC and the City of Lakewood Human Services Department to identify residents most at risk and provide increased services and basic needs support in this time of crisis," says HLF Board President Jeanine Gergel. "We trust the leadership of these two entities to be able to quickly provide help to those most in need."

HLF will continue to assess community needs through proactive outreach with community leaders and service providers to identify funding opportunities for future phases of crisis response grantmaking throughout 2020.

"We will be keeping our ears to the ground for additional opportunities to support the community, once the full implication of this pandemic on individuals and families unfolds over the coming weeks and months," says Ms. Gergel. "We take our responsibility as a foundation devoted to the health and wellness of

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Primary Voting Extended By Mail

by Matt Kuhns

Voting in Ohio's March primary will continue in April. To take part, voters should request a vote-by-mail ballot from the Board of Elections, then complete and return it without delay.

That's the simple update on the Ohio primary. All ballots already at the Board of Elections or there by the end of April will count. There's still time to vote, and no reason to wait; local polling places in Lakewood won't be opening.

Technically, March 17 remains the date of Ohio's 2020 primary. Late on March 16, the Ohio Department of Health ordered polls closed, amid efforts to slow the COVID-



Vote here: Ohio's primary is extended through April for voting by mail.

19 pandemic. Errors and false steps by Secretary of State Frank LaRose and other state officials produced days of confusion, but legislators restored some clarity on March 25.

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Eagle Scout Honors For Lakewood Young Adult

by John Uchaker

John Uchaker, son of John (Eagle Scout 1988) and Beth Uchaker, and brother to Ava, Eleanor and Jude, attained the rank of Eagle Scout in 2019 and will be honored by his Troop during a celebration to be held in March 2020.

John started his Scouting Career at the age of seven progressing through Cub Scouts earning the ranks of Bobcat, Tiger, Wolf, Bear, Webelos, Arrow of Light and the Catholic Youth religious awards: Light of Christ and Parvuli Dei (Little Children of God).



For John, the Trail to Eagle continued as he crossed over to Boy Scouts. While a Boy Scout John progressed quickly through the ranks of Scout, Second Class, First Class, Star, and Life. As he enjoyed being a Scout, the path to Eagle took an additional four years. During his years of Scouting, John's natural leadership ability was enhanced by successfully completing Troop Leadership Training (TLT) and National Youth Leadership Training (NYLT). He later implemented the techniques learned by serving in leadership roles within his Troop including Senior Patrol Leader, Quartermaster, Den Chief, Chaplin Aide and Librarian. He also held

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School Closure Extended

Dear Families,

Today, Gov. Mike DeWine extended school closures statewide through May 1, 2020 due to the coronavirus pandemic. He indicated that he would assess what might happen after May 1 closer to that date and will not rule out closing schools for the rest of the academic year.

This prolonged closure through April means that we will all have to settle into a remote learning routine for the next month. This is new for all of us. Our teachers are learning to teach in new ways just as our students are adjusting to a new kind of learning. We must be adaptable, flexible, and be patient with each other!

We will continue to keep you posted as District leaders begin to address what this longer closure means for students and our school building communities.

Stay safe, stay healthy! **Lakewood City Schools**

Digital Library Open 24/7

by Andrea Fisher

Even though Lakewood Public Library's brick and mortar buildings are currently closed to the public there are still many resources available. Patrons can take advantage of the Library's digital resources from home with their library cards. The Library offers many different online resources to support student learning, and to help pass the time at home.

If you don't already have a library card, call the Main Library at (216) 226-8275, ext. 130 or Madison Branch at (216) 228-7428 Monday through Friday 9:00 a.m. to 6:00 p.m. to sign up for a library card.

Available from home:

eBooks, audiobooks and magazines using the Over-Drive/Libby app.

eBooks, audiobooks, movies, TV shows, music and graphic novels through Hoopla.

Free online learning at Lynda.com.

Online arts and crafts, including patterns and templates on the Hobbies and Crafts Reference Center.

Genealogy resources like Ancestry Library Edition, HeritageQuest, African American Heritage and Fold3 Military Records.

Language learning resources like Rosetta Stone, Mango Languages and Transparent Language Online.

For Youth

Research and learn using authoritative content with



World Book Online and Kids

Interactive and animated talking eBooks with Tumble-Books.

Learn math concepts using interactive and animated talking eBooks with Tumble-Math.

Kids' crafts in the Hobbies and Crafts Reference Center.

Hoopla for kids.

OverDrive/Libby for kids. Read and grow:1,000 Books Before Kindergarten.

For a full list of digital resources, visit the Library's website and go to the Research section.

To access 1,000 Books Before Kindergarten, TumbleBooks and TumbleMath, go to the Youth section of the Library's website.

If you have any problems accessing the resources you can call (216) 226-8275, ext. 130 Monday through Friday 9:00 a.m. to 6:00 p.m for help. Patrons are also welcome to email the Library seven days a week at contact@lakewoodpubliclibrary.org. We remain available to help and serve you.

Mayor George's Page

Dear Residents:

Safety and public health are my top priorities. Since the first confirmed cases in Cuyahoga County were announced on March 9th, the City of Lakewood has adopted all recommended protocols and followed all guidance from our public health leaders at the Centers for Disease Control & Prevention, the Governor's Office, and the Cuyahoga County Board of Health.

Safety and Public Health

The City's Fire Department and Police Department are award-winning preparedness experts and have taken necessary precautions to ensure that the safety of residents is protected without compromising the ability for the staff of each department to protect its ranks from infection or quarantine. **Taking Action**

I have convened a coronavirus task force who meet daily. We have been communicating to staff, partner organizations, and the community at-large about the goals for emerging from this crisis, the steps the City is taking, and the impact those steps will have on City operations. With these partners, our goal is slowing the spread of the virus, so our health care system is not overburdened.

Slow the Spread

The City has closed public access to City facilities, canceled or postponed non-essential meetings, instituted livestream public meetings where practical and appropriate, enforced federal



and state mandates for closure of bars, restaurants, and other relevant businesses, and required all non-essential staff to work remotely. All staff have been informed of coronavirus protocol and advised to notify a manager and stay home if they are sick or have a temperature higher than 100.4 degrees. **What Can You do?**

As a reminder, the City asks that residents take common-sense precautions such as:

Wash your hands regularly with soap and water every two hours, and always for at least 20 seconds each time.

Practice social distancing (stay at least six feet away from people whenever possible).

Avoid contact with people who are

More Information

Please visit www.onelakewood. com/coronavirus and follow us on Facebook and Twitter for further updates and alerts. Additionally, you can find more information at the following links:

Centers for Disease Control: https://www.cdc.gov/coronavirus

Ohio Department of Health: https://coronavirus.ohio.gov

Cuyahoga County Board of Health: www.ccbh.net/coronavirus Stay Current

The City of Lakewood has established a phone number featuring a recording of regular updates. Call 216-227-3240 to hear the latest coronavirus/COVID-19 news from the City. You can also register for Cuyahoga County's

ReadyNotify notification system, used by the City of Lakewood for public alerts https://ready.cuyahogacounty. us/en-US/ReadyNotify.aspx. The Ohio Department of Health has also set up a call center to answer questions regarding the Coronavirus. The call center is open seven days a week, from 9am to 8pm and can be reached at 1-833-427-5634. In addition, Cuyahoga County has established a Coronavirus hotline. Individuals can call 1-855-711-3035 with questions about the Coronavirus.

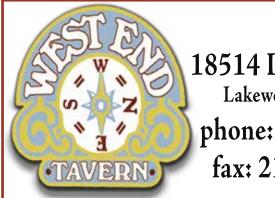
We will get through this together. Lakewood has always thrived because of its strong network of community bonds. We now have a chance to show communities far and wide why Lakewood is such an admirable place to call home.

Sincerely,

Meghan F. George

(This letter was sent out to all Lakewood residents this week.)





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PUBLISHER EDITOR IN CHIEF Debra O'Bryan Margaret Brinich ASSOCIATE EDITOR
Betsy Voinovich

ADVERTISING Sales Manager 216.407.6818

ADVISORY BOARD - Steve Davis, Heidi Hilty, Jeff Endress, Jim Crawford, Steve Ott, Margaret Brinich, Betsy Voinovich

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ILLUSTRATIONS - Rob Masek, Jim O'Bryan

PHOTOGRAPHY - Aerial Agents, Matt Bixenstine, Lynn Donaldson, and Jim O'Bryan

CONTRIBUTING WRITERS - Matt Bixenstine,

Laura Rodriguez-Carbone, Lynn Donaldson, Maria Estes, Andrea Fisher, Mayor Meghan George, Kristy Gibbons, Christine Gordillo, Julie Hutchison, Kate Ingersoll, Matt Kuhns, John "Buzz" Kompier, Julia Kompier, Scott MacGregor, Eva Starr, and John Uchaker

One United Lakewood

One United Lakewood Progress: COVID-19:

The Truth, What We Can Do, And Leaning Into American Resilience

by Laura Rodriguez-Carbone

My job with the U.S. The Department of Health and Human Services is Community Outreach. The entirety of my time in Public Health has been working to ensure that patients, families and marginalized communities all over Northeast Ohio and the tristate area have the information and emergency services they need to make informed healthcare decisions and can access support in times of crisis.

The goal of my column, One Lakewood Progress, has been this - that residents of Lakewood should have the information necessary to understand policies, whether local, state, or national and how they impact daily life.

This installment of One Lakewood Progress is, perhaps, the most important one I've written. We are experiencing unprecedented times in our country, in the trenches of the global pandemic that is COVID-19. This disease touches the daily lives of all Americans, and it presents a very real threat to our health and safety. With talk from the White House of ending the social distancing lockdown on Easter Sunday, people are starting to question whether or not the virus is really that serious to begin with.

Let me disabuse you of that notion.

What is COVID-19? Why is it so dangerous?

CO-ronaVI-rus D-isease 2019 is a respiratory virus first discovered during an outbreak in Wuhan, China in 2019.

COVID-19 is a brand new disease to humankind, which means that we have developed no antibodies against it through prior exposure. Because of this, the risk of infection is universal: if you come into contact with it, you are probably going to be infected.

What makes the disease even

more dangerous is that some people can carry the disease and experience no symptoms. So, it is important to distinguish between the universal risk of contracting the virus, and the increased risk for negative outcomes to the disease for high-risk populations.

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing (source: www.cdc.gov).

Who's at Risk?

According to the Centers for Disease Control (CDC), those at high-risk for severe illness from COVID-19 include:

People aged 65 years and older People who live in a nursing home or long-term care facility

People with chronic lung disease or moderate to severe asthma

People who have serious heart conditions

People who are immunocompromised including cancer treatment

People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk

Having a condition that can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly



controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

That is not to say that negative outcomes do not affect those who are not in the high risk category. Though different age ranges have different risk factors, nobody's risk is zero. Nearly 50% of hospitalizations in the United States associated with COVID-19 are of patients under the age of 50.

Why Does Social Distancing Matter?

Many people mistakenly believe that contracting COVID-19 is like getting any other type of virus, like the flu. It is not the flu. This is a misconception. Most people have built up some antibodies to the flu over the years which decrease the chances of experiencing a severe negative outcome to the virus, especially since we have a flu vaccine

With COVID-19, humans essentially have no protection from the spread other than social distancing because: 1. The disease is new and humans have yet to develop antibodies to the virus. 2. There is currently no vaccine to protect humans from COVID-19. 3. There is currently no antiviral medications to treat the virus.

Social distancing is our only defense against the virus. Social distancing also contributes positively to another important factor: the capacity of our public health system.

Slowing the spread buys our public health system and medical staff time to treat those who are gravely ill from this virus, ensures that our hospitals, which are filling quickly, have critical care beds available to treat patients in need, allows our country to catch up in producing much needed personal protective equipment, ventilators, and other critical supplies, and that you don't spread the disease to someone who may be at high risk in your family or in someone else's family.

Slowing the spread is the best we've got right now.

What Can I do to Protect Myself?

The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. This is why masks and protective equipment are critical for our frontline health workers.

Because we have a better idea of how the virus spreads, there are some simple, common sense things you can do to protect yourself.

Clean your hands often: Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Clean and disinfect frequently touched surfaces.

Wear a facemask around other people if you are sick.

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Foodwood©

THE ROOT IS DELIVERING, HAS FREE BOOKS FOR KIDS

by Julie Hutchison

The Root cafe remains open for take out as an essential business during this time of care and necessary limitations.

It's important to keep yourself healthy with herbal teas, fresh organic vegetables & exercise.

We are following guidelines to increase sanitation and reduce risk of exposure. Please help us in our mission to practice safe public health:

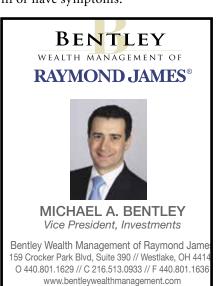
Here is how you can help when picking up your food and drinks.

We are allowing up to three customers in at a time.

Please give 6 ft distance of other customers and employees.

Please minimize touch points when in the cafe.

Please do not come in if you are ill or have symptoms.



michael.bentley@raymondjames.com

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The Root is an essential business, open for take-out and deliveries.

You can call in your take out order so there is no need to wait in the cafe.

You can walk to the Root for take out, and as of the first week of April, call for delivery. Look for us on Uber Eats and Grub Hub!

Also the Root Cafe is working with the Literacy Cooperative to provide free books for kids under the age of five. When you come in to pick up your order, check the table in front for free books. You can also sign up through their website to receive a free book each month to be sent to your home from the Dolly Parton Imagination Library. https://www. literacycooperative.org

Let us know what you are doing to keep your vibes high during this difficult time.



Cleveland Take-Out At Your Fingertips

by Betsy Voinovich

Lakewood resident Sara Sherepita knows restaurants, with a background as a chef and a sales manager at Haserot, she knows restaurants from the inside out. When the order came down from Governor DeWine closing all in-restaurant dining, she and fellow restaurant cheerleader Brad McLaughlin got busy putting a website together to bring restaurants and Greater Clevelanders together.

The Cleveland Restaurant Takeout Facebook Group supports restaurants and those who like to eat.

As the Facebook description makes clear: "Amidst the current crisis among the Cleveland restaurant and bar community, this is a place where any business can post what they are doing for carry-out and delivery." Posts decribing delivery deals and not to be

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missed specials and amazing looking food ready and waiting to be ordered is what makes this site a place to visit more than once a day.

The recommendations page contains a comprehensive list of restaurants complete with websites and menus. If a restaurant has had no previous experience in creating an online presence, Sherepita tracks them down and helps get them set up. She explains, "I heard from a server from The Place to Be who said, 'We've been around for 40 years and we don't have a website.' I said, 'Okay, what are your hours?' Maybe the owners are older and have never felt the need for a website until now. "We are lucky that this is happening to us at a time when we can all be connected like this." Check it out at https://www.facebook.com/groups/202686744330195/











Lakewood Schools

Rotary Recognizes 15 Outstanding West Shore Career-Tech Students

by Lynn Donaldson

West Shore Career-Technical District Outstanding Student Award recipients were honored by the Rotary Club of Lakewood and Rocky River at its noon luncheon on March 9 at the Don Umerley Civic Center.

The 15 students, top performers in their Career-Technical programs, were chosen for their exemplary accomplishments in the classroom, school activities, clubs, athletics and service in the community. Each student exemplifies traits of leadership, dedication, responsibility, caring, community involvement, and initiative.

"We are so proud of the Career-Technical Rotary Outstanding Students--they represent the finest West Shore has to offer and we have some amazing students! When young people develop valuable skills, make connections and build a network while they are in high school--they have an inside track to a successful career. These students are prepared for the real world and have made the most of their high school/career-technical experiences," remarked Bill DiMascio, West Shore Career-Technical District educational coordinator.

School administrators, parents, and guests were among those in attendance. According to Rotarian Nancy Ralls, West Shore Career-Technical District career development coordinator, this is the 22nd year the club has honored Outstanding Student Award winners.

The Rotary club will present each student with a check and a plaque to honor their achievements at West Shore's annual Career Passport and Student Recognition Assembly on May 14. Each award recipient is automatically nominated to receive the "Career-Technical Student of the Year Award" which will be announced at West Shore's Career Passport and Student Recognition Assembly.

West Shore districts are Bay Village, Lakewood, Rocky River and Westlake. This year West Shore is serving 480 students in its workforce development programs.

The 2019-20 Outstanding Student Award recipients are: Spencer Werner, automotive technology; Mack-

enzie Davis, business management; Luke O'Toole, community-based training at GFS; Dominic Plzak, community-based training at the Marriott; Matt Hepworth, community-based training at Rae Ann; Eric Theis, construction trades; Maddy Zoller, culinary arts; Olivia Vuyancih, early childhood education; Adam Musleh, electronic technology; Kim Banak, health careers technology; Connor Starowesky, Media Art & Design; Katie Mathaios, medical office management; Keegan Cech, networking/Cisco; Aidan Bohac, engineering/Project Lead the Way; and Lillian Bacon, theatre arts.



Fifteen West Shore Career-Technical District students were recognized as Outstanding Student Award recipients by the Rotary Club of Lakewood and Rocky River at its noon luncheon on March 9. With the students are (from left) Nancy Ralls, West Shore Career-Technical District career development coordinator, and Marjorie Corrigan, Rotary club president.

West Shore Students Tops In Culinary Contest

by Christine Gordillo

West Shore Career-Tech Culinary Arts students were stars at the recent Family, Careers, Community Leaders of America (FCCLA) regional competition in Columbus on February 29. Students who competed all won gold medals for their creations except for one student who won a silver. The students worked many additional hours after school to perfect their recipes. Below are the students honored:

Culinary Junior Team: Gold Medal, Alexis Frost, Madison Lacquement, Katie Milczewski, Pastry Tray Senior: Gold Medal, Emma Nagy, Pastry Tray Junior: Gold Medal, Paige Murrin, Pastry Cake Senior: Gold Medal, Madison Zoller, Pastry Cake Junior: Silver Medal, Destiny Ayala





Spilled Ink

Healthy Lakewood Foundation Responds To COVID-19

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the Lakewood community seriously and recognize our duty to be as responsive as possible at this critical time."

About the Healthy Lakewood Foundation: The Healthy Lakewood Foundation (HLF) is a 501(c)3 nonprofit community foundation. HLF was created to ensure remaining assets from the conversion of the Lakewood Hospital will continue to benefit the health and wellness of residents in the

City of Lakewood. HLF was established in September 2018 as part of the master agreement following the closing of Lakewood Hospital. HLF was formed from the Foundation Planning Task Force and through their recommendation to the City of Lakewood and the Lakewood Hospital Association.

To contact HLF, please visit www. healthylakewoodfoundation.org email healthylakewoodfoundation@

Primary Voting Extended By Mail

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House Bill 197, passed unanimously by the Ohio General Assembly, allows voters to continue requesting and returning primary ballots until the end of April. The broad pandemicresponse bill also instructs boards of elections to pre-pay the return postage for vote-by-mail ballots.

Limited in-person voting is to be available at the Board of Elections on April 28, only for voters with disabilities or no access to the postal service.

State Rep. Michael Skindell said "Ohio voters must have the opportunity to be heard, on the issues and candidates in this primary. The extended voting by mail will support this, while protecting voters, volunteers and election workers's health."

State Senator Nickie Antonio said "I am particularly relieved that an amendment prohibiting public water disconnections was added, a critical component that will ensure the health and safety of our citizens. The bill also protects our democracy by allowing registered voters who have not yet cast a ballot in the 2020 primary to vote by mail until April 28."

Voter advocacy groups including the ACLU and League of Women Voters opposed the provisions in H.B. 197 as inadequate, and may pursue litiga-

Meanwhile, Lakewood voters who haven't yet voted in the primary should simply contact the Board of Elections and get a ballot in, as soon as possible:

Print a ballot request at 443vote. us, or call (216) 443-VOTE

Mail your form requesting a March 17 primary ballot to the Cuyahoga County Board of Elections, 2925 Euclid Ave, Cleveland

Complete your ballot once it arrives and return it to the board

Ballots must be postmarked by April 27, or dropped off directly at the Board of Elections by 7:30 p.m. April 28, to count.

Eagle Scout Honors For Lakewood Young Adult continued from page 1

the position of Vice Chief, Order of the Arrow, Erielhonan Lodge as well as a member of the lodge's Ceremony Team.

John served as the Council Junior Popcorn Kernel (2012), Grand Canyon Council and as the Scout Days Scout Ambassador (2013), Grand Canyon Council. The Greater Cleveland Council (Lake Erie Council) invited John to represent the Council on a 2015 Academic Challenge episode, with an on air appearance reading the question "Today's Boy Scouts can earn Merit Badges in a variety of areas, ranging from computers and nuclear energy to cinematography and what "G"-initialed science, that studies the physical structure of the Earth?" [Answer: Geology]

John took advantage of the numerous outdoor opportunities presented to him through the years. He joined the camp staff at Camp Raymond (2015), Grand Canyon Council and Beaumont Scout Reservation (2017), Greater Cleveland Council. He trekked through Philmont Scout Ranch (2016) while acting as his Crew's Wilderness Guide, Philmont Crew 717-O 2. He also attended the National Scout Jamboree (2017) in the role of Senior Patrol Leader, Troop 2420, Greater Cleveland Council.

Do you know what it takes to be in the top of popcorn sales as a Scout? John does! "Do not stop with a no and always ask one more person after yes." John earned Top Seller status four consecutive years (2010-2013) across three different Boy Scout Councils.

John, along with his family, were recognized as the Scouting Family of the Year (2012) Grand Canyon Council, Four Peaks District for their dedication to and service within the Boy Scout movement.

As a Boy Scout, his duty to God was demonstrated by earning the Philmont Duty to God award (2012, 2016) and Messengers of Peace Award (2017) as awarded by the World Organization of the Scout Movement. The Messengers of Peace is a global initiative designed to inspire millions of young men and women in more than 220 countries and territories to work toward peace.

In 2018, the Boy Scouts of America National Court of Honor presented John with a National Certificate of Merit in recognition of performance of a significant act of service by providing wilderness first aid and is credited with saving his dad's life after a hiking accident in the

One United Lakewood Progress: COVID-19:

The Truth, What We Can Do, And **Leaning Into American Resilience**

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Listen to stay-at-home directives from State officials.

Identify and Ignore Misinformation

There are many myths and misconceptions associated with this virus, primarily because doctors are still learning about it. So, know that information about the disease is constantly changing and evolving. What might seem to be true one day, can change the next. The best thing you can do to protect yourself is to listen to your local, state and federal public health officials and fact check with these websites when you hear any new information you are not sure about.

Great websites for up to the minute information on COVID-19 are:

Coronavirus National Website: https://www.coronavirus.gov/

Administration for Community Living: Coronavirus Info for Older Adults and People with Disabilities: https://acl.gov/COVID-19

The Centers for Disease Control and Prevention COVID-19 https://www.cdc.gov/ Websitecoronavirus/2019-ncov/index.html

The World Health Organization COVID-19 Website- https://www. who.int/emergencies/diseases/novelcoronavirus-2019

Ohio Department of Health COVID-19 Website - www.coronavirus.ohio.gov

Ohio Department of Health Coronavirus Hotline: 1-833-4-ASK-ODH (1-833-427-5634)

Coronavirus **Self-Screening** Tool at the Cleveland Clinic: https:// my.clevelandclinic.org/landing/preparing-for-coronavirus

Coronavirus: What You Should Know from University Hospitals: https://www.uhhospitals.org/services/ coronavirus

Military Community, Coronavirus and Family Policy: https://www. militaryonesource.mil/coronavirus

Military Health System and Coronavirus: https://health.mil/ News/In-the-Spotlight/Coronavirus

U.S. Department of Agriculture -FAQ's about coronavirus, food safety and animals: https://www.usda.gov/ coronavirus

backcountry near Christopher Creek Box Canyon (Payson, Arizona).

Making his way to Eagle Scout was challenging. Along the way, like most Scouts, John met and overcame numerous obstacles with the help of his encouraging leaders and adults, peers, supportive family and parents who provided him the opportunity to achieve on his terms. He is pleased to have met so many amazing people that have knowingly or unknowingly assisted him along this journey. These people have made John stronger and a better young man. "Eagle Scout is an amazing achievement" and he is honored to have earned it.

What You Can do to Help Your Community

Besides following the precautions against spreading the virus that have been widely shared, there are some things you can do to re-establish the sense of community and connection we all have lost due to social distanc-

Get Involved in Making PPE for Hospitals: I joined the Million Mask Challenge and started to sew surgical masks for University Hospitals. You can join the Facebook group here: https://www.facebook.com/groups/ Maskchallenge/. I have also sewn masks for doctors, care providers, animal hospitals, and people in need. If you can sew, you can make a difference! Here is a great tutorial to make a simple, pleated mask out of two strips of 100% cotton fabric and some elastic: https://youtu.be/9tBg0Os5FWQ

Deliver Meals to high risk Lakewood Residents through the **Lakewood Senior Center:** The Senior Center is looking for volunteers to deliver meals to Lakewood Seniors. Call Barry at 216-529-5005, if you'd like to volunteer.

Check on Your Neighbors: A phone call, video chat, or wave can do so much to lift someone's spirit and it shows that we still care about each other.

Write Letters and Cards to Seniors at Nursing Homes: Nursing homes cannot accept visitors due to social distancing policies. This is a great project for children who want to help out during this time.

Check in with Friends and Family: Check in often with friends and family. Many people feel isolated, scared, or alone right now, and need connection with others, even if they may not say so.

Donate Money, Food **Blood:**You can donate food or money to the Lakewood Community Services https://www.lcsclakewood. Center. org/how-to-give

There is also a severe blood shortage. Learn more about giving blood here: https://www.redcross.org/

Patronize Lakewood's Restaunts: Restaurants have been hit hard by the shutdown. Most still offer takeout services. Your patronage will mean the world to them and their employees during this time.

Support Essential Workers: Our healthcare, grocery, warehouse, and delivery workers are all working hard to keep us fed and stocked during this crisis. Ask if they could use a meal, or maybe some coffee - a few kind words can go a long way.

A Final Note: Our Resilience as Americans

These are unprecedented days in our country. It has been nearly twenty years since we have been asked to be as strong, as vulnerable, or as compassionate - and to depend upon each

continued on page 7

Story Time

The Rockport Miracles-Part 4:

Episode 24: "The Ballad of Derecho Dan" Continues:

Fiction

by Scott MacGregor

The eerie, chaotic thunderclaps of Storm 5.6 sounded out for a full hour before the sentinel winds of the oncoming derecho were felt. Terrorized citizens fled the town in large numbers while many plucky Rockporters chose to stay and protect their properties. Over the years these brave souls morphed into a hardcore group of stalwarts who called themselves, "The Rocks of Rockport."

Meanwhile, the jerkwad citizens of neighboring River City had begun gathering along their lake shore cliffs with lawn chairs, picnic baskets, and coolers loaded with their favorite beverages. They assembled to again witness a storm slam into Rockport. Many in River City complained when Storms 5.4 and 5.5 occurred at night while they were sleeping. At the sound of the first thunder boom, hundreds choked their favorite vantage points along the shoreline and waited for the show to begin.

Though most would question the logic of Maynard's "Manifesto with Cheese," Little Dan had accepted his new destiny without hesitation. The booming thunder became the "lizard's roar" signal that Little Dan's had been waiting for. He fired up the boat, tore Maynard Gridley's manifesto in two and tossed it overboard. He took the helm and steered the boat, 'The Friggin' A' out of its camouflaged position and into the river channel.



Came a day
His world went strange
He stood alone
And, changed some say
Into the man..

called "Derecho Dan"

(Oh! Derecho Dan! Oh! Derecho Dan!)

Before he'd embarked, Little Dan had swallowed a "sunshine pill" just as the manifesto had instructed. The pill came with provenance. It had been given to Maynard by two old friends named "Ken K. and Stanley O." It was determined later that those two gentlemen were responsible for a lot of questionable fun and mayhem, mostly in the San Francisco area. Little Dan had been coddled all his life and that's why he didn't comprehend that the "sunshine pill" could actually be an LSD tablet. When all the bridges spanning the river turned into dinosaurs and the Cuyahoga River

became a highway of blood, Little Dan

suddenly realized the pill he'd swallowed wasn't a Flintstone vitamin.

(The "river of blood" was not a hallucination. A large paint manufacturer up river had "accidentally" opened a valve that released one million gallons of waste solvents into the river and changed the water color from its usual purple and gray to a rich ox-blood.)

Before he died in a motorcycle accident, Maynard had told Little Dan a story about a storm he faced in Vietnam nicknamed, "Monsoon Charlie." In that story, Maynard and his fellow soldiers had diverted the storm with an enormous explosion that caused it to split in two and destroy the enemy on their flanks. Whether that action, (in which he was awarded a Silver Star for Bravery) haunted Maynard in civilian life, no one will ever know. What was clear is that he'd planned to take out his pain on the world in some explosive way. The fact that Little Dan Newman would assume Maynard's mantle of vengeance, no one could've predicted..

Little Dan took his time puttering down the Cuyahoga River. The sky was still a bright blue, even more so thanks to the LSD. As he floated past the beautiful High Level Bridge, the concrete lattice design captured his attention. Appearing inside each opening was someone he loved. He saw his mom, his dad, and his dog, Little BD. Little Dan waved and blew kisses to them all from the deck of the slowly moving boat. Then, Maynard's face appeared in very last lattice opening. Little Dan's mouth and throat went dry at the sight of him. He struggled to find the right words. Finally, Little Dan croaked, "We'll get 'em Maynard! Don't worry, I got this!"

The ghost of Maynard just stood there quietly, staring at him. "MAY-NARD!!" screamed Little Dan, "I NEED YOUR BLESSING!!!" Maynard's ghost shuddered and began to fade away. Before dissipating from view, he raised his clenched hand and gave Little Dan a "thumbs up." With that heartening sign, Little Dan collapsed cross-legged onto the bow of his floating bomb. He placed his hallucinating head into his hands and let out a big sigh and muttered, "Friggin' A."

Derecho Dan, Oh, Derecho Dan! He tames the wind with a bomb in each hand,

He'll blow the bejeezus right out of the sky, He's Derecho Dan One heck of a guy!

(Excerpts from, "The Ballad of Derecho Dan" ©1975 Music and Lyrics by: Googie Arthur and Dickie Don Rio for Agita Records-All Rights Reserved)

One United Lakewood Progress: COVID-19:

The Truth, What We Can Do, And Leaning Into American Resilience

continued from page 6

other for our own safety.

What you do as an American during this pandemic matters. Whether it's making sure you are following the social distancing advice given by health officials, checking in on your neighbor by phone, dropping off groceries to your elderly or sick family, or just simply sharing helpful information - future generations will look back upon this time and upon what we do here to preserve our union.

For me, I find that being busy and helping others gives me a sense of purpose in a time full of uncertainty for so many of us. So, after not sewing for two years, I got out my sewing machine and got to work, sewing cloth masks for family, friends, and hospitals.

The shortages of PPE (personal protective equipment) are hard to fathom in a country known around the world for its humanitarian aid, and its ability to confront large conflicts and crises. But, the shortage is very real, and dangerous, and after hearing doctors, nurses, and other health staff plead for supplies, I decided I needed to do something. To act.

There is always something we can do to make a positive impact on our

community. Just because we are confined to our homes doesn't mean our spirit needs to be. Our spirit as Americans certainly have prevailed over hardship - and we shall do it again.

Be heartened by those who continue to step up in ways, large or small, during this time. It is difficult for many, but every day we live, we must continue to look out for each other and do what we can. We must continue to stay the course.

Laura Rodriguez-Carbone was 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. She is the Community Outreach Coordinator for the Centers for Medicare and Medicaid Services under the umbrella of the U.S. Department of Health and Human Services, working to advocate for the care of all dialysis patients in three States - Ohio, Indiana and Kentucky.

Laura and her husband Christopher own and live in their home on McKinley Avenue with their five cats, Oliver, Ozzy, Oswald, Odin and Prue.



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Lakewood Is Art

Three Three Three:

Reviews Of Recent Releases By Local Bands, Pt. 103

by Buzz Kompier

The Cowboy - Wi-Fi On The Prairie - Feel It Records - 12 songs - LP, digital

Hot on the heels of their self-titled 7", The Cowboy are back with their second album and third release total. It's a solid record, 12 tracks of good garagey punk with a strong post-punk edge-- it isn't quite the halfway point between Homostupids and Pleasure Leftists since it's still much closer to Homostupids, but it's somewhere in there between them. This record sounds like The Cowboy, and I know that's a stupid thing to say but really that's what can be said about it. There are good, driving basslines, dissonant but catchy guitar leads, and some cool drum fills (I particularly like the drums on "Papa Bear"). There aren't exactly the standout tracks that there were on the first record (and I would still start there with this band), but this is good stuff. If you've liked The Cowboy so far, you'll certainly like this record as well. My favorite tracks were "Crazy World" and "SS," and the ridiculous closer "The Chief" was pretty cool too. 3.5/5

(feeltrecordshop.com)

Ted Kane - The Dream - self-released - 8 songs - digital

Ted Kane is an expatriate Columbusite and one-time Jim Shepard collaborator living in California these days. This is his latest work, eight tracks of mostly just guitar and vocals. It's definitely within the Columbus tradition: the ballad-like title track and the punker "(I'm So Ambivalent About) Living In The USA" both recall



Ted Kane, The Dream

different facets of Mike Rep and/or Tommy Jay (and actually, I could've sworn I recognized the name Ted Kane from some Mike Rep record but I could find no evidence of this, so maybe I just made it up). There are a few instrumentals in here, like the aptly named "Shuffle" and the meditative "The Same

Stream," as well as a noisy a capella/ percussion track called "Grinnin'," which was pretty weird (though I'm now at a point where I can't tell when things are trying to be weird or just are naturally, so I can't tell you which this is) and, to close out the album, a cover of "Pale Blue Eyes," which at this point is pretty unnecessary to cover, but is always going to be a good song anyway, so I guess I understand. Some of the stuff here is decent enough, but without full rock band instrumentation (or even just something besides guitar), it doesn't really work for me. Even so, good enough that it's of interest to people who are into Columbus-related stuff. 3/5

(tedkane.bandcamp.com)

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

SHARR GAZER WITH EVA SHARR

Community West Foundation Announces COVID-19 Emergency Fund

by Maria Estes

Community West Foundation has established the COVID-19 Emergency Fund to further support their long-time grantees as additional needs arise. Since the COVID-19 pandemic struck, area non-profits are feeling the financial pressure that comes with increased demand, volunteer shortage and canceled fundraising events due to social distancing requirements. In addition, Community West granted \$50,000 to the Greater Cleveland COVID-19 Rapid Response Fund to make emergency funds available to non-profits helping those in need during this crisis.

The Community West Foundation Board of Directors recently approved \$715,000 in quarterly grants to local non-profit agencies located in western Cuyahoga and Lorain Counties. Because of the timing of these grants, Community West allowed the

organizations the freedom to allocate their grants as they deem necessary during this time of crisis rather than using them for specific programs outlined in their original proposals.

Community West Foundation is dedicated to supporting organizations that provide the basic needs of food, clothing, shelter, and medical care in the greater Cleveland area. Originally known as the Fairview/Lutheran Foundation, Community West has been supporting these Cleveland Clinic hospitals as well as many community non-profit agencies through grantmaking since 1997. Under the guidance of the Board of Directors, Community West has grown its giving exponentially over the past 20 years. In 2019, Community West distributed \$7M in grants.

For more information, visit communitywestfoundation.org

APRIL

Aries: The Ram likes to lead the race, except there's nobody following you, you're a solo act, go home, you still win

Taurus: For once, I'm not going to tell the Bull to come out of the Bull Pen, there's nobody at the Ballpark, go home

Gemini: Wherever the Twins go you're the life of the party, not today; take your Dr. Jekyll & Mr. Hyde act & go home

Cancer: The Crab, known homebody, loves to cook up a storm...except they're throwing you the groceries from the curb

Leo: Leo, you're King of the Jungle and when you roar everyone listens, except where have all the animals gone?

Virgo: Nobody likes to clean, organize & sanitize like a Virgo, your home is so clean, but nobody to show it off too

Libra: Libra has the most difficult time deciding of the entire Zodiac,

good news, I'm going to help you, "stay home"

Scorpio: The Scorpion plays this role better than anyone, it loves the dark of night, deep in his cave, just don't eat any bat soup

Sagittarius: The Centaur, adventurer of the Zodiac loves the outdoors, it's a good time for you to go to Wyoming, they're definitely 6-feet apart out there

Capricorn: The Goat, is the workaholic of the Zodiac, good thing you also have a home office, you're loving this time.

Aquarian: Aquarians our outof-the-box thinkers, you've actually figured out how to be intimate while being 6-feet apart, Bravo

Pisces: The Fish is used to traveling in schools, looks like you're going to put on your Male Betta outfit if you want to survive this one.

Eva Starr, local astrologer.





Page 9

LakewoodAlive

Lakewood Alive's Paint Lakewood Program Kicks Off 2020 Season

by Matt Bixenstine

Looking to add a splash of color to your home's exterior? A fresh paint job may be more affordable than you think.

LakewoodAlive's Housing Outreach Program announces the return of its Paint Lakewood Program for the 2020 season. The Paint Lakewood Program's primary goal involves revitalizing Lakewood's neighborhoods, while reducing lead hazards and educating residents on lead safety issues.

This innovative program is designed to help make it more affordable for qualified Lakewood homeowners and residents to beautify their homes through exterior whole-home painting, ultimately making their homes safe for their families and the community.

Paint Lakewood will provide a grant of up to \$4,500 to qualified Lakewood homeowners and residents for exterior paint, supplies and professional labor costs to paint their home. The program has been designed to offer a grant on a sliding scale to help reduce the cost of an exterior paint job.

"We're pleased to once again offer Lakewood homeowners and residents the opportunity to participate in our Paint Lakewood Program," said Allison Urbanek, LakewoodAlive's Housing & Internal Operations Director. "This program serves as an invaluable tool for helping low-to-moderate income residents to preserve their homes through affordable exterior painting."

Qualified Paint Lakewood Program applicants must meet HUD-established income guidelines, and other restrictions do apply. For more information, visit LakewoodAlive. org/PaintLakewood or contact Alex Schreck, LakewoodAlive's Staff Program Assistant, at 216-521-0655.

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



LakewoodAlive's Housing Outreach Program announces the return of its Paint Lakewood Program for the 2020 season.

LakewoodAlive Launches "Light The Lakewood Night" Community Solidarity Event

by Matt Bixenstine

LakewoodAlive announces the launch of Light the Lakewood Night, a community solidarity initiative designed to convey optimism and togetherness during the COVID-19 crisis.

Lakewood residents are asked to participate by decorating their front porch or apartment balcony railing with string lights as a vibrant display of solidarity. Residents who do not have a front porch or who do not have string lights at their disposal at home can still participate by simply turning on an exterior light at dusk.

Participants are asked to share their decorated porch photos to the Light the Lakewood Night Facebook event, while including the hashtags "#LovingLakewood" and "#Light-theLakewoodNight."

"Light the Lakewood Night represents a simple way for community

members to demonstrate that we are in this together," said Ian Andrews, LakewoodAlive's Executive Director. "Lakewood has always been a community of front porches, and now's a great time for us to put these porches to good use to offer fellow community members a sign of hope during challenging times."

The launch of Light the Lakewood Night comes days after LakewoodAlive introduced a webpage (LakewoodAlive. org/COVID19) — in partnership with the City of Lakewood and Lakewood Chamber of Commerce — devoted to compiling resources for assisting Lakewood small businesses during the COVID-19 crisis.

For more information regarding LakewoodAlive's ongoing efforts to assist our community through this crisis, please visit our Facebook, Twitter and Instagram accounts.



LakewoodAlive Launches Webpage To Help Small Businesses During COVID-19 Crisis

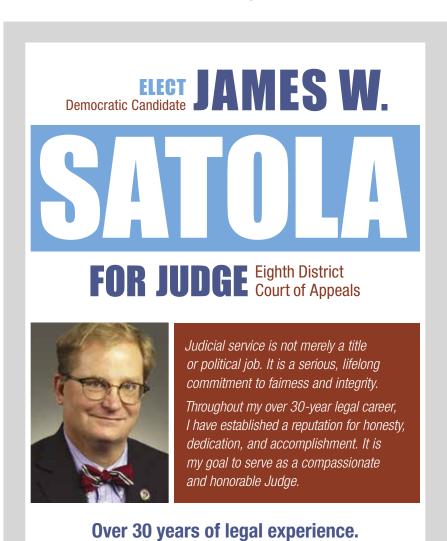
by Matt Bixenstine

LakewoodAlive announces the launch of a webpage (LakewoodAlive. org/COVID19) devoted to compiling resources for assisting Lakewood small businesses during the COVID-19 crisis.

This webpage is part of a collaborative effort with the City of Lakewood, Lakewood Chamber of Commerce and our private partners, including financial institutions, to demonstrate our commitment to helping small businesses citywide navigate this challenging situation. The page, which will be updated regularly, offers COVID-19 news, financial resources and other

useful information for small businesses.

"During this time of crisis, supporting Lakewood's vibrant small business community is more important than ever before," said Ian Andrews, LakewoodAlive's Executive Director. "Communication is essential in these difficult times. We are thankful to our partners for helping to make this webpage possible and hope it serves as a valuable resource for members of our small business community. We urge everyone to continue to support our small businesses in a safe manner during this difficult situation."



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The Deck In The Time Of COVID-19

The following posts are excerpted from the Observation Deck, Lakewood Observer's 24-hour-a-day online forum.

Go to lakewoodobserver.com/forum to read or post.

We are preparing a separate section to house all the information on COVID-19 coming in from various sources.

This page will be pinned to the top of the page for now with great resources to check on throughout this "Life In The Time OF COVID-19"

UPDATED 4 times yesterday. Last updated: 9:03 am EST, 03.31.2020 PLEASE HELP US ADD TO THIS LIST AND KEEP IT UPDATED! Today's Updates...

HOW COVID-19 KILLS--I'm a Surgeon--And Why We Can't Save You [youtube] 4J0d59dd-qM[/youtube]

Full List (send in your sites)

Government

NEW State of Ohio COVID-1 (worth marking)

https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/dashboard



State of Ohio Corona Daily Update - Ohio Channel https://ohiochannel.org



Federal Government USA.gov

https://www.usa.gov/coronavirus



The Arts



Global Arts Live Concerts

https://www.globalartslive.org/content/covid-19-concert-update



Seph Lawless Photography -Seph Documents Closed Down Malls,

Amusement Parks, and Rundown Mansions haunting images https://sephlawless.com

Information

COVID-19 LIVE

https://ncov2019.live



World Health Organization - COVID-19

https://www.who.int/emergencies/diseases/novel-coronavirus-2019

The Institute for Health Metrics and Evaluation[/b] (IHME)

http://www.healthdata.org

Food Security

Lakewood Obseerver Guide To Food Availability [url]http://lakewoodobserver.com/forum/viewtopic.php?f=7&t=25702[/url]



Entertainment Live Streaming

[b] Explore.Org [/b] Hundreds of LIVE Steams of animals, zoos, etc. Days of entertainment https://explore.org/livecams[















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The Lakewood Observer

Stuff For Kids:

What To Do At Home

by Julia Kompier

There's a free app called "House Party." It works with Android or Apple, works with Mac Book or a chrome book. With it you can Facetime your friends, up to eight on one call, and you can all see (and hear) each other. It comes with games you can play that are on the screen, but still allows you to see the other players. There's one called "Quick Draw," which is a game like Pictionary where you get a prompt to draw and the other players try to guess what it is and it's timed. Another game is called "Chips and Guac" which is a word association game like "Apples to Apples." There's a trivia game with a bunch of different categories. It allows you to go off the call and do other things and come back to it. You can turn the microphone on and off. You can wave to people on the member screen and then they'll get a notification that you're looking for them without having to call. It's a good wayfor everyone to hang out together even though we're all in different places.

"Color Our Collections" is a link that takes you to the homepage of hundreds of museums of all kinds that have turned their exhibits into coloring pages. Everything from the library of Hungarian Agriculture and the Denver Museum of Western Art to the Harley Davidson Archives. http://library. nyam.org/colorourcollections/

For those who enjoy Mindcraft, this is a link to a project to map the entire world in Minecraft, "The Earth in Minecraft, 1 to 1 scale for the first time": https://www. youtube.com/watch?v=8_ bW3ab8YAk&feature=youtu.be

Try this word search. This one was inspired by The Root. Here's the word list:

Adam's Egg

Cafe Mocha

Cheddar Bake Coffee

Damn Good Egg

Freshy

Fun Guy

Hoffman's Bicycle

Hummus

I Am The Eggman

Square Root

Sunburst Salad

Zoodles

Make your own, based on something that has to do with Lakewood and send it in, or create another kind of puzzle and win a gift certificate to a Lakewood restaurant. Click on Member Center at Lakewoodobserver.com to submit or mail to P.O. Box 770203, Lakewood OH 44107.

A M N H G L \mathbf{L} C D K N K T A I \mathbf{z} Η M K Η R H E $_{\rm L}$ Η R 0 0 Е



LFD Save Stranded Dog Over 2 Days



many little hidden beaches on our Lake Erie coastline behind 17850 Lake Ave. The dog somehow was able to get to an area when the water was low and became trapped after the water rose due to all the rain this weekend! Good work Lakewood Fire Department. Your amazing talents match your amazing hearts!

The Lakewood Fire Department was called to rescue a dog this morning off one of the



One Mother Asks **Letting Your Kids Hang Out? WTF!**

So I have been trying to figure out a way to write this and not come off like a major bitch. It just isn't possible. So, my apologies if you read this, it may not be directed at you. And this is also a vague post. But, if you take offense at this, I am ok with it because you are the offender.

I just had to have a 20 minute conversation with my very upset teenage son about why he can't go to his friend's house when all of his friends are hanging out. He listed way too many kids that have been hanging out at their friends' houses, and walking around the city. I am pissed off. What in the world is wrong with you for letting your kids hang out right now?! Now, I'm the bad guy. What is the point of all of us going through all of this, when people are letting their kids hang out right now?! This will never end if we allow this to happen.

If you are a parent of one of these kids, and are friends with me, and are offended by this, fine. Unfriend me. I am seriously so angry right now.

Our daughter will be in serious trouble if she gets this. Who knows, we all could be. I know I don't have to explain myself, but I know we all have nothing else going on except for social media right now. So if you are reading this, and you're an idiot parent, and have no backbone to say no to your teenager, good f-ing luck. Sorry you can't say no, and it's easier for you to just let them do whatever they want. Trust me, I know how hard it is. Now I am put in the situation AGAIN because of lazy parents with no parenting ability whatsoever.

And guess what?! We are having fun over here. I am enjoying the time with my family. Yes, it can be hard and stressful...if you throw anyone in a house together for a couplemonths and tell them they can't leave there will be fights and people will get annoyed. But learn how to work through it. That is also a valuable skill we can teach everyone. How to work through these hard and uncomfortable times. Because life can be hard. I think we are living in a hard time now?! Right?!

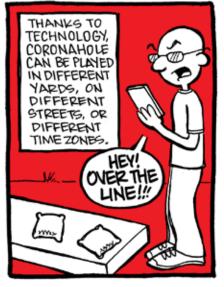
Ok, I feel better. I really needed to get that off my chest.

> Sincerely, **Kristy Gibbons**

The Back Page

















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