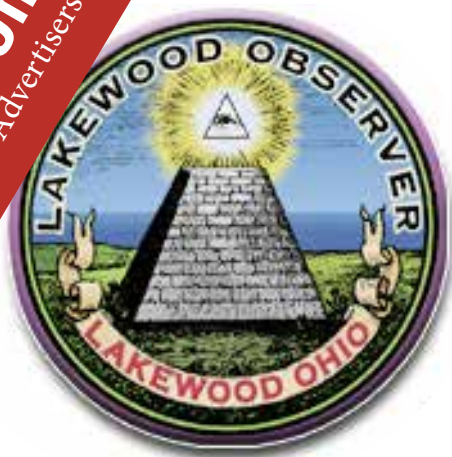


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“I believe there is only one race, the human race.”- Rosa Parks

THE LAKEWOOD OBSERVER

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Volume 16, Issue 12, June 17, 2020

An Inclusive Approach To Safety, Development, Recycling

by Councilperson Tristan Rader

I pledged to work toward a better Lakewood, for all, three years ago.

Issues of inclusion and equity are very much part of that. Active work to end racial disparities has been important to me for years.

Racism and racial disparities are real crises. This is why public health experts, who warn of the need to deal cautiously with COVID-19, have also been supportive of Black Lives Matter protests. Social equity and public health are inseparable issues.

Being proactive is the best approach to both. On June 15 I recommended review of Lakewood's policing policies and

several reforms, along with my at-large city council colleagues. These reforms reliably improve safety for communities, and for officers of departments which implement them. They can be an excellent beginning toward a safer and more just Lakewood for all.

I am grateful for Mayor George's commitment to involve her entire administration in support of solutions. There's much more to do, with public safety policies and with broader efforts for a welcoming, inclusive community.

Diverse housing options are critical to a diverse community, for example, and conversion of some of Lakewood's more-affordable

housing to high-end apartments requires new options.

A proposal for part of St. Clement's Parish is a model for better development. The developer has talked to residents and designed for the local neighborhood; the plan will add 16 new townhomes to Lakewood; the design will support Lakewood's storm runoff containment; and formerly tax-exempt land is now re-zoned, contributing to the city's budget.

Waste management is another area where I'm taking a proactive approach. Apartment residents want better access to recycling and composting, and our city is developing ways to include them.]

In July, council will take up a resolution designating St. Charles Green a park. Protecting the public's access to green space is a basic, every day way to promote equity for Lakewood. The complexities of this property have taken time to work out, but that effort is ready to pay off.

Healthy Lakewood Foundation Announces Second Cycle Of Grants To Address COVID-19 Community Needs

by Kate Ingersoll

The Healthy Lakewood Foundation (HLF) board of directors awarded the following grants at its May 2020 meeting in an ongoing effort to address community needs related to the COVID-19 pandemic:

Department of Human Services, City of Lakewood: \$60,000 for resident emergency needs.

Hebrew Free Loan Asso-

ciation (HFLA) of Northeast Ohio: \$57,500 to establish a pool of Covid-19 emergency loans exclusively for Lakewood residents (individual loans up to \$1,500).

Asian Services in Action, Inc. (ASIA, Inc.): \$15,000 to meet the emergency needs of refugee and immigrant families in Lakewood.

"The Healthy Lakewood

continued on page 3

Antonio Comments On Landmark U.S. Supreme Court Decision

From Nickie Antonio's Office

Today, State Senator Nickie J. Antonio (D-Lakewood) issued the following statement in response to the U.S. Supreme Court ruling that federal law protects LGBTQ employees from job discrimination.

"I applaud this decision by the Supreme Court. However, while today's ruling is significant, it is not the solution to provide full LGBTQ equality. Now more than ever, we need to

pass the Ohio Fairness Act (S.B. 11/ H.B. 369), which reaffirms that LGBTQ people should be able to work, live and play without discrimination.

"It is time for Ohio to take a stand and affirm that it welcomes all workers and families, including those from the LGBTQ community. The Ohio Chamber of Commerce and almost 1,000 businesses agree that if we want to re-energize Ohio's economy, we need to pass the Ohio Fairness Act."



photo by Mike Doreen

Black Lives Matter stopped back in Lakewood last week for another peaceful rally in support of changes in law enforcement. The event was organized by Mariah Davies (left) and Devon White (right).



photo by Mike Doreen

Social distancing while protesting.

LakewoodAlive's Warren Road Beautification Project New Mural At Doughnut Pantry



by Matt Bixenstine

Here's another splash of sunshine for your summer: The second of two new public art murals went up on June 8 at the Warren-Madison intersection.

For this 54-foot-long mural at The Doughnut Pantry, Lakewoodite artist Stephanie Crossen was inspired by the stunning sunsets she's witnessed at The Solstice Steps and wanted to offer community members an eternal sunshine to bring joy on cloudy days.

Thank you to Stephanie and our many terrific partners, including the City of Lakewood and Cuyahoga County, for making this collaborative project possible. Install was completed by Scherba Industries. LakewoodAlive looks forward to sharing more details about phase 2 of our Warren Road Beautification Project in the coming weeks.

One Lakewood Progress

Riots Are The Cries Of The Unheard

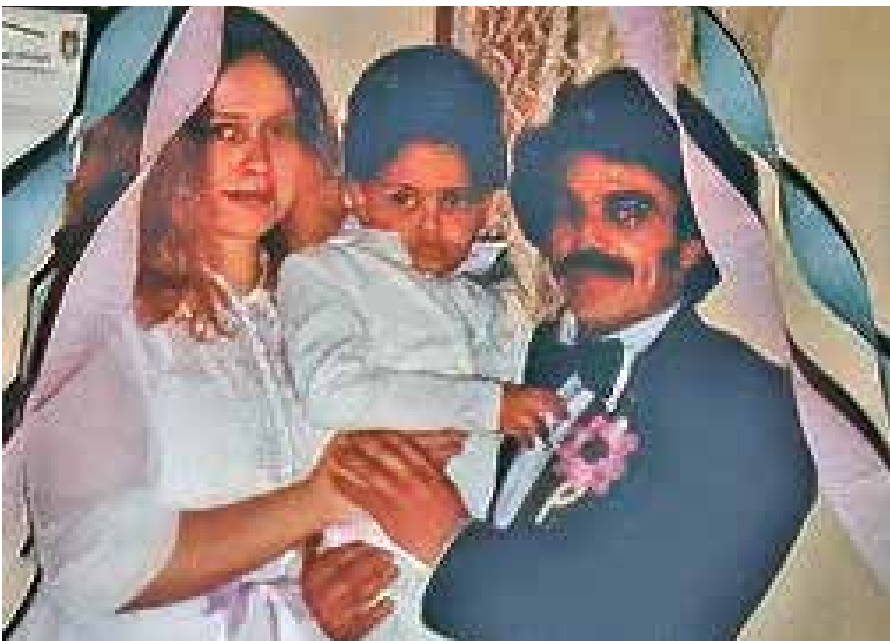
by Laura Rodriguez-Carbone

My mother is light-skinned. My father was dark-skinned. I am medium skinned. My oldest brother is dark-skinned. My youngest brother is light-skinned. We have all experienced racism in some form or another throughout our lives.

I remember my Uncle Bob telling my mother that she couldn't move back home to Southern Ohio with us because we were "Spics" and the community would never accept us. My mother faced housing discrimination because white landlords didn't like the "look" of her children.

At both of my first jobs, I was wrongfully accused of stealing money from cash registers, even though I was off work during those times and would never steal a crumb from anyone. That's why I worked two jobs, and when defending myself against these accusations, told my employers as much. I was exonerated in both instances, but knew why I was singled out over my white co-workers.

When walking with my mother one cold October night to the corner store, I suddenly felt a stinging sensation on my legs. When I looked down, I saw the remnants of eggs sliding down my jeans. I looked up as the perpetrators across the street screamed "Puerto



Picture of the writer's parents.

Rican Bitch!" and ran off.

When running for city council in Lakewood last year, I came across an older white gentleman who was not a supporter, "with all due respect, because we don't need more Blacks and Hispanics here. The crime rate will go up!" Section 8 was also bad, he said, for the same reasons. "We have a nice town here. We need to keep it that way." I remember juggling whether or not to tell others of the exchange and just told my immediate family. I didn't want to draw attention to my race in a negative

light during my campaign even though some people in the community already viewed it that way. It made my mother angry. "You should never have moved there," she said.

My dark-skinned brother has been a victim of unlawful traffic stops (my father was too). One police department slammed his body against the car after removing him from it and beat him while calling him and all "spics like him," dogs. He has been pulled over and wrongfully accused of being a drug dealer or, vaguely, of being person of suspect. One time, he was even taken all the way to a police station and held

there for hours before he was let go. I feared for his life. No apologies from the police for that one. They had his car impounded, which he had to pay to get released even though he had committed no crime.

I share these stories to illustrate a point about black and brown communities in the United States. We all have had incidents unique to us and unique to our race that have occurred. Not uniquely is that it all boils down to the same result - people fear, stigmatize, and segregate themselves from what they don't know or understand.

The segregation, fear and stigma people feel about black and brown people has been institutionalized as public policy in the United States (think segregated drinking fountains, internment camps, segregated schools, red-lining, and immigration policy, to name a scant few). But policy also comes in the form of practice and the unspeakably unjust death of George Floyd, unarmed while black and sitting (as well as of Ahmaud Arbery – unarmed while black and jogging, and Breonna Taylor – unarmed while black and sleeping) should clue us all in to the fact that conditions still exist in the United States that cause people to feel that they must engage in riotous activities to be heard.

This is the first time I have pub-

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Upcoming Submission Deadline
June 26, 2020
July 10, 2020

Publish Date
July 1, 2020
July 15, 2020

www.lakewoodobserver.com

216.407-6818 OR 216.339.2531

PO BOX 770203, Lakewood, OH 44107

**Lakewood Observer**

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Representatives Reach Out

The View From Ward 2

by Councilman Jason Shachner

Gun Violence Awareness Day

At the June 1st City Council meeting, Councilmember Tess Neff introduced, and Council subsequently passed, a resolution that declared June 5, 2020 Gun Violence Awareness Day in Lakewood. The goal is to encourage the safe storage of firearms to create awareness of the many firearm related deaths of children that could have been prevented if the firearm was properly secured. Ways that we can further encourage gun safety will be discussed at Monday's Public Safety Committee meeting. Here's some important information from Mom's Demand Action about gun safety storage: <https://besmartforkids.org/>.

Applications for Expanded Outdoor Dining

On June 4th, the Planning Commission reviewed applications for temporary conditional use permits for outdoor dining for the first time since the Temporary Outdoor Dining Resolution was passed. Acting Director of Planning, Katelyn Milius, along with the members of the Planning Commission carefully evaluated each application and worked with the restaurant and bar owners to improve their designs. The plans ranged from Melt's and Salt+'s extension of their existing patio spaces to Cleveland Vegan's and El Carnicero's plan to place tables in front of their restaurants.

The Planning Commission will be reviewing applications from O'Toole's Pub, Side Quest, Avenue Tap House/ Oscar's Pizza, Waterbury Bistro, and Buckeye Beer Engine at their June 18th meeting. Please visit <http://www.onelakewood.com/accordions/planning-commission/> for instructions on how to participate in the meeting.

Recycling Contract Awarded

As you may know, Cleveland's Ridge Road Transfer Station is no longer processing recycling. The City recently awarded Kimble Recycling & Disposal a contract not to exceed

\$250,000 to provide a site to receive and process Lakewood's recycling. This is an emergency contract effective June 1, 2020 through May 31, 2021, at a cost of \$52.75 per ton of recycling. Other estimates received were nearly double the cost per ton. Lakewood can get a lower price if we all work to only recycle items that are recyclable! Please visit <https://www.kimblecompanies.com/what-we-recycle> to learn what can and cannot be recycled.

Lakewood Police Department's Use of Force Policy

I have received several emails from residents asking about our Police Department's Use of Force Policy. The policy can be found here: http://www.onelakewood.com/wp-content/uploads/2017/07/Use_of_Force-.pdf.

I anticipate that there will be several committee meeting on the topic in the near future. Please visit <http://www.onelakewood.com/accordions/public-notice-e-mail-sign-up/> to sign up to receive email notices of the meetings.

If you are interested in subscribing to the newsletter please visit <https://mailchi.mp/shachnerforlakewood/newsletter>. If you have any questions or concerns, please do not hesitate to e-mail me at Jason.Shachner@lakewoodoh.net or call me at (216) 714-2150.

Jason Shachner is the Ward 2 Lakewood City Councilmember. He is currently serving as an Assistant Prosecuting Attorney in the Lake County Prosecutor's Offices' Criminal Division. He makes his home in Lakewood with his wife, Michelle, and their 13-year-old shepherd mix, Tessie.



Keep Lakewood Beautiful - Beautiful Home Awards

by Tish Marshall

Each year, Keep Lakewood Beautiful (KLB) sponsors a Beautiful Home Awards program to honor exceptional gardens (annuals, perennials, shrubbery, vegetables, herbs, no limits) in our neighborhoods. We are currently accepting nominations for the 2020 awards. Do you know of an especially nice house and yard/garden in your neighborhood? Please consider nominating that home.

The only requirements are that the home is in Lakewood and the nomination is submitted by July 31. You can nominate a home through the Keep

Lakewood Beautiful webpage on the city website (onelakewood.com). You may also call the office of the mayor (216-529-6600) with your nomination. You will need to provide your name and contact information and the address of the nominated home.

Besides the nomination form, onelakewood.com/keep-lakewood-beautiful/ has more information on the Beautiful Home Awards program and pictures of past winners. KLB is an all-volunteer organization; we are always open to new ideas and members. General information on KLB can also be found on our web page. Thank you.

LGBTQ Pride Message From Senator Antonio

by Nickie Antonio

June is traditionally LGBTQ Pride month. In 1969, following constant disproportional raids of gay bars, the Stonewall Riots, led by lesbians, gay and transgender people of color who said, "No more," sparked the gay rights movement, while challenging the police's forceful and discriminatory targeting.

During a time when we are celebrating Pride month and protesting for Black Lives Matter, all over the world, it is important to advocate for intersectional justice. Intersectionality means understanding how a combination of a person's identities such as race, gender, class, and sexuality creates individualized forms of discrimination. According to the National Coalition of Anti-Violence Programs, LGBTQ people of color are most often victims of hate violence homicides, making up for 71% of victims in 2017. Our communities must continue to support one another and stand together to protect each other, especially trans women of color.

Hopefully, many of us are taking this opportunity to educate ourselves-- learning more about intersectionality and how to be allies. Those of us in the LGBTQ community need to stand up and declare that Black Lives Matter with an understanding that we cannot



have freedom and justice without freedom and justice for Black lives.

As the first openly gay state legislator in Ohio, I have vowed to introduce the Ohio Fairness Act every General Assembly, until it passes. This legislation (S.B. 11 and companion H.B. 369) would add "sexual orientation" and "gender identity" protections to Ohio's anti-discrimination laws, including in housing, employment and public accommodations.

Pride is the time to take to the streets, declaring our pride and solidarity in joyous and fabulous ways-- saying that we are proud of who we are. Celebrating Pride means working together to create a better Ohio where all people, all families, are welcome. Happy Pride!

Healthy Lakewood Foundation Announces Second Cycle Of Grants To Address COVID-19 Community Needs

continued from page 1

Foundation board believes these three organizations are uniquely positioned to meet the needs of residents experiencing some of the most acute health and safety risks as well as those undergoing financial difficulties as a result of the public health crisis," says HLF Board President Jeanine Gergel. "We are especially concerned about how the pandemic is impacting Lakewood's most vulnerable residents and recognize our responsibility to make the resources we have been entrusted with available to assist them."

The three newly announced grants are in addition to two previous grants awarded by HLF in March 2020 to Lakewood Community Services Center (\$50,000) and Department of Human Services, City of Lakewood (\$25,000), bringing the Foundation's total year-to-date grantmaking to meet resident emergency needs to \$207,500.

Additional grants will be awarded later in the year as the evolving needs of the community resulting from the pandemic become more clearly understood. 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. HLF will hold its second annual community meeting in September. Residents

are encouraged to attend to share their perspectives on how COVID-19 is affecting community health and well-being as well as to hear more about the foundation's vision and strategy. The meeting date and location will be announced later this summer.

Individuals interested in learning more about HFLA of Northeast Ohio's COVID-19 emergency loan program and finding out if they qualify can visit the organization's website at www.interestfree.org or can contact lending staff directly at team@interestfree.org.

About the Healthy Lakewood Foundation: The Healthy Lakewood Foundation (HLF) is a 501(c)3 non-profit 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 or email healthylakewoodfoundation@gmail.com.

Kate Ingersoll is the Healthy Lakewood Foundation's Board Secretary.

LO Wellness Watch

8 Ways To Make Easy, Simple Changes That Impact Your Health

by Rachel Ogilby

Many of us have goals to live healthier, move more, and eat well. However, busy lives can make it difficult to cook a nutritious meal every night, and it can be confusing to navigate through the many choices at the grocery store or restaurant. These are simple tips that help me get into a health-focused mindset and make smarter food choices.

1. Start small by shifting to healthier foods. Swap out soda for water at lunch, choose an apple with peanut butter instead of chips for a snack, and move from cream based sauces to broth. Shifting allows us to make small modifications without changing our entire eating plan (which is much harder!). These small changes can create big wins, preventing diseases such as heart disease, diabetes, and high blood pressure.

My husband and I know that if we keep junk in the house... we will eat that junk! Instead of having lots of sweets and chips in the house, we try to minimize these. Instead, we snack on fruit, veggies, or homemade desserts (with ingredients we can control). My husband reaches for Zip Fizzes (no sugar, caffeinated mineral drink) instead of Coke during his late work nights. Another trick is taking tempting snacks (such as potato chips) and divvying out all the chips into single servings in sandwich bags. I know people that have been very successful with this!

2. Protein - Go Lean! There's no doubt that protein is an essential nutrient. Go lean by buying skinless meat and choosing lean lunch meat (turkey, chicken, and roast beef instead of salami/bologna). Eat seafood twice a week, such as salmon, cod, or tilapia to get your Omega-3s (some studies have showed this fatty acid actually fights depression!). Meatless Mondays have become popular around the nation. Some people choose to have meat just once a day instead of at every meal. Experiment with plant proteins - use

nuts, beans, eggs, soy, and veggie burgers to incorporate protein without meat.

I was a vegetarian for years and enjoy tofu and vegetarian proteins. It's easier to circulate these items in our weekly protein intake after learning how to cook and prepare them. Now, we eat chicken, fish, and eggs throughout the week (along with plant-based proteins) and feel that this is the best way to support our bodies.

3. Vary your veggies! Buy veggies that are in-season, and eat a rainbow weekly. Get creative by pureeing veggies to eat as soup (roasted sweet potato or butternut squash are my favorite veggies to use in homemade soup), or grill them on a kebab. Make half of your plate fruits and vegetables!

The West Side Market is my happy place and where we get most of our produce. We try to make half of our dinner plate veggies - sauteed, roasted, steamed, or raw. We like to mix multiple vegetables for one meal - roasted onion, broccoli, and squash provide multiple textures and flavors. If you are counting carbs, you'll be happy to hear that you can fill your plate with sauteed zucchini and onions for a mere FIVE GRAMS CARBS!!! What other food group can you say that about besides veggies?!

4. If you drink alcohol, limit it to a drink a day for women or two for men. Alcohol is considered "empty calories", or calories that do not provide nutrition. It can also mess with your blood sugar, and alcohol can damage the lining of the stomach (preventing proper absorption of nutrients).

Sip tequila for the lowest calorie drink, and aim for a glass of water in between each alcoholic beverage if you have more than one. I like to drink homemade Kombucha instead of alcohol with friends at times if I feel pressure to drink something other than water! LaCroix or other sparkling waters and good options too if you want to sip while your friends sip.

5. Eat whole grains, which contain nutrients such as zinc, magnesium, B vitamins, and fiber. Try brown rice, whole wheat bread and pasta, and oatmeal. Add barley to soups and stews, and try a quinoa salad. Popcorn is a whole grain too!

We love popcorn and eat it often!! After a while of shifting your taste buds, you'll eventually prefer whole wheat bread and rice to white. Your digestive system will thank you for the fiber! Oatmeal is one of my breakfast staples, as it is so versatile. Most restaurants will allow you to substitute brown rice for white without a fee. Sadly, our favorite Chinese food restaurant does not sell brown rice, so I make a quick batch while we wait for its delivery!

6. Pack healthy snacks. We have all felt hangry at one point or another (it's not just me, right?), and that makes it harder to make a healthy choice. Have healthy snacks with you on the go and ready at home. Healthy snack examples are dried fruit and nuts, an apple and peanut butter, cucumber, carrots and hummus, or string cheese and a pear. You can also make your own granola bars! Stick them in your work bag/backpack/purse and set yourself up for success the next time your meeting/traffic/phone calls prevent you from eating on time.

Since I was little, I've always have a snack available for myself (I have a strange fear of being snack-deprived - my poor mother could literally just promise me a cracker when I was a toddler and I would fall asleep. Oh, snacks, how you comfort me). I keep protein powder at work for hunger-emergencies and I bring a piece of fruit with me often. I'm the girl at the Indians game who packs a PB+J sandwich. My mother-in-law always packs trail mix in the car when she picks me up from JAX airport when we visit (she must have witnessed me hangry at some point). Works for me!

7. Save time in the Kitchen! Start with a clutter-free counter, wash as you go, make double batches to freeze or eat as leftovers, and chop extras veggies for future soups, snacks, or stir-frys. Place cut veggies or cooked rice in gallon freezer bags so it's easy to see the contents for a future meal. Date your freezer bag and describe contents so nothing goes to waste!

I'm not great about cleaning my kitchen as I go, but I AM great about making way too much food. This is a good thing! Make a double batch of chicken and throw it in the freezer. You'll be happy next week when you don't have to cook and season protein for your meal! We also like cooking extra grains like quinoa and brown rice to have ready to thaw for an easy side dish or addition to soups. When I saute veggies, I saute at least enough for the next two meals, cutting prep time for

that meal in half or less.

8. Try something new! Find a new recipe online, in a cookbook, or even on YouTube. Make a date night with your family or friends to cook together, or commit to trying a new fruit or vegetable every month.

Recently I've been watching Bon Appetit's YouTube videos and picking a recipe to try. Even if I don't make a specific recipe from their channel, it gives me inspiration for my next dish. I also flip through my Thug Kitchen cookbooks for recipes. I'm instantly excited to cook my next meal! My girlfriend and I swap tupperware containers when we are really excited about a dish we've made (or just want to do something nice for each other). The tupperware gets passed back and forth every few weeks with something we've made (it is never returned empty!). This is another way to show a family or friend love!

Common barriers:

It's too expensive to eat healthy/buy fresh produce.

I hear you. Can you choose healthier options? Buy frozen or canned veggies to save money (just check sodium content in canned foods). Go to farmer's markets instead of grocery stores for the most inexpensive (and fresh!) choices (seriously... buying produce in a market is so much cheaper than the grocery store). Look for store brands and eat before you shop to save money and avoid impulse buys.

I don't have time to cook healthy meals.

Start small. Cook one meal at home per week until you can increase that to two, three, etc. Make larger meals so you can have leftovers. For example, cook extra veggies and rice that you can quickly turn into a new dish the next day.

My family won't eat healthy with me.

Ask them to help pick out ingredients for a meal at the grocery store, such as a fruit or vegetable. They will feel like a part of your eating decisions! Ask them to help prep your meal (chop or wash vegetables, measure out grains) and show them that it is fun to cook. They will follow your lead!

References:

www.Health.gov

Choosemyplate.gov

For more recipes and healthy living, visit www.HappyArtichoke.com

Rachel is a proud Lakewoodite and Clevelander. She has been a nurse for seven years and a Clinical Nurse Specialist for two at MetroHealth Medical Center. Her educational background in Science of Nursing as well as her experience give her a broad base from which to discuss many topics. Her passions include travelling, self-care, and wellness. On a typical day you can find her walking her dogs through Madison Park, exercising in her backyard, or writing for her blog. You can learn more about a healthy lifestyle, travel tips, and recipes at HappyArtichoke.com.

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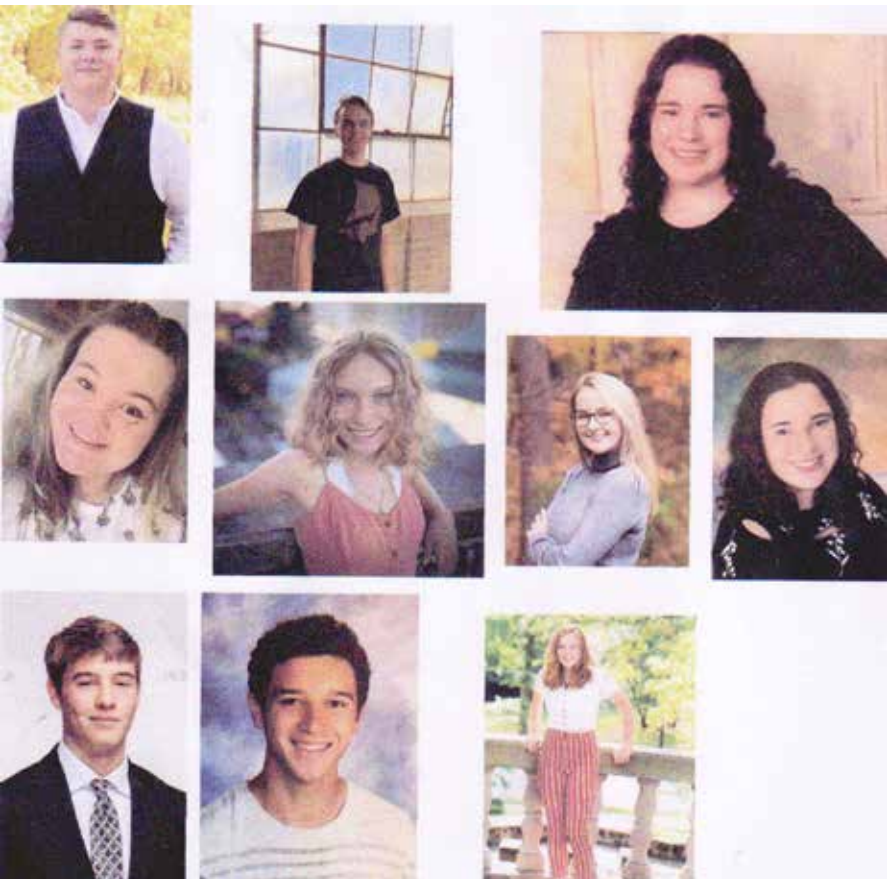
Education

Marlie Rose Graduates From Great River School



Marlie daughter of Mark Rose and Hilary Schickler graduated from Great River School in Minneapolis this past weekend. If a new school and COVID-19 wasn't tough for a senior year how about two weeks of riots?

Lakewood Kiwanis Club Awards \$100,000 In Scholarships To 10 Students



Due to COVID-19 no group photo. Each Student awarded \$10,000

- Left to right
- Row 1, Nathaniel A. White, Lakewood High School, Sydney Wilhelmy, Lakewood High School, Annie P. Gallagher, St. Joseph Academy
- Row 2, Olivia G. Vuyancih, Lakewood High School, Audrey Stahl, Lakewood High School, Emma P. Hirsch, Lakewood High School, Mollie P. Gallagher, St. Joseph Academy
- Row 3, Sean P. Mahoney, Lakewood High School, Cameron Levis, Lakewood High School, Emily McIntire, Lakewood High School



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Lakewood Observation Deck



Lakewood Observer’s Observation Deck has some of the most amazing photos of Lakewood that exist. Check it out. <http://lakewoodobserver.com/forum>



UPDATE: 06.14:2020

Three Arches Foundation Guidelines & Eligibility COVID-19 Response Fund

The Three Arches Foundation (TAF) COVID-19 Response Fund was created to provide vital, rapid support to stabilize and strengthen the efforts of nonprofit organizations responding to and impacted by COVID-19. These grants are earmarked to support response efforts that directly help prevent spread of the disease and aid in the start of recovery from the effects of this public health crisis. In keeping with TAF’s mission, geography and priority area of focus, the Fund will support organizations working to address immediate and quickly evolving issues around critical access to behavioral and physical health care for vulnerable populations throughout Lakewood and surrounding communities.

Examples of issues related to access to behavioral and physical health care during this time include: costs associated with offering services in a different way such as through telehealth; expansion of service capacity related to an increased demand for direct health and well-being services; increased behavioral and physical health care safety net needs; support of frontline caregivers and staff essential to the provision of care.

ELIGIBILITY

Grant proposals will be accepted from organizations that are recognized as a tax-exempt public charity under the Internal Revenue Code section 501(c)(3) [subsection 509(a)1 or 509(a)2].

- The Fund will primarily support

nonprofits with operating budgets of less than \$20 million.

- Requests must be aligned with Three Arches Foundation’s mission, focus area of access to behavioral and physical health care, and geographic focus of Lakewood and surrounding communities.

GUIDELINES

- At this time, each organization is asked to submit one request only.
- Grants will typically range from \$2,500 to \$25,000.
- Grants are not for economic relief, and cannot be used to pay any costs that insurance or state/federal emergency relief funds will cover or reimburse. At this time, we are not able to prioritize organizations that have lost revenue or are likely to lose sources of future revenue due to canceled events or programs.

PROCESS

- Nonprofit organizations serving people in Lakewood and surrounding communities that have pressing needs related to access to behavioral and physical health care as a direct result of the COVID-19 crisis should email Kristin Broadbent, TAF President and CEO, at kbroadbent@threearches.org for information on the invited proposals process.
- Subsequently, eligible organizations will have an opportunity to discuss their needs through a scheduled phone call with the Foundation. Those organizations that fully meet TAF criteria specific to the COVID-19 Response Fund will be invited to apply for a grant.
- Applications from invited organizations will be reviewed/evaluated and grants awarded on a rolling basis through August 31, 2020.

Thread Title	Author	Post	#Reads	Date
Life In The Time Of COVID-19	Jim O'Bryan	0	96987	Mar 25,
Clouds got in the way...	Jim O'Bryan	412	178011	Jun 15
Are We Walking the Walkway?	Gary Rice	0	215	Jun 15
State of Ohio COVID-19 Update 06.11.2020 Dr. Acton Resigns		11	876	Jun 14
Lakewood knows how to do "social distancing" !	Alex Belisle	1	231S	Jun 14
Black Lives Matter	Mike Deneen	0	512	Jun 12
Fire! 2126 Belle Ave. - Good Work LFD And Neighbors		0	640	Jun 12
John Oliver on policing	Dan Alaimo »	7	545	Jun 01
Baby You Can Drive My Car...		84	67785	Jun 08
O'Neil Healthcare's Parade For Loved Ones		0	335	Jun 08
Community Forums Will Be The Death Of This City		22	1654	Jun 07
Here We Go Again!	Mark Kindt	12	1020	Jun 07



Besides being the home to long running serious discussion for 17 years, The Lakewood Observation Deck is also a great place to see breaking news and coverage of important events. Above, from the thread “O’Neill’s Health Care Parade For Loved Ones” is one of 50 photos of the parade. O’Neill Healthcare knows how to entertain and care for seniors. Right, from the thread “Fire! 2126 Belle Ave. Good Work LFD And Neighbors” photos of the fire being put out by our firefighters.



Lakewood Alive

LakewoodAlive To Host Birdtown Picnic To-Go On June 27

by Matt Bixenstine

LakewoodAlive will host a Birdtown Picnic To-Go on Saturday, June 27, from 11:30 a.m. to 1:30 p.m. at Madison Park (south entrance to the park off of Athens Avenue). Sponsored by the City of Lakewood and Joe’s Deli Lakewood, this free community event is an initiative of LakewoodAlive’s Housing Outreach Community Engagement Program.

In an effort to ensure health and safety during the COVID-19 pandemic, the sixth year of our Birdtown Picnic will have a different look. Community members are invited to come pick up a to-go meal consisting of complimentary hot dogs, hamburgers or veggie burgers, chips, applesauce and a drink.

200 meals will be available on a first-come, first-served basis. Drive-thru and walk-up guests will both be accepted. Masks are strongly encouraged.

“We are pleased to be able to offer our Birdtown Picnic To-Go as a way to safely support residents in one of our city’s beloved neighborhoods,” said Allison Urbanek, LakewoodAlive’s Housing & Internal Operations Director. “The Historic Birdtown Neighborhood has long been a point of emphasis for our programming, and this initiative is yet another example of how we are committed to our ongoing mission to foster and sustain vibrant neighborhoods here in Lakewood.”

Birdtown, a proud, working-class Lakewood neighborhood, is steeped in history and dates to the late 19th century. The name is believed to have been derived from the various streets within the neighborhood named after indigenous bird species.

Through community outreach and engagement initiatives aimed at residents in low-to-moderate income neighborhoods, LakewoodAlive’s Housing Outreach Community Engagement Program seeks to cultivate a heightened sense of pride and ownership. To learn more regarding this program, contact LakewoodAlive at 216-521-0655 or visit LakewoodAlive.org/HousingOutreach.



LakewoodAlive’s Flower Blossoms Program has placed 53 flower boxes with participating merchants along Detroit Avenue from Lincoln to Cordova.

LakewoodAlive’s Volunteer-Driven Flower Blossoms Program Beckons Summer

by Matt Bixenstine

Venture along Lakewood’s Detroit Avenue these days and you can’t help but notice an additional splash of color and greenery enhancing the district’s vibrancy.

Now in its 14th year, LakewoodAlive’s Flower Blossoms Program has placed 53 flower boxes with participating merchants along Detroit Avenue from Lincoln to Cordova. Petunias and impatiens dot this urban landscape, creating a more appealing commercial district.

The Flower Blossoms Program is designed to help merchants keep their storefronts attractive. LakewoodAlive partners annually with a local grower to provide an opportunity for merchants to purchase professionally-planted Earth Box planters with flowers appropriate for the sun/shade needs of each location. With assistance from Lakewood Garden Center owner Paul Bilyk, the materials were dropped off at the Lakewood City Center Plaza on June 9. There, longtime LakewoodAlive volunteer Kathy Haber was joined by 10 volunteers to distribute completed flower boxes to program participants.

“The last several months have been uniquely challenging for many members of our community, and we hope our Flower Blossoms Program serves as a simple source of joy this summer,” said Ian Andrews, LakewoodAlive Executive Director. “This volunteer-driven beautification project is one of many ways we seek to foster and sustain vibrant neighborhoods. And we can’t say enough about the incredible team of volunteers who make this program possible.”

Haber – a 40-year resident of Lakewood – has coordinated the Blossoms Program since 2007. Her team of 17 volunteers water the flower boxes three times per week throughout the summer.

“We have a wonderful community, and I love being a part of making it the best it can be,” Haber said. “I feel that we are a community of neighbors helping others, great schools and a strongly woven group of diverse folks who all just want the best for our families. That is why I volunteer as much as I do – I really enjoy supporting our community.”

A special thank you to the Lakewood Garden Club, Barton Senior Center and the Westerly Apartments, and the Downtown Lakewood Business Alliance (DLBA) for helping to support this year’s Blossoms Program. To learn more, please visit LakewoodAlive.org or contact LakewoodAlive 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.




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Story Time

The Rockport Miracles-Part 4: Episode 27:

“The Ballad of Derecho Dan” Continues:

fiction by Scott MacGregor

River City Mayor, Bart Ridgewood, peered through his pirate telescope from atop the Widow's Walk of Model Home "A" in the EWW Estates. He and hundreds of his constituents had gathered on the city's eastern cliffs to watch Storm 5.6 clobber Rockport and had been mesmerized by the sight of a lone, mysterious cabin cruiser bouncing and crashing into the teeth of the storm. "AHOY CITIZENS!!", shouted Mayor Ridgewood from his high perch, "HERE COMES THE COAST GUARD!!!"

Sure enough, Rockport Police Chief Tom Graber and Little Dan's Aunt Rowena Gridley had convinced the Cleveland Coast Guard to sail out onto the disturbed waters of Lake Erie and stop Little Dan from whatever the hell he was doing. It was too late, though. The weather had become so dangerous that the intrepid crew of the Cutter Darryl A. Levy gave up the chase and instead pleaded with Little Dan from a safe distance through a bullhorn.

“DANIEL NEWMAN--BY ORDER OF THE UNITED STATES COAST GUARD WE ORDER YOU TO SURRENDER YOUR VESSEL IMMEDIATELY!” By then, “Serpent” Storm 5.6 had finally arrived. Little Dan felt the clumsy fingers of fate tugging at the frayed laces of his Red Ball Jets. He struggled against mighty wind and wave actions as he inserted wired charges into the plastique explosives that filled the boat from stem to stern. Once he'd completed that task, it would be just a matter of applying sufficient throttle to guide the boat into the black heart of the “giant lizard.”

“DANIEL NEWMAN-THIS IS YOUR LAST CHANCE! WE WILL NOT BE ABLE TO SAVE YOU IF YOU GO ANY FURTHER--TURN YOUR VESSEL AROUND!!” Little Dan heard the warning but did not heed it. He was a man-boy high as a kite on LSD and with only one goal in mind: to wage the righteous battle that Maynard Gridley’s manifesto termed as “Mission Plan A.”

LSD or no LSD, Little Dan had become anxious for death. By that point his Dad was dead and his Mom



was dying...or so he thought! The Rockport Gas & Lube, a Newman family business since 1916, had been reduced to a smoldering pile of car parts and half burnt tuna sandwiches by Storm 5.5. The final dagger thrust into his heart came when his beloved dog, Little Boston Dan, had been killed in the Gas & Lube explosion...or so he thought!! Little Dan was by then a man-boy who'd lost all hope. Nothing but a warrior's death is what he'd imagined for himself and Mission Plan "A" guaranteed it.

There also was a “Mission Plan B” in Maynard’s manifesto, but Little Dan chose to ignore it. The manifesto gave little detail about Plan “B”, only a scant mention about a military footlocker stored on the boat. Little Dan had been using the footlocker stenciled “PLAN B” as a sitting bench and a dining table ever since the day he’d boarded the “The Friggin’ A.” “If Plan A goes FUBAR,” said the manifesto, “Open the footlocker marked 'Plan B.' Contents are self-explanatory.”

"There ain't going to be no 'Plan B,'" Little Dan muttered assuredly to himself. After all the explosive charges had been placed, he'd carefully attached the detonator wires to a device that used an old fashioned Big Ben alarm clock as a timer. He set the timer to go off in 6 minutes exactly. "One minute to pray," whispered Little Dan, "and then 5 minutes to Heaven."

Little Dan dropped to his knees as

the “The Friggin’ A” spun and rocked upon the agitated Erie waters like a Pentecostal on Sundays. “God, Bless this boat, God Bless the sky, Grant my family peace, On this day that I die.” Little Dan then stood up and stoically steered the boat directly into the cold, dark void of the storm. He was about to disappear utterly into the stewing chaos when a familiar voice made one last appeal:

“LITTLE DAN! IT’S YOUR AUNT ROWENA!! YOUR MOM IS FINE!! SHE WANTS YOU BACK HOME!!”

Little Dan recognized his Aunt

Rowena's voice but couldn't understand what she was saying. It didn't matter, he'd already made up his mind and gently increased the boat's throttle.

“LITTLE DAN! LOOK OVER HERE!” she screamed, “IT’S LITTLE BD!!!! HE’S ALIVE!!!” Rowena held the bullhorn up to the dog’s squashy little mug and gave him a pinch. “YIP!! YIP!! YIP!!” yelped the plucky little canine. Rowena recalled later that when Little Dan heard the sound of his dog’s bark, “his eyes grew so big they could be seen behind the clouds of the storm.”

From their clifftop perches, the River City folks watched in horrified amazement as the lonely Chris Craft boat disappeared into the blackness. Once they'd lost sight of him, the Coast Guard cutter wisely retreated out of the storm's path. "The Friggin' A" had fully dissolved from sight when the onlookers suddenly heard the roar of the boat's engine go full throttle. From atop his perch, Mayor Ridgewood dropped his Captain Kidd telescope and shouted, "LOOK!! THERE'S A MAN ON THE LAKE!!!"

The crowd watched in startled amazement at the sight of a diminutive flailing shape that was struggling to emerge from the leading edge of the storm. It was a man paddling a raft! Not just any raft either. It was a One Man Self Inflatable Rescue Raft like the ones used in the military.

On that raft was Little Dan Newman, paddling for his life and shrieking, "PLAN B! PLAN B! PLAN FRIGGIN' BEEEEEEEEEEEEEE!!..."



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Lakewood Victory Garden

Managing Your First Harvest

by Paul Bilyk

As we progress towards the official start of summer, crops should be growing nicely and almost set to provide us with our first harvests. The first harvest of the year is always my favorite, the first tomatoes usually end up on the kitchen counter sliced and eaten raw. Then we do BLTs, salads of all sorts, tomatoes in our omelets, on toast, and we still have a ridiculous amount to store for later. Our basil is usually on the same trajectory. Over the years storing the food and learning different ways to do so has become a hobby itself. Canning, dehydrating, freezing however you choose proper storage allows you to extend the life of your harvest well into the next growing season.

When it comes to storing tomatoes, we are usually a huge fan of the easiest way possible. Toss them right into a freezer bag and freeze them. Pull them out in the winter, run them under hot water, peel the skins, slice them in half, scoop the seeds out with a spoon and toss them into the chili or sauce. But if you do not have freezer space you might want to try dehydrating them. Sun dried tomatoes are wonderful. If you have extra time this season find a method, you like and dry them out. Try stringing together some chili peppers like in the southwest. Dehydrating herbs and vegetables is much easier with an actual dehydrator. Slice or prepare your harvest, set it on a tray, load the oven, hit a few buttons, and wait. This year, we are going to try our hands at making sauce. Ultimately, we will just boil down tomatoes and add a bit of salt, making actual sauce or Ragu can wait. A few years back, there was a Ragu in San Francisco and we've have been trying to replicate it since. Pickling is something we will get into as well. Quick pickle chips paired with a bit of crumbled black pepper feta have carried many hot August lunches. Pickled peppers, beets, and radishes amongst others can be pulled out of the pantry well into the winter.

Herbs tend to reach surplus levels quickly; with a good plan you can look like a Martha Stewart to family and friends. Gather some plain glass jars that seal well and dry your herbs. Either bunch them and hang in the breeze to dry or pop them in the oven until the moisture is gone. You should be able to

tell when they are dry. A well-placed spice rack filled with your home-grown herbs shows your culinary depth. The most common herb that people are looking to preserve for winter is basil. My personal favorite is to place the leaves in the blender with a little olive oil and pulse in the blender until a desired consistency is reached. Then we just spoon them into little baggies and freeze them. Toss into cooked pasta or finish as pesto for a quick dinner. Harvesting seed is another great way to manage your herbs, seeds from Cilantro are also known as Coriander. Dill

seed is used in many recipes as well. Another way of managing your herb harvest is to use them. Adding bunches of herbs to pickled veggies gives them a unique flavor. Toasting your herbs in the rendered fat from meat can add incredible flavor to chilis, pasta sauces, and stews. In the fall we stuff pumpkins with melty cheese and shallots, before the lid goes back on, we will add a few sprigs of rosemary and thyme. Also, in the fall I like to make Provencal breadcrumbs, adding lots of parsley along with thyme and garlic to breadcrumbs and pouring them over

a squash and Arborio rice casserole to cook. The parsley turns the breadcrumbs green and suddenly you have an elegant dish as opposed to squash casserole. Sharing is probably the best way to store your harvest with little to no extra work required. At home, we love gathering a large bowl of herbs and vegetables and walking them to the neighbors. Share them with the neighborhood and you will not need any space or effort, and nothing goes to waste. You might also find that they have some cool stuff to share as well.

Riots Are The Cries Of The Unheard

continued from page 2

licly come forward to talk about racism and how it has affected my life. By and large, most affronts and crimes of racism go largely unpunished. Our communities suffer in silence, because we feel no one in power will listen. When we see racially motivated deaths like those of Tamir Rice and Michael Brown caused by those who are sworn to protect us, we can't help but feel that we would be inviting harm onto ourselves and our families by speaking up individually.

But riots, as they are, are the voice of the unheard. A collective cry, and last resort, from those who are ignored and made to feel as if they don't belong – as if their lives matter less to the world as the same life of someone with white skin. The right of the oppressed to protest is indelible and endowed upon our citizens in the founding documents of our country (the Declaration of Independence and the Constitution). As former President Barack Obama recently penned, riots are often the only way marginalized communities can seek out justice and make their concerns heard in a way that will spur action. It shouldn't have to be this way. It shouldn't still have to be this way.

Many people have condemned the riots that have followed George Floyd's death. I don't share that belief. Condemning the pain and frustration shown by the only community in our nation that was forced to come here against their will, was left to fend for



photo by Jacob Chabowski

themselves after years of forced slavery, have suffered as the victims of lynchings, cross burnings, and wrongful imprisonment, as well as racial prejudiced that was once openly commonplace in our country, minimizes their suffering. It minimizes the enormity of the situation that after years of incremental steps forward in racial equality, black and brown communities are nowhere near as equal as many people would like to believe.

People who condemn these riots seem to be more concerned with the maintaining the status quo than they are about justice, equality and the inalienable human rights of fellow human beings. Conditions continue

to exist in our society that causes unprovoked and unjustified deaths of American citizens because of the color of their skin: THAT must be condemned as fervently as one would condemn these riots.

When people say that Black Lives Matter, it is not to imply that Black lives matter more than your life, or more than police lives, or soldier's lives, or children's lives, or of white lives, but rather that in 2020, black people are still fighting for their lives to matter just as much as yours does. They are seeking nothing more or less than equality.



photo by Jacob Chabowski

From the disturbance that broke out of the Cleveland Black Lives Matter/George Floyd protest.



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Lakewood Cares

Community West Foundation Grants Over \$600,000 To Local Nonprofit Agencies

by Maria Estes

The Community West Foundation Board of Directors approved \$485,000 in second quarter grants to nonprofit agencies that provide basic needs services to the community. The receiving organizations include:

- Avon/Avon Lake Community Resource Services
- Cogswell Hall
- Domestic Violence & Child Advocacy Center
- Lorain County Free Clinic
- May Dugan Center
- Northeast Ohio Coalition for the Homeless (NEOCH)
- Nueva Luz Urban Resource Center
- Oberlin Community Services
- Society of St. Vincent de Paul
- St. Herman's/FOCUS
- St. Paul's Community Outreach
- The City Mission

- The Ed Keating Center
- The Turn

These grants are just the beginning of the group's recent philanthropic efforts. In March, Community West announced they were establishing the COVID-19 Emergency Fund to support nonprofit agencies in need during the pandemic crisis. That fund quickly grew to \$143,000 and, in the past two months, Community West issued grants amounting to \$85,140. The receiving organizations include:

- Cleveland Christian Home
- Community Service Alliance
- Lakewood Community Services Center
- Lutheran Hospital
- Malachi House
- May Dugan Center
- Merrick House
- Nueva Luz Urban

- Resource Center
- Oberlin Community Services
- Society of St. Vincent de Paul Food Centers
- St. Paul's Community Outreach
- Stella Maris
- The Edna House for Women
- The Village Project
- Trials for Hope
- Urban Community School/Refugee Response
- Ursuline Piazza (HIV/AIDS)
- West Side Catholic Center
- Westlake Meals on Wheels

Community West Foundation also provided a \$50,000 grant to the Greater Cleveland COVID-19 Rapid Response Fund as well as a \$10,000 grant to a similar collaboration being led by the Community Foundation of Lorain County.

The mission of Community West Foundation is to advance the health and well being of our

community. The staff and Board of Directors are guided by the words in Matthew 25:35-40: "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

For more information, contact Community West Foundation at 440-360-7370 or visit communitywest-foundation.org

Maria Estes is the Marketing & Communications Director for Community West Foundation.

COVID Times: Nonprofit Comes Home To Lakewood

by Meg Ostrowski

COVID-19 forced many workers to set up home offices during the stay-at-home order for nonessential travel earlier this year. That included two-thirds of the nonprofit, because I said I would's staff returning to Lakewood from their Rocky River headquarters to work remotely from their homes. Because I said I would was founded in 2012 by two Lakewood residents, Founder, Alex Sheen whose father's greatest attribute was being a man of his word, and Co-Founder, Amanda Messer whose early life was fraught with the pain of broken promises. Together, they started a social movement to better humanity through promises made and kept. The organization accomplishes this through volunteer projects, individual action plans, character education programming, tools, resources and inspirational content.

In addition to adjusting to new work-from-home protocols, because I said I would has had to endure the loss of eighty percent of its operating revenue, which came from motivational speaking engagements and character education workshops in schools, prisons and juvenile detention centers. All have been suspended due to the pandemic. Many would simply give up under such conditions, but with HOPE being one of the elements of its CODE OF HONOR, the small but mighty, nimble staff quickly set to work refocusing its efforts on a COVID-19 response. This has resulted in hundreds of volunteers sewing and distributing nearly 15,000 fabric face masks to local healthcare facilities and protesters who have taken to the streets in recent weeks; meals being provided to frontline essential workers so they would have one less thing to think about during the initial peak of the crisis; inspiring tens of thousands of



Enter the sweepstakes to win a life changing experience with multi-million dollar speaker and Lakewood humanitarian, Alex Sheen, Founder of the nonprofit, because I said I would. Visit becauseisaidiwould.org/ultimateexperience

individuals with their viral public service announcements and social media posts to make and keep promises to stay home, endure isolation, calm civil unrest and support others; and most recently offering accountability programming to law enforcement agencies to assist with systemic change.

But all this good work doesn't pay the bills. Despite a timely, compelling application for first round stimulus funding through the CARES Act Paycheck Protection Program

(PPP), because I said I would's submission was not even considered before funding ran out. Discouraged but determined, the organization once again returned to its hometown for support. With the assistance of First Federal of Lakewood, they were able to secure PPP funding when the second stimulus was approved for distribution. This has bought the organization some time to continue its COVID-19 response and plan for its future.

In doing so, with the understand-

ing that there are higher causes like foodbanks in this time of crisis and knowing money is tight for many, Alex is making unique personal sacrifices to fundraise for his beloved charity. From his unconventional retirement portfolio, he is donating a 1960 Mercury Comet to be raffled off in the coming months. To increase its value without burdening supporters by asking for monetary donations, because I said I would has launched the Fill the Comet Challenge, instead asking for collectible donations to include in the automobile prize. If you have something you'd like to donate (e.g. autographed memorabilia, collectible action figure, rare rookie card), please visit becauseisaidiwould.org/comet to learn more.

Even more precious than his Comet, Alex is offering his time as part of an "embarrassingly titled" Ultimate Alex Sheen Experience Sweepstakes. This includes all expenses paid, behind the scenes experiences, public speaking and accountability coaching, merchandise and more. It is certain to be a life changing experience for one lucky winner. You have to see it to believe it! Details can be found at becauseisaidiwould.org/ultimateexperience. No purchase necessary. Entries also available by donation. Fundraising Teams and Champions needed.

Since its early days, because I said I would has touched the lives of millions around the world with its Promise Cards, programming and message. If you can help sustain this homegrown, humanitarian treasure through these difficult times so that it can continue its mission, please visit becauseisaidiwould.org to donate, volunteer or participate in the movement. Let them know Lakewood's "got their back" and they're always welcome home.



Help fill this 1960 Mercury Comet with collectibles to increase its prize value when raffled off in the coming months. Proceeds support the charitable programming of local area nonprofit with global reach, because I said I would. Details at becauseisaidiwould.org/comet

Foodwood©

The Mars Bar Truly IS Out Of This World

by Eva Starr

I moved back from Cali to Lakewood, almost four years ago, slowly getting around to trying all the gastropubs. Always hesitant on trying the Mars Bar, an icon since the 40s. To me it seemed to have a dark “I don’t want to go in there” type of look. Boy, was I ever WRONG!

Walking down the street the other night I checked it out, after all they’ve remodeled, with an open-air look, patio seating front and back. Once inside I discovered it’s the only bar in Lakewood that faces the street from East to West, which is an anomaly in itself.

I sat at the bar, was greeted warmly by Audria, and inquired about their wine. Much to my surprise and delight was a wine list by the glass and/or bottle which would please any oenophile, the wines coming from Napa Valley. I ordered a Storypoint Pinot Noir, impressed by the hip large wine glass.

Sitting at the bar, looking out into the street, was a welcome feeling not to have my back to the door. After Audria explained the menu, I went with George’s Original Gyro, a combination of beef & lamb, with the tzatziki sauce, a secret recipe handed down from George’s mother. By far, that was the best Gyro ever, topping the late-night Gyro stands when I worked in the flats in the 80s.



Kebabs

I walked home, convinced I had to go back tomorrow to find out what this hidden gem was all about. I met my friend Sparky there the next day, we ordered an array of food, while I spoke with the owner George Gountis, getting more info on this diamond in the rough.

After a trip to Greece in 2004, George came back to Lakewood, deciding to take over the Mars Bar. He cleaned up the place, weeded out the

riff-raff then went to work. In 2017 he undertook quite an extensive renovation project which took him through 2019. Since Covid-19 he’s gotten approval from the city to expand his patio seating even more, opening up space for 30 additional outside seats.

I spoke with George while sampling the Space Balls, similar to a potato pancake, rolled in a ball sprinkled with Martian dust (secret herb combination) served with sour cream, then a Greek salad with amazing fresh feta cheese. George reminded me of Sam Malone in the sit-com Cheers “where everybody knows your name.”

I took a walk around the place, the back wall is adorned with pictures from NASA, there’s an entire wall



Space Balls

with cut bottles arranged in layers, over lava rocks, which lights up with every color of the rainbow. You’re greeted by a Martian at the front door and an astronaut behind glass.

Next out came a kebab platter, beef, pork & vegetable, along with a Cali burger, loaded with a fried egg, sprouts, avocado, bacon & cheese. The Mars Bars uses local vendors, the burgers come from T J’s Butcher Block, the kebabs, Blue Ribbon Meats.

I ended my meal with baklava, again to die for. The Mars Bar also serves a variety of Vegan items, is available for catering, marsbar.net, hours 10am-2:30am 7-days, 15314 Madison Ave. 216-228-4500

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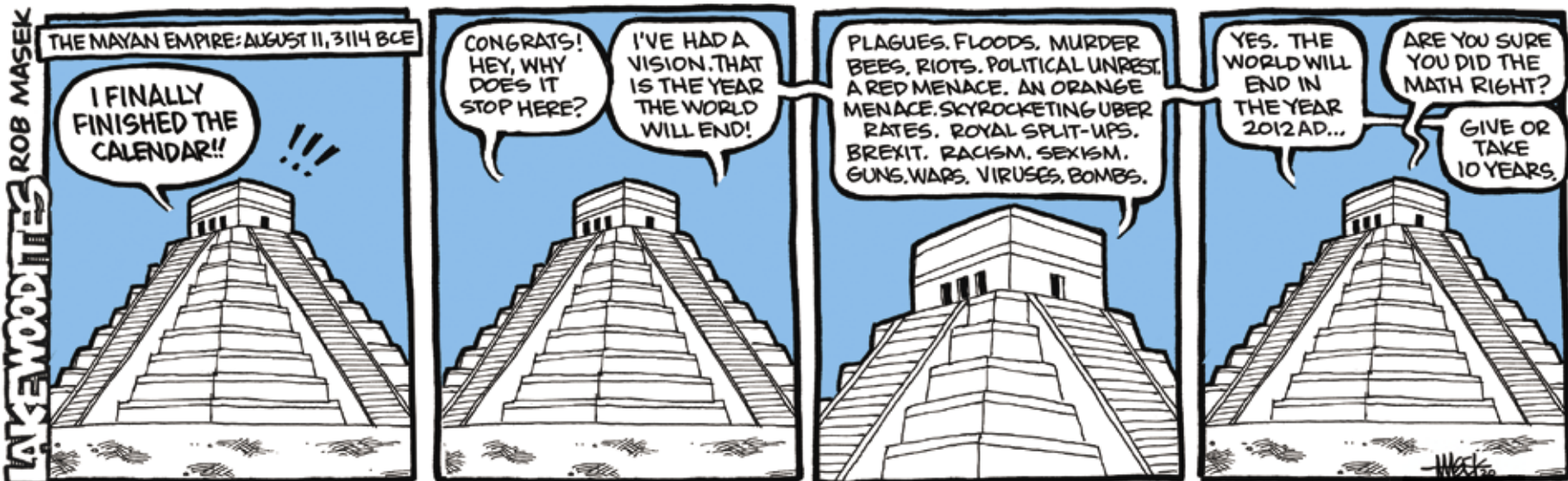
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The Back Page



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