



We live in a society exquisitely dependent on science and technology, in which hardly anyone knows anything about science and technology. - Carl Sagan

# THE LAKEWOOD OBSERVER

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Volume 16, Issue 14, July 15, 2020

## Schools' Re-Opening Plans

Lakewood City Schools rolled out its 2020-2021 Reopening Plan to its families on July 15. The plan consists of four different learning model plans, including a full-semester eLearning LKWD plan that parents can select. There are also extensive safety protocols that will be implemented that are tailored to each plan. The District thanks their families for their support of their students during the 2019-2020 school year and asks for their similar cooperation as the District enters a most unusual school year. The four learning

models are:

**1. ALL IN:** The All In model will be implemented when Cuyahoga County is in Level 1 (Yellow) per the State of Ohio's Public Health Advisory System Risk Levels. At this level, 100% of students will return full day, every day, with safety protocols in place, including spacing to promote 3-foot distancing. Families will be asked to provide their child(ren) with a face covering to be worn daily at school. Staff will wear face coverings as well. Parents/caregivers will be required to take their

student(s) temperature before the student attends school.

**2. PARTIAL:** The Partial model will be implemented when Cuyahoga County is in Level 2 or 3 (Orange or Red) per the State of Ohio Risk Levels. Grades K-12 will attend full-day, every other day. Preschool students will follow their regular calendar. At this level, safety protocols in place will include spacing to promote 6-foot distancing. Families will be asked to provide their child(ren) with a face covering to be worn daily **continued on page 3**



## Lakewood Public Library Re-Opens Buildings

by Andrea Fisher

Lakewood Public Library is now offering in-person services at both Main Library and Madison Branch, as of Wednesday, July 1, 2020. The Library's Administration and Board of Trustees have closely monitored the Coronavirus crisis and are following all of the recommendations of the Centers for Disease Control, the Governor's Office, as well as the Cuyahoga County Board of Health. The Library has also utilized the Cleveland Clinic's COVID-19 consulting to establish best practices to safely resume operations.

For the time being, Lakewood Public Library Main Library and Madison Branch will be open with the reduced hours of Monday through Fri-

day, 9:00 a.m. until 6:00 p.m. The Library plans to slowly reinstate evening and weekend hours over time.

Patrons can browse all library collections while visiting the Library. The Study Rooms, Librainium, Computer Connections and public computers in the Technology Center at the Main Library and the Fedor Center at the Madison Branch will be unavailable until further notice. These areas will eventually reopen.

**Before visiting the Library, please be aware of the following:**

**All patrons** two years of age and older must wear a face covering while in the Library. If you do not have a face covering, one will be provided to **continued on page 2**

## New Principal For Grant Elementary Named

by Christine Gordillo

The Board of Education at its July 6 meeting approved Lakewood City Schools' Teaching and Learning Coordinator Christine Foote as the next Grant Elementary School Principal. Foote will replace Kait Turner, who moves to a new position with the District.

Foote, who has teaching and administrative experience from elementary to college level over the span of her career, joined Lakewood City Schools in 2005 as an elementary instructional coach. Prior to that she spent six years working as a middle school teacher in New Orleans and an elementary teacher for the Cleveland Municipal School District. In 2014, Foote was appointed to one of the Lakewood City Schools' teaching and learning



Christine Foote

coordinator positions.

Throughout her career with Lakewood, Foote has focused on literacy and equitable education for all and has provided staff training to address these issues. She has done considerable work with the District's English Language Learners program and was instrumental in developing resources and a professional learning hub for staff for the remote instruction period of the 2019-2020 school year.

Christine earned a Bachelor of Science in elementary education from Baldwin Wallace University, a Master of Education with a focus on Curriculum and Instruction from Cleveland State University, and a Master of Arts in Educational Leadership from Concordia University. She holds licensure in Elementary 1-8, Reading K-12, and Principal Licensure Grades PreK-12.

"I feel honored to join the Grant Elementary School com-

munity as their principal," Foote said. "I'm excited to continue building on the positive relationships established over the years with the Grant staff. I look forward to working collaboratively with this talented team as we support our students."

Superintendent Mike Barnes praised Foote for her broad experience and professionalism: "Mrs. Foote is a seasoned professional who brings a wealth of teaching and administrative experience. We are excited for her to begin her tenure at Grant Elementary."

Foote begins her new position on August 3.

## LCAC Announces "Drive-Thru Diaper Donation" Event

by Celia Dorsch

Lakewood Charitable Assistance Corporation, known for its holiday food distributions in the winter and cleaning supply distributions in the spring, is reaching out for help - this time to meet the needs of our youngest residents.

"Business as usual" is far from the current reality. Rallying lots of volunteers for an LCAC distribution violates current health practices, but basic human needs still exist. One of those needs, a rather expensive one, is providing diapers for babies and toddlers.

Our organization partners with, and supports, Lakewood Community Services Center. When word of LCSC clients' need for diapers came to our attention, LCAC board members

developed a social distancing plan to collect disposable diapers via a drive-thru event. This collection method will allow people to drop off their donations of diapers from the safety of their vehicles. At the close of the event, LCAC board members will deliver all the donated diapers to Lakewood Community Services Center.

From LCSC Executive Director, Trish Rooney - "Diapers are a big expense at the best of times. But with the economic uncertainty caused by the pandemic, families are struggling more now than ever to meet their basic needs. We are grateful to Lakewood Charitable Assistance Corporation for organizing the diaper drive and to everyone who donates."

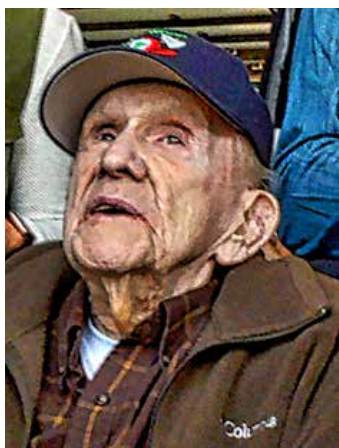
Diapers in sizes 4, 5, and 6

- for babies weighing 20-35 lbs are needed the most. All diaper donations must be newly purchased and in unopened packaging. Also, smaller packages/boxes are preferred over large quantity boxes.

LCAC's Drive-Thru Diaper Donation Event will take place on Saturday, July 18th from 10 a.m. until noon in the parking lot behind the Masonic Temple at 15300 Detroit Ave. in Lakewood. LCAC board members will be wearing masks and observing social distancing when accepting donations. Please follow designated entrances and exits when dropping off donations.

As always, we look forward to seeing many wonderful, caring neighbors and friends of Lakewood at this event!

## God Speed James Anderson



As we were going to press we learned of the passing of James R. Anderson. Jim spent over 60 years serving the residents of Lakewood. Everything from the Fire Dept to Front Desk!



Mayor's Corner

# Be Safe, Stay Healthy

by Meghan George  
Mayor of Lakewood

The COVID-19 pandemic continues to impact every aspect of our daily lives. COVID-19 persists in Lakewood, Cuyahoga County and Ohio. There continues to be an increase in cases and my administration is working constantly to meet and address this rapidly evolving public health crisis. I have advocated for mask requirements at the state and county levels as a regional approach to masks would be most effective. Prior to the Cuyahoga County mask requirement issued by the Governor, I had prepared legislation for a Lakewood requirement. Even with the state mandate this work continues and I, along with members of Lakewood City Council will introduce Lakewood specific legislation on the July 20th docket.

Our business community are our partners in enforcing these new requirements. I have commu-

nicated through letters, the Small Business Task Force and have sent our community police officers out to proactively remind businesses of the social distancing and now mask requirements. I also continue to work closely with the Cuyahoga County Board of Health to enforce existing social distancing requirements. We have received complaints about specific restaurants and we have responded with phone calls, warnings and visits from police to remind restaurant operators of their responsibilities if they are to continue operating during the pandemic. We have established guidelines for enforcement between our police and law departments.

As we navigate this once in a century pandemic we need to work together. Wear your mask, practice social distancing and be part of the solution.

Be safe, stay healthy.

## Lakewood Public Library Re-Opens Buildings

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you. Patrons who do not wish to wear a face covering can call ahead to request items for pick-up at the drive-through window at the Main Library or curbside service at the Madison Branch.

All patrons must enter the Library using the south patron entrance at both the Main Library and the Madison Branch.

All patrons are asked to follow social distancing guidelines and maintain a six feet distance from other patrons and staff.

All items must be returned in a book return slot. Staff will not accept returns from patrons at service desks.

Safety practices the Library has put in place include:

All returned materials are quarantined for 72 hours before being discharged and re-shelved.

All service desks have plexiglass guards and stanchions in place to help maintain social distancing.

All water fountains will be unavailable.

Library furniture has been rearranged to help promote social distancing.

All Library programming is suspended until further notice.

Library staff will stop once per hour to clean and sanitize their work stations, and clean and sanitize high touch public areas throughout the day.

Library staff will have a daily health assessment at the beginning of their shift.

Library staff will be required to wear a face covering at all times while working.

Thank you for your patience as the Library continues through this gradual reopening, prioritizing the safety and health of our patrons and staff while offering library services. Lakewood Public Library continues to monitor the global pandemic with the hope of expanding hours and library services as soon as it is safe.

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Upcoming Submission Deadline  
July 31, 2020  
August 14, 2020

Publish Date  
August 5, 2020  
August 19, 2020

www.lakewoodobserver.com  
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# Lakewood Observer

## State Senator Nickie Antonio Looks Ahead

by Nickie Antonio  
Ohio State Senator

We are still a long way from normalcy as we grapple with the ever-changing tides of Covid-19, it is important to continue looking and moving forward. I am happy to report that Senate bills I introduced this General Assembly have moved forward, passing out of the Ohio Senate last month as amendments. Senate Bill 18, which would prohibit the shackling and solitary confinement of pregnant inmates, was amended into S.B. 3, important legislation to reform drug sentencing laws. The passage of this legislation is especially important as we identify ways to reform our criminal justice system and lower our infant and maternal mortality rate. Another piece of legislation to increase access to life saving naloxone, the opioid overdose antidote, S.B. 59 was amended into House Bill 341. Together, these Bills will help save lives and provide much needed criminal justice reforms to get those who need it into treatment and offer pregnant inmates

safer conditions to maintain their health and that of their newborn babies.

Many legislators and public officials are looking to the future as they work to ensure that every Ohio voter has safe and fair access to the upcoming general election. To achieve this goal, I have introduced S.B. 323, with Senator Sandra Williams (D-Cleveland), which would require that every registered voter in Ohio receive an absentee ballot application, streamline the request process online and provide updates to Election Day procedures. One problem we have yet to overcome from the 2020 primary election is the shortage of poll workers. Many of our older Election Day volunteers will be unable to help in November due to Covid-19 related vulnerabilities, so it is a great time for young people to sign up as a paid poll worker. We are in danger of the Secretary of State reducing polling locations without enough workers. You can help by signing up to be a poll worker through the Cuyahoga County Board of Elections.

Finally, I know we are all anxiously waiting for the day we can once again travel, hug a friend, or visit our favorite restaurant, but we will only get there if we remain committed to each other's health and safety. This means wearing a mask whenever you are in a public area where safe social distancing is not possible. Additionally, if you wear reusable masks, it is important to wash them to ensure maximum effectiveness. This simple ounce of prevention will go a long way in protecting our families and neighbors, so that we may soon return

to normal. If you know someone who needs a mask, visit the Giving Tree Project on Facebook for the Lakewood location where you may find a free mask or donate for others. It's a project I'm proud to be involved with Kira Krivosh who has done a fantastic job of organizing and getting hundreds of facemasks to people who need them.

As always, my office is a resource to our community. My staff is always happy to help, so please call us at 614-466-5123 or email us at antonio@ohiosenate.gov.

## Common Sense, History And A Real Look At COVID-19

by Jim O'Bryan

**Chicken pox is a virus.** Many people have had it, and don't think about it much once the initial illness has passed. But the chicken pox virus stays in your body forever, and when you're older, many have debilitatingly painful outbreaks of shingles. You never just get over this virus in a few weeks, to have another health effect. This is a FACT because it's been around for years, and has been studied for decades.

**Herpes is another common virus.** Once you have it, it stays in your body and lives there forever. Anytime someone with Herpes gets a little run down or stressed-out they have an outbreak. Every time you have a big event coming up (school pictures, job interview, big date) you're going to get a cold sore. For the rest of your life. You don't just get over it in a few weeks. We know this because it's been around for years, and been studied medically for decades.

**HIV is yet another virus.** It attacks the immune system, making the carrier far more vulnerable to other illnesses. It has a long list of symptoms and negative health impacts. It was decades before viable treatments were developed that allowed people to live with a reasonable quality of life. Once you have it, it lives

in your body forever and there is no cure. Over time, that takes a toll on the body, putting people living with HIV at greater risk for health conditions such as cardiovascular disease, kidney disease, diabetes, bone disease, liver disease, cognitive disorders, and some types of cancer. We know this because it has been around for years, and had been studied medically for decades.

Which brings us to COVID-19, we have a virus that spreads rapidly and easily. The full spectrum of symptoms and health effects is only just beginning to be cataloged, much less understood. So far the symptoms may include:

Fever, Fatigue, Coughing, Pneumonia, Chills/Trembling, Acute respiratory distress, Lung damage (potentially permanent), Loss of taste (a neurological symptom), Sore throat, Headaches, Difficulty breathing, Mental confusion, Diarrhea, Nausea or vomiting, Loss of appetite, Strokes, Swollen eyes, Blood clots, Seizures, Liver damage, Kidney damage, Rash, COVID toes

Many people testing positive for COVID-19 have been documented to be sick even after 90 days. People are sick for weeks, get better, and then

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## Schools ReOpening Plans

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at school. Staff will wear face coverings as well. Parents/caregivers will be required to take their student(s) temperature before the student attends school.

**3. REMOTE:** The Remote model will be implemented when Cuyahoga County is at Level 4 (Purple) per the State of Ohio Risk Levels. All instruction will be delivered remotely with staff and students participating from home. Once the State of Ohio Risk

Level has decreased, staff and students will return to their school buildings with the Partial or All In model.

**4. eLEARNING LKWD:** This option is for families who want to commit to a full semester of online coursework. These students will not return to the building at all during the first semester of the 2020-2021 school year. The first semester concludes on December 17, 2020.

continued on page 5




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# The View From City Council

by Jason Shachner  
Councilman Ward 2

## Beekeeping Ordinance

At last week's City Council meeting, I introduced an ordinance that would permit and encourage urban beekeeping in Lakewood. Beekeeping is currently prohibited in Lakewood, however, according to the Ohio Department of Agriculture, we have 23 beehives located in our City. Throughout the process of drafting this ordinance we heard from many interested residents that shared with us their beekeeping experience. We learned that honeybees are quite docile and curious creatures. One beekeeper told us that he doesn't use any protective gear as he handles thousands of bees in his hive. Another Lakewood beekeeper shared that he is allergic to bees but is not worried about being stung, and told us that his child plays in the backyard and has never been stung. The ordinance was referred to the Planning Commission and the Housing, Planning, & Development Committee for further deliberations. The goal is to have this completed by this Fall.

## Pyke Park Resolution

At last week's City Council meeting, I joined Councilmembers Tristan Rader and Tess Neff in introducing a resolution that will designate the green space between St. Charles Ave and Belle Ave as a park. This has been a resident-driven effort, which included the hard work and advocacy of many, including my predecessor Sam

O'Leary. The park will be named after Bernice Pyke. Ms. Pyke worked tirelessly for the passage and ratification of the 19th Amendment giving women the right to vote. She also was one of the first women in the United States elected to public office, winning her seat on the Lakewood Board of Education in 1920. Additionally, Ms. Pyke was the first woman to run for Lakewood Mayor, served as the first female member of a Cleveland Mayoral cabinet, was the first female delegate to the Democratic National Convention, and was appointed Director of Customs Collection for Ohio by President Franklin Roosevelt.

Appropriately, it is planned that the park will be dedicated in her honor on August 18, 2020, the 100year anniversary of the ratification of the 19th Amendment.

## Parklet Discussion

The Housing, Planning, & Development Committee meeting was focused on parklets. Parklets take many forms, but generally, Parklets are seating spaces that extend the sidewalk, often taking the place of a car in a parking spot. Under the Temporary Outdoor Dining Resolution, the Planning Commission can approve parklets to allow for additional outdoor dining space. At a previous committee meeting, the administration expressed an uneasiness in approving any parklet proposal without the existence of design guidelines. Mayor George requested that Council provide direction in the form of a proposed set of guidelines along with how we envision the implementation of parklets. With input from my colleagues, I drafted guidelines and presented them to the Mayor and her staff.

Mayor George shared that she will seek input from the Planning Commission, Public Safety Forces, and the rest of her team in the coming weeks. If all goes according to plan, the City will be ready to accept applications for parklets by the beginning of August.

## Public Safety Committee Meeting

We had a robust discussion about the Lakewood Police Department's policies and practices at the Public Safety Committee meeting. We learned that our department does not use bean bags, rubber bullets, or tear gas. The Lakewood Police Department does have at its disposal OC Vapor for use in crowd dispersal. OC Vapor is significantly different than tear gas because of its nonintrusive nature. Unlike tear gas, where the effects of it continue once a person leaves the location in which the gas is deployed, OC Vapor no longer effects a person once they leave the area where the vapor is deployed. Additionally, decontamination is not necessary.

We also learned about our department's extensive training in de-escalation, anti-bias, human relations, and crisis intervention. We have 27 Crisis Intervention Team (CIT) officers on the force and there is always at least three on shift at any given time. Last year, CIT officers responded to 191 calls, with 49 of those calls being suicidal threats. Out of all those calls, zero were arrested, zero were cited, 118 were voluntarily taken to the hospital, and 44 had to be involuntarily admitted to the hospital. Additionally, among those calls a taser was never deployed and OC spray never had to be administered.

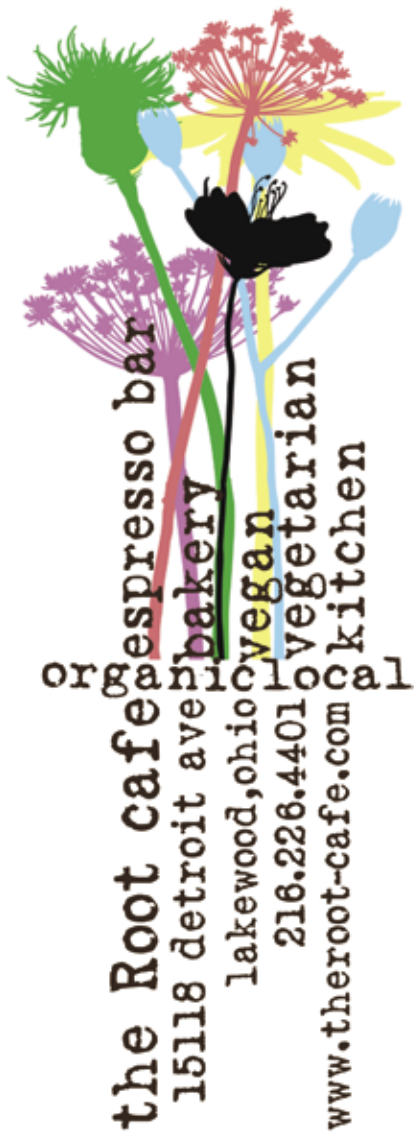
## Census 2020

You may have noticed some new signs around the City reminding you to complete the 2020 Census. Currently, only 67.3% of Lakewood households have

responded. For more information or to respond to the Census, please visit <https://2020census.gov/> or scan one of the signs around the City. It is so important to our City and schools that everyone is counted!

If you are interested in subscribing to the newsletter please visit <https://mailchi.mp/shachner-forlakewood/newsletter>. If you have any questions or concerns, please do not hesitate to e-mail me at [Jason.Shachner@lakewoodoh.net](mailto: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 can be reached at [Jason.Shachner@lakewoodoh.net](mailto:Jason.Shachner@lakewoodoh.net) or at (216) 714-2150.*



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Lakewood Public Schools

LAKEWOOD CITY SCHOOLS LEARNING MODELS			
ALL IN	PARTIAL		REMOTE
			
ALL IN 5 DAYS A WEEK WITH SAFETY PROTOCOLS AND 3 FT. DISTANCING	HALF THE STUDENTS IN SCHOOL LAST NAMES BEGINNING WITH A-K LAST NAMES BEGINNING WITH L-Z DISTRICT SAFETY PROTOCOLS IN PLACE AND 6 FT. DISTANCING		100% REMOTE LEARNING STAFF AND STUDENTS WORK REMOTELY FROM HOME
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
ACTIVE EXPOSURE AND SPREAD. FOLLOW ALL CURRENT HEALTH ORDERS.	INCREASED EXPOSURE AND SPREAD. EXERCISE HIGH DEGREE OF CAUTION. FOLLOW ALL CURRENT HEALTH ORDERS.	VERY HIGH EXPOSURE AND SPREAD. LIMIT ACTIVITIES AS MUCH AS POSSIBLE. FOLLOW ALL CURRENT HEALTH ORDERS.	SEVERE EXPOSURE AND SPREAD. ONLY LEAVE HOME FOR SUPPLIES AND SERVICES. FOLLOW ALL CURRENT HEALTH ORDERS.
E-LEARNING LKWD OPTION FOR FIRST SEMESTER (AUGUST THROUGH DECEMBER) AND/OR SECOND SEMESTER (JANUARY TO JUNE)			
FULL ONLINE LEARNING PLATFORM PURCHASED THROUGH THE DISTRICT FOR K-12 STUDENTS  LAKEWOOD CITY EDUCATORS WILL MONITOR AND MEET WITH STUDENTS REMOTELY TO CHECK ON PROGRESS  6-12 APEX LEARNING PLATFORM <a href="https://www.apexlearning.com/digital-curriculum/courses">HTTPS://WWW.APEXLEARNING.COM/DIGITAL-CURRICULUM/COURSES</a>  K-5 OHIO ONLINE LEARNING PLATFORM <a href="http://www.esc-cc.org/ohioonlinelearningprogram_home.aspx">HTTP://WWW.ESC-CC.ORG/OHIOONLINELEARNINGPROGRAM_HOME.ASPX</a>			

LAKEWOOD CITY SCHOOLS SAFETY PRECAUTIONS			
ALL IN	PARTIAL		REMOTE
			
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
ACTIVE EXPOSURE AND SPREAD. FOLLOW ALL CURRENT HEALTH ORDERS.	INCREASED EXPOSURE AND SPREAD. EXERCISE HIGH DEGREE OF CAUTION. FOLLOW ALL CURRENT HEALTH ORDERS.	VERY HIGH EXPOSURE AND SPREAD. LIMIT ACTIVITIES AS MUCH AS POSSIBLE. FOLLOW ALL CURRENT HEALTH ORDERS.	SEVERE EXPOSURE AND SPREAD. ONLY LEAVE HOME FOR SUPPLIES AND SERVICES. FOLLOW ALL CURRENT HEALTH ORDERS.
<ul style="list-style-type: none"><li>• Health checks, including temperature, assessment at home by everyone before entering school</li><li>• Face coverings required for staff and students</li><li>• Physical distancing guidelines followed with 6' separation when possible and at 3' in classrooms</li><li>• Hand sanitizer available in every classroom</li><li>• Cleaning supplies to sanitize work areas will be available throughout the day</li><li>• Lunchroom space expanded to other areas</li><li>• Water fountains closed (students will be able to bring water bottles)</li><li>• No visitors or volunteers</li><li>• No shared student supplies</li><li>• No lockers (students will be allowed to carry backpacks)</li><li>• One-way hallways when possible</li><li>• No field trips</li><li>• No large group student events</li><li>• Before and After Care operational</li></ul>	<ul style="list-style-type: none"><li>• Health checks, including temperature, assessment at home before entering school</li><li>• Face coverings required for staff and students</li><li>• Physical distancing guidelines followed with 6' separation when possible and at least 6' in classrooms</li><li>• Special Education services may be adjusted</li><li>• Hand sanitizer available in every classroom</li><li>• Cleaning supplies to sanitize work areas will be available throughout the day</li><li>• Lunchroom space expanded to other areas</li><li>• Water fountains closed (students will be able to bring water bottles)</li><li>• No visitors or volunteers</li><li>• No shared student supplies</li><li>• No lockers (students will be allowed to carry backpacks)</li><li>• One-way hallways when possible</li><li>• No field trips</li><li>• No large group student events</li><li>• Before and After Care students attend on in-class days only if available</li><li>• Attendance taken on in-class days</li></ul>		<ul style="list-style-type: none"><li>• Breakfast/Lunch grab and go at select buildings</li><li>• Special education services may be adjusted</li><li>• No athletic games or practices</li><li>• No extracurricular band/choir/orchestra/theater performances</li><li>• No field trips</li><li>• No large group student events</li><li>• Before and After Care not provided</li><li>• Attendance taken daily during Zoom/teacher interactions</li></ul>



# Letters To The Editor

## Another Group Of Seniors Coping With Covid-19

by Adelaide Crnko

For several weeks a great deal of media attention was devoted to graduating seniors and how their final months of school were disrupted by Covid-19. Quietly, and without fanfare, a different group of seniors continues to ride out the pandemic in its own way. Those at the Westerly Senior Apartments, which also houses the Barton Senior Center (BSC), have had their lives altered as well.

Residents routinely enjoyed music in the Atrium, Bingo and Saturday Night Karaoke. There were also writing and performing groups, card games and crafts. Now, due to the Governor's shut down order, few gatherings of any kind are permitted. The in house library where some also went to use computers is off limits. On site shops including Hodge Podge, the Corner Store and Book Nook are closed. All have been part of an effort to promote social distancing and to keep everyone safe.

The restrictions have made an impact. Westerly resident Ron Walden stated he now has "an appreciation for things I took for granted like playing pool with friends." He added, "Some people's only friends are the ones they have here; they don't see them now because of being self quarantined." Fellow resident Susan Lucas participated in Barton's offerings and made several

acquaintances. "Every time I stepped out of my door I had a chat with someone. Now I worry because I do not see those people. I walk around and it's like a desert. I don't see a soul."

Many residents relied on activities for social interaction and creative outlets. They find themselves increasingly isolated and having to be resourceful to keep busy and sane. Gary Rose was a Special Ed teacher in Cleveland for 20 years and recently ordered several books about baseball history. He jokingly confesses to now "having a relationship with Amazon." He often rode horses but stopped because their owners, his friends, are quite elderly and he fears possibly infecting them. Rather than ordering takeout from local favorites, he has been preparing more meals at home. Another resident misses going to movies or out to dinner with her daughter who lives in Lakewood. She feels lucky because many do not have family nearby. She has also been reading to help pass time. With summer upon us, some have ventured outside to the benches throughout the grounds. No matter what the season, many miss watching sports either in their apartments or as a group in the dining room.

Warm weather has made it easier for those who are able to walk to Giant Eagle or Marc's. But, not everyone is particularly mobile or owns a

car so another challenge has been that the BSC Transportation Service is not operating at this time, also as part of the shut down order. The BSC has benefited from donations of food via the Lakewood Community Services Center. Aladdin's Eatery and the Root Cafe have also delivered reasonably priced boxed lunches. Other local restaurants may participate as well.

To help fill voids, Channel 167 was established by the BSC as an addition to the in-house senior cable system. It provides information, entertainment (some of it from residents) and even exercise options such as chair yoga. A hot-line has been established during the crisis, and the Westerly administrative staff includes service coordinators to assist the needs of those in the complex.

More resident feedback was offered by Ann Gillett who had a career as a medical social worker. She shared her respect for health care workers, ER staff and first responders. Having also worked in the mental health field, she understands the importance of socialization. Joe Higgins, a deacon, misses attending services at Jonas Temple in Cleveland. "It messes with your head," is how he summed up being away from others while receiving spiritual nourishment. He has compensated by watching ministries on tv and began visiting New Life Church in Lakewood.

Concerning the virus itself, resident Dennis wonders, "Could it ever happen to me?" He also does not want to catch it and pass it on to someone else.

As a preventative measure, masks have been distributed by Westerly management and the BSC (including those made by a former associate). Others have been created by residents for themselves or to offer to neighbors. Resident "Chatty Kathy" demonstrated a great deal of humor by ordering a black mask with an image of a large zipper across her mouth! Joe Higgins revealed he has stressed the importance of wearing a mask to his grandchildren and great grandchildren.

Many Americans have had their lives turned upside down, and this group of seniors is no exception. They too have experienced depression, anxiety and frustration. They carry on just the same. They know life can, and will, throw you a curve ball now and then, and may bring their own perspective to today's students. While LHS grads may have eagerly awaited the arrival of a college acceptance letter, those at the Westerly remember the days when young men may have dreaded a trip to the mailbox. Inside may have been a draft notice which could have landed them in Vietnam. Today's senior citizens have already witnessed civil unrest, protests and political turmoil and know that needed changes were often the result of challenging times. So, while high school seniors may mourn missing out on the prom, their lives have yet to unfold. Those at the Westerly and BSC have put in several years of living and have endured disappointments and heartache too. But, they are not ready to throw in the towel and many continue to be active and engaged.

Bill Knittel, Poet Laureate of Lakewood, has also authored a Christian children's book, "One of His Flock," and sings in the Fairview Park chorus. Denise Rochelle, who trained as a nurse, spent years living in the American Southwest which included working at a facility in Arizona that serviced patients from Hopi and Navajo communities. She has coordinated the in house library as one of several Westerly residents who have volunteered throughout the BSC while it was fully operational.

Westerly and Barton seniors know how quickly the years WILL fly by. One example (which references another individual still going strong) is this: many residents, as kids themselves, vividly remember seeing The Beatles for the first time on tv. Their drummer, Ringo Starr, just celebrated his 80th birthday (with a little help from his friends)! So, from senior to senior, perhaps an old saying may apply right now: "This too shall pass." One can only hope it will. Meanwhile, we should not take lightly the loss of life and livelihood that has occurred. Therefore, a reminder to all should be: be smart, stay safe and be grateful for what you do have.

Congratulations to the Class of 2020!

## The Need For Self-Care Amid A Pandemic

by Seth Smith

The last few months have had a crippling effect on America and its compatriots. Normal people living out their lives in peace and hope have been sidelined by political opportunist and bureaucratic tyrants. This has caused great distress in family structures and organizations that exist to serve the public good. It is all too common for these structures to be caught up in the wellness of others that they forget the concept of self-care and how important that is to the efficacy purpose of caring for humanity.

If proper self-care is neglected, it leads to irrational thinking and a push toward "doing good" despite what that good may lead to. Good intentions, in most situations, lead to bad decisions made under the guise of peace and unity.

Temperance is a key component of self-care and it undergirds the biblical understanding of how to measure oneself in the light of the Gospel; "So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified" (1 Corinthians 9:26-27 ESV).

Self-care can be defined as a commitment to your optimal health and well-being for your own sake, for those who love and care about you, and in the service of God's kingdom. [1] The importance of self-care is often overlooked in ministry and home life settings. Head of households, leadership, and staff are too habitually set-aside in homes, non-profits, and ministry organizations. "How we

imagine leadership, for example, is influenced by corporate understandings of leadership." [2] But this is a flawed understanding of leadership. Homes are, in part, ministry settings so, therefore, this will serve as our analogy. Ministry and non-profit organizations are not guided and spearheaded by the same principals and structures as the private sector and most political ideologies. The ultimate goal of self-preservation does not serve the same purpose of biblical families, ministries, and parachurch organizations, causing those involved to give themselves selflessly in the faithful service of the Gospel and ministry of Jesus Christ. In some instances, this leads to a lack of self-care on behalf of the disciple (employee) which inescapably gets passed onto the family, congregation, or clientele.

What is self-care? "Never promoting self-involved behavior or narcissism, self-care is one way to love yourself so that you can love your neighbor." [3] It is making sure that the person in charge of other people is making sure that he/she can fulfill these duties with joy, integrity, and efficacy. This can only be attained through diligent adherence to feeding the mind, healthy physical acumen, and spiritual wellness. To be able to properly perform the duties of the job (or mission), the mind, body, and spirit have to be able to appropriately function at **Read the rest of this article online at: lakewoodobserver.com**

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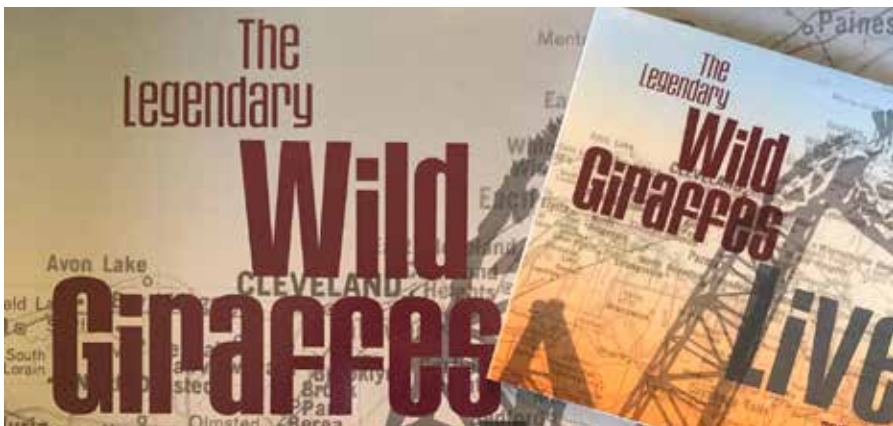
Reviews Of Recent Releases By Local Bands, Pt. 105

by Buzz Kompier

The Wild Giraffes - Live At The Cleveland Agora - Neck Records - 8 songs - LP

The Wild Giraffes - Live And Later - Neck Records - 16 songs - CD

I'm combining these because they're essentially two versions of the same release– the first seven tracks and final track are the same on both, the CD just has an additional 8 studio tracks. We'll start with the live material. Oh my god! It's fantastic! They kick off with an absolutely smoking version of "Right Now," the title track from their only LP and it blows the studio version out of the water, which is a story that's repeated with pretty much every track here. I know people think the "Right Now" album is badly produced and sorta not that great– I fully understand that, though I still enjoy it– but they oughta check this out. The songs on the LP (or the live half of the CD, if that's how you're listening) are basically the definitive versions– particularly the classic originals like "Love Me," "I Don't Know About You," and again "Right Now." There's also "Under My Skin," another great tune that's never been released before (though there is a studio version which someone should put out as a single). This is some of the greatest power pop ever recorded. No exaggeration. Immensely catchy songs, very high energy, perfectly jangly and pretty where it needs to be– but never ever wimpy or any of the other more negative traits associated with power pop, because first and foremost the Wild Giraffes are a rock band. And the group absolutely destroys on here. Dave Ivan and Alan McGinty are a powerhouse rhythm section (Dave "Animal" Ivan gets a couple good screams in, too– and I always knew Alan was a good drummer, but man, he's on fire here). The twin guitar attack of Edgar Reynolds and Bill Elliott is in full force– it's really incredible the way they work together on here. And I've always thought, but this record certainly strengthened this opinion, that Chris King is the standard that all singers in this style should be held to. He's just at the top of the game. The whole thing makes you excited just listening to it. It's powerful. The final track of the LP



is not actually another live track but an earlier studio track that's called "Tell Me You Love Me" on the LP and "Over And Over" on the CD, mysteriously. It's may be the weirdest track in their catalog. It's a six and a half minute groover that's kind of an okay song but is elevated by the presence of the brilliant Monte Carmont (or K.D. Carmont, as he's credited here) doing some bizarre teenage lust/ Lou Reed-esque narration over the top of it. I can't quite make out everything he says, but what I can is pretty great ("Girls did respect me. I had no problems."). And then at one point, one of the Giraffes (Edgar, I'm pretty sure) starts doing his own spoken word thing too! It's kind of insane! Besides the Giraffes, who are absolutely underrated, there's another great Cleveland musician who more people should know– pick up that Monte Carmont & What 4 record if you can find it, it's great. Also included with the vinyl version is a nice booklet with lots of

photos, newspaper clippings, and other cool stuff (I particularly liked looking at the Wild Giraffes fan club membership cards and seeing such notables as Jane Scott and David L. Atkins). Now that I've told you how great the LP is (and it really, really is and you should get a copy immediately), here's my problem: it's too short! It really leaves you wanting more. The whole thing feels like it's over in ten minutes. Yeah, all seven songs are incredible, but I need more! And I know there is more! Maybe (hopefully) they're saving some stuff for another future archival release. Fingers crossed. Now onto the studio tracks from the CD. Across the board, they're pretty good. They do not rip as much as the live stuff, but as far as the songs go there are some real winners here. "Good As Gold" is very '60s and very Beatle-y in particular, between the "Tomorrow Never Knows" drum beat and the "Ticket To Ride" quotation at the end. "Angel" is a little more new wave, but

still cool. "I Wanna Be A Giraffe" and "99 Times" are both solid power pop rockers. I really like "Talk To Me," though it definitely sounds like an unfinished recording– Edgar and Bill feel not quite present enough, like they did everything but the final guitar overdubs. I'm almost certain I've heard live versions that have more going on. Still, good song and you gotta love when Chris King growls "talk to me" the one time. The weakest three are all right in a row, actually– "Another World" (which, honestly, is still pretty good, and it has some fuzz guitar in there), "A Girl Like You" (which must be earlier because, like "Over And Over," it features Mike Terrell on guitar instead of Bill Elliott), and "Give Me A Kiss," which is a straightforward rock 'n' roller but also a Christmas song. Even with those being the weakest links, they're certainly not so bad you'd skip them or anything. In either form, LP or CD, almost certainly my favorite archival release of the year, and again, I really really hope there's more releases planned because I know there's other great stuff that has yet to see the light of day. Still, for now, this will do you very well. 5/5

(thewildgiraffes.com)

Are you a local-ish band? Do you have a record out? Email vaguelythreatening@gmail.com or send it directly to the Observer: PO Box 770203, Lakewood, OH 44107.

Common Sense, History And A Real Look At COVID-19

continued from page 3

experience a rapid and sudden flare up and get sick all over again. A man in Seattle was hospitalized for 62 days, and while well enough to be released, still has a long road of recovery ahead of him. Not to mention a medical bill of over \$1 million.

Even with children there is Multi-system Inflammatory Syndrome(MIS-C ) a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra

tired. While rare, it has caused strokes and deaths.

COVID-19 has not been around for years. It has basically been 8 months. No one knows or understands the long-term health effects, or how it may present itself years down the road for people who have been exposed. Not just sick, but exposed and asymptomatic. Doctors and scientists literally \*do not know\* what we do not know.

For those in our society who suggest that people being cautious are cowards, for people who refuse to take even the simplest of precautions to protect themselves and those around them, I want to ask, without hyperbole and in all sincerity:

How dare you?

How dare you decide for others that they should welcome exposure as "getting it over with", when literally no one knows who will be the lucky "mild symptoms" case, and who may fall ill and die. How dare you risk the lives of others so cavalierly. While we know that some people are more susceptible to suffering a more serious case, we also know that 20 and 30 year olds have died, marathon runners and fitness nuts have died, children and infants have died.

How dare you behave as though you know more than medical experts, when those same experts acknowledge that there is so much we don't yet

know. What doctors do know and are smart enough to be scared of is how easily this is spread, and recommend baseline precautions such as:

- Frequent hand-washing
- Physical distancing
- Reduced social/public contact or interaction
- Mask wearing
- Covering your cough or sneeze
- Avoiding touching your face
- Sanitizing frequently touched surfaces

The more things all of us can do to mitigate our risk of exposure, the better off all of us are. It flattens the curve and allowing health care providers to maintain levels of service that aren't catastrophically overwhelmed. It reduces unnecessary suffering and deaths, and buys time for the scientific community to study the virus in order to come to a more full understanding of the breadth of its impacts in both the short and long term.

Join with me in rejecting the notion that it's "just a virus" and "we'll all get it eventually." What a careless, lazy, ignorant and heartless stance.

Protect your family and friends, and yourself. Be a good person and protect those you don't know. We all have a right to feel safe. Put on a mask and stay at least 6 ft away!



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# Story Time

## *The Rockport Miracles-Part 4: Episode 29:*

## “The Ballad Of Derecho Dan” Continues:

*fiction by Scott MacGregor*

An entire generation of River Citians will forever remember where they were in 1975 when a boat known as "The Friggin' A" exploded off the town's Lake Erie shore. Though not the loudest sound ever recorded, (Krakatoa still owns that distinction) perch fishermen hundreds of miles away on Lake Superior thought the booming sounds they heard were from the signal canon at a nearby regatta.

Once the 2000 lbs. of plastique explosives finally detonated, the massive explosion cleaved the storm in two, just like in Maynard Gridley's story about "Monsoon Charlie" in the jungles of Vietnam. Instead of colliding into Rockport, Storm 5.6 was parted, Moses-style, to the east and west. The eastbound half of the storm was sent in the direction of downtown Cleveland which forced the Coast Guard Cutter Darryl A. Levy to retreat over the angry objections of Little Dan's Aunt Rowena. "They have to get to somewhere safe," said Chief Tom Graber, "there's precious little we can do for Little Dan, now."

Nor could much be done for the hundreds of onlookers along the River City cliffs. The explosion heaved the westbound half of the storm right into them, and for the first time since the Storm Era had begun, the orthodontured, boat obsessed, duffer-hatted elitists of that insipid town finally got their come-uppance!

It should be said before this tale continues that no one in River City had been seriously injured. Yes, there were some 'minor' injuries, broken bones, houses destroyed, etc. Several members of River City Yacht Club had to hold on for dear life when a 16 foot tsunami wave picked up their yachts and flung them onto land like tub toys.

The explosion was so great that people watching through telescopes on the observation deck of the Terminal Tower swore that the lake bottom was briefly exposed. In those first moments, onlookers along the cliffs were consumed by a hot, breezy blackness. All of the fish life unlucky enough to be swimming in the area were blown sky high into a giant blenderizing cloud that plunged the area into total dark-



ness. Then...it began to rain fish. Lots of fish. In the darkness.

River City Mayor, Bart Ridgewood, had been watching the events unfold from his perch atop the Widow's Walk of Model Home A at the nearby Erie Water Wave Estates. As the blackness began to envelope him, he was unceremoniously smacked across the face by a large mouth bass. A full half inch of his nose was lopped off by the fish's dorsal fin. Knocked silly and bleeding profusely, the mayor was dragged by his sans a belt slacks to safety thanks to a couple of his loyal sycophants.

Panic and chaos was on the menu along the cliffs of River City. Nearly every person, child, and popsicle vendor had been drenched utterly in the disgusting entrails of everything that swam or slithered in that part of the lake. Seaweed was thrown in as a garnish. Hundreds of homes, including those in the toniest sections of River City, were coated in thick layers of what the marine experts later coined as “Ichthy-Gumbo.”

Soon after the downpour of yuck had stopped, the westbound cleave of Storm 5.6 slammed into the River City shores. Many had already found shelter under trees, picnic tables and upturned lawn chairs. Everybody else ran for their lives into the nearby housing development that Mayor Ridgewood had built with his rich buddies. The Erie Water Wave Estates (aka “The EWWE”) were built for the

express purpose of luring life-long, albeit storm battered Rockporters to River City. All of the homes were built to look like Great Lakes boats. The higher priced units were the ones that resembled Super Yachts. The “Cruiser Class” units came in various models and shapes and were a little cheaper. The “Freighter” and “Sea Snark” class homes were obviously the cheapest.

A few cronies of the recently noseless Mayor Ridgewood helped him down the stairs from the roof. Along the way he had to sacrifice his favor-

ite Golden Bear golf shirt which he wisely used to stanch the flow of blood pouring from his nose. When hundreds of his own terrorized citizens began flooding into Model Home “A,” the Mayor, his nose tightly squeezed, shrieked out in a Porky Pig-like voice, “GET THE HELL OUTA HERE!!!”

\Some citizens froze in their tracks, most others, including a couple of the Mayor's own cronies actually started laughing. "Hey Boss," one fellow said, "Mel Blanc himself couldn't have done a better Porky Pig!" No one, however, was laughing after what happened next. The model home, now jammed to its faux scuppers with apoplectic River City people, sustained a violent shudder followed by a mighty shake. Then, someone shouted, "THE HOUSE!! IT'S FLOATING!!"

People looked outside in horror to see that theirs and several other houses in the complex had been freed from their foundations by the powerful derecho winds and 12 inches of rain. It was determined later that cheap and corrupt building practices had also played a role in the catastrophe.

Meanwhile, the fate of Little Dan was unknown. "Don't worry, Rowena," said the Skipper of the Darryl A. Levy, "We're going right back in there as soon as it's safe!"



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Foodwood©

# Guy Fieri Eat Your Heart Out At The Red Rose Café

by Eva Starr

On my never ending search to try each and every restaurant in Lakewood, I've always wondered about The Red Rose Café. Living on Atkins, I drive past the Red Rose quite often, but just never ventured in. It's a true neighborhood dive bar, and I mean that in the sincerest kindest way. Guy Fieri would love it here.

No frills, no superficial razzmatazz, just ordinary good food, good service, good prices and good people. I'm not surprised when I found out who the owners are, Brian & Rose Kirschnick. I worked with Brian at the Public House, (Kamm's Corners) in the early 90s, and Rose was a customer, two of the nicest people you'd ever want to meet.

I went with my friend, Sparky,



who ordered the Chicken Philly, and I ordered the Bacon-Blue Burger, both sandwiches were filling, and hit the spot. I'm not much of a beer drinker, so I went for my old standby Dewar's & water, and Sparky had a Bacardi & coke or two. Service was good, prices are good, and the food nailed it. They have deep-fried Oreos, topped with chocolate sauce & powdered sugar, on the menu for dessert, which I might have to try next time.

I was surprised to find a .25¢ bowling machine, I didn't think bars had those anymore. There are also a few tables outside in the back for patio dining, adjacent to their parking lot. They have a Keno machine, a fairly long bar, and Cleveland sports memorabilia adorning the walls. Along with the Lakewood Observer, the Red Rose also just celebrated their 15-year anniversary.

Come in and take a load off, they serve wings for \$6.50 a dozen, every day till 1am, and have Daily



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by Gary Brezina

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# Lakewood Cares

## Community Meals In Lakewood Carry On And Carry Out Through COVID 19

by Cornelius O'Sullivan

St. James Catholic Church sponsors a community meal on the Second Wednesday of every month, in Andrews Hall, regardless of weather, or any other circumstances.

St. Luke Catholic Church sponsors a meal the third Wednesday of each month. St. Edward High School covers the fourth Wednesday of each month. Each has weathered the COVID storm providing fresh hot meals on a carry-out basis since the health crisis broke in March. Heavy rains and bitter cold did not stop our volunteers from serving the community in its time of need.

These three institutions each prepare and serve over 100 hot meals per month. They are committed to providing a healthy meal including salad, vegetables, a fresh main dish, drink and dessert in a dignified setting with live music. They are committed to providing fellowship



and engaging in good conversation while getting to know the people. Provisions beyond a good meal include wool socks, hats and gloves and providing information regarding free clothing and health screening.

Volunteers come from all over including various churches, local Catholic and Public Schools and other neighbors from Lakewood. They are one community serving

another and working in conjunction with the Lakewood Community Service Organization. Each meal costs about \$400 per month.

Throughout the Covid Crisis volunteers have staffed the carry-out lines and others have cooked in their homes. Families have donated entire meals and local businesses have also been generous. In April, The Proper Pig supplied the entire meal for St Luke!

We hope July will be our final carry-out meal. We are planning on going back indoors in August. Much will change. We have been examining the health regulations and best practices to insure that our patrons and our workers are protected at all times. We will no longer be opening the halls up at 4:00 p.m.; we will allow our cooks and set-up workers to do their jobs and then exit before the crowd arrives. We will no longer be serving buffet style, each patron will be served at their table. We will limit

the number of people at each table and require masks be worn when not eating. All of our volunteers will wear masks and gloves. Many more changes are afoot but the result will be a Community EVENT that will provide not only a great meal, but also the comradery and friendship we have all enjoyed these many years.

Prior to the COVID outbreak there were 327,690 Northeast Ohioans who were food insecure, meaning they didn't always know where they would find their next meal. Of those:

28% were children under 18 years old

16% were elderly

23% of households have at least one member in poor health

64% had to choose between paying for food or utilities

78% of households purchase inexpensive, unhealthy food

There are many families faced with difficult challenges every month. We open our doors to everyone and have continued our mission of serving others.

Each of these Wednesday meals are staffed by volunteers and are financially self-sufficient. Mickey Krivosh at ATC has thrown us some great fundraisers over the years. Lakewood businesses and the Lakewood Firefighters in particular have provided generous support. The COVID Measures we are putting in place are expected to add to the cost of the program. If you are able, donations will be accepted at each Meal.

Additionally, many of our volunteers are elderly and the very people COVID is striking the hardest. If you can join us as a volunteer at this critical time your help will be greatly appreciated. Please contact St. James, St. Luke or St. Edward and offer your support this fall. We are committed to carrying on these needed services but need your help.

Cornelius J. (Corky) O'Sullivan is the director of the Flock Community Meals at St. James and St. Luke. He is a civil trial attorney with Weston Hurd in Cleveland.

## Sunrise Rotary Places Little Free Food Pantry At Lakewood Methodist Church

by Larry Faulhaber

The Little Free Food Pantry idea goes back to 1999, as a way of neighbors helping neighbors who are facing food insecurity. They empower people to make immediate change in their own neighborhood. Kim Murphy of the Sunrise Rotary Club saw information about this idea on social media. It sounded like a great idea and she got more information on line. She was surprised to find out that it was a movement that has spread across the country! The Club decided to take on the building and installation of a Little Free Food Pantry as a service project. Club member, Jim Rowe, built the pantry. It was installed at the Lakewood Methodist Church and church members, particularly from the Youth Group, decorated the Box and collected items which with to stock it. Methodist Church members, Marty Harris, of the Sunrise Rotary Club and her husband Jim, who is also a Rotary member, helped get the Pantry started at the Church.

The Little Free Food Pantry is available for church members and neighbors to take advantage of if they have an immediate need and can't get to a community



food bank. People who attend the Church's monthly dinners have also taken advantage of the Pantry.

The Sunrise Rotary Club will continue to arrange for collection and stocking of the Little Free Food Panty as one its Community Service Projects. The Club also supports the Lakewood Community Service Center, Rocky River Assistance Program, and participates in the annual Thanksgiving and Christmas food distribution of the Lakewood Charitable Assistance Corporation.

There are two Rotary Clubs in Lakewood and Rocky River. The

oldest meets on Mondays at Noon and a second the meets on Wednesdays at 7:30am. Both meet at the Don Umerley Hall of the Rocky River Center at Hilliard and West 210, behind Rocky River City Hall. Both Clubs follow the motto of Rotary – Service Above Self. Through Club Committees, they plan and conduct Community, Vocational, Youth and International projects in the area. Awarding scholarships, hosting exchange students, providing dictionaries to third grade students, and reading to children in local schools are just a few of the programs of these Clubs.

You are invited to join with men and women and share your time and talent in serving the Community through Rotary. Contact Kathy Berkshire at sloopyohio19@gmail.com.

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# LakewoodAlive

## 7 Reasons To Run The Virtual Meltdown 5K

by Matt Bixenstine

Believe it or not, running can be fun. This is especially true in the case of LakewoodAlive's Virtual Meltdown 5K and 1 Mile Family Fun Run & Walk taking place July 15 to July 31. Here are seven reasons why you should register now and lace up your running shoes to partake in these virtual races sponsored by Cox Communications:

### 1. Support LakewoodAlive

The Virtual Meltdown 5K and 1 Mile Family Fun Run & Walk serve as a fundraiser for LakewoodAlive. When you participate, you are empowering our organization to continue our efforts to foster and sustain vibrant neighborhoods within the city we love. Thank you very much for your support!

### 2. Celebrate Summer Safely

The COVID-19 pandemic has severely altered life as we know it, and chances are many of your regular summer activities have been put on hold. Yet we as humans have an innate need for movement and exercise. The Virtual Meltdown 5K and 1 Mile Family Fun Run & Walk enable you to fulfill this need while enjoying this unusual summer in a safe manner.

### 3. Enjoy the Perks

With participation comes perks beyond simply supporting LakewoodAlive. These include a special edition Virtual Meltdown commemorative t-shirt, prizes for top finishers in each age category and – for Virtual Meltdown 5K participants – a voucher for a "buy one, get one free" beer token offer redeemable at the Beer Garden during the 2021 Lakewood Summer Meltdown (age 21+).



"Timmy Meltdown" climbs the Solstice Steps at Lakewood Park.

### 4. 180+ Miles to Explore

More than 180 miles of sidewalks flank the streets of our city, so there's no shortage of routes to explore when training or conquering the Virtual Meltdown 5K. Whether flying through Birdtown, maneuvering down Madison or gliding along the Gold Coast, running Lakewood offers a perfect opportunity to enjoy the many unique neighborhoods that define our city.

### 5. Not in Lakewood? No Problem!

Meltdown 5K fans from as far away as Texas have made the annual trek to Lakewood in order to participate. This year, however, such travel is not necessary. The virtual nature of the 2020 races easily enables former Lakewoodites and supporters from across the region and beyond to work up a sweat while supporting LakewoodAlive.

### 6. Get Social!

Running is more fun when you share your accomplishment with family and friends! Race participants are encouraged to celebrate by posting a race-day selfie on Facebook and Instagram using hashtag #VirtualMeltdown5K for a chance to be featured on LakewoodAlive's social pages.

### 7. Be Like Timmy Meltdown

"Timmy Meltdown" is the enthusiastic, slightly goofy star of our Virtual Meltdown 5K Training Guide Video Series. He embodies the fact that anyone – from a veteran runner to a complete novice

– can celebrate the season and help the Summer Meltdown tradition to live on through participation in our virtual races. Be like Timmy Meltdown, and register now at [LakewoodAlive.org/Meltdown5K](http://LakewoodAlive.org/Meltdown5K)!

## LakewoodAlive To Host "Knowing Your Home: Cabinet Refinishing" Virtual Workshop On July 16

by Matt Bixenstine

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

LakewoodAlive will host Knowing Your Home: Cabinet Refinishing on Thursday, July 16, from 7 to 8:30 p.m. as a virtual workshop. The eighth workshop of 2020 for this popular home maintenance educational series seeks to equip attendees with the knowledge and confidence they need to pursue a kitchen cabinet refinishing project.

Led by Matt Clark, LakewoodAlive's Tool Box Coordinator, this workshop will offer a step-by-step approach for refinishing your cabinets effectively by focusing on the process, products and safety measures necessary to ensure a job well done. Matt will share best practices for undertaking a cabinet remodel, covering everything



from knowing which tools and materials you will need to repairing cracks and damage to maintaining hardware.

To reserve your free spot for our "Knowing Your Home: Cabinet Refinishing" virtual workshop, visit [LakewoodAlive.org/KnowingYourHome](http://LakewoodAlive.org/KnowingYourHome) or call 216-521-0655.

Now in its seventh year, LakewoodAlive's "Knowing Your Home" series draws hundreds of attendees annually. Our workshop series is generously supported by: City of Lakewood, Cleveland Lumber Company and First Federal Lakewood.

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