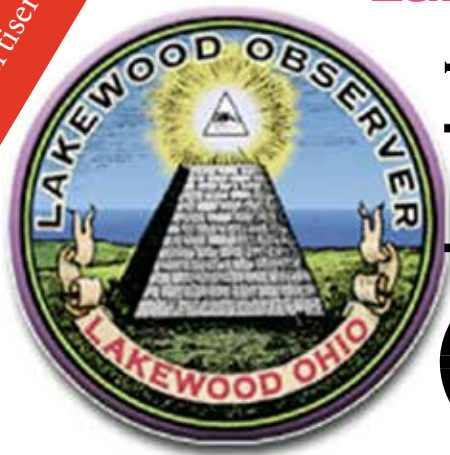


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Lakewood High School Prom Is On! May 15th

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Volume 17, Issue 6, March 17, 2021

District Teams With City Of Lakewood, Neighborhood Family Practice To Deliver Vaccinations

by Christine Gordillo

The City of Lakewood, Lakewood City Schools and Neighborhood Family Practice announced today a vaccination clinic with the capacity to administer 200 COVID-19 vaccines.

Vaccinations provided by Neighborhood Family Practice will be available to residents who meet the State of Ohio's vaccine eligibility requirements by appointment only. Appointments will begin at 8:40am on Saturday, March

13 at Garfield Middle School gymnasium in Lakewood, with follow-up second dose appointments on April 10.

Anyone interested in scheduling an appointment should call the City of Lakewood's Division of Aging at 216-529-5062 and leave a message with full name and phone number. City staff will call back to confirm eligibility and fill the 200 appointment time slots. Once all time slots are filled, no further calls will be accepted or returned.

Mayor Meghan George said, "I am thrilled that the City of Lakewood can be part of this partnership to help our community curb the spread of the COVID-19 pandemic. As the vaccine rolls out, I know people are concerned they will get left behind but we are doing all we can to ensure that everyone has a fair chance to get their shot if they want one."

Superintendent Mike Barnes said, "I am thrilled that the Lakewood City Schools will be able to support the

City and our community with a location to hold this very important event. When the City called asking if we would be able to provide space for this clinic, we were on board immediately. Anything we can do to help protect our community's health and safety and aid our citizens in accessing the vaccine, we are all in."

Jean Polster, President and CEO of Neighborhood Family Practice, said, "Neighborhood Family Practice has a long history of service to those living in the diverse communities in and around the near west side of Cleveland, and has been at the forefront of providing

COVID-19 testing and vaccines. We are grateful to be able to provide this important vaccination public service to our community."

On March 6, President Biden announced that COVID-19 vaccines would be available to any adult who wants one by mid-May, weeks earlier than previously announced. Governor DeWine announced just this week that vaccine eligibility would be expanded on March 11 to include Ohioans 50 years of age and older, along with anyone with qualifying congenital, early-onset, or inherited conditions. For more information, visit coronavirus.ohio.gov.

County Indicts Driver In Crash That Killed 2 Lakewoodites

by Jim O'Bryan

As we went to press, Cuyahoga County Prosecutor Michael C. O'Malley announced that a grand jury has returned an indictment charging Selena Colon, 23, for a drunk-driving crash that killed 18-year-olds Alejandro Mercado and Max Close in Lakewood last month.

"Ms. Colon was drunk-driving over 90 mph in a 35 mph zone. This resulted in the death of two wonderful friends and their families have been left in total anguish," said Prosecutor O'Malley. "She will be held accountable."

February 21, 2021, Selena Colon was driving eastbound on Clifton Avenue around 2am when she crashed into the car the boys were in as they were turning westbound onto Clifton Blvd. from Fry Avenue.

Lakewood Police and Emergency Medical Services, along with the Cuyahoga County Medical Examiner's Office and Ohio State Highway Patrol responded. Both victims were pronounced dead at the scene. A third victim, 18, was transported to a nearby hospital and treated for his injuries.

Colon has been indicted on the following charges:

Four counts of Aggravated Vehicular Homicide

Two counts of Aggravated Vehicular Assault

One count of DUI

"Ms. Colon was drunk-driving over 90 mph in a 35 mph zone. This resulted in the death of two wonderful friends and their families left in total anguish. She will be held accountable."

- Prosecutor Michael C. O'Malley



This comment by Cuyahoga County Prosecutor Michael C. O'Malley was tweeted out and placed on the county's facebook page.

Shots Fired At Madison Park B-Ball Court



by Jim O'Bryan

Shots rang out March 11 shortly before 6:30pm at Madison Park.

Lakewood Police Department received calls of multiple gunshots fired by different groups near the basketball court. All involved parties fled the scene. Police were able to locate one person with a gunshot wound to his arm.

He was transported to MetroHealth Medical Center, where he was treated, released and then placed under arrest and is currently in custody. His identity is not being released pending formal charges being filed.

The entire incident is under investigation, including the events leading up to the altercation.



Northern Ohio's first mass vaccination site, the Wolstein Center is taking appointments for the next 8 weeks! On the right, State Rep Michael Skindell checks out the Wolstein Center the day before kick off! Get your shot today!



**SIGN UP TO GET
VACCINATED TODAY!**

COVID-19 UPDATE

3-17-2021



Location	Cases	Deaths	Vaccinated
Lakewood	4,025	-	-
Cuyahoga	70,560	1,630	207,143
Ohio	992,223	18,114	2,121,423
USA	30,192,224	549,367	67,676,667

The Mayor's Corner

Spring Is Almost Here

by Mayor of Lakewood,
Meghan George

Spring is around the corner and I am excited to share some significant developments that are currently underway throughout the City.

I am proud to announce that as of March 3rd, the City of Lakewood has been given a high-grade investment rating from Moody's Investors Service, a "Big Three" credit rating company that determines an entity's financial health. Lakewood's municipal notes were given a MIG rating of 1 and a credit rating of Aa2, indicating a very strong capacity to meet

financial commitments. This is a win for Lakewood, as these ratings influence interest rates and demonstrate the City's growth despite battling the pandemic over the past twelve months.

The City continues to install LED streetlights with funds from the NOPEC Energized Community Grant Award. Since beginning this program, almost 1,000 streetlights have been replaced, amounting to an annual energy savings of \$45,000 and a decrease in energy consumption of 14%. The city will continue the streetlight conversion process uti-

lizing the \$197,322 in 2020 NOPEC grant funds, benefiting residents and businesses by reducing the city's energy consumption, saving taxpayer dollars, and increasing safety.

The second of two virtual conversations concerning the Cove Church renovation project will be held on Tuesday, March 23rd at 6:00pm. Citizens are encouraged to join, provide feedback, and express any hopes or concerns they have about the project. You can visit onelakewood.com/event/cove-church-community-engagement-meeting-2/ for more details about joining the meeting.

The Detroit-Sloane intersection upgrade project is progressing and is scheduled to be completed later this year. This project involves a complete overhaul of the intersection including a water main replacement, sewer improvements, an extension of the trail from the Metroparks into the city, and a public art component. NOACA and ODOT are contributing \$1.4 million of the project's \$2.5 million cost. Our Public Works Department is expected to begin work in April and have the entire project completed by November.

A beautiful and sustainable Lakewood is important to my administration and Lakewoodites. I look forward to what other opportunities this year will bring. Stay happy and healthy.



Last week Lakewood Fire Department was called to a fire over on Morrison Ave. Upon arrival they saw smoke coming from the second and third floors, entered and put out the fire. Good work, Lakewood Fire Department.



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Lakewood, Ohio 44107
phone: 216.521.7684
fax: 216-521-9518

CURRENT HOURS OF OPERATION
MONDAY - THURSDAY: 4PM – 10PM
FRIDAY: NOON - 10PM

WEEKEND BRUNCH RETURNS
SATURDAY 11 A.M. TO 2 P.M.
ALA CARTE BREAKFAST/LUNCH FEATURING:

SUNDAY 10 A.M. TO 2 P.M.
GOURMET ALA CARTE BRUNCH
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Upcoming Submission Deadline	Publish Date
April 2, 2021	April 7, 2021
April 16, 2021	April 21, 2021

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PO BOX 770203, Lakewood, OH 44107

 **Lakewood Observer**

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“Waist management” helps avoid complications of diabetes.



Carolyn Garvey, RDN, LD, CDCES
Cleveland Clinic
Lakewood Family
Health Center

Healthy eating and exercising should be a habit, not just a quick fix. It's important for your health, too – especially for people with diabetes.

“Being overweight increases your chance for developing type 2 diabetes. Those with diabetes have blood sugar levels that are harder to manage which can lead to complications,” explains Carolyn Garvey, RDN, LD, CDCES, a certified diabetes care and education specialist at Cleveland Clinic.

Diabetes care and education specialists at

Cleveland Clinic include registered dietitians (RD), registered nurses (RN) and pharmacists. In the weight management program, they teach meal planning, lifestyle changes, healthy coping, medication management, and ways to boost activity.

“There is no one meal plan to manage diabetes. I take an individual approach with my patients when it comes to losing weight,” says Carolyn. “A diabetes specialist like myself can help create a plan specific to each patient's needs and lifestyle.”

For those with diabetes, exercise is just as important as healthy eating and medication. Exercise can help manage blood sugar and decrease or eliminate the need for diabetes medications. The American Diabetes

Association recommends at least 30 minutes of physical activity that increases heart activity five days a week.

“A meal plan and exercise can sometimes be the medicine you need to manage your diabetes,” says Carolyn. “Your diabetes specialist can help you craft a personalized eating and activity plan to keep your blood sugar in check.”

Diabetes educators are available for virtual visits.

For more information on scheduling a diabetes education visit at Lakewood Family Health Center, visit ClevelandClinic.org/DiabetesEducation or call 216.237.5500.

Colorectal cancer screening: No good reason to put it off.

Colonoscopy is known as the gold standard – the best, most accurate test to screen for colorectal cancer. Since most cancers start as polyps, cancer can be prevented when polyps are removed during a colonoscopy. A screening colonoscopy is recommended for anyone 50 years of age and older, or age 45 if you are African American.

Concerned about coronavirus?

When it comes to colorectal cancer screening or any procedure or appointment at Cleveland Clinic, the safety of our patients and caregivers remains our top priority and our facilities are safe.

For your safety and those around you, we continue to:

- Limit and screen visitors.
- Implement social and physical distancing.
- Clean and disinfect per CDC protocols.
- Require masks for our caregivers, patients and visitors, even if they've received a COVID-19 vaccine.

On the West side, our Cleveland Clinic colonoscopy screening locations include:

- Avon Hospital at Richard E. Jacobs Health Center
- Fairview Hospital



- Lorain Family Health and Surgery Center
- Lutheran Hospital
- North Ohio Gastroenterology, Westlake

To schedule an appointment at one of our screening locations near you, call 216.444.7000. For more information and a complete list of locations, visit ClevelandClinic.org/Colonoscopy.

Learn more about the steps we're taking to keep you safe at ClevelandClinic.org/Coronavirus.

Emergency? Don't delay. Cleveland Clinic Emergency Departments are safe.

If you're experiencing chest pain, shortness of breath or abdominal pain – don't delay care.

Our Emergency Departments (EDs) are using every precaution for the safety and health of our patients and caregivers:

- All patients coming to our emergency departments are screened for COVID-19 symptoms and are required to wear a mask, even if they've received a COVID-19 vaccine.
- Any patient with COVID-19 symptoms is taken to a designated area within the ED for care.
- All ED caregivers wear masks and personal protective equipment (PPE).
- Limiting the number of visitors to the ED.
- Physical distancing in all areas of the ED.
- ED exam rooms are thoroughly disinfected after each patient.

Cleveland Clinic emergency departments on the West Side include:

- Cleveland Clinic Avon Hospital
- Cleveland Clinic Fairview Hospital
- Cleveland Clinic Lakewood Family Health Center
- Cleveland Clinic Lutheran Hospital

If you experience a medical emergency, please call 911.



Our goal remains the same – we care for everyone. And safety is our top priority.

Don't delay your care. From extra safety measures at all locations to virtual visits, we're here for you every day.

Visit ClevelandClinic.org/Access



Lakewood Public Library

Children/Youth Events At Lakewood Public Library

by Nic Starr

Library Pen Pal

For children three years old through sixth grade

Do you miss the Library? We miss you too! Write a letter to a Library staff member telling us about anything from the last book you read to your favorite animal or even include a drawing. A staff member will read your letter and write you back.

Send your letter to:

Children's and Youth Services
Lakewood Public Library
15425 Detroit Avenue
Lakewood, Ohio 44107

Virtual Woke Book Club

For students in sixth through twelfth grade

In this bimonthly book club for teens, inspired by the Read Woke book challenge created by Cicely Lewis, we will read and respectfully discuss books selected to inspire change, embrace diversity, and promote inclusivity. Each month will focus on a different topic and you will choose which book(s) you would like to read from a diverse list of titles. Registration is required and you will receive a Zoom link upon registration.

March: Feminism
April: Race and Anti-Racism
May: Body Image
June: Gender Nonconformity
July: LGBTQ+ Stories
August: Immigration and Refugees

**Wednesdays, April 14, May 12, June 9, July 14, August 11, 2021,
7:00 p.m. – 8:00 p.m. via Zoom.**

Thursdays, March 25, April 22, May 27, June 24, July 22, August 26, 2021, 7:00 p.m. – 8:00 p.m. via Zoom.

Virtual Girls Who Code: Python Guess the Word Game

For students in sixth through twelfth grade

Use the Python programming language to create a guessing game. Learn Python and how you can create a simple game from facilitators with experience in the field of computer science. This session covers Core Computer Science concepts of variables, conditionals, loops, and functions. We'll also meet and learn about a local Woman in Tech. This session is designed for all coding abilities. Registration is required and you will receive a Zoom link upon registration.

Tuesday, April 6, 2021, 6:00 p.m. – 7:30 p.m. via Zoom.

Virtual Girls Who Code: Python Virtual Pet

For students in sixth through twelfth grade

Use the Python programming language to create a virtual pet. Learn Python with the Tkinter module to create an interactive pet from facilitators with experience in the field of computer science. This session covers Core Computer Science concepts of variables, conditionals, loops, and functions. This session is designed for intermediate to advanced coding abilities. Registration is required and you will receive a Zoom link upon registration.

Tuesday, April 20, 2021, 6:00 p.m. – 7:30 p.m. via Zoom.

A Steel Mill Story Right Out Of The 'Rust' Belt:
**Virtual Author Presentation By Eliese
Colette Goldbach From LPL**

by Melinda Frank

As a high school graduate, Eliese Colette Goldbach felt destined for the convent and life in a religious order. Instead, the 29-year-old found herself wearing a hard hat, operating a crane, and driving a forklift. As one of the few females in a male-dominated workplace, the ArcelorMittal Cleveland mill was certainly no convent.

The promise of a high-earning paycheck brought her to the unlikely vocation as a steel worker. Like most Cleveland natives, she had passed by the orange flame of the steelyard for years without a second thought. It wasn't until she was inside the mill that she realized the world it represented. What outsiders saw as a sign of pollution symbolized a booming business and a healthy economy to those inside the mill walls.

Named one of the best books of 2020 by NPR, "Rust: A Memoir of Steel and Grit" tells Goldbach's story from the belly of the mill. With the contentious 2016 election as a backdrop, her memoir reflects on

her life as a young liberal female amongst her blue-collar conservative counterparts. But according to Goldbach, “There was no division so great that it could eclipse the unity that had been forged in the light of the mill’s orange flame.”

Goldbach is a graduate of Saint Augustine Academy, the current site of Lakewood Catholic Academy. After graduating from John Carroll University, she received an M.F.A. in nonfiction from the Northeast Ohio Master of Fine Arts program. Her writing has appeared in *Ploughshares*, *Western Humanities Review*, *Alaska Quarterly Review*, *McSweeney's Internet Tendency*, and *Best American Essays 2017*. She received the *Ploughshares Emerging Writer's Award* and a *Walter Rumsey Marvin Grant* from the *Ohioana Library Association*, which is given to a young Ohio writer of promise. She lives in Cleveland.

An exclusive author video will premiere on Thursday, March 25, 2021 at 7:00 p.m. View it at facebook.com/lakewoodpubliclibrary

Onward With "All In"

by Dr. Charles Greanoff

Having all the "in person learning" students together today at Lakewood High School was wonderful. There is no substitute for an in-class discussion, and through it all my students were more than up to the task. They were likewise engaged while we were in hybrid, but the greater numbers create

a more lively and productive discussion. Social, cognitive and emotional development—everything from critical thinking to empathy and social skills—cannot be anywhere near optimal in isolation. Zoom has been a lifeline, but hardly a substitute for the magic that can be the classroom. Onward...

The Herb Guild Offers Scholarship

by Barbara Armstrong

The Herb Guild Garden Club is offering a one-time scholarship for 2021 available to graduating high school seniors as well as Lorain County Community College and Cuyahoga Community College current freshmen or sophomore students. Applicants must be residents of the state of Ohio and a U.S. citizen. (International or foreign exchange students are not eligible). Only students with a proposed academic study in Forestry, Botany, Horticulture, Environmental Science,



Agriculture, Landscaping, or Culinary Arts are eligible for this scholarship. Deadline to apply is April 6, 2021. For further information contact Mary Kay Filipiak at 440-926-2469.

A large, appetizing pizza topped with meat, olives, and onions, served on a wooden table. In the background, there are fresh vegetables like tomatoes and mushrooms. A red banner with yellow text is overlaid on the image.

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Lakewood Education

Emerson Machine Rewards Students With Books

by Christine Gordillo

Emerson Elementary students have an exciting and big new reason to strive for those gold coins they receive as part of the school's positive culture/behavior program. The school recently unveiled its Book Experience vending machine, where students who exhibit the competencies contained in the district's Vision of a Lakewood Graduate (communication, collaboration, creative thinking, empathy, growth mindset, and global citizenship) can use their gold coin to select a book from the machine. Much better than candy or soda, right?!

The idea for the machine was broached by teacher Jennifer Mollison and then enthusiastically endorsed by the school's Positive Behavior and Intervention Support (PBIS) team to include it in their rewards system for



First-grader TJ Blanchard was one of the first students to receive a book reward.

students. The school's PTO stepped in to provide funds to purchase the custom machine - decorated in purple and gold with inspirational quotes and two Lil' Rangers of different skin tones - and supply the initial batch of books.

Students Mia Ferrone, TJ Blanchard, and Alex Samples were the first students to drop their gold coin in the coin slot and watch a book they selected drop down. The trio were chosen for exhibiting kindness and empathy to fellow students. They each were thrilled to have a new book of their own to take home!

"We value the uniqueness of every student and believe that every child exhibits leadership qualities in different ways. Therefore, students will be provided with a variety of paths to earn a golden coin for our Emerson book experience," said Principal Denice Leddy.

The Ultimate Book Experience Machine will be restocked through donations and new books purchased with Scholastic Book Sale dollars earned. The district hopes that the new machine gives Emerson students another reason to see that reading rocks!



Emerson teacher Jennifer Mollison helps a student use the new book vending machine at the school.

Winter Sports Rangers Earn All-Conference Honors

by Christine Gordillo

Congratulations to the 30 winter sports Rangers who earned All-Conference honors in the Great Lakes Conference this season. Leading the way were the Rangers' two 1st Team honorees, basketball players Peter Patsouras and Mollie Henrikson. Below is the full list of All-Conference honorees:

1st Team: Peter Patsouras and Mollie Henrikson (basketball)

2nd Team: Riley Ulintz and Gianna McAuliffe (basketball); Brandyn Bates (wrestling)

Honorable Mention: Samantha Hudak, Sydney Hampton, Ahmed Muhammad and Ayden Wacker

(basketball); Cole Dockus and Zeylile Cheiky Fakadej (bowling); Ryanne Eisnagle and Sara Jarecke (gymnastics); Alex Blinky and Gavin Fielder (hockey); Charlotte Beno, Sam Saracina, Ronson Tucker and Ethel Woodford (swimming); Nistor Krizan and Kelsey Dalton (wrestling); Isabella Colon and Isabelle Reay (cheerleading)

Sportsmanship: Molly Pilgrim and Riley Ulintz (basketball); Katie Arth and Nolan Geyer (bowling); Maya Nieves-Bucey (gymnastics); Zach Vuyanchih (hockey); Sarah Donaldson and Jacob Kavc (swimming); Eric Barber and Malaak Suleiman (indoor track); Garrett Schweter (wrestling); Jada Brown (cheerleading)



Rangers Set School Records At State Indoor Track & Field Meet

by Christine Gordillo

Congratulations to the Ranger athletes who participated in the OATCC Indoor Track & Field State Championship Meet on March 6. The Ranger contingent of nine athletes set three school records and several personal records. Setting new school records were:

Alicia Smith, 60-meter hurdles
Smith, Aniya Symons, McKenna Hunt, and Ebony Bradford, 4x200 relay
Helen Roche, Abby Sacha, Bradford and Hunt, 4x400 relay

The 4x400 relay earned the highest placing of the team, finishing 11th in the state. The 4x200 relay team finished 13th. The 4x800 relay of Mallory Zavatchen, Sacha, Sadie Gregg and Roche finished 18th. Besides Smith in the hurdles, Bradford also competed in an individual event, finishing 19th in the 200 meters. Teeghan McGann qualified in the 800 meters but was unable to run.

Congratulations to all the girls who competed and to coaches Stephanie Toole and Adam Swiat!

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Lakewood Observer



Delivering Smiles To Lakewood

by Robert Markowitz

Adopt a Grandparent brings smiles to seniors in Westlake and Lakewood

Robert Markowitz owner/operator at Cleveland Magic and Balloons is part of a national campaign called “Adopt a Grandparent” along with other balloon professionals across the country. Robert says, “Our goal is to bring joy to seniors in assisted-living facilities.”

“These seniors don’t all have families to visit them, and some have families that live too far to visit.” Robert has been a part of the movement since February.

Last week cheerful 28” tall figures (know as Balloon Buddies) were delivered to our elderly friends at the Belvedere of Westlake. One for each resident, to brighten up their day a bit and bring joy. The activity director told Robert that one of the residents liked “Buddy” so much that she took the balloon with her to her doctor’s appointment! They are just the right size for hugging and holding and have been very therapeutic for the residents and staff.

The balloon campaign has become a success through community sponsorship and Robert is already working with his next facility, Bloom assisted living of Lakewood.

“When I first heard about this national campaign I knew I had to be a part of it,” said Robert. He went on to say, “It’s a way to go beyond being a business, and to serve people in the community, and gives the community an opportunity to contribute, and that’s a win win situation for the community and for the seniors.”

“If you are like me,” says Robert, “you are always wondering what you can do to help others.”

To sponsor a balloon buddy visit <http://www.ClevelandMagicAndBalloons.com> and click on the Adopt a Grandparent tab.

Corporate sponsors can call or text Robert for a custom-sized sponsorship.

If you are looking to be the light in someone else’s world please consider sponsoring a balloon buddy. Contact Robert with any questions. 216-440-0511

Sustainable You: Immunity And Your Light/Dark Cycles

by Rebecca Reynolds

During the time of Covid-19, your immunity is your most important weapon, and it is often threatened by a frequently not discussed enemy--a disruption in the light/dark cycles of your body. Imprinted into your DNA and brain is a Master Clock, aka your Circadian Rhythm, which controls over a trillion cellular, organ, and hormonal clocks that unite your system in a perfect symphony--until a violation of that operation. To simplify the "care and feeding" of your Circadian Rhythm, think about working with nature's rhythms, just as animals and plants do, to take better control of your health and well-being.



Two key factors regulate your Biological Clock – the daily natural cycle of "Light and Dark" and eating. To work with your Circadian Rhythm, include

- Regular bedtime**, before 11pm.
- Regular waketime**, with the sunrise or by 7am.
- A sunrise walk** to collect hormone activating blue light.
- Finish the last meal** and reduce electronic use by 7 pm.
- Add candlelight** two hours before bed for melatonin boosting orange-red light.
- Fasting from food** from 7 pm to 7 am, 12 or more hours, helps to rejuvenate our organs and gut biome.

The modern longer workdays boosted by artificial light and food refrigeration have moved our active waking and dining day from 8-hours to 15-hours.

Instead of judgment, which increases stress, use curiosity as a motivator, practicing some of the "working with" processes.

One way to mentally re-frame this period of social distancing is to view our increased time at home as a call to reduce stress and boost immunity. Journal new habits, find a Biome Buddy for accountability and measure energy and sleep patterns. If you have children, engage them with natural items to increase moments of awe and wonder. Create a bedtime ritual to include calming music, supervised candle light and audio stories that help align their own Circadian Rhythm.

Getting and keeping in sync with nature and our natural processes can be a positive game-changer for swiftly moving into your healthiest, happiest life.

Rebecca Reynolds offers Positive Psychology based well-being coaching, which focuses on stress-reduction, nutrition, movement, and emotional balance as foundational tools for healing. Rebecca’s membership subscription for children, parents, and adults are transformational and deeply supportive. To find out more about her services, email at rebecca@rebecca-reynolds.com or visit her website www.rebecca-reynolds.com.

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Lakewood Observer

Lakewood Kiwanis Celebrates 100 Years

by Anna Bacho

A celebration is in order. The Kiwanis Club of Lakewood will be celebrating 100 years of service to the community and the world. Starting in 1921 with 83 of the leading business men of Lakewood, this service organization began a lengthy legacy to children and the Lakewood community.

Weekly club meetings of fellowship and service have happened regularly throughout the community over this past century. Club activities and all kinds of fundraisers occurred at the Masonic Temple, the Lakewood YMCA, Lakewood High School, and Lakewood Park. Pre Covid, the club had been meeting for the past several years at St. Clement Catholic Church. The club is “zooming” its meetings now and thus has been able to continue its many service activities during this pandemic year without skipping a beat.

Membership in Lakewood Kiwanis became open to women in the 80’s and in the process membership grew to over 200 members serving Lakewood and the world.

You may have seen or participated in some of the Kiwanis projects and activities around town -- the many hot dog sales, the Kiwanis Picnic Pavilion at Lakewood Park, where many families congregate all year long, the building of the all-weather track at Lakewood Stadium, the illuminated community sign in front of the old Board of Education Building on Warren Rd., the famous Lakewood Pizza Bake-off at Lakewood High, the many pancake breakfasts, and who can forget the donut sales every fall.

Also, service to the needy throughout the world happened when the club raised thousands of dollars to complete its commitment to the IDD Project, a Kiwanis International Project in the ‘90’s that resulted in putting iodine in the water supply in areas of Africa to eliminate mental retardation in children. In recent years the club again

participated in a new International Kiwanis Project – “The Eliminate Project” which led to the club financially supporting the vaccination of 20,000 mothers in Africa and Asia to protect their babies from early death from neonatal tetanus.

Kids Need Kiwanis and the Kiwanis Club of Lakewood does that in a big way. The club supports 4 KKids Clubs in elementary schools, a Build-

ers Club at Harding and the Key Club at LHS with leadership and community service by all 6 clubs. Distributing thousands of free books to preschool and elementary school children is another on-going project. Also, college scholarships have been an important club focus since 1954 and this year the club will reach \$2.7 million in awards to graduating Lakewood resident high school seniors.

To commemorate the 100th anniversary this year, plans are being made to build another illuminated sign at the new Lakewood Board of Education. Continuing to serve children, the Lakewood community and the world for another 100 years is our goal. If you want to join us or want more information on the Lakewood Kiwanis, please visit our web site www.lakewoodkiwanis.com.

Dive In To Lakewood Rec's Underwater Egg Hunt

by Matt Demaline

Grab your bathing suits, towels, baskets and goggles for Lakewood Recreation’s annual Underwater Egg Hunt. This year’s event will be held Saturday, April 3, 2021 at the Lakewood High School Pool, with groups beginning shortly after 9am.

Children are split up into age groups for the hunt. All children ages 6 and under must be accompanied by an adult in the pool; no separate registration fee is required for the adults accompanying younger children. Everyone receives a little treat bag after, but there are special prizes if you find the lucky egg during your grouping.

Don’t be fooled by the name; not

all the eggs sink. Approximately half of the 200 eggs float at the surface. The other 100 or so eggs are spread out on the pool bottom, varying in depth from 3.5 feet deep to 9 feet deep. Included in each time group is a little open swim time, with the high and low diving



Photo credit: Nancy Pizir

boards open for each group.

Don’t get closed out of this unique event – register now at www.lakewoodrecreation.com. We look forward to seeing everyone for this year’s hunt.

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Lakewood Observer



PEYTON MUSGRAVE
2021 Sousa Landscape Management
& Sousa Family Scholarship Recipient

Tri-C Horticulture Student From Lakewood Claims National Honor

by John Horton

Peyton Musgrave often wandered through her wooded backyard to the banks of the Olentangy River while growing up in Columbus. She loved the sights, the sounds and the connection to nature.

Today, that same landscape is vastly different than the one she remembers — and that reality now powers her studies at Cuyahoga Community College (Tri-C).

Musgrave enrolled in Tri-C’s Plant Science and Landscape Technology program last summer. The National Association of Landscape Professionals Foundation recently selected her as the recipient of its 2021 Sousa Landscape Management & Sousa Family Scholarship.

She plans to earn her associate degree from Tri-C in 2022 and then pursue a career in erosion control and forest conservation. She said her goal is “to do landscaping with a purpose.”

“It’s about finding a way to make

a lasting impact on the world around us,” Musgrave said.

Tri-C ranks as one of the top colleges in preparing students for careers in landscape design and construction; garden center or nursery management; and other horticulture fields.

Musgrave said she discovered the College’s program after moving to Lakewood. She was looking for a fresh start after losing her job as a pastry chef amidst the economic fallout related to the COVID-19 pandemic.

The idea of studying horticulture stirred old dreams of farming and working with nature. Her classes quickly captured her attention. Musgrave posted a 4.0 GPA during her first two semesters at Tri-C.

Her academic achievement also earned her designation as a Jack, Joseph and Morton Mandel Scholar.

“I took a leap by enrolling here,” Musgrave said. “But I really feel like I found my place at Tri-C.”

Tri-C Student From Lakewood Named To All-USA Academic Team

by John Horton

Cuyahoga Community College (Tri-C) student Geri Bakushi is among 20 students named to the All-USA Academic Team for achievement in the classroom and leadership on campus.

More than 2,000 students across the country were nominated for the award, regarded as one of the top honors available for community college scholars.

Bakushi, of Lakewood, expects to graduate from Tri-C this summer with an Associate of Science degree. The international student from Albania has maintained a 4.0 GPA while taking a course load focused on technology, engineering and math.

He holds a leadership role in the Phi Theta Kappa Honor Society chapter at the College’s Western Campus. Bakushi also served as a Tri-C student ambassador and assisted fellow students as a math and information technology tutor.

Bakushi plans to transfer to a four-year school this fall to study computer science and pursue a career as a software engineer and entrepreneur.

All-USA Academic Team honorees



receive a \$5,000 scholarship and commemorative medallion. Bakushi and other team members will be recognized during the May virtual convention of the American Association of Community Colleges (AACC).

The All-USA Academic Team is sponsored by Cengage, with additional support provided by Phi Theta Kappa and the AACC. Cengage is an education technology company that provides course materials to millions of college students each year.



Summer Camp

by Sharon Mathaios

Summer is an important part of the year for fun and exploration. The Lakewood City Schools Community Recreation & Education Department will be offering its Kids Connection Summer Day Camp. Kids Connection offers safe, fun, and affordable opportunities for kids’ entering kindergarten through sixth grade. The campers will spend the summer doing a wide variety of activities that include swimming, games, arts & crafts and much more. Kids Connection is located at Emerson Elementary School and will allow campers access to the computer lab, LRC, gymnasium, baseball field, and it is a short walk to Lakewood Park and

Foster Pool.

The camp is staffed with certified teachers who provide families with a safe, fun, and affordable alternative to child care. The program consists of (9) one-week sessions, Monday through Friday from 7:00am to 6:00pm. Parents do not have to drop-off or pick-up that early or late, but it is an option that is available. The cost for camp is \$135 for a resident and \$165 for a non-resident, per one-week session.

For more information on the Kids Connection Day Camp or any of our other summer camps. Please contact (216) 529-4081 or visit our website www.lakewoodrecreation.com.

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Trinity Lutheran At 100: A New Role Awaits

by Matt Kuhns

The cornerstone of Trinity Lutheran Church has overlooked Detroit Avenue for a century, as of 2021. Construction of the church concluded in 1922, and the congregation held its final service on this site 96 years later in 2018, before moving to a new home on West Clifton. The City of Lakewood acquired the property including church building, classrooms, storefronts and parking.

After a search for reuse options, the city settled on Scalish Construction's proposal in 2019. Scalish is to move into the church building as its



headquarters, renovate the storefronts, and convert other portions of the property to housing. Planning Commission member Jeff Wise calls Trinity Lutheran a "historic preservation success story." Wise says that Scalish is pursuing preservation tax credits, and that this and COVID-19 have meant that the site is quiet for now, but he's hopeful that redevelopment will begin this year.



Message From Superintendent Barnes

March 15: Fourth-Quarter Learning Plan Begins

All in-person students will begin attending school everyday, Monday through Friday, following their regular school schedule. Remote 2.0 students will continue to follow their regular schedules. eLearning students will continue as they have been. A summary of our building safety protocols are below:

The District has purchased plexi-glass shields for both students and staff. Mask wearing remains mandatory. Varied classrooms sizes mean some will have 3 feet instead of 6 feet spacing.

Adjustments have been made in cafeterias to maximize spacing during lunch.

Buildings are equipped with hospital-grade air filters and are configured to pull in more outside air to reduce the amount of recirculated air.

Students will be required to be in attendance for all classes daily.

ALL IN MODEL PROTOCOLS:

Health assessment, including temperature, at home before entering school
Face coverings required for staff and students

Physical distancing guidelines followed with 3-foot separation

Hand sanitizer available in every classroom

Cleaning supplies to sanitize work

areas will be available throughout the day
Lunchroom space expanded to other areas if necessary

Water fountains closed - students will be able to bring water bottles and filling stations will be available

No visitors or volunteers

No shared student supplies

One-way hallways/stairwells when possible

No field trips

No large group student events

No access to student lockers (students will be able to carry backpacks)

In addition to their daily/weekly checklist, custodial staff to use daily log for facility/restroom cleaning/disinfecting of high touch surfaces using CDC/EPA-approved disinfectants throughout all shifts

HVAC modifications: reduction of recirculated air, increase of outside air supply & installation of higher MERV-rated air filters.

Students selecting in-person instruction will not be permitted to Zoom into class and are expected to be in class daily. (COVID related quarantine is exempt from this rule)

Please contact your child's House Principal if you would like to change learning modes (remote to in-person or in-person to remote) by March 12th. No changes to instructional learning modes will be made after the start of the fourth quarter.

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Letters To The Editor

Taking A Step Outside Of The Norm Of Healthcare With Self-Care

by Cary Manning

Everyone has some sort of say in their state of health. Its something people intuitively feel, or at least think. Granted, some situations are more challenging than others to cope with, with some that may even seem outright impossible to change; that shouldnt deter us from beginning or continuing to implement steps to restore wellness in the form of self-care.

For anyone who is interested in pursuing a change in the quality of personal health, either general health or some very specific ailment, but gets deterred either by various components of the conventional medical system or by prescriptions or protocols that don't quite get to the core of the problem nor bring about long-lasting relief, or for anyone who wishes to take a preventative approach to wellness and learn about effective ways to manage health to prevent lengthy build-ups of avoidance or poor choices that lead to health detriments in the long run, consider exploring the world of self-care healthcare.

Self-care is not a system but rather the introduction or kindling of unknown or underutilized methods of wellness into one's life to maintain a balanced state of health. This includes primary areas of diet, exercise, sleep and rest regimens as well as self-exploration. Each of these aspects has several different underlying ways of engagement. Consider the bioindividuality of each person-- that is, the unique differences of needs and wants that come in all different shapes, sizes and degrees of magnitude for everyone. One person's diet may be another person's poison; one person's exercise may be another person's boredom; and one person's fun activity may be another person's stressful nightmare. This illus-



trates the importance of self-exploration to get to know what works and what doesn't, and what will sustain a balanced state of wellness over time and keep energy levels and spirits high, presence youthful, focus and attention sharp, and pain and discomfort at bay. It's not about eating food that doesnt taste good to us, and it's not about abhorrently jogging outside or on the treadmill, and it's certainly not about sitting cross-legged on the floor; it's about learning what foods nourish us best, subjectively just as much as objectively, or what our personal relationship with certain food is that creates a state of health, and then transforming it; or learning why we react certain ways to people or specific environments that influence chronic problematic states; and learning what kind of activity generates rest and relaxation throughout the day for a moment of time to promote longevity and more energy and reduce stress-- which has a major impact on health.

Self-care can be implemented at any time at any stage of health. Its never too late!

Cary Manning is a a Lakewood native with a vision to spread awareness of self-empowerment through health and wellness. He sees the importance of implementing simple things that can have big impacts on health, and wants to provide resources for improving relationships with wellness.

Lakewood's Got Heart

by Judy Bilinski

I just wanted to take a moment to say how grateful I am to the children, parents and staff of the Brownstone Day School. I have been a crossing guard on the western end of Lakewood near Horace Mann Elementary School for the past five years. Recently during the really snowy and cold weather we had, I slipped and fell on the ice while crossing a student. Fortunately, I was not seriously injured, but was bruised and sore. I missed several days of work until I felt well enough to return. In the afternoon I was presented with a wonderful bag of treats and gifts from the children, families and staff of Brown-

stone. I was overwhelmed with the kindness and thoughtfulness that was exhibited by all of those involved.

Lakewood is a wonderful and caring community. I have seen it displayed over the years in many small and large ways. I am happy our family moved here twenty plus years ago. Kudos Lakewood.

Judy Bilinski's family moved here from the Tremont area in 2001. They couldn't be happier with the choice they made. The schools are great and they love the neighborhood they live in. Lakewood has a great mix of things they like to do.

It's Time The Postal Service Fired Its Lakewood Station Manager

by Bob Soltys

One can always tell when the regular mail carrier for Route 15 has the day off. Despite repeated letters to the Station Manager at the Lakewood Post Office, the substitute carrier continues to leave letters addressed to other houses in my mailbox. Some of them are addressed to houses on a different street.

As a former Navy officer, I offered solutions including retraining, sending a supervisor out with the substitute carrier to insure the substitute carrier checks the mailpiece's address before leaving mail on the box - and I put a sign on the inside of my mailbox with my house number on it.

On January 20, the substitute carrier left another piece of mail addressed to somebody else in my mailbox. Writing the Station Manager of the Lakewood Station, the Postal Service Help Line, and the Postmaster General has not convinced anyone to permanently solve the problem. Regretfully, it

appears postal management isn't interested in fixing this continuing issue.

While the Postal Service was swamped with holiday mail, this problem began last summer - long before the holiday rush. If the Postal Service expects help from the taxpayers, its management needs to be more responsive to taxpayer concerns. Please note that I wrote "management" - not "leadership," because I've yet to see any leadership vis a vis this continuing issue.

If you have concerns about the Lakewood Station manager's apparent lack of interest in responding to taxpayer concerns, please join me in expressing a concern to The House Committee on Postal Oversight and Reform, 2157 Rayburn House Office Building, Washington, D.C. 20515.

Since the Lakewood Station Manager doesn't appear to be interested in seeing that his or her employees do their jobs correctly, it's time for him or her to retire. Or be fired.

Good News! They Are Back



Mom Bald Eagle sits on the nest while Dad goes fishing for dinner! She has returned for the seventh year! It is believed she is sitting on two eggs. The eaglets should be ready to leave the nest by July 1. Watch in the skies overhead, we have at least 3 bald eagle nests in the area.

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Lakewood Over Easy

Know Your Rights - Tax Credits And Free Professional Tax Preparation And Filing Opportunities

by Danilo Powell-Lima

Tax season is once again in full swing, but the lasting economic impacts of COVID-19 linger. Here's what you should know about available resources that may provide direct financial relief:

If you were one of millions of people who still have not received one or both of your Economic Impact Payments, more commonly known as a stimulus check, filing your taxes is an opportunity to claim that missed income. When you file your taxes, you can claim that missed payment or payments as a tax credit. For example, if you were set to owe \$2,600 for this upcoming filing, but did not receive \$2,600 in Economic Impact Payments, your liability drops to \$0.

- Working families and individuals may qualify for a larger refund via the Earned Income Tax Credit (EITC). The EITC is designed to provide a tax break for workers with low-to-moderate incomes and their families. You may qualify for the EITC if you are:
- A grandparent caregiver
 - A foster parent
 - A victim of abuse
 - Earning a low income at work and have no children
 - A family or individual with excessive debt
 - A person with disabilities earning

a low income

Recently unemployed

A person with limited English proficiency earning a low income

Think you may qualify? Visit <https://apps.irs.gov/app/eitc/> to use the IRS's official EITC to see if you qualify to learn more.

If taking advantage of these opportunities seems intimidating, don't worry. You may be eligible for free tax preparation from a licensed professional. Here's how to access these services in Northeast Ohio:

Cuyahoga County residents can receive free tax preparation and filing via the Cuyahoga Earned Income Tax Assistance Coalition, which is part of the IRS' Volunteer Income Tax Assistance Program. This free filing service is available for those with household incomes under \$57,000 who don't own rental properties. "We save a taxpayer on average 300 to 450 dollars that they'd otherwise be spending on a paid preparer," said Andre Ross, Volunteer and Outreach Coordinator for the Coalition. Visit RefundOhio.org to schedule an appointment. Virtual and socially distant in-person consultations are available.

Lorain County residents looking for free tax preparation should contact the Lorain County Free Tax Prep

Coalition. Most families and individuals making under \$60,000 are eligible. Call 211 to have your questions answered and be scheduled for an appointment at the appropriate location. To learn more, visit <https://www.loraincountyfreetaxprep.org/>

Lake County residents looking for free tax preparation can schedule an appointment by calling 211, which is sponsored by Lifeline, Inc.

If you live in Ashtabula, Geauga, or another county and are interested in free tax preparation programs, you can use a site locator tool on the IRS's web-

site (www.irs.gov). The tool allows you to type in your zip code and find professional free filing opportunities near you.

Remember: the deadline to file your 2020 taxes is April 15, 2021.

If you are dealing with a legal issue related to taxes, contact Legal Aid for help by visiting lasclv.org/contact – our online intake is open 24/7. Or, you can call Legal Aid's toll-free number 888-817-3777 and apply for help during most business hours. Legal Aid has a Low Income Taxpayer Clinic that helps people who face controversies with the IRS.



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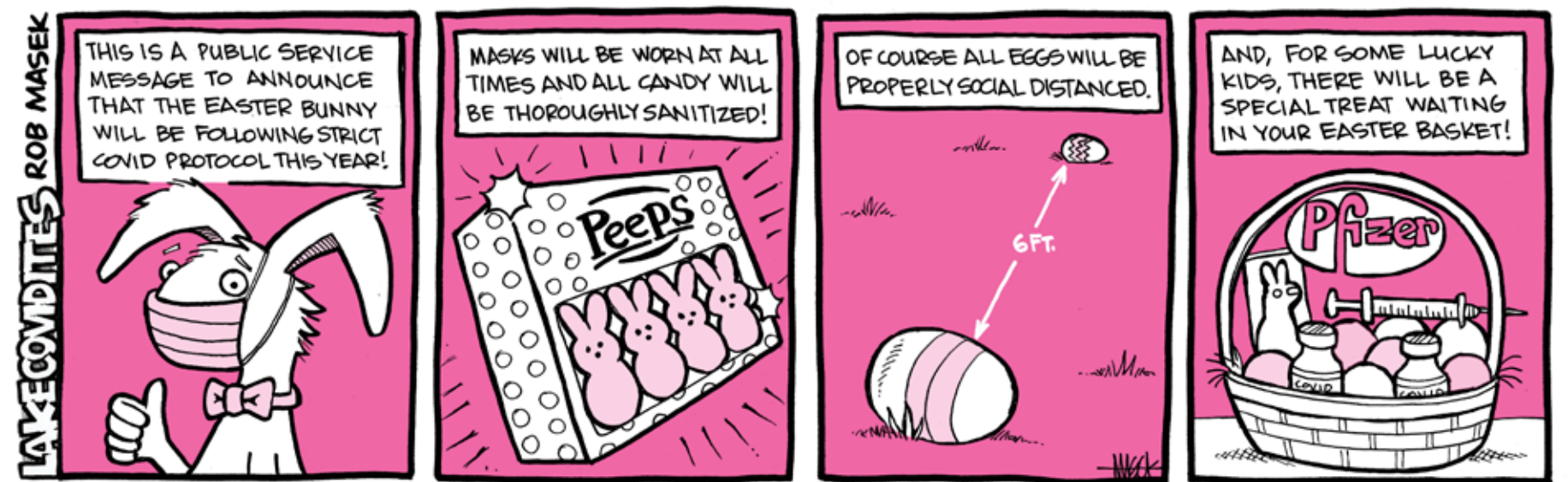


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