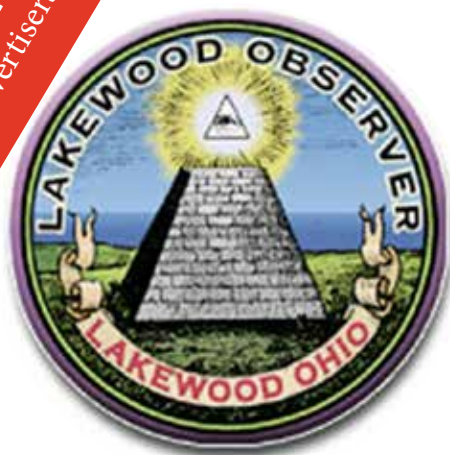


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# THE LAKEWOOD OBSERVER

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Volume 17, Issue 12, June 16, 2021

## Healthy Lakewood Foundation Announces Inaugural Executive Director

from news release

The Healthy Lakewood Foundation (HLF) board of directors is pleased to announce the selection of Kate Ingersoll as the inaugural executive director of the local nonprofit. Launched in September 2018, HLF is dedicated to advancing programs, policies, and practices that inspire a Lakewood community in which health and wellness are reflected in all aspects of life.

Kate brings a wealth of non-profit experience to her role and a deep passion for translating organizational capacity into action. Her vision for the future of HLF will be instrumental to the next phase of grant making as HLF pivots from the 2020-21 focus on community needs related specifically to the COVID-19 pandemic to a more holistic, long-term grant making strategy.

Kate has served as the HLF secretary since fall 2018



photo by Hidden Moments Photography

Healthy Lakewood Executive Director Kate Ingersoll

and was selected for her new role after an extensive national search. Her familiarity with HLF and understanding of how to operationalize the vision of the board in support of the community she calls home are incredible assets. The hiring task force observed that “Kate is holistic and deeply thoughtful – she has a clear passion for HLF and the Lakewood

community,” and “She has an unwavering commitment to diversity and equity, and seeks to have a direct impact on the social determinants of health for Lakewood residents.”

Kate steps into this role at an important time for HLF, as the community adapts to emerging needs elevated by the disproportionate impact of COVID-19 on vulnerable residents in our Lakewood community, even as infection rates recede and vaccine rates improve. Kate will support the board in building its organizational and grant making structure and expanding its community presence.

Kate joins HLF from The Brush Foundation, where she previously served as program director. She has a bachelor’s degree in Political Science from the College of Wooster and has worked for a variety of

**continued on page 4**

## Keep Sarah Kepple On Lakewood City Council

by Sarah Kepple

Councilmember-At-Large

Hi neighbors! I’m your friendly Lakewood City Councilmember at Large Sarah Kepple, and I’m running to continue to make your local government accessible and responsive to you. I was honored to be unanimously appointed to complete the term vacated by then newly elected Mayor George. I felt called to serve then as I am now because my experience and expertise as a small business owner, volunteer community organizer, and longtime public servant working for and with diverse populations make me uniquely suited to unite our community to take on the challenges facing our city together.

I began my career in public service at Lakewood Public Library where I met my husband Andrew Harant. At the Cuyahoga County Public Library, I worked in a number of communities throughout the county, and I had the opportunity to notice that children attending lower funded schools were not getting enough access to vital technology skills to help them prepare for 21st Century higher education and job markets. I began teaching technology classes for kids and eventually moved to the Library’s Administration building where I developed curriculum, trained staff, and



Councilmember Sarah Kepple

coordinated county-wide efforts including coding camps, robotics classes, and music and video recording studios. Having experience connecting people through technology was extremely helpful in my first term on council during the global pandemic! I wrote my first ordinance less than a month after being sworn in to allow council to meet remotely to continue the people’s work, and I worked with our IT department to enable and encourage public participation through new and convenient technology such as our eComment platform. I also kept residents informed via timely video updates and social media posts.

Being a small business owner myself, puts me in a unique position to understand the struggles that many of our small businesses have faced during this time. I launched my business, Gigalearn, in 2014 to **continued on page 4**

## Three Arches Foundation Welcomes New Board Members

by Kristin Broadbent

Mary Anne Crampton Elected Chair of the Foundation’s Board of Directors

Three Arches Foundation, a community-focused grant making foundation, added three new members to the board of directors and elected Mary Anne Crampton as its new chair. Adam Bechler, Chesley Cheatham and Monica Yepes-Rios, M.D. join the 19-member volunteer board. The Foundation also recognized the leadership contributions of former chair Chas Geiger and outgoing directors Jay Foran and Jim Hekman, M.D.

Crampton will lead the Foundation as it carries out its work of investing in the advancement of solutions that impact access to care, specifically those that remove barriers and improve behavioral and physical health. She previously served as chair-elect and brings a wealth of non-profit and civic leadership to the role. An engaged resident of Lakewood for over thirty years, Crampton



Mary Anne Crampton



Chesley Cheatham

is principal of MACC Partners, a consulting firm that specializes in organizational planning and strategic alignment in the nonprofit sector. Previously,



Adam Bechler



Monica Yepes-Rios, M.D.

she co-founded and was executive director of LakewoodAlive, Lakewood’s nonprofit develop-

**continued on page 4**



## Sale On The Grounds: Worth The Wait

by Heidi Murray

Members of the Lakewood Historical Society have been busy preparing for their annual sale, the 33rd Sale on the Grounds will be held on June 17, 18, 20th. Thanks to everyone’s (least) favorite pandemic,

we were forced to take a year off. But we are back and bursting at the seams with treasures!

The Historic Nicholson House, located across from St. Edward’s High School, is filled

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City Hall

### The Mayor’s Corner: Back To Summer

by Meghan George, Mayor, City of Lakewood

On June 16th, the City held a virtual meeting to provide an update on Clean Water Lakewood, our City’s plan to improve and update our 100-year old sewer system. The discussion also included how we plan to use American Rescue Plan Act funding to reduce rate increases and implementation of the new Impervious Surface Fee to help fund a modern sewer system that better protects our waterways from pollution. I look forward to presenting this to City Council later this month.

As of late May, Lakewood has officially entered into our energy supply contract with NOPEC, which will provide the city’s public facilities with 100 percent renewable energy. Lakewood is one of the first communities in Ohio to commit to a completely renew-

able energy contract. I believe that sustainability and clean energy are foundational values of Lakewood and its residents, and I hope to continue to expand on these renewable energy efforts for years to come.

The City of Lakewood has teamed up with Lakewood Vineyard Church and Friends of Madison Park to create a new community event series entitled “Third Thursdays in Madison Park.” Four free events will take place during the third Thursday this summer and will feature family-friendly activities and local restaurants at Madison Park. Events will be held on June 17th, July 15th, August 19th, and September 16th. More information can be found at LakewoodOH.gov, www.FriendsofMadisonPark.org, and LakewoodVineyard.com.

In addition to the Third Thursdays in Madison Park series, Lakewood will be hosting many of its regular yearly festivals and events this 2021 season. Friday Night Flicks, Fireworks, Lakewood Arts Festival, and many other customary events are back and currently scheduled to take place this summer with health and safety precautions. To find more information on these events, you can visit the Lakewood 2021 Summer Events page at LakewoodOH.gov.

As summer quickly approaches us, Lakewood’s outdoor pools are officially open for business. Summer pool schedules and information concerning Madison Park’s Becks Pool and Lakewood Park’s Foster Pool can be found at lakewoodrecreation.com. All

locker rooms and high-volume areas will be cleaned using 2020 standards.

Lastly, as a reminder, the City’s website has officially changed from OneLakewood.com to LakewoodOh.gov. The website retains the same information and format, but, with an official government domain, anyone searching can find our website and be assured of its legitimacy. Ensuring all governments are on a .gov platform is a major step toward one of our nation’s national security issues, Cyber Security.

After losing many of our summer traditions in 2020 to COVID, I am greatly looking forward to a lively and exciting 2021 summer season, and I look forward to sharing it with you. As always, thank you for your continued support.

### Letter To The Editor

It seemed strange to me that there were no concerns noted in your last issue, June 2nd, about how our country is facing its greatest challenge since the Civil War. I would think, after the insurrection of January 6th and the way the Republican Party’s lies have tried to erase history and restrict voting rights across the nation, someone might have mentioned the peril we

are experiencing.

That’s what prompted this letter. Voices were also silent in the 1930’s in Germany. That didn’t turn out well.

**Michael Lawless**  
*Michael Lawless and his wife have lived in Lakewood since 1981. He is a Navy Veteran who is very concerned about where our country is headed.*

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### FAQs About Surface Fees

#### What is an impervious surface?

Impervious surfaces are the hard surfaces on a property like pavements and roofs. These surfaces cause rainwater and snowmelt to run off the property into the City’s storm drains. During large storms, this water can overwhelm the City’s combined stormwater and sewer system that makes up our wet weather infrastructure and cause pollution to run into Lake Erie.

#### What is an Impervious Surface Fee?

The City needs to invest about \$274 million into upgrading and modernizing our 100-year-old sewer system to meet the regulatory requirements of both the Ohio Environmental Protection Agency (EPA) and United States EPA and prevent pollution from reaching the Rocky River and Lake Erie. Currently we are funding these infrastructure projects from the water and sewer rates we charge customers on their water bills, which is based entirely on the volume of drinking water a customer uses. However, water use is not connected to the demand a property puts on the City’s wet weather infrastructure.

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July 2, 2021	July 7, 2021
July 16, 2021	July 21, 2021

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# New app puts great care at your fingertips.



Steven Shook, MD  
Cleveland Clinic

The COVID-19 pandemic has changed many aspects of life including how we work, learn, shop, travel, socialize...and how we address our healthcare needs.

“Virtual healthcare visits grew in popularity over the past year and have quickly become common practice. Instead of going to a physician’s office for an exam, patients can meet with them virtually from the comfort of their own home,” says Steven Shook, MD, Lead for Virtual Health at Cleveland Clinic. Dr. Shook is responsible for developing, executing and monitoring Cleveland Clinic’s virtual health strategy.

And virtual visits are just one part of that strategy. The new MyClevelandClinic™ app puts quality healthcare at your fingertips, providing a single source for access to all Cleveland Clinic services – on your smartphone, tablet or computer.

“MyClevelandClinic provides secure access, allowing you to view appointments, access test results and more,” says Dr. Shook. “We

know it can be hard to make time for your health, but it’s so important. This app brings quality care closer than ever, ensuring that you get the care you need, wherever and whenever you need it.”

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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.

Visit [ClevelandClinic.org/DiabetesEducation](https://ClevelandClinic.org/DiabetesEducation) or call 216.237.5500 for more information on scheduling a diabetes education visit at Lakewood Family Health Center.



## Don’t put off your mammogram.

We know that there are a lot of questions when it comes to having a mammogram, but even in these uncertain times, your health should be a priority. And, rest assured that Cleveland Clinic – Ohio’s leader in breast health – is one of the safest places in healthcare today.

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|---|--|
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| • Fairview Hospital                         | • North Olmsted Patient Testing Center |
| • Lakewood Family Health Center             | • Westlake Medical Campus Building A   |

Our walk-in screening mammography locations provide annual screening mammograms for women ages 40 and older who have no breast symptoms (such as pain, nipple discharge, or have felt a lump). A prior doctor’s order is not required, except for at Lakewood Family Health Center.

Learn more about the steps we’re taking to keep you safe at [ClevelandClinic.org/Coronavirus](https://ClevelandClinic.org/Coronavirus).

Visit [ClevelandClinic.org/WalkinMammo](https://ClevelandClinic.org/WalkinMammo) to view hours and all locations.



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# Lakewood Observer

## Keep Sarah Kepple On Lakewood City Council



Councilperson Sarah Kepple with family

continued from page 1

bring technology literacy to more people in more places, and this pandemic period has been one of the hardest challenges we’ve had to overcome. As an entrepreneur, I bring an unmatched perspective to council and have been working diligently to help transition Lakewood’s economy and technology for a post-Covid world. I serve as Council’s liaison to the Mayor’s Small Business Task Force and work closely with LakewoodAlive, the Lakewood Chamber of Commerce, and the Merchant Associations. I helped champion expanded outdoor dining and initiated Curbside Express Parking, a convenience to both businesses and busy families that not only helped us weather the pandemic, but also responds

to nation-wide consumer trends to keep our local shops competitive and make their services and goods more accessible. Like our shops and restaurants, our government must be more than just available--it must be accessible. In both my career in public service and my work as a lead organizer of Action Together Lakewood Area, I’ve seen first hand how critical it is for the people affected by decisions to have a voice in making them. That is why I work tirelessly to proactively invite everyone in our community to the table and welcome and encourage public comment and participation. I serve as the Council representative on the Americans with Disabilities Act Task Force, work closely with the AntiRacism Task Force, and engage with community members on social media, at block meetings, neigh-

## Healthy Lakewood Foundation Announces Inaugural Executive Director

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non-profits in Cleveland over the past twenty years. Kate and her husband Dick are raising their two children in Lakewood. You can often find her at one of Lakewood’s many playgrounds or local coffee shops, happily making and seeing friends. **About the Healthy Lakewood Foundation:** The Healthy Lakewood Foundation (HLF) is a 501(c)3 nonprofit community foundation. HLF was created to ensure remaining assets from the conversion of the Lakewood Hospital will

continue to benefit the health and wellness of residents in the City of Lakewood. HLF was established in September 2018 as part of the master agreement following the closing of Lakewood Hospital. HLF was formed from the Foundation Planning Task Force and through their recommendation to the City of Lakewood and the Lakewood Hospital Association. **To contact HLF, please visit [www.healthylakewoodfoundation.org](http://www.healthylakewoodfoundation.org) or email [healthylakewoodfoundation@gmail.com](mailto:healthylakewoodfoundation@gmail.com)**

borhood events, in their businesses, and through calls, texts, and emails. When I was sworn-in, Council President O’Malley noted that though many qualified candidates applied for the appointment, “Sarah’s business, non-profit, and community experience really stood out. She has a special ability to bring people together to work for the common good.” I want to continue to bring our community together. I hope you’ll join me. Please visit [KeepKeppleForCouncil.com](http://KeepKeppleForCouncil.com)

to learn how to get involved and vote to #KeepKeppleOnCouncil this fall. *Sarah Kepple serves all residents as Lakewood City Councilmember at Large. She is the owner of Gigalearn, LLC and led Action Together Lakewood Area for many years. She and her husband Andy live on Summit Ave with their recent Lakewood High School graduate Emma and two cats. Reach her at [sarah.kepple@lakewoodoh.net](mailto:sarah.kepple@lakewoodoh.net) or 216.200.5050.*

## Three Arches Foundation Welcomes New Board Members

continued from page 1

ment corporation. Bechler is senior vice president at Wells Fargo Advisors working with institutional investment committees and high-net-worth individuals to develop, implement and monitor various investment policies and strategies. An advocate for supporting those suffering from various addictions and mental health disorders, Bechler has actively served on the board of directors for Recovery Resources over the past nine years and is its current chair. Cheatham is manager of Community Outreach and Patient & Public Education for University Hospital Seidman Cancer Center. She is responsible for the design, development, implementation and evaluation of education programming, as well as increasing cancer prevention measures and establishing sustainable partnerships with community partners. Cheatham is frequently sought out for her professional expertise on the importance of creating a health literate environment to improve patient experiences and outcomes. Yepes-Rios is an internal medicine physician at the Cleveland Clinic Ohio City Hispanic Clinic, and West Region Medical Director for Cleveland Clinic’s Community Health Strategies. She provides primary care services to patients in a bilingual/bicultural setting and is actively strengthening community partnerships to advance the health and wellness of our com-

munities. Yepes-Rios is also Associate Professor of Medicine and Director of Diversity & Inclusion at the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. “We welcome our three new directors and look forward to their contributions,” said Kristin Broadbent, president and CEO of Three Arches Foundation. “Each one offers a unique background and perspective that will help enhance our efforts to better understand the needs and gaps affecting health and well-being.” The board recognized outgoing directors Foran and Hekman for their invaluable insight and active engagement. Geiger was also honored for his leadership since the Foundation’s inception in late 2017 and becomes its first immediate past chair. He will continue to serve the Foundation as a board member. **About Three Arches Foundation (TAF)** – Three Arches Foundation is a 501(c)(3) public charity that invests in advancing the health and well being of the people of Lakewood and surrounding communities through grant making. By connecting people, ideas and resources, the Three Arches Foundation fosters a collaborative approach towards investing in organizations whose work directly addresses the continuum of physical and behavioral health issues. For more information, visit [threearchesfoundation.org](http://threearchesfoundation.org) **Ardent Communications Group on behalf of Kristin Broadbent, Three Arches Foundation**

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# Lakewood Observer



## Sweet Designs Is Going To The Dogs With A BEST DOG Essay Contest

by Carly Moran

“We know how much people love their dogs,” said Carly Moran, General Manager, Sweet Designs Chocolatier, “so we thought it would be great fun to have an essay contest with a custom dog portrait as the top prize.”

Why is your pooch the most deserving canine pal on the planet to merit a portrait? Tell us, in no more than 250 original words, and the por-

trait could be yours.

The lucky winner will get a custom 16” x 20” portrait painted by Renee Fisher, whose day job at Sweet Designs is creating lovely decorations for the European-style chocolates. A graduate of the College of Art & Design in Columbus, Renee is also a working artist who specializes in dog portraits.

### Key details for the contest:

- Your original essay should answer the question why your dog is the most deserving dog on the planet to win a portrait.
- Entries will be evaluated by a panel of dog-loving judges and the winner will be announced in the August issue of Truffles, the Sweet Designs newsletter.
- Entries must not exceed 250 words.
- Deadline for entries is July 24, 2021 (at 11:59pm)
- Please include your dog’s name and your name and phone number along with your entry.
- Send your entry and any questions to: [Toby@sweetdesigns.com](mailto:Toby@sweetdesigns.com)

Carly Moran is the General Manager of Sweet Designs Chocolatier in Lakewood.

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## FAQs About Surface Fees

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The City is considering implementing an Impervious Surface Fee to help us recover the costs of these wet weather infrastructure improvements in a way that is more directly tied to the demand customers place on this infrastructure. The Impervious Surface Fee would be a small set amount for single family residential and small multifamily properties, since these properties have very similar amounts of impervious surfaces across the entire city. For large multifamily, commercial, industrial, and institutional properties, which have more variable amounts of impervious surfaces, the fee would be based on the amount of paved and hard surfaces each property has. The Impervious Surface Fee would be placed on your water bill as a separate line item.

### What is driving the need for an Impervious Surface Fee?

Part of our City’s charm is that we are a pre-World War II community on the shore of Lake Erie, but beneath our streets is 100-year-old sewer infrastructure that is causing pollution to flow into the lake during major storms. To comply with the

US EPA regulations, we must invest in infrastructure at a fast pace, and this means that a dedicated funding source is needed. The City is considering an Impervious Surface Fee to equitably allocate the costs of improving our wet weather infrastructure and more closely reflect each property’s demand on the wet weather infrastructure itself.

### How will the City use the money collected from an Impervious Surface Fee?

An Impervious Surface Fee would help transition the City toward a sufficient and stable revenue source to effectively implement its Clean Water Lakewood Integrated Wet Weather Improvement Plan (IWWIP) that has been submitted to Ohio EPA. This will allow us to meet the requirements of the City’s NPDES MS4 Permit.

### I’ve never heard of an Impervious Surface Fee, do other cities have this?

Charging for wet weather infrastructure in this way is something cities

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Gabriel Abuaun  
Fatima Abukhalil  
Sami Abukhalil  
Deana Abuzahriyeh  
Nelson Addison  
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Nawar Alhoms  
Muzafar Ali \* +  
Feruza Aliyeva  
Omar Almutairi  
Mohammed Alniserawiy  
Ibrahim AlSabbar  
Grace Alven  
Mya Amato  
Brianna Anderson  
Aya Awad  
Laila Awad  
Destiny Ayala  
Norbert Baguma  
Gabriella Bangert \*  
Troy Barker  
Jocelyn Barth \* +  
Hayd'n-Lee Basnett  
Sofia Bianco +  
Marina Binfield  
Sydney Binion ^  
Tieson Blair  
Alexander Blinky  
Hunter Bliss  
Gregory Bohnert  
Elizabeth Bour  
Matthew Bowen  
Charles Bowers  
Nina Bowers  
Edward Bozak  
Ebony Bradford  
Elias Bradley  
Enia Brahaj  
Jackie Branch  
Anastacia Brightharp  
Ryan Britt  
Gabriela Brizzi  
Una Bryson  
George Burke  
Dominic Burke-Viccaro  
Jameson Burnett  
Mateo Bussert  
Michael Capoj  
Nathan Carson  
Nolan Cech  
Emmanuel Cedeno  
Gregory Chambers  
Zeylie Cheiky-Fakadej  
Carlos Cintron  
David Coleman \* +  
Alexis Coniku \* + ~  
Cameron Constantine  
Annika Cook \* +  
Calixte Cook \* +  
Quinn Costanzo \* +  
Shannon Cotto  
Angel Cruz-Pagan

Madeline Cummings  
Nathan Cummins  
Olivia Cunningham  
Lucy Danckaert  
Ethan Daniels +  
Jaxen Davis  
Shantajah Davis  
Ruth Demba  
Chloe Derethik  
Amara Deyo-Flagg \*  
Cole Dockus  
Sadie Dohar  
William Donnelly  
Solomon Dooley  
Michael Drewke  
K Kyu Du  
Martin Dunne  
Jason Ellis  
Rylie Elswick  
Joel England  
Aidan Erway  
Holly Eubanks  
Aine Fagan  
Dillon Feiler  
Joshua Ferry  
Chloe Fielder  
Casey Fox  
Giavanna Frankito  
Timothy Frolo  
Alexis Frost  
Ace Fulkerson  
Jocelyn Galarza  
Maya George  
Lillian Germaine  
Robert Graham  
Leonardo Gramajo  
David Gramo  
Noah Greene  
Evangalina Gregg \* +  
Jacob Grunder  
Amina Hamdan  
Savannah Hanna  
Patrick Hannum  
Taylor Hargate \*  
Caroline Harmon \* +  
Sereanah Harris-Hein ^  
Kevin Harshman  
Angelena Hawk  
Aidan Hayosh  
Riley Haytas  
Deirdre Healy  
Kate Healy \*  
Sydney Heckeler \* +  
Joseph Hedges  
Claire Herrington  
Jack Declan Holian \* +  
Livia Holstein  
Shaliyah Hooper  
D'Marcus Huff  
Songul Islamov  
Abdul Rashid Jabarkhil  
Sara Jarecke \* +  
Mark Jarrous  
Samuel Jaskulski  
Antwan Johnson  
Janiya Jones  
Phoenix Jouriles  
Catherine Joyce \* +  
Mariah Kaim  
Farmesk Kareem

Congratulations Lakewood

Dilyak Karkatadze  
Jacob Kavc ~  
Sara Keane  
Emily Keegan  
Joseph Kelly \* + ~  
Robert Kiko  
Foster Kimes  
Arbrianna Kizzee

Megan Klancher  
Emily Kompier \* +  
Joshua Kraidich  
Cameron Kresila  
Alexander Kress  
Nistor Krizan  
Zachary Krost  
Mohammad Kutkut

Class Motto: “Stay Po  
Class Song: "Don't Stop



Graduation Speech: "Lost T

by Tovi Vega, LHS class of 2021

I have been writing this speech for five weeks. I’ve far surpassed the time I’ve been allotted to write it and have written 3 drafts overall. Three revisions later and I’m still without a thread. When someone’s chosen to speak for commencement, they usually have some idea of what they’re writing —what they’re going to say to the hundreds of people that are stepping out of the first 18 years of their lives and moving on to greener pastures. These speakers had to have a thread —some intangible topic or driving idea that ties their speech together. As of May 28th 2021, I don’t. And that’s okay.

It’s nerve wracking, not knowing what I’m going to say to my contemporaries and teachers and parents. It’s anxiety in the flesh. Then I thought about something. This entire speech writing process is analogous to the culmination of the past four years. Writing, revision, scrapping, rewriting...trying to find a lost thread.

Lakewood High School was a thread for all of us — some had it neatly braided and tied in the nicest bows, some of us not so much. High school hasn’t been the kindest as you all know. We’ve had to deal with last minute essays, hours of concert rehearsal, daily football or track practices, half baked AP tests, and delayed commencements. But then, 2020 happened. Little did we know how much

this year would change everything.

Absolutely no one wants to hear or talk about it anymore, we’re surrounded by it, but this whole pandemic knocked us off our feet. It was absolutely unexpected. Half of the year at home, a quarter in hybrid, and only two and a half months in actual class with masks and plastic screens and the ever present threat of a deadly viral contagion. For a lot of us, grades started slipping and classes suddenly got a whole lot harder than they already were. The thread we were following these past 4 years was severed. The meaning was lost completely.

But... we’re still here. We’re still alive. We made it through. Made it past high school, past those essays and tests, past senior year and now we’re graduating in this auditorium.

We still have the remainder of our lives before us. Where do we go from here?

The image of the singular path and fate in life is so deeply rooted in our culture that the expectations of success and happiness have been more like chains than a celebratory finish line 20, 30, 40 years in our future. Instead of being ensured success through affordable college or the security of a stable job, we’re guaranteed nothing by a volatile job and housing market, a more divided political landscape, and all the other ailments of our modern world. We get too quickly caught up



Education

Lakewood High Class Of 2021

- Madison Lacquement

Lauren Lammers

Tomaserin Larocque

Tyler Lazroff

Sophie Lipka \* +

Hay Nay Lwi \*

Jaden Lynch

Jasmine Magda \*
- Fatma Malkieh

Mohamed Manaa \* +

Emma Mansell

Mariam Mansour +

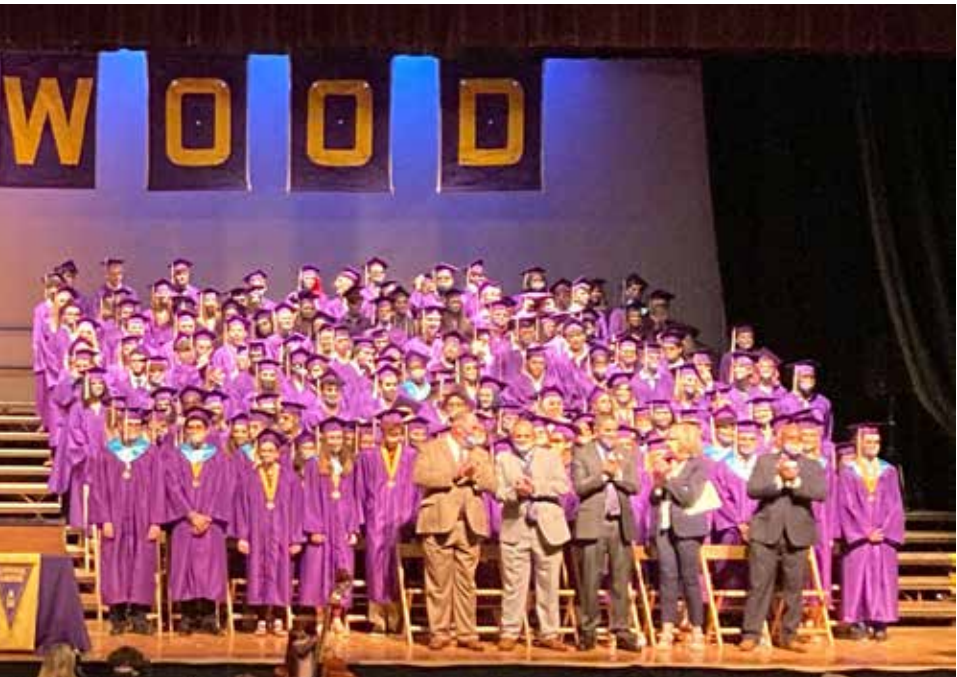
Gina Marjanovic + ^

Anne Martin +

Logan Marzicola

Mohammad Masalmeh

"Positive, Test Negative"  
"Believing" by Journey



"Threads"

in these world-changing events-- we get tunnel vision—there’s only success and anything else is failure.

That’s just not true.

You don't have to have everything figured out right now, it’s okay to go at your own pace. This is something I’ve faced during the closing months of this year and something that I’m sure most of you have also been burdened with.

At this point in writing, I realized something: the thread doesn’t exist.

There is no one path to life and no set way to succeed and prosper. You don’t have to follow the roads that others have taken. Paving your own path is far more important. There will be hardships and struggles, but if you make your own way, you will never be lost.

If the past 4 years have taught us anything, it’s that there's not one destined and predetermined thread in life. The burden of expectation, placed upon us by family, friends and teachers weighs us down from the actual ideal life that we can live. The thread doesn’t exist, because of the uncountable things that are beyond our control.

Instead of worrying about those uncontrollable things, we should focus on the factors that we can control: how hard we work, how we handle failure, how we treat others in our lives, and how far we’re willing to go to achieve what we want.

From the moment we step out



Tovi Vega with his violin.

from those doors, the world is ours. Now you can do with that what you will. Do you want to be a politician and bring change to a system you see as unjust? Become that; campaign for a candidate. Want to write, or paint, or compose the next big novel or painting or symphony? Or become the next great athlete? Then make your own way.

It’s our time to pave our paths, break the thread of expectation, and face the challenges that lie ahead.

Thank you and congratulations to the class of 2021.

- Nikolai Masek +

Gianna McAuliffe

Nichoy McBean

Shavonna McCary

Erin McHugh

Sean McHugh \* +

Margaret McLaughlin

Armoni McNeill

Bailey McReynolds

Brandon Melicant

Benjamin Merriner

Kathryn Milczewski

Charlotte Milenski

Griffin Miller \* +

Jack Miller

Kailey Miller

Nathan Miron

Logan Mitchell

Ronan Mitchell

Elijah Moncrief

Savannah Monroy ^ ~

Syliver Moo \*

Mallory Moorman

Ahmed H Muhammad

Eleana Murphy

Paige Murrin

Angela Musai \* + ~

Ava Myers

Elizabeth Myers

Aubree Nagel \* +

Ghadeer Nayef

Jennifer Ngo

Omar Odat

Saleh Odat

Salsbeel Odat

Tasnim Odat

Gavin O'Dell

Mary O'Donnell ^

Xander Ogden

Mason Orlando

Arturo Orso-Giacone \*

Benjamin Ostrowski

Emma Owens \* +

Thomas Pae

Cassandra Palmisano

Shyanne Papciak

Annie Patsouras

Peter Patsouras

Olivia Patterson + ~

Decena Paw

Aidan Peck +

James Petrak

Ryan Phillips

Isabelle Ploetz

Avery Plumley

Maxwell Potter +

Prabin Poudel

Caitlin Pressnell

Louis Prindle

Laurence Purtty

Bimol Rai

Shane Rakes

Clara Michael Rauwf

Randell Rice

Ethan Ritchie

Taylor A. Rivera

Taylor MacKenzie Rivera

Alex Robison +

Arianna Rodriguez

Matthew Ropelewski

Mary Claire Rossen

Willow Rosser \*

Jack Ryan

Abigail Sacha \* +

Jeanne Sakina
- Benjamin Sale

Michael Sams

Simon Sanders

Vincenzo Sapio

Samuel Saracina

Paw Thalay Say

Maya Schalmo

Alexander Schraibman

Anastasia Seckers (valedictorian) +

Isabella Segreto

Sevda Seyfulova

Makayla Sharpe ~

Zaid Shean

John Sheldon

Emily Shelman

Caroline Shinn \* +

Sasha Shrestha

Gladys Simbi

Sistina Simcox +

Michael Sinur

Mary Skourlis

Sarah Slavik

Claudia Smiddle

Alicia Smith

George Solomon

Annabelle Sorge +

Katherine Spilsbury (salutatorian) +

Caden Stanuch ^

August Star

Jeremy Steinbrick

Tessa Styles

Malaak Sulieman +

Emily Sullivan

Sean Summers

Jozsef Sundem

Sajan Sunuwar

Jameson Supinski

Gabriel Surovey

Eden Sutliff

Dashell Swanson

Kameron Swanson

Sadie Tabor

Thomas Tamilio

Sean Teets

Matteo Tessier-Crews

Simon Thompson \* +

Jacob Tommer

Gabrielle Toms \*

Milka Troca

James Trudel

Apostoli Tsokantas

Madelyn Tumbleson

Daniel Twiggs

Ethan Ulintz

Connor Van Voorhis

Tovi Vega

Ella Villafane

Ayden Wacker \* +

Devon Wahba

Audrey Warren ~

Kaleb Weiss-Zirker

Hayley Welsh ~

Sarah Whitkofski

Abigail Williams ^

Nola Williams-Riseng

Ethel Marie Woodford

Aidyn Zingale \* +

Josephine Zingale

Malak Zond

Key To Symbols  
\* Academic Excellence  
+ Honors Diploma  
~ Community Service  
^ Military



# Lakewood Observer

## The Case for Diversity, Equity And Inclusion In City Government

by Laura Rodriguez-Carbone

Our local government has something no other entity has: the unique mission of service to its residents. Our city government is responsible for ensuring our food is safe to eat, our water is drinkable, and our streets are safe, plowed, and paved. No other organization is responsible for these community missions. This is exactly why local governments must be diverse, equitable and inclusive.

The success of our city depends upon these three principles because they are the strength of our country. The United States is home to more than 330 million people varying in ethnic, cultural, societal, political, religious, geographic, economic and educational backgrounds and identities.

The city of Lakewood was established in 1889. In its 132 year history, no person of color has ever served as mayor or as part of city council. The demographics and needs of our residents have shifted greatly over the past 132 years. Nearly 8% of Lakewood residents immigrated here from another country. Nearly 20% identify as races and ethnicities other than Caucasian.

In order to meet the opportunities of the future, we must engage in reflection and action to enrich our community and culture, strengthening our ability to engage across social differences to meet the responsibilities of governance for all communities. Equity and equitable representation is



Laura Rodriguez-Carbone

key.

Bringing diversity to our city leadership must be a deliberate act - a step on a path to build a future where residents from different backgrounds, bringing their own unique qualities, experiences, and viewpoints feel like they matter. The existence of racism, sexism, bigotry, homophobia, ageism, xenophobia, transphobia, ableism, classism and other forms of discrimination towards our residents make the need for equity critical. As a culture, city and society, we must be prepared to take that first step and place a chair at the table of opportunity.

The work of anti-racism, diversity, equity and inclusion is a challenging and continuous journey that requires humility, empathy and growth. But, a commitment to realize a vision for inclusion for Lakewood also means a

commitment to holding ourselves and our government accountable in words and action. Let's look for opportunities to ensure that no one is left behind as we progress to our future and let's be thoughtful about what we want it to look like for ourselves, our families, and our children.

Laura Rodriguez-Carbone is currently Co-Chair of Lakewood's Anti-Racism Task Force and serves on the Board of Directors for the

Fedor Manor Senior Living Community. Laura is currently the Midwest Regional Outreach and Communications Lead for Combat COVID, working to increase access to treatment options and equity in clinical research in communities of color.

She and her husband, Christopher have been residents of Lakewood for five years and own their home on McKinley Avenue.

## Sale On The Grounds: Worth The Wait

continued from page 1

to the brim with antiques, collectibles, decorative and personal items; tents set up in our yard offer a huge selection of kitchen and craft items, toys, games, sporting goods, tools, electronics, and lawn, garden and picnic items. Items start at just one dollar and there is something for everyone - from Tupperware to tools. This year we have a large selection of Mid-century modern items, a mini stationery store filled with boxed stationery and individual greeting cards, lots of jewelry and tons of crafting and sewing items. Set aside plenty of time to shop as not only is the Nicholson House filled, so is the 70' tent and several smaller tents covering the grounds.

This is the perfect place to outfit a new house or apartment or find a special vintage piece to add to your collection. Our great deals get even better on Sunday, when everything except the Antiques Room is half



price. Even gamblers don't wait till Sunday, though—they won't risk it.

The sale will be held rain or shine at 13335 Detroit Avenue, Lakewood 44107. For questions or more information, call (216) 221-7343.

On Thursday, Friday and Saturday, June 17, 18, 19 the public sale opens at 9 a.m. and runs through 2 p.m.

Sunday, June 20th sale hours are noon to 3 p.m.

If you've shopped this sale before, no doubt it's already on your calendar. If you've never been to this sale, make a point to come. This is one event you don't want to miss! All proceeds fund programming and building upkeep of the Historical Society and the event is operated solely by volunteers.

## Carl Lishing Receives 2021 Best Of Cleveland Award

by Debra O'Bryan

Carl Lishing of HealthMarkets Insurance Agency in Lakewood has been selected for the 2021 Best of Cleveland Award in the Insurance category by the Cleveland Award Program.

Each year, the Cleveland Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Cleveland area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2021 Cleveland Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Cleveland Award Program and data provided by third parties.

### About Cleveland Award Program

The Cleveland Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Cleveland area. Recognition is given to those companies that have shown the ability to use their best practices and



Carl Lishing

implemented programs to generate competitive advantages and long-term value.

The Cleveland Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

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# Lakewood Cares

## Seeking Satisfaction



by Rebecca Reynolds

June 1965, The Rolling Stones released “I Can’t Get No”... Satisfaction. Nearly sixty years later, satisfaction eludes many.

What is satisfaction anyway? Satisfaction is the fulfillment of a need or a desire. Satisfaction is also strongly linked to happiness, which greatly affects general well-being. If you have your needs met, the first tier of human fundamentals is covered. If your desires are fulfilled, generally you have a more exciting life. Raising your joy factor promotes good health. Happy people tend to sleep better, eat healthier, move more, communicate with kindness, and have meaningful relationships. All of which lead to greater well-being and longevity.

What keeps us from being truly satisfied? For one, most people believe that true happiness, or satisfaction comes from a particular occurrence, versus being in a state of satisfaction or generally happy as a common practice and state of mind. Becoming good at anything, including being satisfied, requires patience, practice, and consistency.

**How to cultivate greater life satisfaction:**

**Change Your Words:** Changing your vocabulary by adapting statements that use the word satisfaction regularly sets a tone of being happy and content. For example, “I am deeply satisfied with my home, it is very comfortable and cozy.” “The weather satisfies me, especially when a cool breeze comes over the lake.” “This meal is very satisfying, so delicious and filling.”

**Trigger Satisfaction:** The more you view new words, the greater the likelihood of using them. Post-it notes, or 3X5 help jump start your satisfaction statements. “I am living a deeply satisfying life,” “Happiness is in me and around me,” “What makes me truly satisfied today?” Use happiness and satisfaction prompts liberally in

your home, car, or office space and watch your mindset shift to happiness.

**Play With It:** Anytime we make something that is good for us a game, we commit deeper, because for the most part, most of us want to have more fun. Consider posting a satisfaction chart, with a color slide for each satisfaction caught. Once you reach your goal, take the family out on an adventure in nature, play putt putt, watch a sunset, or take turns choosing the reward to add fun, excitement, and memories to your self-improvement game.

When you commit to living deeply satisfied, you create new pathways in your brain that practiced continually expand your feel-good receptors and create Neuroplasticity, new pathways in the brain that help you stay sharp. The benefits of living in satisfaction extend beyond ourselves, and create a ripple effect of joyfulness in our community and world.

*Rebecca Reynolds is a Positive Psychology based Health & Mindfulness Coach. She is available for private, family, and school Mindfulness & Health Coaching and can be reached at: Rebecca@rebecca-reynolds.com. Visit her website at www.rebecca-reynolds.com. Instagram: @rebeccareynoldsresiliency*

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## FAQs About Surface Fees

continued from page 5

throughout Ohio and across the country do because it is the most fair and equitable method of charging for this service.

### What impact will an Impervious Surface

Fee have on my monthly bill?

For residential customers, the Impervious Surface Fee would be a fixed \$2 fee on monthly water bills. Some multifamily, commercial, industrial, and institutional customers with lots of impervious (hard or paved) surfaces would pay a fee based on the amount of paved and hard surfaces on their property those that have large parking areas or rooftops, because these surfaces place a greater demand on the City’s wet weather infrastructure.

### If approved, when would I see the Impervious Surface Fee on my water bill?

The Impervious Surface Fee requires approval by City Council. If approved, it would be implemented January 1, 2022.

### I rent my home and pay a water bill; will I pay this fee or does the property owner pay it?

The Impervious Surface Fee will be assessed on your water bill, regardless of whether you are the property owner. We are aware that some properties in Lakewood have more than one household living there. In this case you would be billed for only your portion of the property’s total Impervious Surface Fee.

### If I reduce the amount of impervious surface on my property, can I get a reduction in the fee?

Currently, the City is not providing a way for property owners to receive a reduction in the Impervious Surface Fee for reducing the amount of impervious surfaces, although we are considering this for the future.

### What is the City of Lakewood doing to keep my water bill affordable?

The pandemic has created many challenges for residents and businesses and the City is seeking to balance the regulatory requirements coming from Ohio EPA with charging fairly and affordably for improving our wet weather infrastructure. We are very hopeful that some of the funding that we will receive from the American Rescue Plan Act (ARPA) can be used to help reduce the impact of recent water and sewer rate increases on our customers. Community input during the develop-

Read the rest of this story online at:  
lakewoodobserver.com

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Lakewood Is Art®

# Lakewood Native And Creative, Cassie Bishop Is Hemorrhaging Music This Year

by Tracy Marie

Lakewood native and creative, Cassie Bishop has music and art in her veins. Musically, she describes her original songs and sound as a dark ambient folk. You can decide when you hear her music while you read this article. She has released her most recent recordings under the name “Origami Moon” found on Bandcamp or Spotify.

Bishop’s creative ways have translated into her current full-time gig as a personal designer with Stitch Fix, where she helps create custom wardrobe options for individuals that she has never met. This career path took a front row seat at the start of the pandemic. She had prior been managing an art studio, which required an in-person component.

It was during the pandemic that she started working solely from home. This gave her the time and space to conceive and gestate her latest solo EP release, “My Raw Heart” out on July 2. “Writing songs is part of me,” says Bishop, “...even if no one ever listened, it is a way to release emotions and to express my truth in a tangible way.”

Cassie started writing songs and playing in bands during her time in high school at age 17, but she confesses to having taken an occasional hiatus. “I would join bands and then stop playing for periods of time,” says Bishop. During those times however, she accomplished quite a bit. She did some travelling before coming back home to earn her bachelor’s in psychology and a master’s in education from Cleveland State University. Not to mention, she also wrote and published a children’s book.

Still, with music pulling her motivation she continued coming back to writing songs and collaborating with area musicians, moonlighting in multi-

ple bands, including a local band called “How to Breathe Under Water” where she met musician/bandmate, Genevive Jencson. After touring the Cleveland club scene for nearly 3 years, the two separated from the band forming a duo together under the name, “Shy Moon.” Cassie had already honed skills recording in some of the earlier bands she had been involved with, and under the name “Shy Moon” had released a 2018 album called “The Year I Played Dead.” The “Shy Moon” duo had been working on a follow-up to ‘Played Dead’ with an album called, “Glow in the Dark,” when Covid 19 brought that effort to a pause.

It was during the months of the pandemic that Cassie continued writing and recording on her own. “I recorded songs in my living room before sending them off to be mixed,” explains Bishop. This effort resulted in her July 2nd release of the EP, “My Raw Heart” for her solo project, “Origami Moon.” Bishop performed and recorded all the instruments and whimsical vocals herself with added bongos from her partner Steve Sladic. The final mixes also included embellishments from mixing engineers Rick Spitalsky and Dylan Glover who each took on a few songs for the project. Cassie felt confident that the two would translate her recordings into the sound she was going for. She explains: “It is so hard to describe what my music sounds like... ambient, indie.”

“Origami Moon” and Cassie’s Duo “Shy Moon” have no upcoming performances to speak of yet. However, they plan to get out there sooner rather than later, as musicians continue to assess their comfort in venturing back out to perform after the pandemic. The “Shy Moon” duo, however, will still



Cassie Bishop pictured on the cover of the new Origami Moon EP, "My Raw Heart."

be planning on firing up the laptop this summer to finish up their album, “Glow in the Dark.” And Cassie also has big plans for recording into the fall, releasing more of her darker music around Halloween.

When asked what her best-case success story could be for her music, Cassie says: “I would love to get some of my music placed into television and movies.” And the music most certainly fits the bill.

Singer/Songwriter, Tracy Marie Greenberg is co-chair of The Lakewood Community Relations Advisory Commission, The Lakewood ADA Transition Task Force and is a 20-year Lakewood resident.

## La Loca Chica

by Fernanda Quiroga

Crazy Girl! This wonderful work is by the Chilean artist Carola Guerra, who a few years ago decided to venture on a trip that could help her to grow personally and professionally.

In California she found love, and the motivation to retake art in all its colors ... but the adventure did not end there because that gave way to traveling together to different places and expanding her creativity, that is how La Loca Chica was born, which represents the journey towards fantasy, the dreamlike, the simple and infinite in an image ... everything can happen when you dream, they represent imagination and fantasy on a physical plane, it makes it feel real.

For 20 years she worked in the glass trade in different disciplines: Vitrofusion, Vitreaux, Flame working and she enjoyed it but in being reunited with painting, acrylic, watercolor and means of expression in crafts, she discovered the connection with herself



Carola Guerra

and its essence.

Now she is here, showing her art at The Root Cafe for all of June and she also will be showing in December.

Fernanda Quiroga is a traveler from Chile.

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Friends Of Madison Park, Lakewood Vineyard Church Launch

‘Third Thursdays In Madison Park’ Event Series

by Matt Bixenstine

Two Lakewood organizations are teaming up with local city government this summer to help activate a beloved park.

Friends of Madison Park and Lakewood Vineyard Church proudly announce the launch of Third Thursdays in Madison Park, a quartet of free community events held in partnership with the City of Lakewood featuring refreshments from local eateries, family-friendly activities and neighborly conversation. Each event – scheduled for June 17, July 15, Aug. 19 and Sept. 16 – will take place on a Thursday evening (6 to 7:30 pm) in the grassy area next to Madison Park’s main picnic pavilion near the softball field.

Tentative Schedule for Third Thursdays in Madison Park:

June 17 - Putt-Putt Golf + EuroGyro Pizza

July 15 - Trikeable Treats Ice Cream + Wiffle Ball Home Run Derby



**Tentative Schedule for Third Thursdays in Madison Park:**

**June 17 - Putt-Putt Golf + EuroGyro Pizza**

**July 15 - Trikeable Treats Ice Cream + Wiffle Ball Home Run Derby**

**Aug. 19 - Live Reggae Music by Local Band Lake Irie + Taco Tontos Baby Burritos**

**Sept. 16 - Yoga Hosted by Om Land CLE + TOST Baked Goods**

Aug. 19 - Live Reggae Music by Local Band Lake Irie + Taco Tontos Baby Burritos

Sept. 16 - Yoga Hosted by Om

son Park.”

“Since the beginning of Lakewood Vineyard Church in 2020, our vision has been to be a best friend to our city,” said Matt Shetler, lead pastor of Lakewood Vineyard Church. “We couldn’t think of a better way to do this than to invest in one of the great city parks here in Lakewood! Our hope is that Third Thursdays in Madison Park will build bridges of friendship and deepen the sense of community between neighbors in Lakewood and anyone who is looking for a fun evening this summer.”

Madison Park is a 17-acre city park located on the edge of Lakewood’s Historic Birdtown Neighborhood. As the second-largest park and one of the most-visited public spaces in Lakewood, Madison Park offers amenities ranging from a city pool and lighted softball field to playgrounds, picnic pavilions and basketball + futsal courts.

Each ‘Third Thursdays’ event is rain or shine, though it would be canceled in the event of truly inclement weather. Please note that this is a volunteer-led initiative, and the schedule is subject to change. Safe distancing and following of CDC guidelines is required. For more information, please visit FriendsOfMadisonPark.org.

*Matt Bixenstine enjoys all things Lakewood, especially walking his basket hound through Madison Park.*

Coffee With The Subconscious...

Out Of The Closet...

by Betty Rozakis

I’m writing again...

Sometimes we don’t realize how STUCK we are. Stuck... Stuck... ME... Really?!

Amazing what it took for me to realize what was sooo buried in my subconscious. He kept drilling me to talk about the drawings I intuitively produced. I couldn’t explain where they came from. I couldn’t bear to have my drawing professor scrutinize the uncontrollable tears I could no longer contain. I had no choice but to flee from the room...

This next phase of my life began over a cup of coffee. We would periodically meet to walk our Golden Doodles around Clifton Park. There was something about Jill’s energy that brought me comfort. When life brought her to move to the west coast, I somehow knew I would see her again.

It was a spur of the moment text that brought us together at Blackbird Bakery. Jill noticed one of my drawings on social media and encouraged me to schedule an interview at the Cleveland Institute of Art.

I didn’t know how to respond. I didn’t know how to assess the stirring that I felt sooo deep inside. I was afraid. In my heart I always felt like an artist, but could I actually be accepted into the art world? Was I worthy? Did I have what it took?

Art Crits can be BRUTAL!

Fast forward three years...

When I sat at my desk to rekindle my Coffee with the Subconscious Column, I was surprised to find this unfinished story in my Draft Articles. I managed to complete four intense, challenging yet rewarding years at CIA earning my BFA in Glass and yes, finally able to write about my work.

"Out of the Closet I & II" sprang from my inner being when I got accepted



*"Coming Out I" depicts the stuck internal energies of my subconscious. Chalk Pastel on Paper 26" x 20"*

to CIA. As a child I kept my award-winning owl pastel in my bedroom closet. The original got lost over the years, but the visual remained in my heart. I was testing colors for an experimental glass kiln process when "Gossamer" first revealed itself. I gently placed my fingers under the more secure areas to remove him from the kiln. There was something about him that spoke to my soul. I didn’t know the words to describe where this deep feeling for him came from. He was cherished.

Following graduation, one of my professor friends came to dinner. After several hours the discussion brought me to bring out my two owl drawings and the story of my closet. A story this close friend had never heard from me before. It became evident that this red/muted colored glass piece evolved from the pastel owls that emerged from the depths of my subconscious to find their voice. It took me YEARS to understand what was going on in my subconscious. Don’t wait as long as I did...

www.bettyrozakis.com

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