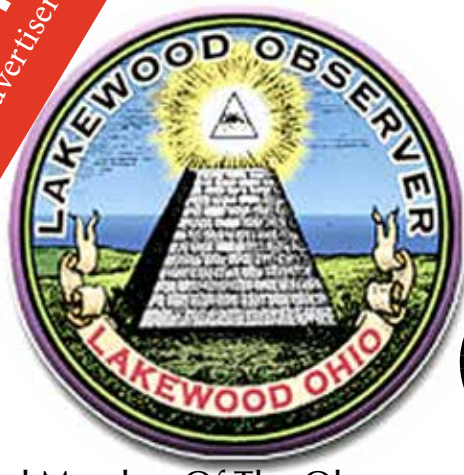


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Volume 17, Issue 18, September 15, 2021

CORRECTION - Marching Band Festival September 18
Tickets are free for children 5 and under.

Election Results

Council-At-Large	# Votes	Percentage
Tristan Rader	2,763	19.26%
Sarah Kepple	2,507	17.47%
Laura Rodriguez Carbone	2,078	14.48%
Tom Bullock	2,042	14.23%
Mark Schneider	1,825	12.72%
Kyle Baker	1,685	11.74%
Susannah Selnick	992	6.91%
Keith Davey	455	3.17%
Lakewood Municipal Judge		
Tess Neff	2,427	44.30%
Sara Fagnilli	2,140	39.07%
Brian Taubman	911	17.68%

Superintendent Listen & Learn Is Sept. 22

by Christine Gordillo

Join Superintendent Maggie Niedzwiecki for her first Listen & Learn session on Wednesday, September 22 at the Madison Park Pavillion. As this is Superintendent Niedzwiecki's first ever Listen & Learn, she would like to give as many people as possible the opportunity to attend and therefore there will be both a 9 am session and a 6 pm session at the park.

Our superintendent wants to listen and learn from our parents and our community members! Drop in anytime during the hour and share your thoughts and ideas about our district.

There's Still Time To Register For The HLF Annual Community Meeting

by Kate Ingersoll

The Healthy Lakewood Foundation's Third Annual Community Meeting will be held virtually via Zoom on Wednesday, September 22nd at 7:00 PM. The HLF Board will share updates on its grantmaking and highlight a few of its grantee partners. There will be an opportunity to ask questions and learn about the Foundation's upcoming plans for community engagement, collaboration, and grantmaking.

Please register to attend at the HLF website: <https://healthylakewoodfoundation.org/>. We hope you will join us!

Kate Ingersoll is the Executive Director of the Healthy Lakewood Foundation.

Candidate Forum Sept. 28 At City Hall

by Cindy Streb

Please join the Lakewood Chapter of the League of Women Voters of Greater Cleveland and the Lakewood Chamber of Commerce on Tuesday, September 28 from 7-9P for the Candidates Forum in the Lakewood City Hall Auditorium. Candidates for Lakewood City Council At Large, Municipal Judge, and School Board will be asked questions from the moderator and citizens in atten-

dance, about issues of concern for our city, court, and schools. This is your opportunity to ask the people that will represent you the questions that are most important to you. Please plan to attend, listen, and understand what our candidates believe is important for Lakewood and then vote on or before November 2, 2021.

Cindy Streb is a community activist and concerned citizen.



Lakewood Fire Department Captain Peter Hempfing and Major Jason Markzon flying high over Cleveland, Ohio as part of the Cleveland Air Show and the Air Force's "Hometown Hero" program. Photo is by one of Cleveland's best photographers, Richard Kopchock, who just happened to be Downtown and snapped a photo of the lone Thunderbird. Thanks Richard and Manic Lens Photography!

Lakewood Firefighter Gets Ride Of A Lifetime With Air Force Thunderbirds

by Jim O'Bryan

The call came in, "Can you meet Captain Peter Hempfing at Cleveland Hopkins Airport 6:30am Friday morning?" Captain Hempfing is not just a 30 year veteran of Lakewood's Fire Department he is one of the best, in a department filled with heroes and big hearts. So I immediately said I would be there. I then asked Fire Chief Dunphy why? The Chief responded, "Pete has been chosen as the Air Force's Hometown Hero for the 2021 Cleveland Airshow. He is getting a ride with the Thunderbirds!" My response was, "I'll get there at 6:30, thank you."

Most young men and women at one time or another saw the Thunderbirds or the Blue Angels and said to themselves, "I would love to try that." That is why they are a huge part of recruitment. The real fact is that very few will every fly a jet in combat or at all, and even fewer in the Thunderbirds. But the ranks are filled with great jobs and experiences for anyone into electronics or aviation.

For Peter, a genuine good guy, to get this recognition weeks before his retirement seemed so fitting. One of Pete's many hobbies is extreme riding. Like motorcycles through Mexican desert, that kind of



From left to right, good friend and fellow extreme rider David Nolan, Captain Peter Hempfing, and Lakewood Fire Marshall Ryan Fairbanks.

stuff. This was also on his bucket list, since he was a kid.

At 6:30am exactly I rolled into Atlantic Aviation and met with Captain Hempfing, with him were Lakewood Fire Marshall Ryan Fairbanks, and

Pete's friend and extreme rider David Nolan. Pete was his usual cheerful self and said he ready was for this. Pete served in the military, and has been on the front line of firefighting for 30 years. He was calm. He looked up and smiled and said, "I have to be honest I had a little trouble sleeping last night." "Fear?" I asked, he smiled and said, "No-- more like the night before Christmas. Filled with excitement and wonderment."

A very pleasant member of the Cleveland Airshow grabbed him and had him sign a waiver. Then we met the spokesperson for the Thunderbirds. She was young and smiled as she walked all of us through what would happen the rest of the day, flying a small F-16 model around the table. "OK, any questions?" We all smiled and said no. Then she had Peter

continued on page 7



The F-16 Falcon sits on the tarmac as the sun rises over Cleveland Hopkins Airport. 29,588 pounds of thrust at rest.

The Mayor's Corner

City Of Lakewood Awarded For Clean Audit And Budget Of Distinction

by Mayor Meghan George

I'm excited to pass on some news about the impressive work our Finance Department team is doing for Lakewood. Next week, the State of Ohio Auditor's office will attend the September 20th meeting of Lakewood City Council to present our city with the Auditor of State Award with Distinction. The Ohio Auditor is responsible for auditing more than 6,000 state and local government agencies, and they present this special award annually to government entities that have met a series of stringent criteria to earn a "clean" audit report. This is a high bar that requires the utmost profes-

sionalism in financial reporting and operational performance.

For context on just how difficult it is to achieve this award, consider that less than 5% of all Ohio governments typically achieve this elite designation annually. Just preparing Lakewood's audit is a major undertaking for our finance department each year, and to receive this statewide award speaks to the superior quality of our team and their relentless focus on ensuring that the City of Lakewood's finances are in excellent shape. I want to pass on my sincere congratulations and gratitude to our entire Finance Department team – they are true professionals who

do an incredible job for our city.

Having excellent audits and finance filings is critically important for our city. It shows how seriously we take stewardship of precious public funds. Our city's bond rating benefits from this high level of performance, which in turn lowers the interest rates we pay when we need to issue bonds for capital needs, infrastructure, or other costs. Fiscal responsibility and transparency will always remain one of the key pillars for my administration, and I am fortunate to have an excellent group of professionals in City Hall to help advance this core principle.

September also marks the onset of our annual budget season here in Lakewood. Our budgetary process was recently featured in the August edition of Government Finance Review, as we concurrently received word that for the first time since 2007 the City has earned

a Distinguished Budget Presentation Award from the Government Finance Officers Association, the national professional organization for state, provincial, and local government finance officers.

I look forward to working with my directors in City Hall to prepare a budget that is fiscally realistic and responsible while also ensuring that Lakewood maintains the excellent level of service our residents, businesses, and visitors have come to expect. I continue to have daily conversations with our team at City Hall about priorities and needs, while also doing the same with those who live and work in our city. Our annual budget is a key opportunity to ensure our city's financial health, but also to align our spending with our future vision for Lakewood. I look forward to fine tuning a comprehensive budget plan and presenting it to Lakewood City Council in the coming months.

2021 Community Survey Results Now Publicly Available

by Neil Chavan

In March of 2021, the Lakewood Community Relations Advisory Commission (LCRAC) distributed a survey to residents, the results of which are now available to the public. LCRAC is a voluntary group of residents serving as a liaison between Lakewood residents and city leadership on matters related to community relations. The commission's mission is to ensure that Lakewood remains a fantastic place for everyone to live and work. LCRAC crafted and distributed the survey to help guide future efforts of the group, as well as to under-

stand key areas of improvement city leadership should be aware of. Nearly 650 residents provided input on various topics including accessibility, community culture, housing & affordability, safety, and community engagement. Survey results can be accessed at <https://tinyurl.com/2bxfst3> as well as on LCRAC's Facebook page.

Members of LCRAC encourage residents to view the results and follow up with their council members with any additional input or concerns. Any questions about the survey can be directed to CommRel@Lakewoodoh.net.




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fax: 216-521-9518
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FRIDAY: NOON - 10PM

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Upcoming Submission Deadline	Publish Date
October 1, 2021	October 6, 2021
October 15, 2021	October 20, 2021

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Geriatric EDs provide specialty care to those age 65+.



Stephen Meldon, MD
Cleveland Clinic

Every Cleveland Clinic Emergency Department (ED) in northeast Ohio (including Akron General's main campus ED) has been awarded national Geriatric Emergency Department Accreditation to provide care to older high-risk adults.



Saket Saxena, MD
Cleveland Clinic

Stephen Meldon, MD, vice chair of Cleveland Clinic's Emergency Services Institute and Saket Saxena, MD, a geriatrician, are co-directors of Cleveland Clinic's geriatric emergency department and geriatric care unit. They discuss the benefits of geriatric ED services.

Q: What is a geriatric ED?

A. Geriatric Emergency Department Accreditation (GEDA) is awarded by the American College of Emergency Physicians to emergency departments that meet rigorous requirements to standardize and improve emergency care of older patients with more complex health issues.

Q: How is a geriatric ED different than a traditional ED?

A. Geriatric EDs are within the regular emergency department, where specially-trained emergency medicine and geriatric medicine providers work side by side to assess and treat patients using senior-specific protocols. In addition to the usual rapid assessment and treatment, time and resources are also available to evaluate all aspects of an older patient's health.



For example, when an older adult presents at the ED due to a fall, they undergo a thorough examination, including a complete medical history and review of chronic conditions and medications, to help determine why they may have fallen and if they are at risk to fall again, etc. Following the assessment, the team of caregivers, which includes pharmacy, physical therapy and social work, collaborates to determine next steps – whether the patient is treated and sent home, admitted to the hospital, transitioned to a skilled nursing or rehabilitation facility, or prescribed home care services.

Q: What can be treated in a geriatric ED?

A. Geriatric EDs are well prepared to manage medically complex older adults who often present with memory/mental health and mobility issues, adverse drug reactions or lack of social support contributing to impaired health. More vague concerns like confusion, weakness, lethargy or 'just not acting right' are often caused by an underlying medical condition, requiring coordination of multidisciplinary care.

For older adult emergency care, call 911 or choose a Geriatric ED at Cleveland Clinic.

CenteringPregnancy: Focused care for you and your baby.



Sue Hudson, CNM
Cleveland Clinic
Brunswick Family Health Center and Lakewood Medical Building

We all need a friend who we can laugh with, cry with, complain to, and just talk about anything with. When you're pregnant, you need someone who understands your pregnancy highs and lows.

"Cleveland Clinic's CenteringPregnancy group involves a different level of patient education. The women in the group make connections with nurse midwives, facilitators, and other patients," says Sue Hudson, CNM, a certified nurse midwife who sees patients at Cleveland



Clinic Brunswick Family Health Center and Lakewood Medical Building. "The women in the group share similar pregnancy experiences and often become pregnancy BFFs."

CenteringPregnancy offers a unique form of supportive prenatal care that involves group appointments. The program aims to improve pregnancy outcomes by lowering the rate of preterm births and increasing breastfeeding.

- Ms. Hudson says CenteringPregnancy focuses on:
- **Education:** Learning about pregnancy, delivery and infant care from specially trained nurse midwives, physicians and other medical professionals.
 - **Group communication:** Shared medical appointments with a set group of up to 10 expectant women, all in similar stages of pregnancy. The two-hour sessions replace 10 regular well-check visits for women with a low-risk pregnancy.
 - **Medical assessments:** Private check-in with your provider at each session.
 - **Support:** Building relationships to connect and provide support, including community resources, healthcare and social support.

"Centering is truly beneficial for moms and especially their babies. We help to educate and empower women for happy, healthy, fulfilled pregnancies," says Ms. Hudson.

¿Habla español? Lorain Family Health Center offers CenteringPregnancy groups in Spanish.

Ladies Night: Discover a Healthier You!

Virtual Event
Tuesday, September 28, 2021
5:30-6:30 p.m.

It's important to talk to your provider about your health. But we understand many medical conditions may be uncomfortable to discuss.

Join us virtually for an open conversation about women's health topics from Cleveland Clinic specialists.

Gain insight into possible concerns and learn the value of asking about them, including:

- Breast health and the importance of annual mammogram screenings
- Sexual health
- Menopause, perimenopause and postmenopause
- Pelvic health, including incontinence

Free event. Register today: [Ccf.org/AskTheExperts](https://ccf.org/AskTheExperts)
Questions? Email: WellnessEvent@ccf.org.



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



The CenteringPregnancy program is offered on the West Side at Cleveland Clinic Lorain Family Health and Surgery Center, Lakewood Medical Building and Westlake Medical Campus.

For more information about CenteringPregnancy or to learn about current groups and locations, call 216.491.0141.

Lakewood City Council

The View From City Council

Jason Shachner,
Ward 2 Councilmember

Housing, Planning, and
Development Committee
Meeting

Lakewood has owned nine single-family residential properties adjacent to the former Lakewood Hospital site since the 1980s. When a tenant decides not to renew their lease, the Planning and Development Department requests the authority from Council to dispose of the property. At last week’s Housing, Planning, and Development Committee meeting, the Planning and Development Department requested the authority to enter into an agreement with LakewoodAlive for the sale of 1462 Belle Avenue. This property suffered fire damage in January of this year, however, because of the quick response of the Lakewood Fire Department, the damage to the structure was limited. The City would like to transfer the property to LakewoodAlive for \$2 and, in turn, LakewoodAlive would sell the property to a developer with the goal of preserving the historic nature of the property. The property would then be sold at market-rate. I asked if the City was able to use HOME funds or ARPA funds to make this property an affordable housing option and the Planning Department indicated that, because of the finite amount of funds that Lakewood receives, this property would not be a viable affordable housing option. Planning and Development Director Shawn Leininger did share that the City originally planned for three of the nine properties be affordable housing options and that they are on track to meet that goal.

We recommended for approval a \$175,000 economic development loan for the rehabilitation and adaptive reuse of St. James School as an office building. Oster Services Companies is planning on retaining the historic character of the building and will be moving its company into the building. This \$3 million project has also secured commitments from Allied Enterprises Inc., Walk Your Plans Inc, and Lakewood Business Forum to relocate into the building. Oster also has a pending commitment from a Lakewood technology company that would otherwise have to leave Lakewood to expand its business.

Lastly, we recommended for approval a \$150,000 Community Development Block Grant Economic Development Fund Loan for the rehabilitation and adaptive reuse as retail and office space to the former Bi-Rite



Building. With this \$4 million project, Little Jemmy LLC plans to name this building “the Nest” and has secured Phoenix Coffee, Shuffleboard Group Bar & Restaurant, and Heyday Collective as tenants. Shuffleboard Group Bar & Restaurant plans on featuring a full-service bar and restaurant with golf

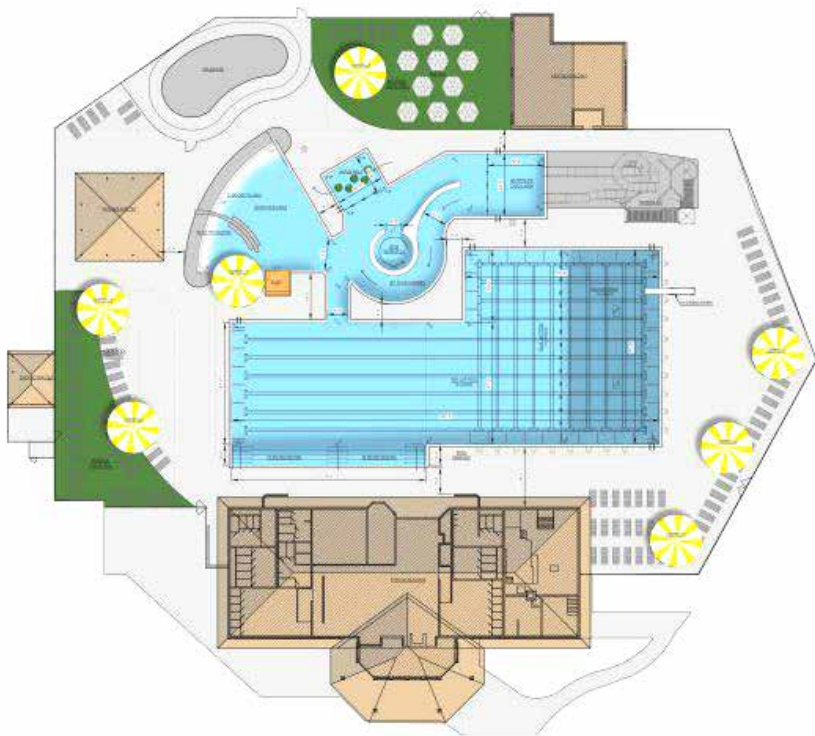
property owners that participate in the Sidewalk Program. This would mean that if you participate in Lakewood’s Sidewalk Program and your property is an owner- occupied single-family home or an owner-occupied multifamily home with no more than three units then the maximum the City can charge

you to repair or replace your sidewalks would be \$1,000.

The Sidewalk Program has greatly improved the walkability of our city by ensuring that all 180 miles of sidewalk are safe. I introduced this ordinance because safe sidewalks serve both a private and public interest and with the program reaching its final sections prior to starting over again, I believe it is time to explore capping the amount the city charges residents to repair their sidewalks if they choose to opt-in to the Sidewalk Program.

I reviewed the estimates from 2017-2020 to determine a reasonable cap that would not financially burden the city or residents. I found that a cap of \$1,000 would provide residents the security of knowing that amount would be the most they would have to budget for and would keep the City’s cost under \$200,000 a year.

I anticipate that future costs would be even less because the Sidewalk Program will soon be inspecting sections that were previously reviewed in 2013. I anticipate that the debate on this piece of legislation will center around whether this ordinance should be enacted prior to the Sidewalk Program completing its inspection of the entire City and what the cap should be. I look forward to discussing this with the Public Works Department and my colleagues at a future committee meeting.



simulator rental booths.

One of the Foster Pool concepts being discussed.

City Council Meeting 9/7

Proposed Sidewalk
Ordinance

At last week’s Council Meeting, I introduced an ordinance that would cap the cost of required repairs to sidewalks at \$1,000 for certain qualified

Proposed Amendment to Nuisance
Vegetation Ordinance

I also introduced an ordinance that requires the removal of bamboo when it has spread from its original premise of planting or is not being maintained and clarifies what plants are not permitted in Lakewood. When not properly planted, certain species of bamboo can negatively impact surrounding properties. The Building Department has shared that under the current iteration of Sec 1775.01, “Weeds, tall grass, nuisance vegetation or growths over sidewalks,” bamboo is considered a tall grass and therefore can only be limited in height. This is an issue because bamboo becomes a nuisance when its root system is not contained and it disrupts surrounding

continued on page 5

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Community



Political powers mix with friends and families at the Lakewood Community Festival. Then they all dance to the music and eat at the many fun stands put up by local churches and non-profits. Here is some real political clout. From left to right, Councilman Tristan Rader, Councilman Jason and Michelle Shachner , State Senator Nickie Antonio with her better half backing her up as always, Jean Kosmac.



State Representative and Lakewood native Michael Skindell and Carol Skindell enjoy community, music and the good ethnic food.

The View From City Council

continued from page 4

properties.

In addition, Sec 1775.01 currently prohibits plants that are not considered noxious weeds by the State, including milkweed, which is vital to the development of Monarch butterflies. Under my proposed amendment, milkweed is no longer considered a noxious weed, consistent with the Ohio Administrative Code.

This ordinance will provide the Building Department with the necessary tools to cause the removal of uncontrolled bamboo and provide residents with more clear guidance on what plants are prohibited in Lakewood.

Maintenance of Recreation Fields and Facilities

Mayor George announced at the meeting that the Lakewood City Schools Board of Education and the City have come to an agreement regarding the maintenance of recreation fields and facilities. This offseason the City will fully fund the work associated with the repairing and recrowning of Jimmie Foxx Field at Kauffman Park and George J. Usher Field at Madison Park, which will both be completed by Spring 2022.The agreement includes a

provision that the School Board will be contributing \$20,000 per year to the maintenance of the fields and will be administering and overseeing the Request for Proposals and any work by contractors necessary to maintain the fields as part of an official field improvement rotation for subsequent off seasons. This Joint Agreement will be further discussed at a future Committee of the Whole meeting.

Foster Pool Design Input

The Lakewood Planning and Development Department has been tirelessly working to gather community input on the Foster Pool conceptual plans. The goal is to complete the design process and begin construction in Fall 2022 to ensure that no pool season is missed. The new pool will provide ADA access, allow the pool systems to operate more efficiently, and will add amenities for people of all ages and abilities.

There will be an open house at Foster Pool on September 16th between 3 and 6 PM to view the revised draft conceptual plans and to provide feedback. If you are unable to attend you can view the plans and provide your comments by going to: <https://www.lakewoodoh.gov/fosterpool/>



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Lakewood Public Library

Youth Reading Programs At Lakewood Public Library

by Nic Starr

Are you all Zoomed out? Then try two of these reading programs for kids.

Help your child get ready for kindergarten by trying out our 1,000 Books Before Kindergarten program. Children, age birth to starting kindergarten, can register online or in-person and will receive a folder, bookmark and their first reading log. Read together and record your progress online at home or by bringing in completed logs to the Main Library or Madison branch to receive rewards and acquire a new reading log.

Children in Kindergarten through eighth grade can join the Library Explorers Badge Quest program by registering online. Participants will read their way through the Children's and Youth Services collection and earn badges by completing the readings and activities covering juvenile and teen fiction, nonfiction, biographies, graphic novels, and more. Complete twelve of the seventeen badges to complete the program and receive a Lakewood Public Library drawstring book bag, a new book, and a bookmark.

For more information or to register, visit lakewoodpubliclibrary.beanstack.com

Children/Youth Events At Lakewood Public Library

by Nic Starr

Virtual Storytime
For all ages

Join Lakewood Library staff members virtually as they read children's picture books and share songs, rhymes and finger plays.

View these exclusive videos from our website at lakewoodpubliclibrary.org or through our Facebook at facebook.com/lakewoodpubliclibrary.

Virtual Author Visits
For all ages

Join local authors and illustrators virtually as they share and read some of their own children's books.

View these exclusive videos from our website at lakewoodpubliclibrary.org or through our Facebook at facebook.com/lakewoodpubliclibrary.

Homework Help
For Students in Kindergarten through Eighth Grade
August – May
Monday-Friday, 3:00 p.m. to 5:00 p.m.
Main Library Homework Room and Madison Branch

Students who need a little extra help with homework or just want a cool place to work can come to the Library for Homework Help to get assistance and to use the Library's resources. Students can use their library card to check out a Chrome Book to use in the Library and have access to a variety of school supplies including pencils, pens, crayons, markers, calculators, protractors, and more. A library staff member is on hand and available to provide homework assistance with everything from spelling words to solving math problems. No registration is required.

WordStage Literary Concerts Announces The Opening Of 2021-22 Season

by Tim Tavcar

WordStage Literary Concerts announces the opening of its 2021-22 Season with the riotous Victorian farce "BOX and COX" by John Maddison Morton on Friday, September 24, 2021 at 7:30 p.m.

"Box and Cox" was first produced at the Lyceum Theatre, London, on 1 November 1847, billed as a "romance of real life." The play became very popular and was revived frequently through the end of the nineteenth century, with occasional productions in the twentieth century. It was adapted as a one-act comic opera in 1866 by the dramatist F. C. Burnand and the composer Arthur Sullivan, prior to his association with W.S. Gilbert.

Featuring Agnes Herrman, Paul Slimak and Tim Tavcar with musical interludes from the Burnand and Sullivan Operetta "Cox and Box" performed by violinist Mary Beth Ions and pianist Patrick Wickliffe, this effervescent entertainment is sure to provide our audience with a laugh-filled evening of merry mayhem and melodious music.

WordStage performances are in the Wright Chapel of the Lakewood Presbyterian Church – 14502 Detroit Ave. in Downtown Lakewood, OH. The Church and Chapel are fully accessible and ADA compliant. We request that all our audience members come with a mask unless medical reasons prevent them from doing so. We will have free masks available at our Box Office for anyone who needs them.

Tickets are \$20 for adults/\$10.000 for students and senior and WordStage maintains a policy of pay what you can so that our performances are accessible to all who want to see them.



Currently, our box office accepts cash or checks only.

Reservations can be made by calling 440-857-0717 or at the door the evening of the performance. You can also visit our website at www.wordstageoh.com and leave us a message on our "Contact Us" page.

Tim Tavcar is the Producing/Artistic Director of WordStage Literary Concerts in residence at the Wright Chapel in the Lakewood Presbyterian Church.

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Plain	\$7.50	\$9.00	\$12.00	\$13.00
1 Item	\$8.00	\$9.75	\$13.00	\$14.50
2 Items	\$8.50	\$10.50	\$14.00	\$16.00
3 Items	\$9.00	\$11.25	\$15.00	\$17.50
4 Items	\$9.50	\$12.00	\$16.00	\$19.00
Deluxe	\$10.00	\$12.75	\$17.00	\$20.50
Extra Items	\$1.00	\$1.25	\$2.00	\$2.50
Chicken	\$2.00	\$2.50	\$3.50	\$4.50
Extra Cheese & Special Toppings	\$1.50	\$2.00	\$3.00	\$4.00

Available Items: Pepperoni, Sausage, Mushrooms, Onion, Green & Red Bell Peppers, Anchovies, Ham, Bacon, Fresh Garlic, Black Olives, Hot Peppers, Ground Beef, Pineapple, Jalapeño Peppers Special Toppings: Artichoke Hearts, Fresh Tomato, Broccoli, and *Chicken

Thunderbirds' Home Town Hero

A Week Ago
One Of Our Finest, Rides With The Thunderbirds As A Home Town Hero
continued from page 1

sign another waiver.

Next up Peter got fitted for his flight suit, helmet and brief explanations of how things work. The two Thunderbird crew people were very attentive and it is amazing how much a pilot needs extra hands for getting dressed. Almost like a knight going into battle. Underwear, outerwear, pressure suit fitted with straps and long laces. Boots, life collar, neck device, helmet and fitted oxygen mask, pressure checks and more. Great crew.

This was followed by an explanation of the various hoses, cables and connections. Which to touch, which not to touch. Followed by a slideshow on how the ejection seat works, masks work, seats work, parachutes work, life saving supplies, rafts, goggles-- everything. A 20 minute presentation about everything Peter would need to survive trouble. Maybe 120 items, including sequences to connect and disconnect and in the order it had to be done. Then one of the attendants gave him a spot quiz. It was amazing how many



After about 5 hours of training, testing, explanations, and signed waivers, Captain Peter Hempfling gives a thumbs up from his seat before taxiing out onto the runway and taking off for about 57 minutes of extreme flying.

all sorts of medical information and a lot of it on breathing and how to counter what his body was about to go through. He mentioned 7 Gs, which is 7 times the weight of your body, on your body. Making it hard to breathe, and then think, and then remember the 120 things you were told to do to save your life. Imagine remembering the sequence to disconnect before your seat is launched into space. Do it wrong, and you die. Now put an elephant on your chest.

They practiced breathing exercises and then Peter signed another release.

Finally Pilot for the number 8 Thunderbird walked in. Dude was right out of Top Gun in a good way. 6'1" handsome, Kirk Douglas dimple in his angular jaw, and just so fighter pilot. Zero reflection of anything going on in his voice and actions unless he wanted it.

Major Jason Markzon, father of 2, introduced himself to everyone in the room. He pulled out his phone and chocolate protein shake and took command of the room. He talked military and fire stuff with Peter and Fire Marshall Fairbanks, and just other stuff with David and I. Some fascinating things he told us: The F16 Falcon has a small gas tank, only holding enough gas for about 1 hour of flying. Coming in from Vegas they refuel three times in the air! They carry with the extra tank about 8,000lbs of gas.

He asked about service with Pete who mentioned Army, two tours. Then he asked Fire Marshall Fairbanks and he smiled

and said, "Air Force, and Captain Hempfling has always kidded me about being in the Air Force instead of the Army. Thought the Air Force wasn't up to it. So perhaps you could show him a thing or two." I thought, "Damn, what brutal set-up."

The Major then went through what Peter could touch and what he couldn't touch on his iPhone! Then he picked up the model, and explained exactly what

turned to Peter and said, "Let's go fly the plane."

As the Major and Peter approached the plane, the ground crew lined up and went through a salute, high-five ceremony with Peter. It was impressive; the amount of people needed to keep each plane in the air is not small. After every flight the planes are gone over, with parts being replaced. To the east of Number 8 Thunderbird were a pair of jet engines, 5 landing gears sets, and boxes and boxes of spares.

The Major climbed into his Flight gear, and he and Pete climbed into the plane. With a couple checks of the systems, the plane was fired up, and it taxied off to the west runway. The reason they use Cleveland Hopkins is the runways at Burke are not long enough. The F16 loves a runway of about 900'. Burke is 600'.

From behind some buildings we hear the roar of a military jet just as the plane appeared. Then you see it speeding up, then suddenly it pulls up, goes left, then straight up in a corkscrew and GONE! Breathtaking.

As we waited we would get an occasional report. Chief Dunphy had Pete's mom on the roof of the Carlyle, where she watched her son with binoc-

continued on page 8



The Captain listens closely as one of the crew goes over what he is about to do.

he nailed. When he finally stumbled, they laughed and said most people find it hard to remember 3 of them. Then they asked him to sign a waiver.

Up next the flight surgeon.

Peter sat down and went through



Pete's Thunderbird helmet waiting with his High G Flight Suit. The device in the back tests the various connections.

was going to happen. "If we get clear air we will pull up, and then pull 4 Gs and climb to 15,000 feet." Pete asked, "How long?" Major Markzon smiled and said about 10 second from take off. "We will make a couple high G turns and if you are not comfortable just tell me." Then without missing a beat, "Then we will head to just north of Madison Ohio, where we have clear air for an an hour. I will go through the airshow routine, and then you can fly the plane if you want." I thought, "What did you just say? Fly the plane, what about all those things he cannot touch?"

With that he smiled and said, "Any questions?" There were none and he



Peter and Major Markzon walk out to the plane



Capt. Hempfling's mother watches with friends from the roof of the Carlyle.

Thunderbirds' Home Town Hero

A Week Ago One Of Our Finest, Rides With The Thunderbirds As A Home Town Hero continued from page 7

ulars. While he passed over Lakewood twice, it was at a pretty high altitude and going pretty fast..

About an hour later the plane appeared as quickly as it disappeared, came south along the airport, did the signature Thunderbird landing, which is parallel to the runway at about 100'. Then up and to the left then back down in one smooth arc and taxied over.

As the canopy lifted you could see Pete's eyes, and they were the eyes of a boy that just witnessed something amazing. When he removed his helmet he reminded me of a kid after the presents were opened. A little tired, a little overwhelmed, and a little in awe.

As he exited the plane you could see a little wobble which should be expected, his body had just taken a real pounding.

He was so excited when answering what it was like, he described the take-off, then flying to Madison, and the maneuvers like a kid who just discovered he could ride a bike. "We pulled 4Gs here, 6gs there, and what was that one?" The Major smiled and said, "9.2 Gs! Another one at 9.1, you were handling it really well." Then Peter turned to us and said, "Then he turned the plane over to me! I did a four side turn, a barrel roll, a couple turns and a loop. As I did the loop he had me concentrate on the tail as we passed over it, it was



After the flight Captain Hempfing poses with the entire Thunderbirds crew.

so cool."

Then Major Markzon assembled the crew and presented Captain Hempfing with a photo of the Thunderbirds, signed by all of the Thunderbird pilots, personalized for him. On the back he wrote "9.2 Gs" and said not many people have anything even close to that on theirs. With that, the crew lined up, saluted and thanked him one more



Pilot of the number 8 Thunderbird, Major Jason Markzon, explains to Peter what he can expect on the one hour ride.

time.

As we headed back to the terminal, David asked if Peter got nervous or sick, and he said, "I was doing really well but when I was done flying the plane, the Major asked if I wanted to see Cleveland and I said sure. He then cleared the air space over Cleveland and flew through the city at 900 feet at close to 500 miles an hour. I thought we were going to hit the Terminal Tower!" The Major turned and smiled saying, "We call that ripping it up."

We all said our thank-yous and goodbyes, and left.



Now let's hear from Pete.

Take off, quick bank left then straight up 15,000' in 9 seconds!



After nearly an hour in the air, the airmen return to terra firma.

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Thunderbirds' Home Town Hero

Captain Hempfling Describes The Ride

Peter Hempfling's story...

Well you don't get anything without trying, and for years I have watched the Thunderbirds at the Cleveland Air Show and thought, "How cool is that?" So I contacted the Air Force and asked, "How does one fly with the Thunderbirds? I am a retiring Lakewood Fireman and military veteran." Immediately I got a reply, politely explaining-- not like this. I was provided a list of a handful of places in the world where you can buy a ride in a military jet. The rides were everywhere from Vegas to Moscow, \$10,000 to \$50,000 plus-- none of it within my immediate sphere, so the idea was dismissed. I sent them a nice return letter thanking them for their time and effort.

July of 2021 I got a request from the Air Force for some personal information including media clippings. I sent them off and got a message that I had been selected by the Air Force Thunderbirds as a "Home Town Hero" which would enable me to fly with the Thunderbirds as a representative of my profession. While I was very pleased and excited to receive this honor, I do not see myself as a hero. I am just lucky enough to have served in the military and with the Lakewood Fire Department-- jobs where I can help people when they need it most. And I've been doing it with a great group of people, year in and year out, which not only makes it better, but easier in doing our jobs.

The Flight...

Maybe because of my years in the military service, none of it was intimidating. You pay attention, and learn quickly or else you learn the hard way. Most of it was like Christmas Day with my dreams coming true. As we walked out on the runway it dawned on me I was out of typical military position, so I dropped back out of respect for the rank. Major Markzon noticed and said, "Relax." Next was a Thunderbird tradition, as the pilot approaches the flight-line, there are salutes, high fives, hand shakes and turning in on itself. I was going to just shake hands, but the crew was so good it all just fell together perfectly. I then greeted each crew member with a smile and a firm handshake. I turned and looked at the plane before getting into my flight suit, and saw my name on it. Two things became real. The first was that this was happening. The second was just how much care



Now that's a selfie! One of Captain Hempfling's photos off his phone from the flight.

and thought goes into this honor. Every person on the Air Force's Thunderbird team was a consummate professional.

I climbed into the plane and got belted in, and it never seemed strange. We lowered the canopy and taxied out, again it was different but not that different. The Major asked if I was ready and I asked about other planes and he said, "Look behind us." There was a line of planes waiting for us to clear the runway and take off. As we turned on to the runway we passed alongside the passenger planes. Every window had one or two faces in it, and many cameras and it really sunk in just how amazing this all was.

As we started down the runway to take off it didn't feel altogether different than a commercial jet. Actually it was quieter than most passenger planes as we were in front of the jet engine. The plane quickly got off the ground, banked to the left, then the Major said, "Here come the Gs." I took my breath, he pulled back, lit up the afterburners and we climbed to 15,000 feet in 9 seconds. This was my first indication of the performance capabilities of the F-16 Falcon. The Major asked how I was doing and I said "good."

Then he headed out to the area set aside for flight practice, north of Fair-

port Harbor so we headed there straight and level at 550mph. There was still no intense feeling of speed. We were above the cloud bank, and flying about the speed of a passenger airliner. We began to go through the Thunderbirds' routine, and suddenly he would say, "Here comes the Gs," and we would pull a 5G turn, then 6G turn and then he asked, "Ready to go for it?" I said, "Ready." And he dropped the nose of the F-16 about 20 degrees, got to the edge of the envelope and pulled back and to the left in a sharp turn. The flight suit inflated, I did my breathing exercises and we came out of it. Major Markzon asked, "How are you doing? That was 9.2 Gs! Do it again?" I answered, let's go. So we did it again and this time "only" pulled 9.1Gs. Then he said, "We have done all we were going to do and have some time, would you like to fly the plane?" I answered "Affirmative" with great enthusiasm.

So he had me take over the controls and fly it for a bit in a straight line, then had me turn left and right. He then told me to go hard right and hold it which put us into a roll. We came out of it nowhere near as clean as the Major's-- his were so perfect and sharp it snapped my head coming back horizontal. Then he asked if I wanted to do a loop and I responded, "Affirmative." He instructed me to pull back on the stick and this is not like a full stick, it is more like a computer game joystick. So I pulled back and up we went, only about 4Gs and then as the plane came up over the top he told me to look back, find my smoke trail, center on that and bring it around. This is when I became sure that it was me flying the plane, not him. I kept going left and right of the trail focusing on that, not where we were. He mentioned to keep pulling back and I felt the GS kick in and suddenly I realized I had been holding my breath the whole time and really needed to breathe which is impossible in 5G turns. I brought it

back to level, and could feel my pressure suit relax. And the Major said, "Taking control of the plane now." Followed by, "We have about ten minutes left, anything else you want to do?"

I explained that it would be nice to see the city closer. In my dreams I always thought about how nice it was for them flying over the city. Out in open water on a cloudy day it was cool, but not what I envisioned. The Major called the airport and got Cleveland airspace emptied and then proceeded to turn into the city at about 500 miles an hour. We turned on what they call knife edge and I looked to my left and saw the city rushing by. I looked at the altimeter and he was just slightly under 1,000'. The Terminal Tower is over 900'. I felt like we were going to run into it. Then suddenly I felt myself getting queasy. I took off my mask and turned the oxygen on full rich as the surgeon had told me to do. Almost instantly I started to feel better, and then another turn! We headed back to Hopkins where we made the softest landing I can remember, taxied over to Atlantic Aviation, and it hit me what I had just done.

The canopy popped up, and the Major climbed out talking to people, giving me a second. I needed it, I had just taken a beating and put myself through amazing forces. As I climbed down the Major took over telling the crowd that had assembled around me my history. He made it all personal, then handed it to me. Suddenly I was tongue-tied, it was starting to become overwhelming. I thanked the Air Force, I thanked the crew, and then I thanked everyone in the Lakewood Fire Department for being with me for all these years. I told them, "I am just lucky to have a job that I love, and where I am in the fortunate position to help people in unfortunate circumstances."

"Lakewood's Captain Peter Hempfling epitomizes what a real hometown hero is." Jim O'Bryan



As a thank you to Captain Hempfling for his years of service and inviting me along, the Lakewood Observer gave him a framed copy of Richard Kopchok's amazing photo signed by Major Jason Markzon.

Photo Gallery follow QR code



Major Markzon goes over the cockpit with Peter before taking off.

Lakewood Education



Guided Meditation Helps Lakewood Students Make The Most Of Their School Days

by Christine Gordillo

Roosevelt fifth-grade teacher Amy Whalen knows that if you can reduce stress, you improve focus. Listening to guided meditation is one method these students are learning to put themselves in the best frame of mind to learn!

League Of Women Voters Mary Warren Impact Scholarship Winning Essay On Why Voting Is Important (2 of 5)

by Quill Keparant

A vote, however, is far more than just a mere drop in the ocean; it is the lifeblood of our nation. Even with philosophy and practical interpretation notwithstanding, it is a facet of the representative democracy this government was designed to fulfill. It is the fundamental ability of every citizen to not only wrangle themselves from the wire of injustice but to elevate, educate, and empower their communities.

Every minority has faced one --or perhaps many-- judgements of their worth by those who had never known the world as they had experienced it. If these citizens were never allowed to cast their vote, they would be relegated to forever remain on the menu, with no seat at the table. That is to say, when the right of even one citizen to vote, no matter how vulnerable, is revoked or limited, they are prevented from safeguarding their access to the freedoms guaranteed to American citizens who do sit at the nation's helm.

=The act of voting can mean the difference between life and death, poverty and health, equity and inequality. If those who are subjugated are given no opportunity with which to make themselves known, then the funda-



Quill Keparant with Mary Warren.

mental ideal of our democracy must be called into question; and engaging in this process of review is what voting allows the general public to begin, to participate in, and to grow from. Without this open referendum and the ability to influence how the government will treat you, there is hardly a weight to any claims of freedom for all when a portion of us "all" still remain without.

As such, it is logical to conclude that voting, being both the very definition of due process in our representative democracy and an act to ensure one's place in the country, is integral to the function and promise of American democracy.

Lakewood Sports With Dr. G. Lakewood Rangers Football 2021

by Dr. Charles Greanoff

Nothing is more closely identified with high school sports in America than Friday Nights Under the Lights. In Lakewood, crisp fall evenings are brought to life by our fabulous Marching Band, a raucous costumed student section, spirited cheerleaders and of course our padded up Purple and Gold Ranger Football Team. Throw in the smell of dogs and burgers on the grille and parents adorned in buttons and the pageantry is pure magic.

But nothing is less appreciated or perhaps less visible in American high school sports than Saturday Morning Under the Weights. "Saturday Morning" is when the team comes in for treatment, to review film, and get back in the weight room. Games are won, and lost, when no one is looking. "Saturday Morning" represents every practice, lifting season and meeting that players endure in order to have the chance to play under the lights. It's about the discipline and commitment it takes to do one's best when taking the field on 10 (or more) Fall Friday nights.

The 2021 Lakewood Rangers, coming off a 3-4 Great Lakes Conference campaign, have been putting in the study time, the weight room time, and the grinding summer practice time. LHS Social Studies Teacher and Head Coach Coach Thomas Thome, in his 4th year at the helm, has seen progress in the win-loss column and in terms of commitment to the weight room and other aspects of success. As in past seasons under his leadership "Positivity and Togetherness" are emphasized—a culture of team first, both on Friday nights and on Saturday mornings.

Led by a spate of stalwart seniors—QB/DB Lucas Winters, two-way linemen Tico Jones, Brandyn Bates and Manny Awad, Defensive Back Gavin Newlon, Lineman Dylan Bennett, LB/RB Jay Goudy and RB / CB Hakeem Quran, the Rangers look to build on the progress they made last season. Jones is weighing offers from numerous Division I schools, and Quran has been identified by the Plain Dealer as one of the top area cornerbacks. Other seniors looking to fill valuable roles are Franklin Linkerman, Tyler Peebles, J.B. Schlatter and Joe Twadesky (A unique "two-way player" that also performs during halftime with the Lakewood Rangers Marching Band with twin sister Jessica)

Several juniors will be counted on to fill starting slots, including linebackers Josh Boherjak and Mau Salti, lineman Gabe Constantine, WR/DBs Eddie Gillick, Mason Ivinskas and Nick Patsouras and TE/DE Maurice Williams. Others likely to contribute are, kicker Justin Kieres, Timothe Njiline, Peyton Buildt, Felix Piotrowski, Kevin Coffman, Noah Hargett, Jonathon Parker, Edan Zmijewski and Garrett Schweter. Sophomores likely to secure starting roles are lineman Aiden Maxwell, DB/WR Alex Symonds and kicker David Burns.

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Lakewood Sports

Rangers Beat River In A Thriller

by Mike Deneen

The Lakewood Ranger football team earned their biggest win in a decade on Friday night, defeating Rocky River 21-14 at Rocky River Stadium. The victory makes the Rangers 4-0 on the season, and legitimizes the team's playoff hopes. The game was played on a beautiful evening in River before an enthusiastic crowd. A large contingent of Ranger fans filled the eastern bleachers of the stadium, and they did not go home disappointed.

Rocky River, which entered the game at 2-1, controlled the game in the early stages. Lakewood received the opening kickoff and gained only four yards on its first drive. The Pirates then scored on their first possession, moving 65 yards in only three plays. Senior running back Tommy Bebie ran 45 yards for a touchdown that gave River a 7-0 lead only three and a half minutes into the game.

Lakewood went "three and out" again on its second possession, as the Pirate defense effectively contained Ranger running back Hakeem Quran. The Ranger defense stiffened on the next drive, due in part to a sack by senior lineman Brandyn Bates. Neither team could score through the rest of the opening quarter, and the score remained 7-0.

Midway through the second quarter, River made an excellent special teams play. Punter Braedon Spies (who also plays quarterback) pinned Lakewood back at its three yard line with a directional punt. The Rangers responded with their best offensive drive of the season, marching 97 yards in five minutes for a touchdown. Quran, who gradually wore down the Pirate defense throughout the evening, made some key runs early in the drive. Senior quarterback Lucas Winters completed a 20 yard pass to sophomore Alex Symons to put Lakewood in "the red zone". The drive was capped by a 23 yard pass from Winters to Quran for a touchdown. Sophomore David Burns made the extra point to tie the score 7-7 with 46 seconds remaining in the half. Senior linebacker Jay Goudy then recovered a Pirate fumble to thwart River's final drive of the half, keeping



photo by Mike Deneen

the score tied.

As it did in the first, River began the second half very strongly. Spies returned the opening kickoff 55 yards to give his team a short field. He then capped a touchdown drive with a three yard run to put the Pirates back ahead 14-7 with 9:05 left in the third period. Lakewood then responded with another outstanding offensive drive. They went 77 yards on 14 plays, eating over seven and half minutes off the clock with their ground attack. Quran carried the bulk of the load, although Winters had a key 24 yard sprint during the drive. Quran scored a six yard touchdown on a fourth-and-two play, electrifying the Ranger fans in attendance. Burns added the extra point, tying the game 14-14 with 1:22 left in the third quarter.

River then put together an excellent drive, going 78 yards on 13 plays to reach the Rangers 8 yard line. The Ranger defense then made the biggest play of the game with 5:12 left on the clock. They forced a fumble inside the ten yard line, which Goudy recovered and ran all the way back to midfield. Not only did River fail to take the lead,

but Lakewood now had an opportunity to win in the final minutes.

Lakewood went on a six play touchdown drive – all Quran runs – to take the lead with 2:35 remaining in the game. Junior kicker Justin Kieries

made the crucial extra point that made the score 21-14. Rocky River's final drive stalled at the Ranger 36 yard line, where an incomplete fourth down pass with 46 seconds left sent Ranger fans into a frenzy. The offense went into "victory formation" and celebrated their big win.

The Rangers return home next week to face Normandy at First Federal Stadium on Friday night at 7pm. The Invaders are 1-3 on the season, coming off a loss Friday night to Fairview. Lakewood is in a good position to make the OHSAA [non-Covid] playoffs for the first time since 2003. Four of the Rangers six final games will be at home, with the other two both taking place at Byers Field (against Parma and Valley Forge).

Mike Deneen has extensive experience covering sports and community stories for the Lakewood Observer. Mike was a Senior Industry Analyst for the Freedonia Group in Cleveland, Ohio for 17 years. He has appeared on CNBC's Closing Bell, NPR's Marketplace and has been quoted multiple times in The Wall Street Journal. He has made multiple guest appearances on ESPN Cleveland radio. Mike has also written for Inside Northwestern, a website that covers Northwestern Wildcat Athletics. You can reach him on Twitter at @MikeDeneen1

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Lakewood Living



The Auryn String Quartet, from Cologne, Germany

The Auryn String Quartet Comes To Lakewood

by Carol Jacobs

With a Live Audience and a Live Streamed Concert

The four players of the Auryn Quartet have been performing together since the founding of the Quartet in 1981. Amazingly this ensemble has not changed its personnel since 1981. During this season the Quartet from Germany will be celebrating its fortieth and final season. Rocky River Chamber Music Society is honored to have the Auryn String Quartet as part of its roster this season. The members of the Quartet are Matthias Lingenfelder, violin; Jens Oppermann, violin; Stewart Eaton, viola; and Andreas Arndt, cello. They will perform works by Haydn, Beethoven, and Mendelssohn.

The Quartet has won many prizes, received numerous invitations to international music festivals, and encouraged fruitful musical partnerships. The Auryn Quartet has also led an active recording life including Franz Joseph Haydn’s complete sixty-eight string quartets. Their vast catalog of CDs also includes Beethoven, Schumann, Brahms, and the complete Mozart viola quintets with Nobuko Imal. Recent tours

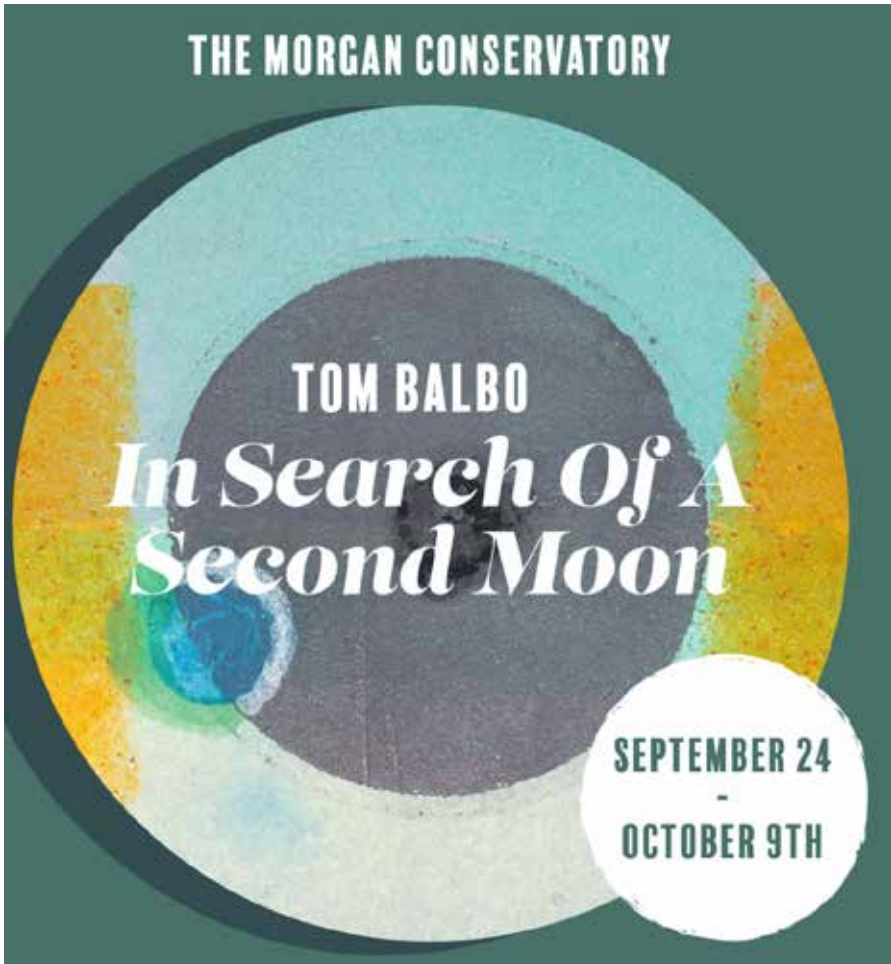
taken by the Quartet comprise visits to Lincoln Center in New York, the Concertgebouw in Amsterdam, to Wigmore Hall in London, the Beethoven Fest in Bonn, and the Philharmonie in Cologne.

Normally our venue is the outstanding acoustical environment of West Shore Unitarian Universalist Church. Due to difficulties related to the ongoing pandemic, the first concert of the season will be held at the lovely Lakewood Congregational Church in Lakewood, 1375 West Clifton Boulevard. MASKS ARE REQUIRED REGARDLESS OF VACCINATION STATUS. As always, the Rocky River Chamber Music Society has no admission charge. If you’re listening and watching from home, here are two ways to access the concert:

Streaming will be available at RRCMS.org and at YouTube.RRCMS
Lakewood Congregational Church,
1375 West Clifton Boulevard
Monday, October 4, at 7:30 p.m.

Carol Jacobs is a retired archivist, curator, and librarian who currently serves on the board of the Rocky River Chamber Music Society.

In Search Of A Second Moon Announcing The Exhibition Of Our Founder Tom Balbo



by Belle Mercurio

The Morgan Art of Papermaking Conservatory is showcasing the works of founder Tom Balbo this fall in this newly announced exhibition, In Search of A Second Moon. Substituting the annual benefit this year, this exhibition will be a culmination of the works Tom has created during the past 18 months. Drawing on the pandemic, isolation, quarantine, as well as nature, wildlife, shape, and color, this exhibition will leave guests awed by the sheer magnitude of works. There will be a celebration on October 2, where Tom will be showcasing his process and giving demonstrations of the pieces being exhibited in the show. Most importantly, every item in the show will be available for sale, with a percentage being donated back to the Morgan. With Tom working closely with our artists in residence, the proceeds will be going towards further developing and continuing that program. If you have been a proprietor of Tom’s work for years or just starting your collection, this exhibition will be the perfect opportunity for you to pay it forward while also joining in celebrating Tom’s outstanding work.

Tom Balbo has spent most of his life in and around Cleveland, Ohio. Born December 19, 1954, he attended public and private schools in the Cleveland area. In 1977 he graduated from Baldwin-Wallace College in Berea, Ohio with a B.A. in Studio Arts. Tom then went on to receive his Master's Degree from Syracuse University's College of Visual and Performing Arts in Syracuse, New York in 1980 in Stu-

dio Arts. Tom was awarded a Syracuse University Fellowship Grant in 1979 and a Ford Foundation Grant in 1980.

Tom's earliest work was primarily in ceramics and printmaking. As his interest in papermaking grew, his work turned increasingly towards expressing his artistic creativity in this area. Over the past 40 years, Tom's work has been exhibited and shown in a large number of shows and galleries and he has garnered numerous awards and critical attention for his work.

In 2007, Tom teamed up with noted Cleveland-area artists and national hand papermaking artists to improve and conserve the art of paper & book arts educational programming in the US. Knowing that these were art forms worth preserving, the Morgan Art of Papermaking Conservatory and Educational Foundation officially opened its doors in October 2008.

We closed out our workshop season with a hit! Working with our Cleveland based artists to bring collaborative and interesting classes to our community has been one of the biggest celebrations of 2021. Our workshops were held both virtually and in-person, to make sure we are meeting everyone’s comfortability levels navigating the ongoing COVID crisis. We look forward to continuing this programming during our winter workshop season, make sure to follow us on social media for all the latest updates.

Belle Mercurio is the Marketing Manager at the Morgan Art of Papermaking Conservatory.

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Lakewood Cares

“Tech Boosts” Program From Cox Communications Seeks Nominations For \$30K In Grants To Local Nonprofits

by Jeff Lavery

Despite the important work non-profits and community organizations do in the communities they serve, many are lacking the modern technology tools needed to perform their missions to the fullest. To bridge this technology gap, Cox Communications today announced the call for nominations for its “Tech Boosts” program, which awards grants to nonprofit groups committed to investing in technology equipment for the betterment of its patrons and mission. The nomination period closes October 13, 2021.

This marks the fifth year of the Cox Communications Tech Boosts program, and the goal remains the same: to help nonprofits invest in technology equipment and services that enrich the lives of community members while fulfilling their missions to the fullest. Last year’s recipient in Ohio was the Olmsted Community Center. Three \$10,000 grants will be awarded in the company’s northeast region.

This technology grant is awarded to nonprofit organizations that demonstrate how they will positively impact the community in one of the following categories: Environment and Conservation; Health; Early Childhood



Education; and Empowering Families and Individuals for Success. Organizations interested in applying should visit the link to apply.

“The Cox Communications Tech Boosts program is proud to return for a fifth year to deliver game-changing technology to community organizations in need,” said Ross Nelson, senior vice president and region manager, Cox Communications. “The pandemic has proven that our community partners are more essential than ever for giving

our children places to learn, connect, and grow, and we’re eager to deploy Tech Boosts into local organizations that are developing curriculums to give young people access to the training and tools they need for the future.”

For more information on the Tech Boost program, visit: <https://www.coxcharitiesne.org/tech-boosts>

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Jeff Lavery is the public relations manager for Cox Communications in the northeast region.

Volunteer Nurse Joins Hospice Of The Western Reserve Foundation Board

by Laurie Henrichsen

Lakewood resident Peggi Seelbach Mizen, RN, has been appointed to the board of directors for the Hospice of the Western Reserve Foundation. As a separate 501(c)(3) charity, the foundation was launched to foster community support for services provided by Hospice of the Western Reserve that rely on philanthropic support. A few examples include music, art and pet therapies, non-hospice palliative care for those living with advanced illness, pediatric hospice and community grief support programs.

Following a professional nursing career spanning more than three decades - including 12 years as a hospice nurse in the Chicago area - Seelbach Mizen returned to her hometown of Lakewood. Since 2012, she has dedicated her time to serving as a hands-on care volunteer at HWR’s Ames Family Hospice House in Westlake.

“Since moving back, my focus has been on volunteer work,” Seelbach



Mizen said. “When I became aware of the program at Hospice of the Western Reserve, I knew that was my fit. Ames Family Hospice House is something I am very passionate about.”

As a hands-on care volunteer, Seelbach Mizen works a four-hour shift at Ames. She checks in with administrators to see where help is most needed. “I like to stop in each room to introduce myself and ask if there is anything

a patient or family member needs. One of my favorite things to do is offer a warm blanket or to do little things that make it a little nicer like fluffing up the bedding on the rollaway bed when a family member is spending the night.” Sometimes, she also assists with bathing, feeding and repositioning patients in bed so they remain comfortable.

Seelbach Mizen said one of the attributes she brings to the foundation board is that she has been on “both sides of the fence,” as a volunteer clinician assisting with care, and as the recipient of care in her own family. Four years ago, her mother spent her final days at Ames Family Hospice House.

Why did the Lakewood resident decide to join the board? “People have choices when there’s a difficult medical situation,” she said. “Somehow we have to get more knowledge out there about that. Hospice allows loved ones to die in a much better way. It’s not only better for the patient, but also for the family. It’s so important that people are aware they have a choice in their end-of-life decisions.”

Laurie Henrichsen is Public/Media Relations Manager, Hospice of the Western Reserve.

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Senator Antonio Shares Information On Redistricting

by Nickie Antonio

The General Assembly reconvenes this month, and of course our important work has continued with the process of redistricting.

Every ten years after the census, the Ohio General Assembly re-draws the boundaries of its state legislative and congressional districts. Fair representation for all Ohioans is my number one priority as we work through this process. People should be the ones to pick their policymakers, not the other way around, and I am committed to doing whatever I can for fair maps for all 99 House districts and 33 Senate districts in Ohio.

The bulk of the redistricting work is done by the Ohio Redistricting Commission. Created by an amendment to the Ohio Constitution in 2015, the Commission is composed of the Governor, State Auditor, Secretary of State, Speaker of the House, Senate President, one individual appointed by the House Minority Leader, and one individual appointed by the Senate Minority Leader.

The Commission will hold three public hearings on separate days in different cities for Ohioans to provide feedback once they decide on a map. Follow the Ohio Senate Democrats on Twitter for news and updates. For more information on upcoming opportunities for public input, resources, or to watch past meetings, visit redistricting.

ohio.gov.

I encourage everyone to get out, make their voice heard, and participate in the process of redistricting this year. You can draw your own map (<https://www.fairdistrictsohio.org/community-mapping>), request postcards to mail to your legislators, attend a fair districts event(<https://www.fairdistrictsohio.org/upcoming-events>), or contact your legislators and tell them that fair maps are important to you. To find your state representative and state senator, go here: <https://www.legislature.ohio.gov/legislators/district-maps>

Representation is one of the most fundamental pillars of our democracy, and a transparent mapmaking process protects this value by ensuring that our districts accurately represent the people of our state for years to come.

State Senator Nickie J. Antonio (D-Lakewood) is honored to be serving in the Ohio Senate, representing District 23, and in leadership as the Assistant Minority Leader. Antonio, who was elected to the Senate in 2018, previously spent eight years in the Ohio House of Representatives, where she served District 13 and was also a member of leadership. Antonio has served as a Lakewood City Councilmember, Executive Director of an outpatient drug and alcohol treatment program for women, Adjunct Professor and as a teacher for children with special needs.




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