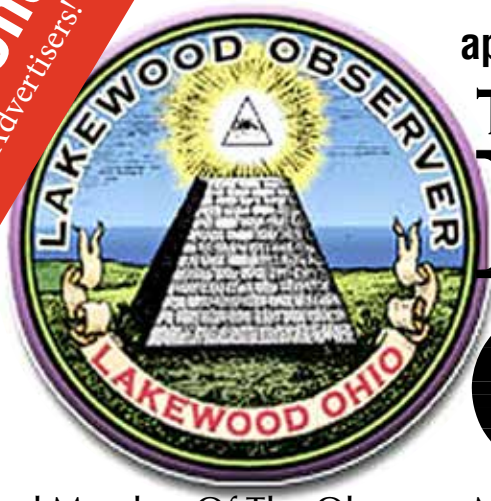


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Volume 17, Issue 22, November 17, 2021

Building Lakewood's Post-Pandemic Future

by Meghan George
Mayor, City of Lakewood

Building our Post-Pandemic Future

Dear Residents of Lakewood and Members of Lakewood City Council

It is my privilege to present you with the City of Lakewood's 2022 proposed balanced budget, reflecting our community vision, values, and priorities while also remaining fiscally responsible and seizing the opportunity to take on transformative projects that improve the quality of life for our residents. We look forward to a bright future as we finish landmark 2021 projects while introducing unique quality of life projects for 2022 and beyond.

Public Safety & Human Services

Community Center at Cove Church/Clean Water Act Project: By spring 2022,



photo by Craig Lovejoy, also available as a postcard

this historic building will serve as Lakewood's new community center and the headquarters of the Department of Human Services. Meanwhile, planning and development continues on a portion of this property dedicated to the City's Integrated Wet Weather Improvement Plan for stormwater management compliance with the

federal Clean Water Act.

Fire Station 2: Construction will be completed in the spring of 2022 on this historic century-old building that meets today's modern standards for fire apparatus and makes exhaust improvements that keep our first responders safe from harmful diesel exhaust carcinogens. The updated facility also provides our first female firefighter hired in 2021 with new

quarters to accommodate an increasingly diverse workforce.

Parks & Public Spaces

Foster Pool: Efforts in 2021 to engage the community have led to a plan that will upgrade Foster Pool by addressing long-term maintenance issues, resolve severe water loss from leakage, and incorporate new features that create a useful and friendly environment for intergenera-

tional users.

Parks & Fields: A momentous agreement with the Lakewood City School District provides for long overdue and necessary improvements to baseball fields, beginning with Kauffman and Foxx Parks in 2022.

Lakewood Pier: Planning work begins as we explore establishing a public access multi-use pier, allowing residents to fully enjoy and experience the wonders of Lakewood's scenic location on the shores of Lake Erie.

Services and Community Priorities

EV Charging Stations: The City continues to add EV charging stations at strategic locations to meet the growing demand of our residents and visitors with environmentally friendly non-combustion engines.

ADA and HVAC Improvements: City-owned buildings will begin a multi-year effort to complete upgrades to our

continued on page 2

Rangers Earn All-Conference Honors

by Christine Gordillo

Congratulations to our varsity fall sports Rangers who were named to their respective sport's Great Lakes Conference All-Conference teams! The Rangers were led by 10 First Team honorees, including three from the boys' soccer team.

All-Conference Selections

Cross Country: James O'Donnell (First Team); Charlie Payne and James Toole (Second Team); Sadie Gregg, Josie Kavc, Ben Jablonowski, and Ryan Smith (Honorable Mention); Eric Barber and Caleigh Naylon (Sportsmanship)

Golf: Jack Derethik and Logan Ellis (Honorable Mention); Justin Lacquement (Sportsmanship)

Football: Hakeem Quran and Lucas Winters (First Team); Manny Award, Brandy Bates, and Alex Symons (Second Team); Eddie Gillick and Dylan Bennett (Honorable Mention); Eddie Gillick (Sportsmanship); Tico Jones (Lineman of the Year)

Soccer: Matthew Hueter,

Sam Hudak, Eli LaDue, Dipesh Magar, and Lucy McIntire (First Team); Mosawar Ali, Alanna Cunningham, Annette Doren, William Harvey, Andy Shoaff, and Mallory Zavatchen (Second Team); Alex Baguma, Lauren Barber, Clare McKay, Reka Sundem, and Quincy Zvomuya (Honorable Mention); Clare McKay and Sam Stallbaum (Sportsmanship)

Tennis: Elma Coralic, Skylar Smith, Ava Molinski, and Lay Lay Htoo (Honorable Mention); Sophia Stringer and Alexis Stringer (Sportsmanship)

Volleyball: Helen Hylton and Molly Pilgrim (First Team); Sophia Boyer, Lexa Bunevich, and Amy Pilgrim (Second Team); Alexandria Russell and Elliot Snyder (Honorable Mention); Maren Jacobs (Sportsmanship)

Cheerleading: Anaula Simpson and Imani Griffin (Honorable Mention); Ella Munn (Sportsmanship)

Congratulations to all our Rangers and their dedicated coaches!

One Of Lakewood Biggest Mysteries Solved

by Jim O'Bryan

It was a legend many of us knew, but not many knew the guts of the story. The legend went something like this.

“Did you hear about the Lakewood grad that robbed a bank and disappeared into thin air? Well each Class Reunion the FBI attends hoping to catch him.”

What actually happened was Theodore John Conrad, a 1967 LHS graduate, was working as a cashier at Society National Bank on Public Square when he packed up at closing time, leaving the bank with a brown paper bag that the security guard thought was a bottle of liquor.

What was in the bag was \$215,000 which would explain the nervous smile the guard mentioned to police.

Ted then disappeared for over 50 years, moving around then settling in Boston using the name

Thomas Randle.

This past spring, before his death from lung cancer, Randle admitted that he was Theodore Conrad. In his obituary, though he listed his parents as having the last name Randle, his mother's maiden name was listed correctly.

U.S.Marshals from Cleve-

land compared documents that Conrad completed in the 1960s with documents Randle completed in Boston, and sure enough, confirmed that it was the same Theodore Conrad that walked away with nearly a quarter of a million dollars in 1969.

Case closed.



photo by Jim O'Bryan

Early in the morning on November 9th a woman lost control of her car traveling Eastbound on Hilliard. She had passed out from a medical condition, traveled through the red light, onto a lawn, into a tree, ending up in the house. Good work Lakewood Police and Fire. The LO has police/fire radio on our front page at lakewoodobserver.com sponsored by Roman Fountain Pizza.

The Mayor's Corner

Happy Thanksgiving!

by Meghan George
Mayor, City of Lakewood

November in Lakewood is beautiful and busy. It's a time to simply stop and enjoy the colors on display in our gorgeous trees during this autumn season, but it's also a time to think about the future and our community priori-

ties as we enter budget hearings here at City Hall.

Over the past weeks, our award-winning finance department has been working closely with each department to develop a budget that reflects our community vision, values, and priorities. Our goal is to remain fiscally

Partnership With MetroHealth

by Meghan George
Mayor, City of Lakewood

Dear Members of Council,

We are pleased to share with Council that a partnership between the City of Lakewood's Department of Human Services, the Center for Health Resilience, and the MetroHealth System's Institute for HOPE has been established to provide training for Human Services staff members. The goal of this no-cost, twelve-month pilot partnership is to support the staff in building a trauma-informed team rooted in the expertise and passion of an experienced staff, while enhancing opportunities to cultivate informed powerful connections as they transition to our

new Community Center.

Over the next year MetroHealth will provide 5 key services:

1. Center Transition Meetings (beginning 10/21)
 2. Trauma-Informed Consultation and Transformational Planning focused on Team Building, Connection, and interpersonal growth (scheduled for 10/22/21)
 3. Trauma-Informed Community Center Staff Training (Foundations) (scheduled for 11/05/21)
 4. P.A.C.E. Model Training (scheduled for 11/19/21)
 5. Mission, Vision and Values Workshop (scheduled for 12/10/21)
- Our goal for this work is to lay a

responsible and maintain the quality of our city services while also seizing opportunities to take on transformative projects that improve the quality of life for all Lakewood residents. Despite the financial challenges that the COVID-19 pandemic has presented, we expect to finish the 2021 fiscal year in a strong financial position and enter 2022 again with a balanced budget.

Each November we also honor the

men and women who have served our country at our annual Veterans Day ceremony. We had to pause this celebration in 2020, so I was especially excited last week to gather in person again to celebrate our veterans. I enjoyed seeing many of you at Lakewood Park for a fantastic ceremony. Lakewood is home to over 2,200 veterans who add so much to our community, and our own city workforce also is fortunate to have a number of veterans across our departments.

We recently cut the ribbon on Clifton Prado Park, one of Lakewood's unique pocket parks. Once again, our Public Works department deserves praise for overseeing needed improvements and installation of new equipment for the community to enjoy. Be sure to stop by and check out Clifton Prado Park for yourself.

Finally, I am looking forward to the upcoming holiday season. It will be a special one in our family with baby Maggie's first Thanksgiving celebration. I wish you and your family a happy and healthy Thanksgiving.

foundation for additional opportunities with MetroHealth and expand the training and support offered by the Center for Health Resilience and the Institute for HOPE to the greater Lakewood Community. We are excited to share this process with Council and look forward to any questions you might have.

Sincerely,
Mayor Meghan F. George
Antoinette Gelsomino, City of Lakewood Director, Human Services

Building Lakewood's Post-Pandemic Future

continued from page 1

HVAC systems that improve efficiency, save energy and costs, and improve air quality while reducing the presence of airborne pathogens that have characterized this COVID era. We will also address facility needs that will better accommodate those with disabilities and meet statutory guidelines.

Despite COVID's financial challenges, we again expect to finish the 2021 fiscal year in a strong financial position, and I remain confident that we will work through any financial

challenges that may arise in 2022 and beyond. I close with special thanks to our department directors that worked closely with our award-winning finance team to judiciously allocate limited resources that will make a difference in the lives of Lakewood residents. Let's keep building. Our progress is visible!

Sincerely,
Meghan F. George
Mayor & Safety Director

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Upcoming Submission Deadline

November 26, 2021
December 10, 2021

Publish Date


December 1, 2021
December 15, 2021

www.lakewoodobserver.com

216.407-6818 OR 216.339.2531

PO BOX 770203, Lakewood, OH 44107

Lakewood Observer



PUBLISHER	EDITOR IN CHIEF	ASSOCIATE EDITOR	ADVERTISING
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Early screening and diagnosis can improve outcomes in lung cancer patients.



Muhammad Iqbal, MD
Cleveland Clinic
Lakewood Family
Health Center

Lung cancer is the leading cause of cancer-related deaths in the United States. According to the American Lung Association, about 85% to 90% of lung cancer patients have had direct exposure to tobacco products, but anyone can get lung cancer.

Fortunately, early detection through screening can improve outcomes for lung cancer patients.

“Unless you’re screened early, lung cancer isn’t usually diagnosed until it causes symptoms, typically in advanced stages,” says Muhammad Iqbal, MD, a pulmonologist at Cleveland Clinic Lakewood Family Health Center. “Shortness of breath, cough, bloody sputum, weight loss and chest pain are common symptoms in about 85% of patients.”

Those at high risk should consider having a low-dose CT

scan to screen for lung cancer if they meet the following criteria: 50 to 80 years old, have smoked 20 pack years, and currently smoke or have quit for fewer than 15 years.

Early detection is key when it comes to treating lung cancer. When the disease is found early, 80% or more of the cases can be cured with radiation or surgery.

Screening for lung cancer with CT scans detects more early-stage cancers and decreases deaths from lung cancer by 20% in people ages 55 to 75 who are at high risk.

Talk with your physician to determine if you may be a candidate for lung cancer screening.

Visit ClevelandClinic.org/CancerTreatmentGuides to download a free lung cancer treatment guide. To schedule an appointment with Dr. Iqbal or another Cleveland Clinic pulmonologist, call 216.444.6503.

Cleveland Clinic diabetes education in Lakewood.

Cleveland Clinic diabetes education and support programs offer comprehensive education to help you or your loved one succeed in managing all aspects of diabetes care.

Group classes and individual visits are available at Lakewood Family Health Center, and both are taught by diabetes care and education specialists.

A physician referral is required for all diabetes education programs.

To learn more, visit ClevelandClinic.org/DiabetesEducation. Or call the Endocrinology and Metabolism Institute at 216.444.6568 and request diabetes education services. Virtual visits are available.

New weight management specialist in Lakewood.



Reena Bose, MD
Cleveland Clinic
Lakewood Family
Health Center

Reena Bose, MD, internal medicine, is now seeing patients at Cleveland Clinic Lakewood Family Health Center. She specializes in weight management.

To schedule an appointment with Dr. Bose or another provider, please call 216.237.5500.

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Heights



8AM

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Rising Star

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the Hill

12PM

Cilantro
Taqueria

Luna Bakery

3PM

Still Point
Gallery

6PM

MOJO

8PM

Grog Shop

Children/Youth Events At Lakewood Public Library

by Nic Starr Virtual Story Time

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.

Virtual Outer Space Story Time

For the whole family **October 2021 – December 2021**
Join Librarian Nic Starr as they build anticipation and excitement about the launch of the James Webb Space Telescope by reading stories about outer space.
View these exclusive videos from our website at lakewoodpubliclibrary.org or through our Facebook at facebook.com/lakewoodpubliclibrary.

All Day Virtual Thanksgiving Story Time

For all ages **Wednesday, November 24, 2021 – Thursday, November 25, 2021**
Join Lakewood Public Library's Jeffrey Siebert for this special virtual story time featuring stories about Thanksgiving. Watch as Jeffrey reads "How to Catch a Turkey" by Adam Wallace, "The Great Thanksgiving Escape" by Mark Fearing and "Bear Says Thanks" by Karma Wilson. This story time will be available on Wednesday, November 24, 2021 and Thursday, November 25, 2021.

Registration is required to receive a link to the video. Register here (<https://lakewoodpubliclibrary.libcal.com/event/8503964>) or call (216) 226-8275, ext. 140.

Computer Science Education Week: All Day Virtual Binary Code Activity

For students in second through fifth grade
Monday, December 6, 2021 – Sunday, December 12, 2021
Computer Science Education Week is December 6, 2021 through December 12, 2021 and is an annual program dedicated to inspiring students to take interest in computer science. In this challenge you will use beads to create unique pieces of jewelry that actually contain simple messages in Binary Code. This coding activity can be done at home. Registration is required. Once registered, supplies for this activity will be placed at the drive through window at the Main Library for you to pick up. You will receive a link to a video the day before the program which you may watch at your convenience to complete your piece of jewelry.
Registration is required. Register here (<https://lakewoodpubliclibrary.libcal.com/event/8422581>) or call (216) 226-8275, ext. 140.

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Lakewood Politics

Thank You Lakewood

by Sarah Kepple

Dear neighbors,

As we head toward our collective day of Thanksgiving, I want to express my deep and abiding gratitude to all of those who contributed their time, talent, or treasure to Keep Kepple on Council; to each voter who took the time to participate in our democracy on November 2nd; and to each of my fellow candidates for running positive campaigns focused on service to our great city.

With such a strong field and spirited race, I am honored and humbled to have earned the support of our community and to return to Lakewood City Council as your elected Councilwoman at Large. Our campaign, fueled by a broad coalition of supporters, reflects Lakewood's diversity and our potential as a community to work together to identify and accomplish shared goals.

However you voted, or whether you voted or not, I intend to keep



working hard for you and to bring us together toward a bright Lakewood future. Thank you for giving me the opportunity.

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. Reach her at sarah.kepple@lakewoodoh.net or 216.200.5050.

St. James, St. Luke Community Meals Winter Update

by Cornelius O'Sullivan

I thought I had seen everything in my 15 years running the Community Meals at St. James and St. Luke. We have made it through economic unrest, sudden influxes of patrons, winter storms and personnel turnover. We have cared for people from all walks of life and every possible circumstance. We have opened our doors early, stayed late and adapted to the changing needs of our neighbors. This recent pandemic, however, has been a challenge no one could have anticipated.

I am proud to say that the St. James and St Luke Community Meals have been able to power through the pandemic! With the help of generous supporters and dedicated volunteers, we have continued serving the Community Meals the Second and Third Wednesdays of each month at these churches without fail.

Early during the pandemic cooks and volunteers were hard to come by. With the support of Around The Corner, The Proper Pig and The American Legion, and several students who suddenly found themselves at home we were able to get through those first two unpredictable months with catered dinners. We were able to put new health and safety protocols in place and began

safely cooking and serving our own meals in May of 2020, and haven't missed a month yet. Laureen and her crew at St. James and Barb and her crew at St. Luke have provided fresh hot meals to everyone without hesitation.

For each meal we are able to provide a high quality nourishing hot meal, salad and dessert. Each patron also get bread, cookies, a drink and a second meal to go. Last winter we had the resources to hand out new wool socks, hats and gloves to everyone.

It has been expensive to operate these meals during a pandemic. Extra health and safety measures have cut into our budget. We would like to give away wool socks, hats and gloves this winter. If you are able to contribute to this cause please make a Donation to the Community Meal at St Luke Church, 1212 Bunts Rd. Lakewood, Ohio 44107. All contributions will be used to cover the cost of winter apparel given away at BOTH Churches. Lakewood has always provided us its heartfelt and generous support, thank you all! May each of you have a happy and healthy holiday season.

Cornelius O'Sullivan is a Lakewood resident and community meal organizer.

Senator Antonio Presents Testimony On Bill Prohibiting Mandatory Nurse Overtime

by Nickie Antonio

Last week, I had the opportunity to join Senator Tim Schaffer (R-Lancaster) as we presented sponsor testimony to the Senate Health Committee on Senate Bill 129, which would make Ohio the 19th state in the country to prohibit mandatory overtime for nurses as a condition of employment.

According to various studies done by the U.S. National Library of Medicine and National Institutes of Health, excessive work and overtime can result in negative outcomes for both patients and nurses. A 2016 Johns Hopkins report found that medical errors are the third leading cause of death in the US, behind heart disease and cancer.

It's important to note that, under this bill, nurses would still be permitted to work voluntary overtime. Hospitals will simply be prohibited from terminating employment or taking disciplinary action because a nurse chooses not to work overtime. There is also a clause in SB 129 that allows hospitals to be exempt from the requirements of the bill if there is a health care disaster, emergency declaration, influx of patients with specified criteria, or an



ongoing procedure the nurse is actively engaged in.

As we continue to battle the Covid-19 pandemic, we have become keenly aware of the importance of our healthcare workers, yet we have also seen unprecedented turnover and staff shortages in their field. I believe this legislation will incentivize nurses to stay at the bedside by normalizing staffing schedules in a way that is sustainable for their mental health, wellbeing and delivery of good patient care.

If you have questions about this bill or any others, my staff, Erin Glossop and Jon Schlosser, are always here to serve you. Call us at 614-466-5123 or email us at antonio@ohiosenate.gov and we will get back to you as soon as possible.

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Lakewood Schools



photos by Jim O'Bryan

Ed loved being on the BOE. Now he'll have time for his third love, boating...

Thank You, Ed Favre

by Dr. Charles Greanoff

This is a thank you to Ed Favre, long time School Board member who will no longer be serving after Nora Katzenberger and incumbent Betsy Shaughnessy won the two seats in the three person race. (FYI I have great confidence in the abilities and character of Nora and Betsy).



... and his first love, wife Gladys

I've known Ed since well before I was a teacher, through levy campaigns and other civic endeavors. In all these years, Ed always had time to talk over issues, to offer advice and critiques. Ed is a fierce advocate for public education and our schools, who was not afraid to take unpopular positions if he thought doing so was best for our students.

Ed keeps up on state and national trends, and always sees the bigger picture when it comes to the challenges that our local district faces.

Each year, I have organized a Civil War project in my APUS History Class, held at the Lakewood Women's Pavilion (Of course, on hiatus for a couple of years). I always invite the Superintendent and the School Board, and several attend every year. But the one who came most often, who would never miss it but for family commitment, was Ed.

Thanks, Mr Favre.



District Winter Concerts On Tap

by Christine Gordillo

December is just around the corner and that means some fabulous winter concerts are in store from the Lakewood High School George P. Read Performing Arts Department, including the return of the popular Sounds of the Season! The concerts listed below will be held in the Civic Auditorium. Performances begin at 7:30 p.m. You can buy your tickets online at www.payschoolscentral.com

- December 1: Gold and Silver Band Concert
- December 9 & 10: Sounds of the Season
- December 13: Choral Concert

Middle School Concerts:

- December 2: 7th Grade
- December 14: 8th Grade
- December 15: 6th Grade

AROUND THE CORNER

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Hayes Projects Do Double The Good



by Christine Gordillo

Two recent projects for Hayes Elementary fourth grade students in Mrs. Karabinus and Mrs. Staskus' classes were wonderful displays of incorporating our Vision of a Lakewood graduate competencies of empathy, global awareness/citizenship, creative thinking and communication skills. Students prepared a care package of math games complete with decks of cards and game instruction booklets for students impacted by Hurricane Ida in New Orleans. They also created video book reviews of their favorite children's story to share with Mayor Meghan George for her newborn daughter, Maggie.

The idea for the math games came about when the students viewed a video about Hurricane Katrina, which devastated New Orleans in 2005, and learned that children from across the country sent care packages to the students in the Big Easy after the hurricane. Ironically, Hurricane Ida hit New Orleans

around the same time they watched the video and the idea of sending a games care package was born!

The students researched a variety of math games that could be played with a simple deck of cards, then created the written instruction booklets and colorful cards of encouragement to be included in the care package. Hayes Family Resource Coordinator Alexandria Remy found a New Orleans elementary school in need to make the project complete!

The two classes also collaborated on a fun video/book review project where students brought in one of their favorite early childhood books from home or from the library and presented book reviews, Reading Rainbow style, to their classmates. The reviews were videotaped and compiled by technology teacher Julie Ferrone into an adorable video of all 29 students' reviews that the Mayor can draw on when she selects a storytime book for baby Maggie!

Lakewood League Of Women Voters Mary Warren Impact Scholarship Winner, Jack Ryan

by Jack Ryan

Why is voting important to a democracy? Why is water important to fish or why is air important humans? The answer is the latter of each scenario does not function without the first part. Voting is the life blood of a democracy. Without voting pluralist and elite democracies start forming then they lead to oligarchies and authoritarian rule. The significance of voting is lost on most people because when everyone is participating a single vote has extraordinarily little power. This is the truth of the matter, only when a majority of votes form can people make the system of democracy move. This naturally creates political minorities. However, when the lines of reasoning like "My vote doesn't matter" start to form then singular votes do start to really matter. Singular votes start to have more power when people remove themselves from the voting pool. A good analogy would be a lottery. When a lot of people enter you have a lower chance of winning but when the number of attendees drops your chances of winning increases. As stated earlier when fewer people vote a democracy becomes pluralist or elitist. Pluralist democracies occur when only

powerful groups vote, and elitist when only the elite vote. These two descriptions sound awfully like the current state of American democracy and political efficacy. Higher political efficacy leads to better elected officials and more reflective election results.

Gerrymandering and voter suppression are natural barriers to democracy. They prevent voter fairness and give some elected officials free election wins. Despite both practices being struck down by the Supreme Court, they seem to be ever present. Look no further than Georgia and Ohio. In Georgia, the passing of a bill would take away voting locations and that is just the beginning of the voter suppression material that is in the bill. Then in Ohio there is a gerrymandered district that is just the coast of Lake Erie, nicknamed "The Snake", it covers Cleveland all the way to Toledo. What do these practices have to do with voting in a democracy? They have everything to do with it. Voting can prevent both of these legal anti-voting practices. People could vote to make these practices illegal. Or they could vote to make them more legal. Regardless of political ideals voting prevents elitist and abusive governments from happening.

Lakewood Business

A Taste Of Europe Here In Lakewood

by Adelaide Crnko

Unable to travel abroad right now? You can at least savor the flavors of Europe by visiting a splendid shop located on the western end of Madison Avenue. Owned by Dafina Bedini from Albania, A Taste of Europe has been operating since 2009. Relatively modest in size, the shelves are teeming with a bounty of offerings. There is something for just about everyone.

Noodles, preserves, canned herring,

oh my! Quite a variety of edibles beckon from every corner. Don't be intimidated by unfamiliar alphabets or by trying to pronounce what's printed on the packaging. That's part of the fun of entering a zone of international culinary delights! Coffee flavored candies (France), bruschetta (Italy) and muesli (Germany) are examples of how many different nations are represented. It doesn't stop there. A Taste of Europe has a worldwide selection of wine, beer



and tea. Also stocked are syrups (Slovenia) that can be used for homemade sparkling soda. Imported meats and cheese populate the deli counter. Take-out catering for ten or more people is available as well, chicken paprikash being one dish that can be ordered. Perhaps now is the time to check out that store you may have driven by often but never took the time to investigate. Erin Radoi's husband is originally from Romania so she began shopping at this location because of him and has grown to appreciate it for herself. She feels that "Eastern European cuisine is very, very underrated." There is no shortage of items from the region here with products from Hungary, Croatia and North Macedonia to name a few. Dafina Bedini stated that each eth-

nic group may prefer its own take on a certain product such as Cevapi, a sausage. The freezer section is home to a few versions, each made with specific ingredients preferred by a particular culture. This gives patrons the opportunity to enjoy the food they ate growing up. With the holidays approaching, what will you do about that person who completed their housebound "Covid purge" and just doesn't want any more stuff? Or, need a hostess gift? There are many unique items from which to choose. You may also find something to serve at your own gathering no matter what the occasion. As we close out another Olympic year, this is one way to continue thinking globally while supporting a local business. A Taste of Europe is right here in our own community. When asked for her opinion about this shop, another customer simply replied, "The best!" A Taste of Europe is located at 15512 Madison Avenue Phone: 216-521-9530 Open: Mon-Fri 10-6; Sat 10-5 Adelaide Crnko is a Lakewood resident who loves to eat!

Wellness Collaborative Welcomes Lakewood Community



by Allison Workman

At 1394 Cranford Avenue you can find an inviting little storefront that is home to five woman-owned small businesses excited to be woven into the Lakewood community. The charming shared space is home to a variety of wellness practioners including a chiropractor, massage therapist, pelvic floor physcial therapist, functional movement yoga instructor, and energy healer/spiritual coach. Together they combine their skills under one roof to serve the community and offer everybody the healing they deserve. Dr. Allison Workman owns Posture & Poise Chiropractic which is focused on treating patients of all ages, from children to elderly with a special focus on pregnant, postpartum parents, and children. She offers well-rounded, holistic, and non-invasive chiropractic care. She started the wellness collaborative in September 2020 when consequences of COVID-19 left her searching for a new location for her office. While searching she came across a cozy space that was previsouly home to The Reiki Room. She quickly envisioned herself working side by side with other healthcare professionals in the spirit of wellness and good health. Over the next year Dr. Workman welcomed Michelle Thomas of Ever Mvnt, Alesha Lifka of Mother Nurture Massage, Dr. Nina Palombo of Horizon Physcial Therapy, and Leyla Kuran of Harmony Healing Studios. Michelle's mission at Ever Mvmt is to work hand-in-hand to remedy injuries, pain, and daily challenges with mindful movement, a holistic approach to stress, and a plan that fits seamlessly into your daily life. She offers private one-on-one sessions and small group

sessions. When Michelle isn't in the office in Lakewood you can find her at Hope Yoga Studio in Fairview Park offering studio classes. Alesha of Mother Nurture Massage offers fertility, prenatal, and postpartum massage, and belly binding. She is a mother to four and brings a lot of experience and knowledge to her clients, as well as special care and understanding to their needs. Her focus is to make sure that her clients feel better walking out of a session than they did walking in. Dr. Nina Palombo of Horizon Physcial Therapy helps individuals live a healthy, active lifestyle without pelvic floor symptoms such as urinary leakage, prolapse, and pelvic pain. She believe you deserve to feel strong, empowered, and confident. Her goal is to help you build and maintain strength and resiliency through all phases of life. Leyla offers private and group sessions for spiritual, physical, and emotional healing with meditation using quantum physic mechanics. She uses ThetaHealing technique which combines meditation and spiritual philosophy to train the mind, body, and spirit to help clear limiting beliefs and live life with positive thoughts, developing virtues in all that we do. The collaborative is eager to gather with the community members and introduce themselves in person! Please join them at their Holiday Open House on December 11th from 4-6pm where there will be raffles, cider, hot cocoa, holiday treats, chakra sessions, and other demonstrations on site. All proceeds raised from raffle ticket sales will be donated to Laura's Home Women's Crisis Center in Cleveland, Ohio.

Blame The Chain

by Bonnie Fencil

Beauty products are not showing up after they are ordered. Distributors of the products keep telling us "keep reordering." High gas prices, shipping from where they are made, then shipping from the beauty supply house, makes for higher prices. Things that took a week or two now take 5 weeks or more, or they are not delivered at all. When we asked our sales reps they told us that the companies are not getting the ingrediants that they need to even make their products, that explains a bit of this new problem. So sometimes if the ingrediants are offered by another company just switch for now untill the desired products return is an option.

In the past we made sure we placed fairly large orders to keep the shipping prices per item lower and passed that on to our customers. Now that large orders come in a small box, we know the price is raised because we didn't get the products we ordered. It is lucky that we ordered in August, we received many holiday items that we would not be seeing now. At our salon Carabel Beauty Salon & Store, we try to get the quality beauty products and accessories at good prices and hope that all of these problems end which, after over 50 years in business, we have never seen before. Bonnie Fencil has owned a salon since 1969 and was licensed as a cosmetologist in 1964.

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Humans Of Lakewood

Coincidences-- An Interview With Dr. Stephen Sroka

by Rebecca Reynolds

Looking up, a memory floods my mind, and I exclaim. “Stephen, wanna hear something funny?”

Not giving him the chance to answer, I tell him what my mind remembered way back some fifty years earlier. My Mother was so creative, when she wanted us to do a good job dusting, she would hide pennies and dimes at the bottom of the furniture or tops of lights. I was her tallest daughter, and those crystals on the chandelier, well she paid me to clean them. Stephen laughed and responded, “That was probably the last time they were cleaned.” We both chuckled. We were sitting in Stephen’s house during our talk, and Stephen and his wife had purchased their home from my mother, some 35 years earlier. Here I was sitting across from Stephen Sroka in the home that I grew up in, now and for some time, his home. Coincidence?

Who is Stephen Sroka? To me he is a legend. Long before I began my journey into Mindfulness and Social Emotional Learning, Stephen was forging a trail pebbled in love, laced with wisdom, forged with clarity of focus on a theme he coined “The Power of One,” the concept that one person alone could have everlasting impact on an individual and our entire world.

Just over five years ago, while on stage at a local school, Stephen collapsed with Cardiac Arrest. He laid there dead in that moment, no heart-beat. He was saved by two School Resource Officers who just happened to be less than a minute away, and an Assistant Principle who just happened

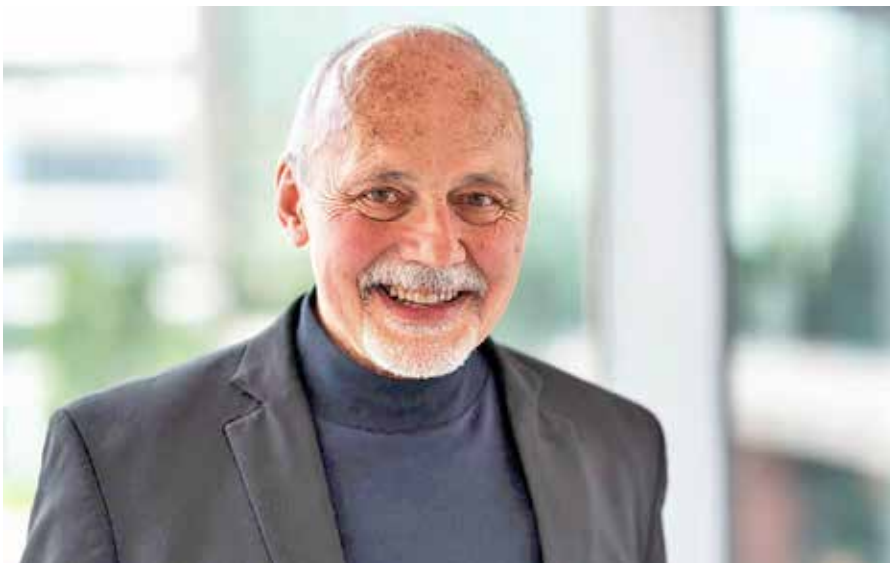


photo courtesy of the Cleveland Clinic

Portrait of Dr. Steve Sroka, from a Cleveland Clinic article on the good doctor benefiting from a new heart attack drug that saved his life.
<https://my.clevelandclinic.org/patient-stories/307>

to have learned, two weeks earlier, how to use an AED. And there was one just outside the auditorium. Coincidence?

Stephen’s youngest daughter is a school psychologist. In the school where Stephen coded, the school psychologist, who did not know Stephen, but knew Stephen’s daughter, called her and put her in contact with the Superintendent who was able to share Stephen’s medical information with EMS to life flight him to the Cleveland Clinic. Coincidence?

The staff of the school had a prayer group. They circled outside while the collapsed Dr.. Sroka was being worked on. Not only did the staff prayer group circle, but all 800 people in attendance stopped to center themselves in thought and or prayer. Moments later he was alive again. Coincidence?

As Stephen’s daughter drove to the

hospital, above her she saw a helicopter in the sky. On the off chance that was her father being life flighted, she snapped an image, feeling the need to connect in any way she could. Was that her father, Stephen Sroka, enroute to be saved? It was...Coincidence?

Due to the love and efforts of many, Stephen survived and now thrives. From this death experience was born a new message. The Power of One, is now The Power of Many. Using what he learned as an invited member of The Eastern Shoshone Tribe, a welcoming that began from two Native American students he helped, Stephen learned that it takes one to build a fire, but many to keep the fire blazing brightly. Coincidence?

Coincidence by definition is rather mystical. “A remarkable concurrence of events without apparent causal connection.”

I would like to suggest that in Stephen’s case, there is a strong causal connection to remarkable concurrences. Born into poverty and illness, Stephen struggled at an early age just to survive. He shared with me that he knew his path out of poverty was education, so he set his sails to not only achieve one degree, but several, including a Masters, and his Doctorate. As he built a foundation of love of self, he was able to expand that love, creating one miraculous moment after another for

himself and those he touched.
My interview with Stephen begins:

Who are you? “A conduit to get people fired up! My life is defined by helping people, and my focus is on keeping kids safe and healthy so they can learn more and live better.”

Where are you going? “Excitingly, I don’t know. My mind is a gift taking me places. I wish to save the world.”

What would it look like to save the world? “Empathy. Getting others to do positive things. I believe you need to know when you have enough and are giving enough.”

What is the biggest problem in the world? “Greed”

What is your connection to the Tribal community? “I was adopted by the Eastern Shoshone who gave me the awareness of having Warrior Aura. In Native tradition, it is the ability and gift of being able to step in after a Chief goes down and lead with courage. It was a great honor.”

Stepping into a new path, The Power of Many, a Rebirth.

Coincidence?
More Information on Stephen’s return to his mission of Love : <https://www.wkyc.com/article/news/health/man-owes-life-to-medina-officers-assistant-principal/95-45785711>

Lakewood Kiwanis Scarecrow Festival 2021

by Anna Bacho

Did you see all the scarecrows on Madison? Lakewood Kiwanis had a great turnout this year from 117th to Riverside. The community joined in with scarecrows that were witches, gardeners and even Superman. Lakewood Kiwanis wants to recognize our winners and participants.

Matthew Bixenstein and Friends of Madison Park & Clarence Ave Block Club, Brennan’s Catering, Western Reserve-Lakewood , DAR (Tommy’s Pastries), Lakewood Lutheran School, Fifth Third Bank, Amy Ross (Charlies Creations), Carabel Beauty Salon, Buckeye Beer Engine, Policard, Victoria (Book Brothers), Dollar Bank, Taste of Europe, Carol Lynn’s Salon Plus, Paul Beegan, Blue Café (Karen Beegan), Lakewood Division of Aging, Harding Middle School Builders Club, Bowed String Shop, Ebb & Flow Consulting, Dede MacNamee Gold (NEOhio Credit Union)

And a big THANKYOU to this years sponsors, John Craighead@Howard Hanna Realty and The Beer Engine. To see all the fun scarecrow pictures, visit Lakewood Kiwanis Web page.
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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

Lakewood Is Art

Hours And Hours And Ours And Yours:

Reviews Of Recent Releases By Local Bands, Pt. 120

by Buzz Kompier

Richard Hamilton - Kiss Touch 2000 - Tetryon Tapes - 9 songs - cassette, digital

This is now the second album from the ever-prolific Ricky/Richard Hamilton (stay tuned, a review of the third album will be in these pages soon). As I mentioned in my review of his previous work, "My Perfect World," I'm not sure whether you'd count this as his second, third, or fifth solo album, but I consider Richard Hamilton to be a separate project from works released as Ricky Hamilton, so I'm calling it his second. It definitely continues the general sound of "My Perfect World," although this one finds R.H. back to recording by himself without any extra musicians (supposedly— more on the credits of this thing in a minute). With these records under the Richard name, he's really gone wholeheartedly into ultra-hooky pop rock and once again he pulls it off on this tape. "My Very Own (Brooke Davis)" is a great opener (Brooke Davis is a character from One Tree Hill, I'm told, so if that grabs your attention maybe you'll know what he's talking about more than I do) and he's really elevated the already decent tune with some excellent little attention-grabbers: the synth line that sometimes seems completely dissonant (but in a good way) and sometimes sounds like a harmonica; the guitar lead towards the end that comes in with some mandolin-like tremolo picking. As bad as a song called "Kissing And Dreaming" should rightfully be, our friend Ricky somehow pulls it off and turns it into a good track. While "Playing The Fool Again" feels like it goes on forever, it's a good melancholy one and so it earns its place on here. I like the sorta backhanded lyrics of "Miss Ventura Country"; while it's undoubtedly an ode to the title character, there are a few rather snippy lines that are kinda reminiscent of "Bye Bye Love" by The Cars (a band I know Ricky is a fan of). There's a few covers on here as well: the Lee Hazlewood classic "Houston" (made famous by Dean Martin), which R.H. changes the beat of and in doing so alters it from country pop to his dreamy, jangly alternative pop sound in a way that works surprisingly well; Squeeze's classic tragedy "Up The Junction," which gets renamed "Up The Pavement" for some reason even though the lyrics remain unchanged (and we get a return of the classic Richard Hamilton faux-British accent); and "Go Ask Your Man," which I think is a Bob Lind song and finds Richard Hamilton at his most nasal, albeit in a way that kinda works for the song. Strangely enough, the credits on here say "all songs written by Richard Hamilton." I'm gonna assume this was an oversight as I certainly don't think Ricky is dishonest enough (or obtuse enough) that he would try to take credit for songs as popular as the ones he covers on here.

I mean, there's not even a track list on this thing (I had to get it from Bandcamp), so I'm assuming it was just kinda hastily thrown together and that slipped through. In any case, another success for Richard Hamilton with this one. 4/5
(qualitytimerecords.bandcamp.com for digital, feralkidrecords.storenvy.com for the tape)

Suitor - Communion - Just Because Records - 10 songs - cassette, digital

I'm not entirely sure what the background is with this band (research is dead), but it's a new group and this is their debut release. Suitor's music is a very '80s-inspired mix of post-punk, new wave, and synthpop (with little hints of goth and what I believe the kids call dance punk sprinkled in). Usually I think bands that do this kind of thing are pretty dull, but I ended up liking this tape quite a bit. The songs are full of hooks, the instrumental performances are decent and have some pretty neat parts (that extended guitar break at the end of "Dagger" in particular comes to mind), and the vocal melodies are strong. The title track is excellent, especially with the change from the sorta gothy verses into the soaring choruses— what the singer's voice (I think her name is Emma— no credits were included with this release) does there is really cool. Other highlights were "Spectator," with some particularly great layered vocals; "How Do I Know You're There," which has the slight funkiness and slight discor-

dance of the artsier side of early '80s new wave with talk-sung vocals on the verse and a good bridge; and "Waitress," which is the most punk they get on here, though it has a slow part that's pretty cool too. Nice artwork as well and even the download code matches the theme. A very strong debut. 4/5

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

Rotary Continues Literacy Commitment

by Lynn Donaldson

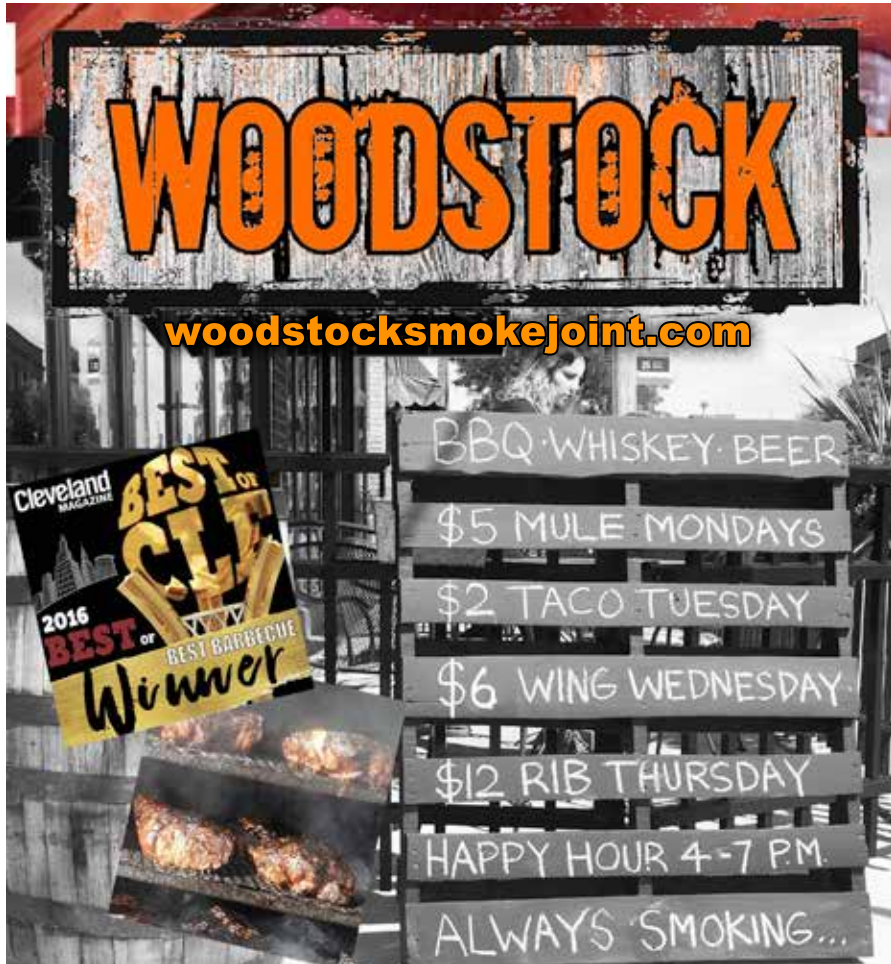
The Rotary Club of Lakewood and Rocky River has continued to honor its commitment to literacy in Lakewood and Rocky River public and private schools this year by distributing dictionaries and other materials to students and classrooms. The club began the project in 2005.
This year, all third-grade students received a dictionary, and all fourth-grade students (last year's third grade students), except for those attending Rocky River's Kensington school, received a dictionary. For Kensington, the Rotary club provided funds for the schools to purchase chapter books for in-classroom use.
Harlan Radford, project chair, with assistance from fellow Rotarians, stamped each dictionary with the Rotary logo, Four-Way Test, and a place for the student's name. The chapter

books, once received by Kensington, will also be stamped.
The following Rotarians visited the schools for interaction with both students and teachers as the dictionaries were distributed: David Baas, John Chandler, Steve Clark, Matt Daugherty, Jon Fancher, George Frank, Thom Geist, Chuck Gustafson, Jim Harris, and John Zuercher. Former member and past project chair, Jay Rounds, also assisted with the deliveries.
Members were rewarded with smiles on the students' faces as they receive their dictionaries and begin to explore the contents. Both students and teachers are very appreciative in receiving these dictionaries and utilize them in the curriculum.
Funding for the project was provided by the Lakewood-Rocky River Rotary Foundation.



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Life And Love In Lakewood

Never Too Late To Find Love In Lakewood

by Joanne Gibbons

What are the odds? Two people at opposite ends of the county made decisions that caused them to arrive at the same place, around the same time, living at opposite ends of the same building? Add to this, the chance of one catching a glimpse of the other and a few coincidental elements, and it smacks of the improbable. Maybe, because of the beliefs of the two subjects of this story, Lillie and Ron, the Almighty saw fit to make something wonderful happen. Depends on what you believe, I suppose.

You have to understand that Lillie ended up in this new place because of events 17 years ago. It was then that her beloved husband, (coincidentally, also named Ronnie), passed away quickly and suddenly in front of her and her sons. The way he died, and the timing, so young, devastated their family. Lillie decided to move from North Carolina back to Lakewood, then moved a few times until she applied at the Westerly. Until now, Lillie never had a thought about dating, or meeting anyone. She was busy with her life: family, friends and church, and had no real reason to replace the best and only man she had ever known. As for Ron, his life was also changing, and he decided to come to Lakewood of all places. He, on the other hand, did have thoughts of finding someone, but not just anyone, someone of God's choosing. Imagine that.

I was lucky enough to have been told of THE karaoke night we would all remember, and then, not wanting to wait for an invitation, bold enough to invite myself. Coincidentally, a lovely woman, Josie, sat by me who turned out to be Ron's good friend. She was the only other one who knew the secret that was about to be announced. And what an announcement it was - shocking the attendees - Ron announced that he and Lillie had gotten married. One resident thought they were going to announce maybe an engagement, but this - a marriage!? Most everyone was happy for them.

Josie decided that I should call the local paper to get this cute story told. I am the cousin twin of Lillie. And so I did. Sort of. I looked up the Lakewood



Lillie and Ron.

Observer, and it read, "All published stories come from you! Even if you think you don't have writing skills, we are never amazed at how well-versed one becomes when writing about what they know..." And so here it is! And this is what starts the love story of Lillie and Ron.

It started with a simple song request at karaoke. Ron is the host and main attraction singing and playing guitar.

"So Lillie, how did it happen that you went to karaoke?" I asked.

"My friend, Kathy, kept asking me to go and I wouldn't. Then, one night, Kathy said I had to go because she was singing, and so I went and she sang, 'These Boots Were Made for Walking,' by Nancy Sinatra, and danced the Pony, and it was so much fun." She and Kathy had been friends in high school, and here they were, coincidentally, years later, at the same place, at the same time and one asked the other to do something different. There also was one other little element: Kathy was secretly interested in Ron.

Ron noticed Lillie at karaoke that night.

"But what was it about her?" I asked him.

"She looked out of place," he said. She looked very young and he didn't think she lived here at the Westerly.

Ron also looks years younger than his 71 years and too young to live at a senior apartment. Ron asked for requests and Lillie requested one of her favorite songs, "Friends in Low Places," by Garth Brooks. Ron asked if she would sing it with him if he played it and Lillie declined. He then asked her name with such expression that it startled her. By evening's end, he had not sung her request. Maybe he wanted to get a reaction, or to start a little conversation? Maybe.

Lillie ran into him here and there, and he would try to talk to her, and mostly, she would answer quickly and go about her business. On one occasion, she was playing cards with a friend, and he came by and mentioned some gospel songs, and that created an interest because she's a Christian and deeply involved in all aspects. She still had no idea he was interested in her and was not interested in him. She saw him as just someone to talk to occasionally.

Then Kathy suggested she, Lillie and Ron have dinner to work on an upcoming musical program, and so they did. After dinner, he said, "I have a confession to make." Lillie stood at the door to leave, and asked, "Oh, Ron what do you have to confess?" laughing. He answered her with this: "From the first time I saw you, I had to know who you were. You're the prettiest per-

son here."

Lillie says, "I was thinking, that's so sweet, and waited for Kathy to say something and instead Kathy said, 'I want to hug him for you,' and I was so surprised that he was talking to me!"

So Lillie went over and hugged him, and he said to Kathy, "She's the prettiest girl and she smells great." At that moment Lillie looked at Ron differently. Ron called Lillie after that to tell her she left her sweater, and she told him to call Kathy, it was hers. He kept trying to see her and spend some time, but Lillie was oblivious to this fact.

What really was attractive to Ron was what he found out about Lillie after becoming Facebook friends with her. "I kept checking her posts and found she shares a lot of gospel tracts and verses and it was interesting because I'm a Christian first and foremost. I don't wear it all the way, but this is where it really got started, because then I just started liking her posts and talking to her about the Bible and gospel and where she went to church, then one thing led to another."

Finally, they had coffee together. Her coffee is so strong that they call it crunchy coffee. So they shared crunchy coffee and scripture. Then they just started having dinner more often, just the two of them, and listened to gospel music, exchanged music, and piqued each others' interests.

Lillie was feeling very good around Ron, especially since they shared this love of Christianity. She called the feeling, "Full of God." Or, was it also something else? In the meantime, Lillie started to wonder why she was feeling so different so often, about him. What was going on? So, she did what she normally does when she doesn't have an answer, and she prayed and asked God. They had coffee again, as he was leaving, she gave him the obligatory hug, and he put his hand on the table and said, exasperated, "I am trying to pursue you!"

"Oh," Lillie said. She didn't know what to say to that. So, she asked God, "If this isn't anything you want me to pursue, make him go away." But he kept coming back.

Part one of a series.



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Business Spotlight

Tease Salon, One Of Northern Ohio’s Top Salons

by Jim O’Bryan

The earth keeps spinning, and the years fly by, whether you're having fun, or gathering your life back together. Mwale Kakusa, owner of Tease Salon in Lakewood, knows all of that and a whole lot more. As Tease Salon is turning 10 years old, let’s take a look at its past and future.

Tease Hair Salon was the brain-child and dream of Mwale’s wife, Nora Swift-Kakusa who was looking for something challenging to do. Those of us who were lucky enough to have known Nora understood that she was not a person to give up or be denied. In 2010, Nora and Mwale acquired the lease on their space at 15112 Detroit Ave. in Lakewood, Ohio and started to build their dream.

And as with so many things Nora got involved in, she wanted her stylists to also be very proud. She challenged them to let their individual talents flow into their daily work. They opened their salon in the fall of 2010, first with a little splash, after all it was just Nora, and two other stylists. But the die was cast for what was to follow.

Within 5 years, Tease Salon had grown to 12 employees, not only because of giving great service to Lakewoodites, but because of their consistantly being rated one of the top ten salons in Cleveland. While fame is nice, it is also fleeting and Nora knew this. She concentrated on not just



Tease Salon at 15112 Detroit has carved out a real niche in helping all to make themselves look better.

growing the business, but her beautiful family consisting of Logan, Liam, Moses, Kanye and Lola. Her family was always her number one priority.

Nora loved Lakewood; she was one of our city’s biggest fans. Nora’s impact went far beyond the shop on Detroit. Her family, a wonderful group of people, started to give with their hearts and efforts also through the city and the schools.

Then, in 2018, their lives changed. A man ran a stop sign and hit Nora’s SUV, causing it to hit a pole and roll

over. Nora didn’t survive, and the city sat in shock, along with the Swift Kukusa family. Immeasurable pain and grief swept through the community. Her smile was gone and the lights in the salon went dark.

Mwale and the family received tons of support and love, enough that it made his decision very easy: keep the family on their path, and work to keep Nora’s dream alive and growing. Mwale describes the support and love at the time as “overwhelming and so very appreciated.”

The Tease team, which Mwale calls family, lifted their heavy hearts and heads and started to make it all work again to keep Nora’s dream growing. Today, joy abounds in this beautiful space with her family taking part in various aspects of the business. She would be so proud.

For those of you not familiar with Tease Salon, it is located in the heart of Lakewood, downtown, on one of the great blocks in the city. You not only have Tease, you have Lion and Blue, Lakewood’s best gift shop, the Root Cafe, Lakewood’s original coffee house, and The Exchange, all great places to shop for gifts for yourself and others.

Tease Salon puts the bow on the gift, or the icing on the cake because whether you're a woman, man, trans or just another human, Tease has a stylist that can make you look fabulous for the holidays. Nora loved everyone and especially loved making people look great, her warmth can still be felt when you walk in the door.

Tease Hair & Body Parlor
(216) 228-2440
15112 Detroit Ave.
teasehairparlor.com



Lakewood’s mom, Nora Swift in the center, with Mwale on the right surrounded by their children, Logan, Liam, Moses, Kanye and Lola.

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