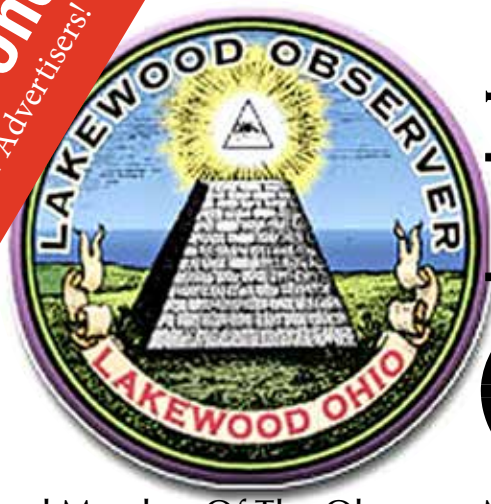


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# THE LAKEWOOD OBSERVER

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Volume 18, Issue 04, February 16, 2022

## Message From Superintendent Niedzwiecki Covid Policy In Lakewood Schools

Dear Lakewood Families:

Thank you all for your continued support in ensuring our students and staff remained in school throughout this year. Despite the challenges over masks and vaccines, our students are thriving being in school. Additionally, as a community, we are all working in the office and attending large events indoors more regularly.

Our number of COVID-positive cases has dropped significantly within our school community. In fact, we have the lowest numbers we have ever had since the pandemic started. In addition, the Ohio Department of Health published updated guidance on January 26 that is important to review and share with you here:

- Schools may discontinue universal contact tracing.
- PreK-12 schools should continue to follow the Ohio Department of Health's protocol, "Mask to Stay, Test to Play," and allow asymp-



tomatic students to attend school while wearing a mask if they have been exposed to COVID-19 (whether school exposure or not). This guidance will be issued by the Cuyahoga County Board of Health (CCBH) when needed.

- The Ohio Department of Health will change the school case reporting frequency to weekly.

With all of this in mind, on Friday, February 18, the Lakewood City Schools will change its current policy from "masks required" to "masks recommended" in all of our buildings. Although masks will be optional, we will continue to monitor our COVID numbers with the understanding that the CCBH could institute a mask order if a specific building or classroom experiences an outbreak. Additionally, the CCBH could also place an order for individual students to wear masks due to exposure status within homes or schools.

Through everything, I think we have all learned that if we are not feeling well, stay home. Take care of yourself and be respectful of those around you.

Respectfully,  
Maggie Niedzwiecki  
Superintendent

## Lakewood Interceptor Tunnel Rehabilitation – Project Vicinity Map



## Lakewood Interceptor Tunnel Rehabilitation Project Started

from City Hall

The Lakewood Interceptor Tunnel Rehabilitation Project was set to begin Monday, February 14, 2022. The installation of the interceptor began in 1918 and was completed in the 1940s. It is in need of rehabilitation to prolong its lifespan.

The interceptor is approximately 19,000 feet long and ranges in depth from 20' at

the east end of Lakewood to 94' deep at the west end of Lakewood. The interceptor is located primarily along Edgewater Drive from West 117th to Webb and jogs to West Clifton where it flows to the Lakewood Wastewater Treatment Plant (WWTP). The interceptor collects and carries both combined sewer and sanitary sewer flows from approximately 77%

of the city to the WWTP.

As part of the project, there will be some on-street parking restrictions between the hours of 7:00 AM and 6:00 PM. Residents near the working area will be notified and signs will be posted when parking is restricted. Most of these restrictions will be during the day and parking will be permitted overnight.

"A lot of people like snow. I find it to be an unnecessary freezing of water." - Carl Reiner



Last week Lakewood Fire Department was called to a truck fire on the off-ramp of I-90. Despite problems with traffic, they were able to get to the fire, put it out and get it cleaned up quickly.  
photo sent in by Megan Scherer.

## Calling All Artists: Spectacular Vernacular, Lakewood's Public Art Program



A small part of the Evan Laisure mural at Lakewood Park.

from City Hall

The City of Lakewood's public art program creates opportunities for collaboration between artists and property/business owners to create art designed for the public on private properties.

Since 2016, the City has been investing in public-private art projects to increase its value as a place that attracts and retains residents, entrepreneurs, employees, and entertainment offerings. Higher community values like these help attract and retain businesses and residents, while increasing social connections. Based on lessons learned from past projects, the City of Lakewood is happy to present the Spectacular Vernacular Grant Application for 2022.

Spectacular Vernacu-

lar provides funding for civic art projects within the City of Lakewood. The goal of the grant program is to incentivize private investment in public art. The total available grant funding for 2022 is \$50,000. The focus for this year's program are permanent murals, temporary lighting installations that help activate spaces, and any additional public art and media outlets.

The deadline for applications is March 22nd at 12:00 PM. This program creates opportunities for collaboration between artists and property/business owners to create art designed for the public on private properties. For more information, visit <https://www.lakewoodoh.gov/publicart/>.



The Mayor's Corner

Affordable Housing And Good Neighbors

Lakewood has always been a community where anyone can feel welcome and find a place to call home. It's something we all pride ourselves on – we are a city for people from all backgrounds, in all stages of life, and of all incomes. Keeping Lakewood this way is a key focus area for my administration, and essential to that effort is maintaining high quality housing stock while continuing to offer diverse housing options. Above all, we must find ways to preserve existing affordable units and add new ones in a time where the cost of housing – both for sale and rental – is skyrocketing. It's no simple task, but I'm fortunate to have a talented team of professionals here in City Hall helping attain this goal. In fact, not long ago our Department of Planning and Development received the Vibrant NEO Champion Award in recognition of our current affordable housing plan, which ties housing city incentives to affordable units.

You may have recently seen that the Solove development team just closed on acquiring the long-vacant Spitzer dealership site on Detroit near Bunts Road. This was great news for Lakewood because it will take over two acres of land that has been sitting without active use or community benefit for years and use it to

build the first large-scale apartment complex in Lakewood in over four decades. Equally important is the agreement of the developer to maintain at least 20% of the units in the building for renters of moderate or low income. The project also fits with our vision for Lakewood by keeping dense multi-story development on our main corridors. The building's first floor will feature retail space to keep Detroit Avenue active and walkable. It's a great project for Lakewood, and Solove has plans to close on another vacant parcel on Detroit and for a similar project in the near future.

Another recent example of our housing plan in action can be found in Birdtown on Plover and Shaw Avenues where vacant city lots from condemned homes have been replaced with new homes for sale. We know that it has become extremely difficult for homebuyers to find affordable options in Lakewood. We also have access to federal dollars that can be used to build affordable homes, but are highly restricted otherwise. So we used this opportunity to leverage those dollars and meet a pressing need by building two new homes that can only be sold to buyers

who are not high income. This also meets our goal of having infill development on our residential streets focused on single family homes while keeping denser development on corridors.

I want to end this edition's note by sharing some words of gratitude to our Lakewood Fire Department and to the owners of the Mars Bar. You may have seen that last week a large apartment building on Madison suffered a very serious fire. But thanks to the fine work of our firefighters – who had water on the flames in six minutes from the time the 911 call came in – what might have ended up a tragedy was resolved with no one being injured. It's another example of the fine work being done by Lakewood's safety forces. At the

same time the fire was being fought, the building had to be evacuated and dozens of people were facing a brutal February day outside their homes. Our Departments of Building & Housing and Human Services got involved to address the scene and to help the residents in need obtain help. And in a sign of true community, next door neighbors The Mars Bar immediately came to the rescue by opening the doors of their business to give the apartment residents a place to get warm, make phone calls, and collect themselves. I want to personally thank owner George Gountis and his staff for the care, hospitality, and generosity they showed that day. It's another wonderful example of the community spirit we are so lucky to have here in Lakewood.

News From The Mayor

from City Hall

Lakewood received recognition from the Cuyahoga County Board of Health this week for our efforts to invest in Madison Park and ensure that it is a welcoming, healthy place for everyone.

At the February 7 City Council meeting, the Board of Health presented a resolution to the City of Lakewood for demonstrating strong leadership on addressing racism as a public health crisis. Guests from the Board said Lakewood's work can serve as a model for other communities.

A coalition of community groups, residents, council members, and my administration pulled together last year, to respond positively to problems at Madison Park. The coalition improved facilities and involvement in the park to make it safer, while also taking into consideration the different perspectives and needs of neighbors who rely on the park for recreation and enjoyment.

Improving Lakewood's Building Code

The City of Lakewood responded swiftly to the parking garage collapse at Marine Towers West, and has con-

tinued thorough investigation and review since. As part of this, multiple departments have combined efforts to examine ordinances and develop a set of recommendations.


On Monday, my administration presented City Council with proposals to update Lakewood's Building code. We believe the proposed changes will better protect residents, and will help hold property owners accountable.

Field Renovations

Though we're in the midst of winter, we're also planning for summer sports. Last month, the City accepted a proposal for renovation of Jimmie Foxx and Usher Fields.

Construction will begin as soon as weather permits, starting with Foxx Field. The contractual completion dates for both renovations will be May 1, to allow for the grass to establish after our winter months and provide the best playing surfaces for this summer season and beyond.

The City of Lakewood and the Lakewood City Schools continue to meet regularly to discuss these and further field renovations.



Your Independent Source for Lakewood News & Opinion

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Upcoming Submission Deadline

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# High blood pressure and COVID-19: What’s the connection?



**Mangeet Chahal, MD**  
Cleveland Clinic  
Fairview Hospital and West Valley Medical Building



**Inderjit Gill, MD**  
Cleveland Clinic  
Fairview Hospital and West Valley Medical Building

Over the past two years, virtually every aspect of our lives has been impacted by the pandemic. Navigating the highs and lows of the new normal has affected our sleep and changed how we work, learn and interact with others. And it’s definitely had an impact on our health.

“If your blood pressure has gone from perfect to slightly problematic within the last year or so, you are not alone,” says Mangeet Chahal, MD, a cardiovascular medicine specialist at Cleveland Clinic Fairview Hospital and West Valley Medical Building.

A study done by Cleveland Clinic and Quest Diagnostics showed no significant difference in blood pressure between 2019 and January to March of 2020, but a noticeable increase between April to December of 2020. The following were revealed as potential causes for the increases:

- Postponed or canceled preventive care appointments.
- Prescriptions for medications not being filled

- regularly.
- More time sitting, less time walking.
- Increased stress, which affects sleep, diet and exercise.

“Two out of 5 Americans have experienced at least one heart-related issue since March 2020. Those issues include shortness of breath, dizziness, increased blood pressure and chest pain,” says Inderjit Gill, MD, a cardiovascular surgeon at Fairview Hospital and West Valley Medical Building. “Left uncontrolled, high blood pressure can lead to an increased risk for stroke, heart attack, kidney disease and more.”

Good blood pressure management can also help to avoid heart failure, says Dr. Chahal, and if you already have heart failure, high blood pressure can make it worse.

According to Drs. Chahal and Gill, blood pressure management is about 70% lifestyle and 30% medications. Lifestyle changes, with a focus on a healthy weight and diet, exercise, good sleep habits and moderating alcohol consumption can make a major difference.

To schedule an appointment with Dr. Chahal or Dr. Gill, call 440.333.8600.

## Are you at risk for a sleep disorder?



**Maureen Lally, CNP**  
Cleveland Clinic  
Fairview Hospital

According to the American Sleep Association, at least 40 million Americans experience sleep disorders each year, and another 20 million have occasional sleep issues.



“Sleep is an important part of our lives because it improves physical and mental health. When you sleep, your body has a chance to rest and restore energy,” says Maureen Lally, CNP, a sleep medicine specialist who provides care in the Sleep Disorders Center at Cleveland Clinic Fairview Hospital. “A good night’s sleep can help you cope with stress, solve problems or recover from illness, while a lack of sleep can lead to many health concerns, affecting how you think and feel.”

The amount of sleep needed varies, with age being a big factor. There are also many things that impact sleep quality, including more than 70 sleep disorders.

If you’re struggling with sleep loss or think you may be at risk for a sleep disorder, the free SLEEP by Cleveland Clinic™ app can help you assess your sleep disorder risk and learn how to sleep better.

The app offers a sleep assessment tool that can calculate your risk for the most common sleep disorders that affect sleep patterns and sleep quality in adults:

- Obstructive sleep apnea.
- Shift work sleep disorder.
- Insufficient sleep.
- Insomnia.

“Once you download the free smartphone app, you can take validated sleep questionnaires to calculate your risk for common sleep disorders and get scores immediately, along with an explanation of your risk levels,” says Ms. Lally.

For more information or to download SLEEP by Cleveland Clinic™ (currently available for iPhone/iOS only), go to [ClevelandClinic.org/SleepApp](https://ClevelandClinic.org/SleepApp). To schedule an appointment with a sleep specialist, call 216.444.2165.

## Keeping Your Heart Healthy

VIRTUAL EVENT | Wednesday, Feb. 23 | 5:30 to 6:30 p.m.

How do you decrease your risk factors for heart disease and improve your health?

Join us online for an open conversation with specialists from Cleveland Clinic’s Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute. They will share their expertise, answer your questions and provide details on:

- Steps to reduce your risk of developing heart issues.
- When to see a heart physician.
- Pandemic habits that may have a negative effect on heart health.
- What to do if your family has a history of heart disease.
- How to recognize heart attack signs and symptoms.

Register today: [ClevelandClinic.org/AskTheExperts](https://ClevelandClinic.org/AskTheExperts)  
Questions? Email [wellnessevent@ccf.org](mailto:wellnessevent@ccf.org).

## Is This Typical? Your Child’s Development

A free virtual program for parents. Monthly program is presented via Zoom.

A panel of pediatric physical, occupational and speech therapists from Cleveland Clinic Children’s help parents understand what to expect from their child at specific developmental age ranges.

Parents will learn about:

- Typical gross and fine motor development.
- Speech and language milestones.
- Atypical behaviors for all ages.
- Ways to facilitate developmental skills at home.

Advance registration required.  
Register at [ClevelandClinicChildrens.org/IsThisTypical](https://ClevelandClinicChildrens.org/IsThisTypical).



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# Lakewood Public Library



## Lakewood Public Library Hosts Jerome T. White Art Exhibit

by Angelina Bair

Lakewood Public Library is hosting an art exhibit by local artist Jerome T. White now through Saturday, March 5, 2022 in the Main Library's Second Floor Gallery. Artist Jerome T. White was inspired by hearing Air Force stories from his late grandfather, Fred J. Brown, a physical education instructor for the Tuskegee Airmen. He holds a Master of Arts degree, in Art Education, from Case Western Reserve University and currently teaches art in the Cleveland Heights-University Heights School District.

The children's picture book, "Red Tail Dreamer" was written and illustrated by White as a tribute to his late grandfather and encourages "dreaming and chasing those dreams."

Children's picture books by prominent African-American illustrators and authors will also be on display celebrating Black History Month in conjunction with White's paintings.

For more information on Jerome White or "Red Tail Dreamer," please visit [jeromewhite.pixels.com](http://jeromewhite.pixels.com).

### Mobile Printing Now Available At The Library

by Andrea Fisher

Lakewood Public Library patrons can now print remotely or in the Library with personal smartphones, laptops and other devices, including the Library's Chromebooks, with Mobile Print Service™. This new service allows patrons to print to the library's printers with ease, while maintaining privacy.

Patrons can print remotely, using Mobile Print Service™ by emailing their print jobs to [lpl-main@printspots.com](mailto:lpl-main@printspots.com). Patrons will receive a confirmation email, and then they can go to the print release station at the Main Library on the Second Floor near the Reference Desk.

Patrons can also install the PrinterOn App from their device's app store to print from their smartphone or tablet. This option works best for patrons who are printing select pages from a large document.

## Lakewood Schools

## Roundup Of Recognitions For District Students

by Christine Gordillo

Lakewood City Schools students regularly earn honors from outside organizations for their academic prowess as well as their artistic and athletic talents. Some recent recognitions for District students include: Mariah King, a Roosevelt Elementary fifth-grader, was selected as a finalist in the Division of State Fire Marshal Fire Safety Poster Contest. Mariah's poster will be on display at Fire Marshal's annual expo in June, in their offices, and on the division's website. Mariah was also recognized at the Board of Education Meeting on Feb. 22. Congratulations, Mariah!

Nine Harding Middle School students have qualified to compete in the middle school Regional Finals of the National Science Bee! The nine students earned regional qualifying status thanks to their performance on the Online Regional Qualifying Exam, which consisted of 50 questions that were to be answered in 20 minutes. Moving on to regionals are: Veronica Allie, Ally Demaline, Liam Dowell, Clover Griggs, Hank Janko, Jack Janko, Enid Liou,

Charlotte Rogalski, and Alden Therrien. Congratulations to all!

Lakewood High School's National Honor Society chapter recently inducted 51 new members into their chapter. These 51 students are great embodiments of NHS's four tenets: scholarship, leadership, service, and character.

New school records have been set by Lakewood High indoor track and field athletes Aniya Symons and Josie Kavc. Aniya, a junior, recently broke the record she established earlier this season in the long jump with a new measure of 15'5"! Freshman Josie Kavc broke the 1600-meter record with a time of 5:51.15. Mae Mohar set a record in the 2-mile event with a time of 13:12.37, and Maddie Ellis set the 300 record with a time of 54.61. Congratulations to Aniya, Josie, Maddie and Mae, and their coaches!

Lakewood High senior Lucas Winters has committed to play football for Division 1 school St. Francis University in Loretto, Pa.

## Virtual And In-Person Programs: Children's And Youth Services

by Jeffrey Siebert

### In-Person Pre-school Story Time

For You and Your 2 to 5-Year-Old Pre-schooler

This six-week pre-school story time is ideal for walkers, new talkers, and learning early literacy skills. You and your toddler and pre-schoolers will enjoy short books, songs and rhymes. The focus is on skills with your participation as a model. Registration is required. Register once for all six weeks. Masks are required. No one under the age of two will be permitted in the story time.

Wednesdays, March 9, 2022- April 13, 2022

10:00 a.m.-10:30 a.m.

11:00 a.m.-11:30 a.m.

### Virtual All Day Just Baby 'N Me

For You and Your Birth to 24-Month-Old Baby

Just Baby 'N Me is a six-week virtual lap-sit story time ideal for babies from birth through early walkers. The focus is on rhymes, songs, finger plays and exploring short books together. Register to receive access to a video link for the entire day of story time. Registration is required. Register once for all six weeks.

Thursdays, March 10, 2022- April 14, 2022

### Virtual All Day Pre-school Story Time

For You and Your 2 to 5-Year-Old Pre-schooler

This six-week pre-school story time is ideal for walkers, new talkers, and learning early literacy skills. You and your toddler and preschoolers will enjoy short books, songs and rhymes. Register to receive access to a video link for the entire day of story time. Registration is required. Register once for all six weeks.

Wednesdays, March 9, 2022- April 13, 2022

### Creative Writing-Journaling for Fun

For Students in Third Grade through Fifth Grade

Turbo-charge your curiosity about yourself and others. Unlock ideas, characters and inspiration by reflecting upon yourself and your experiences. Journaling reflects upon the big and small moments of your life instead of recording each day's activities in a diary. Improve your grammar, spelling and sentence structure while writing your memories. Prompts will be provided to inspire your creativity. Journals will be provided. Sharing will be a part of each session but is not required to participate. This four-week program requires registration.

Wednesdays, February 23, 2022- March 16, 2022

### In-Person Prenda Code Club

For Students in Third through Fifth Grade

Interested in animation or game design? Join us in the Main Library Learning Lab for a weekly session for five weeks of coding challenges. Using Prenda, a web-based educational platform that utilizes gamification, children will have the opportunity to learn the basics of coding in Scratch with the guidance of a library staff member. Please register for Prenda Code Club Access before the first session and bring your sign in information with you! <https://app.prendacodeclub.com/sign-in>

We will submit your final creation to the Prenda Code Club Challenge: Can't Stop the Music! Your final project will be to create an animation set to music!

Thursdays, February 24, 2022- March 24, 2022

Registration is required. Space is limited.

To register online for any program, visit [www.lakewoodpubliclibrary.org](http://www.lakewoodpubliclibrary.org) or call (216) 226- 8275 ext. 140. Make sure to follow us on Facebook and Twitter to stay up to date on library news, programs and events.

### Roman Fountain

Pizza & Subs

ORDER ONLINE @ [ROMANFOUNTAIN.COM](http://ROMANFOUNTAIN.COM)

Roman Fountain is one of the most well-known and loved pizzeria in Lakewood, Ohio. Roman Fountain has been serving up pizza since the mid 1950's with award winning pizza, calzone, stromboli, subs, pasta, wings, and salads.

Whether carryout or delivery, we provide your family with the freshest of toppings (over 25 to choose from) on our pizza. With dough and sauce made daily from our own recipe and freshly grated blend of mozzarella & provolone cheese, we provide a great pizza for you and your family

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Or stop by at  
15603 Detroit Ave  
Near the corner of Lakeland Ave

Call us at 216-221-6633



# Lakewood Schools

## Dr. G's Ranger Round-Up

### Girls Basketball - February 12

Today in OHSSA opening round action, the Lakewood Girls took care of business with a 46-37 defeat of Brecksville-Broadview Heights at the New East Gym. Although no game is a perfect microcosm of a season, many of the winning elements were present today, including a strong all-around performance from sophomore Delany Garcia, who stung the Bees with 13 points and numerous rebounds. Seniors Mollie Henrikson (5 points) and Molly Pillgim (5 points) hit 3's points and played tough defense. Junior



Guards Sydney Hampton and Samantha Hudak each scored 2 points, played stout defense, and handled the ball well. The junior laden Ranger bench, a strength all season, provided points, energy and strong defense, and today was no exception. Post Ava Carroll scored 7 points on smooth post moves, while Brigid McKenna scored 6 points, 4 in the tight first quarter, and played her usual bothersome defense. Speaking of defense, Jacquie Hudak provided it, along with a big 3-pointer to break the Bees' late momentum. The constants for the Lakewood Rangers have been strong team defense and maximum effort. Coach Julie Work, her staff and the players paid for this win with many hours of practice, much of it in the pre-season. The Ranger travel to Strongsville on Thursday in hopes of taming the Mustangs. There is no guarantee of a win, but the girls from 44107 with play with intensity and purpose. Hope to see you there.

### Dance - February 5

"Back and Better" is the name for this year's Lakewood High School Dance Performance, which went off this weekend after a Covid hiatus. It's a catchy name, but "titles" are typically



marketing schemes that have little basis in reality. Well, not only was the show actually "Back and Better" but it was also a magical blend of artistry, athleticism and teamwork. Beyond that, it was, from my view, a joyous return to one of the best events we have at LHS. The Dance Group has accomplished students that have been in dance for many years, right along side those that are just beginning. Quintessential Lakewood.

Special kudos to advisors Mrs Patty Hays and Mrs Leslie Kolasinski, Student Director Lindsay Gregg and Student Mangers Meg Winters and Ava Breuning for all their work in putting together this splendid show. The student choreography was fabulous, with energetic and artistic small and large group performances. Two "Sister Acts"—Julia and Josie Kavc and Mollie and Lucy Henrikson (pictured)—added a poignant element to the performance.

Undeterred by the emptiness of the past two years, ten seniors—Lindsay Gregg, Mollie Henrikson, Julia Costello, Julia Kavc, Julia Westlake, Caleigh Naylor, Erin Ptacek, Sasha Strong, Julia Shields and Jasmine DeAarnas—stepped up to help preserve a magical Lakewood High School tradition and strengthen our community.

Back and Better was just that. Long live Lakewood.

### Girls' Basketball - February 2



Confession—having been caught up in the beauty of Lakewood's ourstanding team play, I have only a slight idea of how many points each player scored in tonight's emphatic GLC Tournament win over Holy Name. I do know that the agony of an earlier one point loss has been pacified by two subsequent double digit wins over the Green Wave.

The Lakewood Girls used the aggressive, sure handed, slashing drives of junior guard Sydney Hampton (Pictured--8 points?) and an equally energetic performance from junior guard Sam Hudak (6 points) to spark a 54-36 win. Even with sophomore post Delaney Garcia (10 points, many rebounds) early foul trouble, the Rangers never skipped a beat, with reserve juniors Ava Carroll (6 points?) and Aya McAlliffe (7 points) playing well on both ends. Senior Mollie Henrikson (12 points?) again brought her whole game, scoring the first 6 points of the game on two 3's, scoring on drives, and play-

ing stout defense. Senior Molly Pilgrim (8 points?) did a little bit of everything (baskets, rebounds, steals), all of it well. Juniors Jacquie Hudak (2 points?) and Brigid McKenna (2 points) provided excellent play off the bench.

This game, as usual, wasn't really about the individual numbers, but rather the continuous improvement of the Lakewood Rangers on both ends of the court. The passes were smart and crisp, the whole team cheered for every individual, the defense was intense and

## LHS History Club

by Dr. Charles Greanoff

### February 14 "The Suburban Experiment"

Today, In her presentation "The Suburban Experiment," Lakewood High School Freshman Stella Rosen was a superb teacher, commanding the attention of 30 plus peers, teachers and a Lakewood Council person.

Stella has a deep interest in urban planning and all things related to the quality of life in cities, and it showed today. With a special emphasis on Lakewood, Stella took a riveted audience through a history of suburbia, with an analysis of issues ranging from zoning laws, the overt and hidden subsidy of urban sprawl, public spaces, bike lanes and more (If you run into Stella, ask her about "Stroads"). Stella spoke with poise and passion about the special but somewhat elusive elements that go into making a community, and how the complex dynamics of public policy create, harm, or destroy walkability, quality of life, etc.

Stella's demeanor, and the compelling narrative and images she presented, created an ideal atmosphere for questions, comments and discussion. Our LHS students, who expressed a real love for living in Lakewood, had many keen insights/observations about what makes our town so special, and how we could build on our strengths/improve.

Councilperson Kyle Baker was both a great listener and brought a very important perspective to our discussion. C314, my room, felt very much like a community today, with a variety of voices/perspectives, but one shared goal of affirming each other and helping to strengthen our community. These kids from the 44107 are pretty

persistent, and the effort was strong throughout. Unlike the increasingly spiritless, sterile college game, fans of the local high school team get to watch players and teams improve and gel, typically over 4 years. Players aren't "brought in" from here and there, but developed through the school community program. Every 44107 Ranger that played tonight has been in the program for years, and everyone has worked hard to improve. What could be more fun to watch?

special. Long Live Lakewood.

### February 11 "Contributions and Creations of African American Musicians"

Lakewood High School Seniors Joshua Mika and Emma Hart have been incredible citizens of our school and History Club. Today, Joshua presented a Black History Month slide show on the Contributions and Creations of African American Musicians.

Blending songs with historical narrative, Joshua took 30 plus students and faculty on a journey from the music of the enslaved to the present day. No one could do the topic justice in 50 minutes, but Joshua made the most of his time, leaving the audience entertained, informed and wanting more. Speaking of the audience, as usual our students had insightful questions and comments, and LHS Band Director Mr Clinton Steinbrunner added keen insights. The highlight for me was learning more about Antoinette Garnes, but of course it was great to hear about Motown and other artists. Joshua plans to be a Social Studies teacher, and he is off to a terrific start. The LHS History Club is bigger and better than ever this year, with much credit to Joshua and Emma, as well as all our members. Last years Co-Presidents, Alexis Coniku (LHS '21, Oberlin, '25) and Moe Manaa (LHS '21, OSU '25), are vital to our current success, as they kept us moving forward during Covid disruption. Founder Alex Manaa (LHS '18, Northwestern '22), through, is the one who had the vision for our club and is the person most responsible for our existence and success. Nothing is better than seeing students create and present meaningful projects/presentations for their peers. It was fun to be a student--Joshua was a great teacher today.

### Summer Camp Registration starts March 1st

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City Council

# The View

by Councilmember Jason Shachner

## Council and Committee Meeting Rundown

At our first General Council Meeting of 2022, Dan O'Malley was unanimously elected as Council President and John Litten was unanimously elected as Council Vice President. I look forward to continuing to work with them both.

As Council President, Councilman O'Malley has the responsibility of determining committee assignments. I am now the Chair of the Finance Committee, a member of the Housing, Planning, & Development Committee, and a member of the Public Safety Committee. As the new Finance Committee Chair, I am excited to take on this role that includes managing the budgeting process in the fall. One of my goals as a member of the Housing, Planning, & Development Committee is to have legislation presented that will permit the building of Accessory Dwelling Units by the end of this year.

Kyle Baker was unanimously selected to serve the remainder of Tess Neff's term as Ward 1 Councilmember at our last Committee of the Whole meeting. Mr. Baker came in fourth overall in last November's election, but was first overall in Ward 1. I believe that Mr. Baker will serve Ward 1 well and I look forward to working with him.



## Cove Community Center

I had the opportunity to take a tour of the near complete Cove Community Center. This project completely renovated the former Cove Church to create a community center that will include all aspects of Lakewood's Department of Human Services under one roof. The space will include meeting rooms and event spaces that can be reserved by the public along with a Café area. I also had the chance to see where the new Family Room will be and it is spacious, inviting, and will surely be enjoyed for years to come. I am excited for this great community asset to open, and I will keep you updated about this project's progress.

## Foster Pool Design Update

The latest design for the Foster Pool renovation was presented to the Planning

Commission last week. Foster Pool was built in 1953 and was renovated once in the mid-1980s. The pool currently loses 1 million gallons of water per season and is at the end of its useful life. Lakewood has been discussing renovating this pool for the last 20 years and I am excited that it will be getting a much needed facelift at the conclusion of this year's pool season.

The pool will have two separate bodies of water. The larger pool will include 25 and 50 meter lanes, an area for learners and walkers, and a diving apron. The other pool is focused on recreation with a large zero depth area, a three flume family slide, a vortex whirl pool with an outer jet channel, a

water walk, and a 2 flume speed water slide. The new design uses a muted blue, white, and grey color palette that provides a more timeless appearance.

One exciting addition is a splash pad that will be accessible outside the pool area. The splash pad will have natural elements and a wide array of fountains. The goal is to have the splash pad available outside of pool hours and even when the pool is out of season.

You can see the design plans along with newly planned features by clicking here: <https://acrobat.adobe.com/link/track?uri=urn%3Aaaid%3Asc%3AUS%3Afd%3A7178f-390b-3a60-a849-764fed0aec90#pageNum=3>

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Lakewood News

# Historic Church Dedication Defies National Trend

by Susan Olmstead

St. Anselm Church, a growing Anglican congregation in Lakewood, will be formally dedicated as a parish church on February 20, 2022. At a time in which many churches are closing or losing members, St. Anselm is a thriving and rapidly expanding assembly of Christian believers.

The congregation began as an initiative of Christ Church Westshore and has gathered and held services in Lakewood since 2014 under the name



Lakewood Anglican Mission. It was renamed St. Anselm and welcomed into the Anglican Church of North America (ACNA) and the Anglican Diocese of

the Great Lakes as a full parish church in November 2021. The patron saint of the church, St. Anselm of Canterbury, was a strong guardian of the Church in a challenging political era, a pillar of Western thought and Christian philosophy, and an advocate for education.

On Sunday February 20, the Rt. Rev. Mark A. Engel, diocesan bishop, will preside at a service celebrating the parish church's dedication along with the institution of the Reverend Sean Stuart Templeton as St. Anselm's first rector. The dedication and institution will begin at 2 p.m. following a parish luncheon. The congregation worships in Gethsemane Lutheran Church at 14560 Madison Avenue.

"Sadly, we live in a day and age when churches are struggling and closing when people need them most. Some are closing because – like the Church in Ephesus in Revelation 2:4 – they have 'lost their first love' and neglected their commission to call the world to turn from sin, seek forgiveness, and accept the ways and grace only found in Jesus Christ," said Fr. Templeton. "We were bucking a national trend when we began Lakewood Anglican, but now it is just that much more remarkable as we dedicate St. Anselm. All glory to God!"

St. Anselm is a part of the ancient Anglican tradition, a worldwide body

of Christians that brings together the authority of the Bible, the historic creedal faith, and the beauty of structured prayer. Anglicanism is rooted in the ancient British tradition yet adaptable in practice. "The Book of Common Prayer" is used by 80 million members in churches around the world. The Anglican Communion forms the third-largest body of Christians in the world, behind only the Roman Catholic and Eastern Orthodox churches.

The term "Anglican" originates with the ancient Anglo-Saxon tribes that settled in England in the early Middle Ages. Following the spread of the Church of England around the world, today the Anglican Communion comprises Christians living in the United Kingdom, the United States, Canada, Australia, the Caribbean, India, Africa, and everywhere else English is spoken.

St. Anselm Anglican Church aspires to be a hope-filled community that welcomes all to join in the worship of God and in the reconciliation of all people to God, to the city, and to one another. The congregants of St. Anselm invite all to join them in seeking Jesus through the teaching of God's Word, the beauty of the Anglican liturgy, and the breaking of bread. The St. Anselm website is [stanselmanglican.org](http://stanselmanglican.org).

Susan C. Olmstead is a member of St. Anselm Anglican Church.

# New Ownership Of Belle Barber Shop

by Jose Rodriguez

It was April of 2012, I woke up and decided to change my life and for that I knew I needed help. Growing up on the lower Westside of Cleveland I was raised by a single mother along with my older sister and brother. My family was deeply affected by poverty which made even attending school a struggle. I knew I wanted more for my life so I had to finish school. I needed tutoring and I knew exactly where to go, the May Dugan Multi-Service Center which prides itself in helping others. Five short months later I completed my schooling, and actually had my graduation ceremony at Lakewood Park with the help of some amazing people, Sue, Bruce, Keith, Leo and Brenda to name a few. I spent the next year and a half volunteering at the Center while waiting for the application process for Barber College.

In February of 2014 I started my barbering journey at Allstate Barber College in Ohio City. 1800 hours down, and over a thousand services later I earned my Barbering diploma. I will forever be grateful for the mentorship I received throughout that time. I thank them for believing in me, even when I didn't believe in myself.

In August of 2015 I started here at Belle Barber Shop on Detroit and Belle Ave. We have been operating and servicing this community since 1917. It's been the most eye opening journey. I have met so many incredible people from all walks of life while working



here in Lakewood. Being able to converse with new people daily and find out about their lives is a special part of being a barber.

In September of 2021 my dreams of owning my own barber shop came true when the opportunity arose to buy Belle Barber shop. I was nervous to be honest, but totally committed to making my future here. I am proud to be a small business owner in Lakewood. I am going to always do my best to offer the most top notch service I can. I want to thank all my clients for their continued support. I am truly grateful to you all. Thank you for letting me live my dream.

Belle Barbershop is at 14530 Detroit Ave, Lakewood, OH 44107

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# Lakewood Cares

## Mental Health Moment: Retirement

by Michael Crowdes

Chances are you have read or watched a lot of reporting and commentary over the past year regarding what the press dubbed, “The Great Resignation.” According to the U.S. Bureau of Labor Statistics, thirty-three million people voluntarily left their jobs between April and December of 2021, over a fifth of the country’s workforce. News coverage cited poor wages in the service sector, employees reevaluating what type of work they find personally fulfilling, and the opportunity that stimulus money afforded some people to start their own businesses, as a few of the reasons behind the flight from the workplace. Obviously, many of those workers were not leaving work for good, but going through a period of reflection and adjustment, however, mixed in with those numbers were those who had decided to leave the work force for good and permanently retire. According to the Pew Research Center, in the third quarter of 2020, about 28.6 million Baby Boomers reported that they were retiring, about 3.2 million more than the number retiring in the same period in 2019. While undoubtably influenced by COVID-19, the bottom line is that even without the pandemic, millions of people retire every year, and the percentage of the U.S. population retiring increases yearly.

Like a wedding, or having a first child, retiring is a rite of passage in our society, and like the first two examples, how much we enjoy it can have a lot to do with how well we see it coming. In the 1960’s, psychiatrists Thomas Holmes and Richard Rahe developed an instrument called the Life Events Survey (also called the Life Change Index; you can look it up and take it online) that scores what is happening in an individual’s life to determine if they may be suffering from chronic stress. As a stressor, the act of retiring ranks just below being fired from work, and marital problems, and just above changes in the health of a family member, pregnancy, and sexual difficulties. Also on the scale: changes in finances, revision of personal habits, and changes in social activities; all of which typically occur along with retirement. Holmes and Rahe do not differentiate between retirement that is voluntary, forced, late, or early, reflecting what therapists have recognized for many decades now; retirement is stressful no matter the circumstances.

Good preparation for retirement requires actively acknowledging that retirement is a possibility one day and being intentional about getting ready for it. Most retirement planning conversations are about money, especially among younger people, and rightly so since financial shortfalls can be a major cause of stress, but there is more to planning for retirement than just dollars and cents. Work identity and personal identity are very much intertwined in American culture; think for a moment

how often we start conversations with new acquaintances by asking “what do you do?” Many of us get an intense sense of purpose and meaning from our jobs, and a sense of belonging from our coworkers, so after money, one of the most common sources of retirement stress is feeling bored, irrelevant, or disconnected from others. To avoid this, planning starts with recognizing what you like most about your work and identifying replacements ahead of time. Non-profits, community groups, and religious organizations are always looking for volunteers with real-world experience, and volunteering with one whose mission you support can have the added benefit of fulfilling a sense of purpose. On the other hand, if you are happy to leave hands-on work behind when you retire, those same groups can be an excellent place to build up new social networks. It is possible to keep up friendships with past coworkers, and many do, but some retirees find that a gulf opens between them and their former work friends when they are no longer sharing the same day-to-day experiences. Having a strong and supportive network of friends is essential for good mental health, so if most of your friends are work friends, adding some from outside work before retiring is important.

For those who retire around the “normal” age of sixty-five, this coincides with a natural period of reflecting on our lives and whether we accomplished our life goals. We all make decisions about what paths to pursue in life, influenced by our interests, ambition, family demands, health issues, finances, and other outside factors. People who experience regret over paths not taken can struggle to find happiness in retirement, however, retirement can also provide an opportunity to revisit interests or ambitions that had been set aside or develop new goals that are not tied to workplace achievements.

If you are preparing to retire and looking for more information or have already retired and are finding the adjustment difficult, there are resources that might be useful to you: The AARP offers a workshop series for people who are retiring; visit [aarp.org](http://aarp.org) and search for “workshops.” The Transition Network, a non-profit organization that serves women is online at [ttnwomen.org](http://ttnwomen.org) and has chapters in Ohio. If you are still employed, ask your HR department if your company offers a phased retirement program that allows full-time workers to transition into part-time work.

Michael Crowdes is a Licensed Professional Counselor and fifteen-year resident of Lakewood, where he also has his office. If there is a mental health topic you would be interested in seeing discussed here, email it to [topics@rockportcounseling.com](mailto:topics@rockportcounseling.com)



Family Life Harrison K Kids with Snowman Soup packs.

## Lakewood Kiwanis K Kids Awareness Week

by Anna Bacho

February 21-25, 2022 is Kiwanis International recognition week for Kiwanis K Kids. Lakewood Kiwanis is proud to sponsor 4 K Kid Clubs in our community: Grant Elementary School, Horace Mann Elementary School, Family Life Before and After Care at Harrison and Emerson Elementary Schools.

K Kids is the youngest youth leadership club in the Kiwanis family. Each K Kids club has a school/administrator advisor and Lakewood Kiwanian advisor. Each club has their leadership team of K Kids selected through essays submitted or elected at the beginning of school. After that is in place, the voting of projects by the kids are done for the year. Our K Kids projects include food drives, community trash cleanup in the Spring and local initiatives that they have chosen to do. The kids learn that they have a voice in the club and need to make the commitment to complete their projects. As advisors, we try to have different speakers come in to connect the kids to the community service they complete. Win, win for all. Lakewood Kiwanis also sponsors Builders Club at Harding Junior High.

Our K Kids have been busy this school year. Grant School K Kids will be working on a hygiene product drive for LCAC (Lakewood Charitable Assistance Corp.). Horace Mann K Kids made centerpieces for The Haven and had a program from that center in January. Horace Mann K Kids are also planning to have an Alex’s Lem-

onade Stand in March for Pediatric Cancer. Family Life K Kids at both Harrison and Emerson Elementary made Snowman Soup (hot chocolate mix, marshmallows, a candy cane and a holiday poem) for a homeless ministry in the area. And In January, both Emerson and Harrison KkKids were visited by GiGi’s Playhouse director Liz Maxwell. The KkKids made thank you cards for the Playhouse.

K Kids motto is to Build Leaders and Lakewood K Kids are doing it in Lakewood. #Kids Need Kiwanis

Anna Bacho is a member of Lakewood Kiwanis.

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## Really: Reviews Of Recent Releases By Local Bands, Pt. 122

by Buzz Kompier

**Napsack - Put You First - Just Because Records - 7 songs - cassette, digital**

Another debut release from Just Because, which seems to be on a roll with "discoveries" lately. Napsack plays catchy, mostly laid back indie rock of a poppy sort. Somehow I could tell they were a trio even before I looked it up and discovered I was correct if that tells you anything about their sound. A pretty decent seven songs here and some ascending to be even better than decent. My picks for favorites would be the opening "Hair" (bad whistling at the end and all), "Be There" (which has some quality that reminds me a lot of Snail Mail- I would be willing to bet they share some influences), and "Old Things," which of the two slow and somber ones here is definitely the winner. The singer's voice reminds me a lot of the singer from Trampoline Team and a bit of the singer from Cruel, Cruel Moon, although their sound is definitely much closer to CCM. Not a bad debut at all, certainly a band I'll be keeping an eye on in the future. 3.5/5

(justbecauserecords.bandcamp.com)

**Sept Le Charme - The Seven - Say-Tan Records - 2 songs - 7", digital**

I am sometimes, with a certain type of metal band, unable to tell whether it should be taken seriously or not. Like, how much does a band buy into their own doom and gloom and evil and scariness and all that kind of thing, you know? I find it particularly difficult to tell with this one. Some signs point to yes, some to no. The main reason for this as far as the record here is concerned is singer/lyricist Randy Rosko- the press release I was sent for this tells me "he takes very little influence from the music world" and that he is "truly like no other." I will back both of these claims up. He doesn't really sing, but he also doesn't exactly talk- he delivers, I don't know how else to put it. Said delivery is very over the top, but it's hard to say whether it's intentionally comical in a sort of B-horror movie way (which is mentioned as an influence, so there's that, but so is the decidedly unfunny realm of 19th century British romantic poetry) or he's taking himself entirely seriously. The aforementioned press release also uses the words "mystical" and "genius" to describe two of the members, two things that should never be used in a completely straight way when referring to oneself. The name of the label is "Say-Tan." But you know what, they've got some genuine cred here in that their guitarist is Siki Spacek of Cleveland legends

Black Death and he does kinda tear it up on the A-side, "7 Le Charme," which is satisfying as a heavy metal song with a solid groove, haunted house keyboards, and the aforementioned shredding from Siki- despite the fact that it's the same chords over and over again for five minutes (also, nice job getting a 5:07 song onto a 45 RPM 7" these days, most bands are too scared to try). The flip side, "Widow's Watch," is a spooky experimental piece with weird sounds and someone (I'd imagine keyboardist Laura Peskin) adding some ghostly "la la las." It's fairly decent considering how easy it is for a song like this to get boring quickly, though again that might be due to Randy Rosko's campy intonations (Siki Spacek does admirably as well, but can't top John Morton for this style of guitar playing). Given what

a big deal the press sheet makes of Rosko's lyrics (or mystical poetry, as the case may be), I wish they'd included them because I can't make out most of what he's saying on side A (other than "seven" a lot) and on "Widow's Watch" there's so much else going on that it was hard to focus on them- I'm quite an appreciator of the Romantics myself (the poets, not the band, though they're okay too) so I am actually curious. I have no idea what to make of this and yet I find myself oddly charmed by it. Some true Ohio weirdness here. 3.33/5

(septlecharme.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.



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OBSERVATIONS

Lakewood League Of Women Voters 100th Anniversary, 100 Pillars Spotlight:

Pam Smith

by Cindy Strebis

From the Lakewood Press  
November 8, 1917:

...”The city hall was crowded with the friends of Cook. They listened to returns until the early morning hours.” “Councilman Palda dropped in for the news. He appeared almost unconcerned over the results, so far as it concerned him personally. He expressed regret over the defeat of the men whose election he had advocated. His chief interest seemed to be centered in the returns on the women suffrage amendment fathered by him and the returns on the street repairing bond issue, the ordinance for which was likewise proposed by him.”

Mr. George Palda “fathered” equality legislation for the women of Lakewood in 1917, three years before the Nineteenth Amendment was adopted in the United States. Without signed suffrage petitions like they gathered in East Cleveland, or an activist wife like many had in Seneca Falls, NY, George Palda’s foresight was different. His unprecedented efforts, allowed Lakewood women to participate in community decision making before most women in our country. Lakewood’s rich history of municipal female decision makers include Bernice Pyke, Florence Allen, Nancy Roth, JoAnn Bosnia White, Trudy Wendling, Pam Smith, Madeline Cain, Nickie Antonio, Cindy Marx,



Pam Smith

Meghan George, Tess Neff, and Sarah Kepple.

Pam Smith’s journey to elected office began with the Lakewood League of Women Voters when she joined in 1977 for voters services, studies, and consensus building. Arco Gas Station started a vehicle education program called, “Car Care: Not Just for Men,” they intended to teach women how to pump their own gas, check the oil and change a flat tire. They looked for a local women’s organization that would handle the registration and publicity for a small fee and asked the League to

help. Pam took it on and with the local media coverage, grew the program across the region and state. With new confidence, Pam could call and talk to anyone. When Arco pulled out of Ohio suddenly and the program disappeared, Pam met with a local UAW member and learned negotiating skills to bring a fair financial settlement to the Ohio League of Women Voters.

In the late 1980’s she served as the Lakewood League’s President, and was appointed to the Lakewood Hospital Board of Trustees. Her family was very


proud and she now understood that she “wanted to have seat at the table where things got done.” Pam’s first term to City Council started in 1990 and she would be elected two more times to serve 12 years as a Lakewood Councilperson at Large. Some of her most satisfying accomplishments during these years were the building of the Woman’s Pavilion in Lakewood Park, fair rules for outdoor farmers markets, and legislation to allow ‘bed and breakfasts’ in Lakewood homes before Air B&Bs were popular or common. Her latest work for democracy on Fair Districts and Maps is frustrating and hopeful. While it’s discouraging at times, she knows it’s her job to stay informed and connected and that democracy is “something we have to keep working at.”

If your plan is to more fully participate in our community, the Lakewood Chapter of the League of Women Voters of Greater Cleveland is an easy place to start. We hold monthly meeting to discuss committee activities and there are opportunities to help a little or a lot.


Join at <https://www.lwvgreater-cleveland.org>.

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Cindy Strebis is a Community activist and a concerned Lakewood citizen.

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# LakewoodAlive



photo by Jim O'Bryan

## LakewoodAlive To Host “Loving Lakewood: Let’s Make History!” On May 21

by Jacqueline Bon

Tickets to Fundraising Event at The Sanctuary Museum Courtyard on Sale April 5

Let your creativity shine! A sense of community is the ultimate work of art. That’s why we at LakewoodAlive are inviting you to dress up as your favorite historical character, artist, artwork or favorite ephemera from your most cherished museum in celebration of LakewoodAlive, the local community development organization that is a pillar of the community.

LakewoodAlive will host Loving Lakewood: Let’s Make History! on Saturday, May 21, 2022, from 6:30 to 10 p.m.at The Sanctuary Museum Court-



yard. Guests are cordially invited to socialize with statues, explore artifacts, drink with docents and relish displays all while learning of the cultural and impactful work of LakewoodAlive at this outdoor-venue-turned museum in Lakewood’s historic Birdtown neighborhood.

Tickets for Loving Lakewood: Let’s Make History! will go on sale at 10 a.m. on April 5, and can be secured at [LakewoodAlive.org/LovingLakewood](http://LakewoodAlive.org/LovingLakewood). Guests will make history at this outdoor pop-up museum experience for one evening only at either VIP or General Admission ticket prices. Get ready to enjoy a curated selection of food, drinks, décor and iconic entertainment.

Proceeds will support LakewoodAlive’s programming as we strive to foster and sustain vibrant neighborhoods in Lakewood. Much like established artists throughout history, we at LakewoodAlive see our community as our canvas, using our inspiration, determination and tireless

drive to assist the residents and small businesses of Lakewood, to create our work of art, an even more vibrant and welcoming community.

More details regarding Loving Lakewood: Let’s Make History! will be unveiled in the coming weeks. For ongoing updates, please visit [LakewoodAlive.org/LovingLakewood](http://LakewoodAlive.org/LovingLakewood). Be sure to act quickly, tickets will go faster than Amelia Earhart’s plane on April 5.

### About LakewoodAlive

*Community vibrancy is a work of art and part of our story. As legendary painter Georgia O’Keeffe once said, “To create one’s own world takes courage.” At LakewoodAlive our work might not be displayed in museums, yet similar to a great artist, we use our courage*

*to create something beautiful. The 5.5 square miles comprising Lakewood is our canvas, and we take our practice very seriously, serving a vital role in the lives of Lakewood residents through our Housing Outreach and Small Business Support Programs. Similar to those who have made history, we have the patience, persistence and passion necessary for fostering vibrant neighborhoods in our city.*

Thank you to our title sponsor Cleveland Property-Management for their generous support.

Jacqueline Bon is the Marketing & Development Coordinator at the LakewoodAlive. She enjoys the people, places and events that make Lakewood a uniquely beautiful community.

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# The Back Page



A small part of the Evan Laisure mural at Lakewood Park.

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Legal Aid thanks the Healthy Lakewood Foundation for its outreach support!