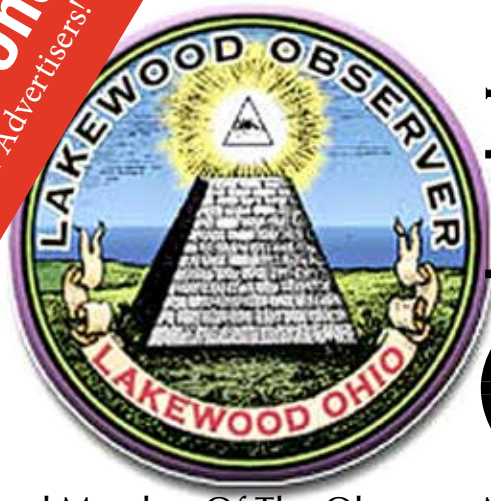


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Volume 18, Issue 05, March 2, 2022



photo by Jim O'Bryan

Since our last publication, Putin has sent Russian troops to invade Ukraine for no reason. The United States and the world erupt in protests, showing solidarity and support with the Ukrainian people. This rally started at the “Free Stamp” and ended at Cleveland City Hall.

Lakewood Wins 2022 NOPEC Grant Awards Totaling \$147,516

by Mayor Meghan George

As a member of the Northeast Ohio Public Energy Council (“NOPEC”), I am pleased to report that the City of Lakewood has been awarded \$147,516 through two separate NOPEC programs: (i) \$144,016 in NOPEC Energized Community (“NEC”) Grant funds; and (ii) \$3,500 through the Community Event Sponsorship Program.

The purpose of the NEC Grant is to assist each member community in achieving greater energy efficiency and/or expand energy infrastructure to benefit everyone while achieving greater savings. Later this year we will be completing the Climate Action Plan and Winterhurst Building Evalua-

tion that will identify strategic, priority energy investments. As such, the NEC Grant will be escrowed with NOPEC until completion of these important initiatives. We will then evaluate the action items of each initiative for potential funding through the NEC Grant. Additionally, we have pledged \$127,298 in prior, uncommitted NEC Grant awards to support a grant application pending with the Ohio Environmental Protection Agency to provide a 50% match for a proposed level 3 electric vehicle charging station at City Center Park.

The Community Event Program dollars will be directed or passed through to Lakewood Alive to continue their seasonal Front Porch

Concert Series. It is important to note that the purpose of the Community Event Sponsorship Program is for NOPEC to provide financial support to deserving organizations within our City that host events for residents. This Front Porch Concert Series embodies this NOPEC Community Event Sponsorship mission.]

TAEB / LO Announce Distinguished Tree Contest

by Jim O'Bryan

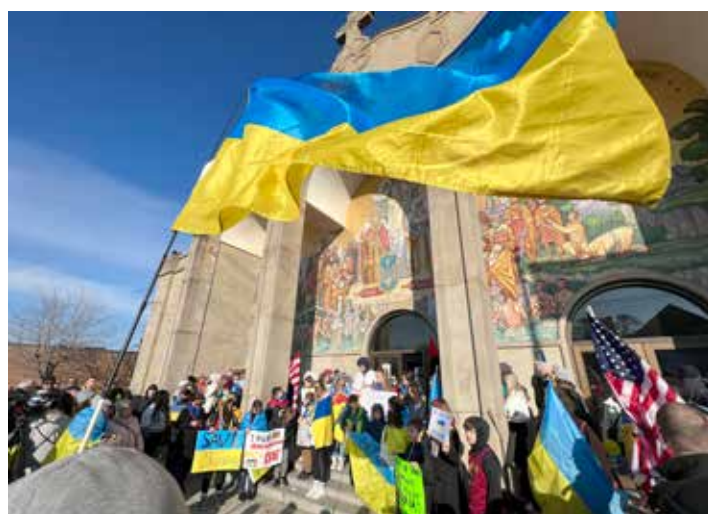
What does it mean to be distinguished?

The Merriam Webster Dictionary defines “distinguished” as marked by eminence, distinction or excellence.

So what makes a tree distinguished? Is it very tall? Or scary-looking? Does it have an amazing shape? Nice shade? We are looking to find those trees.

The Tree Advisory and Education Board (TAEB) is teaming up with the Lakewood Observer to put on “The Most Distinguished Tree In Lakewood Contest.” ANYONE CAN WIN! All you need to do is observe trees. Stay tuned, details will be announced in the next Lakewood Observer.

TAEB is working to encourage the planting of new trees, celebrating trees, educating residents regarding responsible tree stewardship, promoting the benefits of tree planting on private property and educating the public about the need to increase the tree canopy in Lakewood.



Councilman Tristan Rader took this photo of one of many protests held at St. Vladimir Cathedral in the center of Ukrainian Village, Parma, Ohio.



Councilman Tristan Rader.



These children lead everyone in singing the Ukraine National Anthem throughout the afternoon. “I need ammunition, not a ride,” were the words of the Ukrainian President Volodymyr Zelenskyy when asked if he wanted a plane ride out of Ukraine.

Roosevelt Student Wins State Fire Safety Contest



by Christine Gordillo

Roosevelt fifth-grader Mariah King has been selected as one of the winners of the the Division of the State Fire Marshal's Fire Safety Poster Contest. The Board of Education, Mayor Meghan George, Fire Chief Tim Dunphy and

Fire Marshal Ryan Fairbanks, and a representative from the state fire marshal's office recognized Mariah for her excellent artwork at the Feb. 22 Board meeting. Mariah was one of only six winners from across the state in her fifth-grade division. Congratulations, Mariah!

The Mayor's Corner

New Cove Community Center - Strong Communities Are Intentionally Built And Supported

by Meghan George, Mayor, City of Lakewood

In April, The City of Lakewood's Human Services Department will open its new home to the community at the former Cove United Methodist Church site. After much public input to clarify the vision for the campus, we are looking forward to unifying the City's Human Service programs into one building to provide an incredible asset for Lakewood. For decades, the programs of the Division of Aging, Youth, and Early Childhood were operated out of multiple facilities. While services



based social work services; and the Juvenile Diversion program. In addition to these core offerings, Cove will offer flexible meeting space to help with family and resident connectivity and engagement.

The project also allowed us to take a historic church building that might have otherwise been demolished for dense development and creatively adapt it to serve our community's needs. Another major plus of this project is that the 1.7-acre property has significant mature trees and greenspace that we can preserve and provide for public

access. We have incorporated elements to promote health and wellness space outdoors as well as recreations spaces for all age residents. The site also has enough space for us to integrate storm-water retention infrastructure in the future, helping to meet our obligations regarding federal clean water laws.

I'm grateful to Director of Human Services Toni Gelsomino, who spearheaded this project and has served our city so well for decades. And Toni would remind me that many Lakewood

leaders and Human Service staff have advocated and championed this model for the Department of Human Services for almost 40 years. We are fortunate to have visionary thinkers and doers that continue to recognize that strong communities are intentionally built and supported. The project also received strong support from Lakewood City Council and our statehouse representatives who advocated on the city's behalf to receive funding from the Ohio Department of Mental Health and Addition Services. This has truly been a team effort.

We will soon announce the date for a grand opening ceremony and open house for the new Cove Community Center. I invite you to attend and take advantage of the opportunity to tour the space and learn more about how it will serve our residents.



have always been top notch, we believe that bringing them together under a single roof will provide an opportunity for greater community impact. The consolidation will create more synergy among Divisions, particularly in the area of intergenerational programming opportunities.

The new Cove Community Center at 12501 Lake Avenue will be home to senior nutrition, transportation and activity programs; the Lakewood Family Room;(H2O) Help to Others (Youth service-learning volunteer and leadership program); community



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Upcoming Submission Deadline	Publish Date
March 11, 2022	March 16, 2022
April 1, 2022	April 6, 2022

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Lakewood Observer

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View From City Council

\$100,000 Contract For More Surveillance

by Jason Shachner
Ward 2 Councilmember

Council Meeting Highlights

Terry Allen, Dr. Greg Hall, and Roger Sikes of the Cuyahoga County Board of Health presented a resolution expressing support for our response to the gun violence that occurred in Madison Park last Summer. The Board of Health lauded our decision to invest in Madison Park by supporting a basketball mentoring program and using environmental design to mitigate crime by connecting a walking path around the basketball court, adding lighting, additional seating, and a drinking fountain. I am glad that we did not take the easy way out and instead doubled down on full court basketball. Thank you to all the volunteers and organizers for your hard work. Because of your efforts, Lakewood's youth have a place to play.

The Administration presented Council with proposed amendments to Chapter 13 of Lakewood's Building Code. These proposals are in response to the garage collapse that occurred at the Marine Towers West Apartment and learning that the contractors who were working on the garage were working without a permit. One amendment would create a penalty for failing to secure a permit that would start at a misdemeanor of the fourth degree for a first offense and escalate one degree for each subsequent offense up to a misdemeanor of the first degree (the most serious misdemeanor). The other amendment would add mandatory structural inspections and reports for aging buildings and parking structures. These proposals will be discussed at a future Housing, Planning, and Development Committee meeting.

Councilmember Sarah Kepple and I introduced a communication to address snow removal from Lakewood's sidewalks. Maintaining a walkable city during the winter involves the cooperation and coordination of residents, commercial property owners, landlords, the Building Department, the Department of Public Works, and the Lakewood Police Department.

At a future Public Safety Committee Meeting, we will discuss if any policy or ordinance changes are necessary to ensure that sidewalks are timely cleared. Thank you for doing your part to keep our sidewalks safe.

The Northeast Ohio Public Energy Council awarded Lakewood \$147,516 through two NOPEC programs: \$144,016 in NOPEC Energized Community Grant Funds and \$3,500 through the Community Event Sponsorship Program. The Community Event Sponsorship funds will be provided to LakewoodAlive to support the Front Porch Concert Series. The NEC Grant Funds will be escrowed until the Climate Action Plan and Winterhurst Building Evaluation is complete to ensure that we use the funds in the best way possible.

Finance Committee Meeting

At the most recent Finance Committee Meeting, we discussed Lakewood's current debt, credit rating, and proposed bond ordinances. Lakewood is unique in how we finance our debt. Typically, cities finance their debt by diverting funds from the general fund. This causes the funds available for operating expenses and city services to fluctuate and could potentially result in budget shortages and corresponding reduction in city services. We finance our debt through a dedicated property tax millage and user fees. Because of our strong housing market and our responsible stewardship of the City's budget, we have maintained a Aa2 rating from Moody's (the third-highest long-term credit rating that Moody's assigns) since 2010. This allows us to borrow money at lower interest rates for our capital improvement projects, saving you money.

Jeff Rink of KeyBank walked the Committee through the debt issuance process and our current debt profile. We are in a good financial position as evidenced by our high credit rating. We will close on our 2022 Notes Series, of an amount not to exceed \$23,285,000, on March 17, 2022. The Notes are being issued to provide new money for

roof repairs, watermain constructions, sewer improvements, park improvements, street improvements, and sidewalk improvements. The Notes will also retire the City's \$9,275,000 Varied Purpose Income Tax Revenue Notes that were issued last year.

Surveillance Camera Purchase

A \$100,000 contract was awarded by the City to U.S. Protective Services for the purchase of 11 surveillance cameras, 3 network video recorders, hard disk drives, and associated mounting hardware. The 11 surveillance cameras will replace the current 2016 models in use, that are no longer supported by the manufacturer. These cameras have become essential tools for the Lakewood Police Department as officers are utilizing them in nearly all their investigations.

Survey & Design Services at former Lakewood Hospital Site

A \$10,000 contract was awarded to Stephen Hovancsek & Associates, Inc. to provide professional surveying and design services to prepare plans, specifications, and an estimate package for the former Lakewood Hospital site. The work will also entail design work

necessary for relocating the buried conduit and abandoning utilities that will no longer be needed, along with a Stormwater Pollution Prevention Plan. These services will be funded by the Lakewood Hospital Fund. This firm performed the original site ALTA survey and is one of the higher ranked consultants to perform these services.

Purchase of Recycling/Refuse Carts & Parts

A \$17,000 contract was awarded by the City to Toter LLC c/o Wastequip LLC for the purchase of 96-gallon capacity recycle and garbage carts. The Division of Refuse & Recycling will be receiving 100 blue recycle cans, 100 greenstone garbage carts, and 50 black lid cans. There is a 10 year-warranty on carts, and the current carts are about 12 years old. Refuse & Recycling purchases these yearly to rotate into service. The pandemic caused a mild price increase in cart cost over the last 3 years (\$67/cart in 2022 vs. \$52/cart in 2019).

Jason Shachner can be reached at Jason.Shachner@lakewoodoh.net or at (216) 714-2150.

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Lakewood Public Library / Schools

March Events At Lakewood Public Library

by Melinda Frank

Lakewood Public Library is excited to host upcoming virtual events this March. You can watch these programs on facebook.com/lakewoodpubliclibrary and twitter.com/lakewoodlibrary every Thursday evening of the month at 7:00 p.m.

March 3

We expect our modern first ladies to be activists, hostesses, White House caretakers, and more but why? From the very first receptions held by Martha Washington to the groundbreaking activism of Eleanor Roosevelt, explore The Role of the First Lady with this virtual program from the First Ladies National Historic Site.

March 10

Huron author Mila Kette will talk about her historical fiction novel "Finding Cristina." Written under the pen name of Emilia Rosa, Kette's novel is set in the 1920s in the beautiful Rio de Janeiro, Brazil. When the family debts start piling up, young Cristina must take action. Kette will discuss the inspiration behind her writing.

March 17

Good food comes from the heart and the "Rust Belt Vegan Kitchen" is a labor of love. Edited and curated by Cleveland Meredith Pangrace, this collection from professional and home chefs blends stories and mouth-watering recipes for vegan versions of Midwest favorites including Polish Boys and Cincinnati chili.

March 24

Cleveland photographer Bridget Caswell will discuss her porch portrait project which culminated in her photography book "Homebody: A Portrait of Our Community." Portraits of her Colindale neighbors capture everyday moments and uncertainties. Caswell's work was also featured in a gallery show at Photocentric.

March 31

First ladies would look significantly different without the help of people behind the scenes. This program from the First Ladies National Historic Site explores the stories of The Women Behind the Women, highlighting Ona Judge, Martha Washington's enslaved maid and Elizabeth Keckley, designer and seamstress for Mary Lincoln.

Make sure to follow us on Facebook and Twitter to stay up to date on library news, programs and events.

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 preschoolers 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

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

To register online for any program, visit 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.

History Club:

"The Russia Ukraine Situation" And "Bangladesh - How She Emerged"

by Dr. Charles Greanoff

February 28 "Bangladesh - How She Emerged"

Rodshi Rahman, a Lakewood High School Exchange Student from Bangladesh, delivered an informative, engaging presentation today titled "Bangladesh: How She Emerged." With a true love of Bangladesh, extensive research and a conversational, inviting style, Rodshi took the audience on a compelling journey through their successful independence movement from Pakistan. In a 9 month of war



(3/26/71-12/16/71), in part triggered by the attempt by Pakistan to ban Bengali (the native language of what is now Bangladesh)-3 million Bangladeshis died. They paid a steep price, but won in the end. There were many heroes, ordinary people who gave their lives for their country—an inspiring story if there ever was one. In teaching, there is no substitute for genuineness and passion. Rodshi brought all that and more, including strong research (she spent hours in prep), and an analytic mind. Thanks to her, this was one of my best days in 16 years at LHS. The struggle of Bangladesh has universal themes—national identity, desire for self-determination, the pernicious effects of colonialism—which she deftly pointed out. Rodshi Rahman was a great teacher today—a huge win for this teacher, the Lakewood High School History Club, and our students. Long Live Bangladesh. Long Live Lakewood.



February 23 "The Russia Ukraine Situation"

When students are willing to take on a tough topic, embracing the challenge of sorting through complexities and nuances, the end result is not as important as the process. But, of course, if after extensive research they manage to put together a thoughtful presentation that renders complex information in an engaging way, it's all the better.

Today, Edie Barcelona and Leah Campbell, Lakewood High School Sophomores, pulled it off, parsing out the historical roots of the Russia Ukraine situation. Before a 30 plus crowd of teachers and students, Edie and Leah explored the cultural, economic, political and social aspects of the current conflict.

Edie and Leah chose this topic not for its "pizzazz"—but because of its timeliness and importance. Their audience left with some answers about NATO etc., but even more so with an appreciation for the complexity of this geo-political situation, and hopefully a heightened awareness of the intricate dynamics of international relationships, alliances, formulation of national identity, etc.

Today was a big win for LHS students and teachers Derek Smith, Joe Lobo, myself and Tim Rinehart—we were all informed and inspired. Great job, Leah and Edie. Long Live Lakewood.

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Lakewood Public Schools

Dr. G's Ranger Round-Up

Dr. Charles Greanoff

February 17 - Basketball

Bittersweet—for me, it's that feeling that sets in as I realize that I will never again see some of my favorite student athletes compete for our Lakewood Rangers. The sweet is seeing Molly Pilgrim and Mollie Henrikson hit shots, play defense and play with heart one last time. The sweet is watching all the returning players get better each week, with the hope of

continued improvement in the off season. The sweetest is the purity of community-based sports, Lakewood style, where the team is built by developing the talents of students in the 44107.

In this case, "loss" is mitigated by hope—looking forward to watching the continued development of juniors Sam and Jacquie Hudak, Sydney Hampton, Ava Carroll, Brigid McKenna, Nettie Doren, Aya McAlliffe,



Molly Pilgrim and Mollie Henrikson

unique set of dynamics that can never be repeated. There is no going back, and most high school players will never again play for a school/community. Of course, Molly (who had a first team all GLC volleyball season) and Mollie (Record setter, likely All GLC) are Rangers for Life, and can take satisfaction in the knowledge that they have added to a fabulous Lakewood Ranger tradition. Their time on the floor is temporary—their legacy is permanent.

The Rangers (15-8) fell behind early tonight, but clawed back to within 8 until late in the 3rd quarter, when the tall and talented Strongsville Mustangs finally pulled away. Congratulations to Coach Julie Work, her staff, and the entire squad on a fine season and lots of sweet memories. Long Live Lakewood.

sophomore Delaney Garcia and a winning JV squad. Still sad though, but...

The bitter is "losing," but all teams except the state champions lose their last game. More "bitter" is knowing that this particular team will never play together again. Each season has a

10 Rangers Qualify For Indoor State Track & Field Meet

by Christine Gordillo

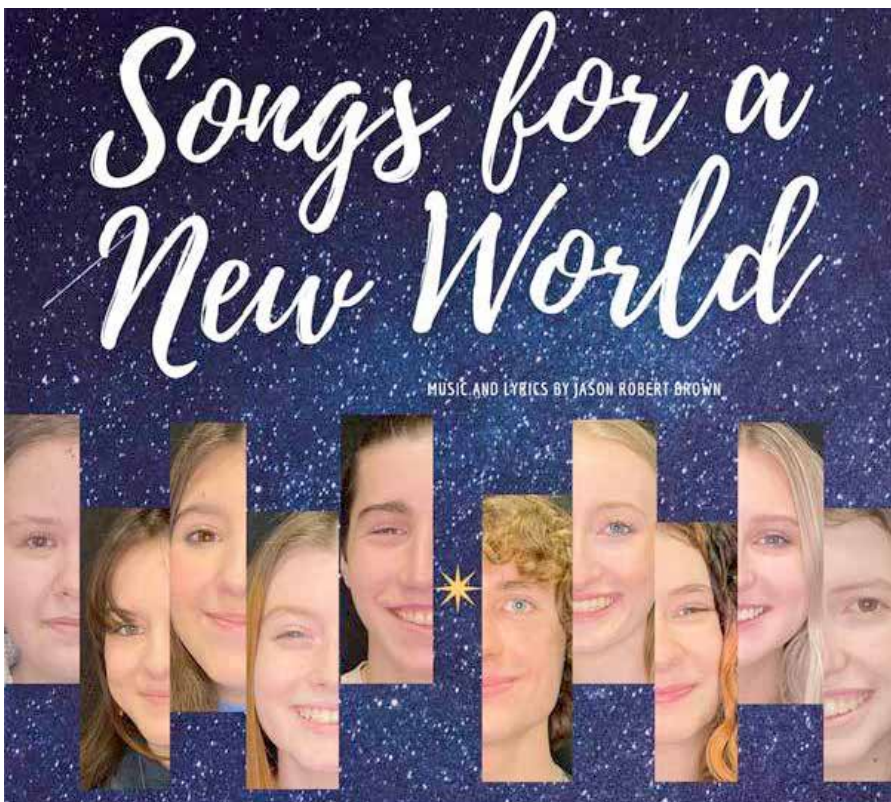
Congratulations to our three Ranger relay teams and long jumpers Aniya Simmons and Charieon Doxley for qualifying for the OATCC Division 1 Indoor Track & Field State Meet March 4 at Spire Institute. Qualifying relays and their team members:

4x200: Teeghan McGann, Kaydence Doxley, McKenna Hunt, Elliott Snyder

4x400: Teeghan McGann, Aniya Simmons, Elliott Snyder, McKenna Hunt

4x800: Josie Kavc, Anna Daso, Mae Mohar, Julia Kavc
Good luck, Rangers!

4x200: Teeghan McGann, Kay-



LHS Spring Musical Set For March 10-12

by Christine Gordillo

The Lakewood High School Barnstormers Drama Club will present "Songs for a New World" by Jason Robert Brown as its spring musical. There will be three performances: March 10, 11 and 12, starting at 7:30 pm at the Civic Auditorium. March 10-12. The production features an ensemble cast and a student orchestra pit all

telling stories about life and the experiences that unite us. Advance tickets can be purchased online: \$8 for adults and \$5 for students. You can access the online ticket portal at [https:// www.payschoolsevents.com/events/details/19415](https://www.payschoolsevents.com/events/details/19415) or on the Lakewood City Schools website (www.lakewoodcityschools.org). Tickets at the door are \$10 for adults, \$8 for students.

2022 Lakewood Indoor Track & Field State Qualifiers Long Jump

Charieon Doxley **Aniya Symons**

4x8

Josie Kavc **Anna Daso** **Mae Mohar** **Julia Kavc**

4x2

Teeghan McGann **Kaydence Doxley** **McKenna Hunt** **Elliott Snyder**

Summer Camp Registration starts March 1st
 STOP, Camp Can Do, Safety Town, and Kids Connection.
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Lakewood Cares

Farrell Foundation For Brain Health Receives Three Arches Grant

by Barbara Howell

Art. Education. Music. Companionship. In the community.

A recent grant to the Carolyn L. Farrell Foundation for Brain Health from Three Arches Foundation will provide expanded opportunities and assistance for individuals with dementia and their care partners --where they live.

With the \$65,000 award, the Farrell Foundation will implement an extensive community outreach program to continue services at its Westlake center but also bring activities into local facilities. The Center for Brain Health currently offers programming including enrichment, creative initiatives, and companionship, but Executive Director Jerry Devis says the new grant will now allow The Carolyn L. Farrell

Foundation for Brain Health to reach further into the community.

"With this generous Three Arches Foundation operating support," Devis says, "we will now be able to engage with clients and their care partners where they live, cooperating with health professionals and existing programs.

"We can bring the enrichment, creative engagement and connection to recreation centers, cultural and residential facilities. We also hope to reach out to health care professionals to promote the latest interventions," Devis continues. "These programs cannot present a 'cure,' but they can greatly improve the quality of life for people with dementia and other brain health challenges."

Three Arches Foundation awarded \$2 million in 2021 annual grants to 21

nonprofit organizations for their work to improve the health and well-being of people in Lakewood and surrounding communities. According to Three Arches, the grants "reflect its focus on access to care, specifically the advancement of solutions to remove barriers and improve behavioral and physical health."

Three Arches Foundation support for the Farrell Foundation began in 2019 as it awarded annual grants in 2019 and 2020 to the Westlake brain health organization. And, in 2020, Three Arches Foundation awarded a special additional \$10,000 for the Farrell Foundation to use for virtual and socially distant programs to keep in touch with clients during the COVID pandemic.

"We are pleased that grants received by the Farrell Foundation continue to cultivate and expand community-based programs for people with dementia and those who care for them," says Kristin Broadbent, president and CEO of Three Arches Foundation. "Their unique and ever-evolving approach to harnessing the power of arts enrichment provides much-needed support and care for families."

The Farrell Foundation has served hundreds of individuals with dementia and their families over the last ten years with the focus to give meaning and support in both practical and creative ways. Participants in the programs share the positive impact that the enrichment sessions have on their ability to socialize and improve quality of life.

In 2011, Dr. Charlie Farrell and daughter Rev. Katie Farrell Norris started the Carolyn L. Farrell Foundation for Brain Health to make arts based programming available to the community in support and honor of Carolyn Farrell, their wife and mother. Their programs show arts can bring peace, enjoyment, and inspiration and is an important part in increasing the quality of life for many people. The arts enrichment program provides opportunities for socialization, and research has shown how beneficial this can be for individuals affected by dementia. For more information, see the website: farrellfoundation.org.

Barbara Howell is a former journalist now serving on LCRAC.



Lifeguards needed. Training classes are available this spring!

Lakewood Rec Looking To Fill Dozens Of Summer Job Opportunities

by Matt Demaline

What better job for the summer than at a swimming pool, ball field, or summer camp? Take the opportunity to work outside, with kids, making a difference. Lakewood Rec is now hiring to fill many open positions for learn-to-swim instructors, lifeguards, pool attendants, baseball scorekeepers, summer camp counselors and more.

As winter turns to spring, many of our thoughts turn to warm summer

days, filled with playing tee ball, swimming at Foster Pool or Becks Pool, or making friends at Kids Connection or Ohio Heritage. Lakewood Recreation is hiring seasonal employees to make all those summer memories continue for a new generation. Applications preferred by March 31, 2022. Find position and application details at www.lakewood-recreation.com/summerjobs.

Sunrise Rotary Announces Derby Themed Fundraiser

by Larry Faulhaber

The Trials for Hope program and The American Youth Foundation will definitely be winners at the May 6th Fund Raiser of the Rotary Club of Lakewood-Rocky River Sunrise. You can bet on a sure thing by coming to this event on Friday, May 6, starting at 6pm, at the Umerley Hall of the Rocky River Civic Center complex at Wagar Rd. and Hilliard Blvd. The individual ticket price is \$30 or you can reserve a table of eight for \$240. You will enjoy a delicious dinner after visiting the paddock area stocked with attractive silent auction items and featured raffle baskets. The featured race will be the Live Auction.

In the Winner's Circle will be the Trials for Hope and American Youth Foundation. The club will be spotlighting these organizations and raising money specifically for them during the event.

Trials for Hope provides food, clothing and personal hygiene items for needy families and homeless individuals on the near westside of Cleveland. Trials for Hope was founded over 10 years ago to help those in our community to meet their basic needs while providing them dignity, respect and love. Volunteers visit homebound seniors, provide the necessities to those in homeless camps, and deliver food to hungry families via operating a food pantry.

Local students, who will be volunteering to serve dinner during the event, will receive part of the proceeds of the Event to

go towards attending the American Youth Foundation summer camp. The American Youth Foundation inspires young people to discover and develop their personal best, to seek balance in mental, physical, social and spiritual living, and to make a positive difference in their communities and in the wider world.

For more information visit www.lrrsunriserotary.org

Place your bet on a sure thing! Make your check payable to Lakewood-Rocky River Sunrise Rotary Foundation and mail your check, along with your contact information, to Lakewood-Rocky River Sunrise Rotary Foundation, P.O. Box 16684, Rocky River, Ohio, 44116

Individual ticket price: \$30. Table of eight: \$240.

The foundation is a 501c3 Corporation and \$10 of each ticket is tax deductible.

Established in 2007, The Rotary Club of Lakewood-Rocky River Sunrise is involved in a wide variety of activities including an annual Beck Center Cleanup, Holiday Food Distribution, 3rd Grade Dictionary Distribution, Youth Exchange Programs (sending dozens of youths to experience other cultures and welcoming dozens of youths into our homes and schools), foster care birthday bags & school backpacks, Nicaragua Student Supplies, Emergency Shelter

continued on page 7

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Business News / Letters



The storefront of Decent Shape Strength + Wellness Studio at 13439 Detroit Ave.

Now Open: Decent Shape Strength + Wellness Studio

by Brandon Hall

A long vacant storefront across from St. Edward's High School is buzzing with life once again.

That storefront belongs to Decent Shape Strength + Wellness Studio, which opened its doors in December. The 1,000-square foot space offers personal/semi-private training, yoga classes, and unique health & wellness workshops.

"We deliver expert instruction in a fun, intimate environment," says owner Brandon Hall, an NSCA Certified Strength and Conditioning Specialist. "It's been great partnering with other local wellness entrepreneurs to bring unique experiences to the space. It's our goal to help Lakewood become a healthier, happier community."

Hall specializes in programs that prioritize functional strength and athleticism. A typical training day may feature Trap Bar Deadlifts, Band-Assisted Push-Ups, and unique core exercises like a Bodysaw or Deadbug. Every client's progress is recorded for each workout, which helps them gain the ability and confidence to lift heavier weights and perform more challenging exercise variations.

"Many people will try to follow programs that don't put them in position to be successful. We focus on solutions that match your goals, your body, and your current fitness level. Our group workouts are very intimate

— no more than four people per session — so everyone gets plenty of hands-on attention and coaching," says Hall.

"You have the potential to get stronger and more athletic than you realize. You might just need to adjust how you perform certain exercises and train with a coach who knows what you're capable of."

In addition to training sessions with Hall, Decent Shape also offers twice weekly yoga classes with Emily Kloss, RYT 200. Tuesday nights feature a relaxed "Yin/Yang" flow while Saturday mornings feature a more fast-paced "Vinyasa" flow. Other events on the studio's schedule include a Self-Massage and Mobility Workshop with Christina Metz, LMT and owner of Move Free Massage Therapy, and an Intro to Kettlebell Training Workshop with Amanda Hudock, RKC.

Decent Shape Strength + Wellness Studio is located at 13439 Detroit Ave. across from St. Edward's High School. You can view the studio schedule at thedecentshape.com and follow them on Instagram @decent.shape.

Brandon Hall is the owner of Decent Shape Strength + Wellness Studio in Lakewood, OH. He is an NSCA Certified Strength and Conditioning Specialist and a Precision Nutrition L1 Coach. Hall is a proud Lakewood resident who enjoys all things health, food, and fitness.

Winter Theater

by Gregory Norris

Taking the suggestion of a friend I started snowshoeing for a winter activity to get me outdoors, little did I realize I would see a show from Mother Nature. I was out on a trail through the Metroparks one morning when I noticed the silver glint on the snow. It looked like a thousand diamonds sparkling. Continuing my trek, I noticed some interesting ice shapes along the river and the sound of unfrozen water flowing, providing a relaxing musical backdrop.

A few minutes later I noticed a deer running up a hillside and the fallen snow flying over his back, it was a majestic site. I then came to realize I was in Mother Nature's Theater and the show was spectacular.

So if you need some relaxation this winter, try some snowshoeing, cross country skiing or hiking, you never know what show Mother Nature will have for you, the sights and sounds will be spectacular. Whatever activity you choose it is sure to be relaxing, good exercise and fun for the entire family.

For more information you can visit the Metroparks or Cuyahoga Valley Recreation Area website for locations and equipment rentals and there are many instructional websites for how to information.

Lakewood resident, Gregory Norris is a 28 year Corporate Security Professional and a 16 year Golf and Life Skills Coach with First Tee who enjoys writing.

Don't Believe Everything You Read

by Edward Graham

When you see a large, elevated sign at a gasoline station announcing \$3.15.9, wouldn't you think that the sign means that the station charges \$3.15.9 a gallon? Well, guess what. The receipt I received from the getGo station from which I bought 7.551 gallons of gasoline charged \$24.91 for that purchase. Without having to resort to advanced calculus, you can easily calculate the cost per gallon that I was charged. Simply divide \$24.91 by the 7.551 gallons and you will come up with \$3.2989 cost for each gallon. In this case, it was not even necessary to compute the cost per gallon. Written on the receipt was the cost per gallon: "7.551 gal @ 3.299/gal," not the \$3.15.9

Is this an example of what is meant by the phrase, bait and switch?

The Federal Trade Commission says that "When consumers see or hear an advertisement, whether it's on the Internet, radio or television, or anywhere else, federal law says that ad must be truthful, not misleading, and, when appropriate, backed by scientific evidence."

So, listen all you Lakewood school children, learn to read and learn to do arithmetic, and, most of all, learn to not believe all the advertising to which you will be exposed throughout your life.

You will, I hope, find out before it's too late, that much advertising is simply not true.

Edward Graham is a former member of Lakewood City Council.

Sunrise Rotary Announces Derby Themed Fundraiser

continued from page 6

Boxes, supporting children's sight in Ukraine, and more.

There are many Community, Vocational and Youth Service Activities of the two Rotary Clubs of Lakewood-Rocky River. The noon club meets every Monday, the morning club meets every Wednesday, and both meet at Umerley

Hall of the Rocky River Civic Center.

Contact Kathy Berkshire at sloopyohio19@gmail.com to learn more about how you can join with men and women in your area to give back through service in your community, and internationally.

Larry Faulhaber is Public Image Committee Chair for Lakewood Rocky River Sunrise Rotary Club.

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Make Evocative Noise:

Reviews Of Recent Releases, Pt. 123

by Buzz Kompier

Burning Plastic Blues Band - Burning Plastic Blues Band - Meta-physical Barbecue - 6 songs - cassette, digital

This is the latest project from longtime friend of the column Noah Depew. It's not, despite what the name might have you believe, a blues band (although I suppose that could depend on your definition of blues— it's blues if you're very openminded about that kind of thing) but experimental, largely synth-based instrumental music— sometimes closer to noise, sometimes closer to new age. We've seen this kind of thing from Noah before here, but I've gotta say I think this might be his best work in this field yet. Each of the six tracks here has something going for it, they all stand out from one another, and sure, maybe you've gotta be in the right zone to appreciate it, but when you're in that zone it is quite good. A recurring thought that came to mind while listening is that Burning Plastic Blues Band could do excellent things if tasked with soundtracking a movie— clearly Noah understands how to make evocative noise. We've got hypnotic tracks like "Drug Mart Blues"— sometimes wandering through Drug Mart does feel quite a lot like this sounds. You can kinda lose yourself in it. I don't know if I'm talking about Drug Mart or the song. Maybe both. On "Vaporize Skin And Hair" we get some pretty groovy guitar— it's still not exactly your traditional blues but it might be the closest thing here (honestly, I wouldn't have even been surprised if this tape turned out to be more like what we think of as blues; Noah is proficient enough as a musician that it would probably be great). "Bastard Posture I & II" does indeed form a kind of semi-suite. There's a great part here where the track has descended into a slow,

eerie kind of rumble and then some twinkling, chirpy synth comes back in like bluebirds flying through a haunted forest, kicking off a kind of war of moods that continues through the rest of the track. In my book (and I'm no expert on the experimental, to be fair and honest), this is a solid example of this kind of jam. Or kosmiche. Or whatever. 3.7/5

(burningplasticbluesband.bandcamp.com)

Spike Pit - Bastard Of No Future - Big Spike Says Fuck You - 12 songs - LP, digital, cassette

Local animals, maniacs, and now bastards Spike Pit return with their third album, and since this actually came out in 2021, they probably already have the next one ready to go. They may be maniacs, but they're prolific maniacs. You oughta know the Spike Pit sound by now, I've been writing about them long enough— too punk for heavy metal, but probably not too heavy metal for punk. I don't know, I'm no authority on hardcore scene politics these days. They have their usual diverse array of lyrical inspiration here— their fans ("Bitch Like Pit"), addictions ("Resin Hell," "Made That Way," and maybe "Hot Milf"), murder ("Devil's Son," "Tarrare," "6 Feet Deep"), misanthropy ("People Stink"), and other personal issues ("Hungry"). Also, similar to "White Devil" off the first record, we pause in the goofiness for a song (in this case "White World") for a scathing indictment of racism. It's great stuff. My personal favorite might be "Pretty Girls," not just for how absolutely ripping it is, but also because it has maybe the best couplet on the album: "pretty girls are so fucking bad / I might as well become a dad." As always, Ellis's poetry is accompanied by drawings illustrating his points

(and the LP also includes an enormous poster for the true heads). The band (Tim, Cory, and Joe, because it's always nice seeing your name in print and these guys definitely deserve it) are also in top form. Maybe some will disagree, but I think Spike Pit is getting better and better with each album. 4/5

(spikepit.bandcamp.com)

Various - No Surf In Cleveland Vol. 1 - Eleventh Hour Recording Company - 10 songs - LP, digital

This may genuinely be the weirdest comp I've reviewed here yet, at least in terms of the variety of artists, especially in the first half. It kicks off with Eleventh Hour mainstays Forgotten Souls Of Antiquity (who I believe are actually defunct now, but here they are anyway) who do their Americana-tinged alt rock thing. We immediately enter new realms on track two, however, with Patrick Davis and "In The Face Of Mountains." It's a really melodramatic rap song and I was gonna say that the backing music sounds like it's straight out of an "intense yet inspirational" car commercial and then I realized it's a string cover of "Rolling In The Deep" by Adele (and if it isn't, it's something that sounds just like that). Shifting gears quite abruptly again, we move to the C Town Gospel Singers, who indeed do a straight up gospel song, and then we go back to rap for May Day with "Hustle And Shine." This one is better than the Patrick Davis song but is likewise pretty cheesy— no one should call a song "Hustle And Shine," even with good intentions. I will not deny, however, that some of the verses are pretty good (the double-tracked vocals add a strange effect, but whatever) and that the vocal hook is very catchy. That concludes Side One, leaving the listener wondering what else could possibly be on this record. Rubella kicks it off with a song that sounds like most of their edgy alternative songs, then WH Michael (we heard him earlier in Forgotten Souls) gives us another left field track with "Fire In The Church House," an insanely manic rock 'n' roll instrumental led by 70 mile an hour

honky tonk piano. Smoking Tombs follow that up with the blatant Paul Westerberg imitation that is "I Need A New Everything," but I don't mind that because I like Paul Westerberg and it's an okay song. There's maybe a bit of Reigning Sound influence in there too. The big name value on this comp is Bill Fox, and he does not disappoint— "Graveyard Disruption" is a typically excellent folk tune with a rare full band performance. I really wonder what the story is with this one— who's the band? When was this recorded? Is there more Bill Fox material lurking for Vol. 2? "World Without Love" by Al & The Coholics is not a Peter & Gordon cover but a morose folk punk song, which is all you could expect at this point in the comp. A.P. Hilliard closes things out with another melancholy alt-rock... wait a minute, it's another Paul Westerberg imitator. It's an alright song, but it doesn't really go anywhere and it's over quite quickly. Oh well. I suppose this is like almost all comps— some great stuff, some definitely not great stuff, some old favorites, some stuff outta nowhere. And you know what? Even though it could've fit in (as much as anything could fit in on this record), the title did not lie: there was no surf. 3/5

(2300records.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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Lakewood High School Chamber Orchestra Receives Straight "Ones"

by Christine Gordillo

Congrats to the LHS Chamber Orchestra on receiving the highest possible rating for its performance in the

State Orchestra Adjudicated Event held Feb. 18. The ensemble earned straight "1"s, the highest rating!

Rotary Foundation Offering Five Scholarships

by Lynn Donaldson

The Lakewood/Rocky River Rotary Foundation is offering high school seniors grants for study at any accredited post-high school educational institution. Five grants of \$3,000 will be awarded toward the cost of one year's tuition.

Applicants must be a member of the 2022 graduating class of any accredited high school; be a resident of the Lakewood or Rocky River school district; show a record of academic success in his/her high school career; have applied to a specific college, university, community or junior college, or trade or professional school; and have no direct relationship to a current or honorary Rotarian.

Applications must be received by 3 p.m. Monday, April 11. The awards will be presented on June 6.

Required information must be submitted on the application form that can be downloaded at <https://www.lakewoodrockyriverr Rotary.org>.

Guidelines for submitting the application, as well as other criteria, are included.

Lakewood Republicans, Conservatives And Patriots - Mark Your Calendars

by Keith Davey

The February meeting of the Lakewood & West Park Conservatives was held at the Summer House in Lakewood. We had over 80 people that attended to hear from our all-star list of speakers including Frank La Rose and Jim Renacci. Thank you to all who made the evening an overwhelming success!

We have scheduled our next meeting for Wednesday March 16th from 6:30 – 8:30 pm. It will be held at Hatfield's Good Grub located at 16700 Lorain Avenue in West Park.

Our keynote speaker will be Chris Long, president of the Ohio Christian Alliance. In addition, we will hear from several of the candidates running for the Ohio Republican Central Committee.

Please feel free to bring your friends and neighbors. All are welcome!

If you need more information or would like to discuss further, please email me at: kd44107@yahoo.com or call me at 216-385-8730.



MARCH

ARIES:

Jupiter & the Sun are lined up this month in the Ram's behind the scenes 12th house, keep the Leprechaun in you on the down-low, that's where you're likely to find your pot of gold.

TAURUS:

The Bull is going to want to come out of his Bullpen on St. Patty's day, get together with a group of your cohorts, for a wee little corned beef & a Guinness or two at a local pub.

GEMINI:

The Twins may have to spend a little more time at the office this Irish holiday, there's a lot of action in your career, but there's two of you, so send one to the party till you get there.

CANCER:

The Crab just might be hopping a plane to Dublin or Limerick City this St. Pat's Day, your action is with foreigners and overseas travel this month, feeling lucky? Do it...

LEO:

The King/Queen of the Jungle may just be getting a little bit of the Irish Gold coming to you from another source, your 8th house of other people's money is lighting up green & gold.

VIRGO:

You'll be enjoying a bit of the romantic side of you, tradition says "it's good luck to kiss an Irish lad or lass on St. Patrick's Day...use your Irish charm & pull out all the stops.

LIBRA:

You'll be spending more time

than one should be, trying to decide which Irish Pub you want to go to to grab yourself a lager or a stout, after all Lakewood does have a lot of choices, good luck to you lad.

SCORPIO:

The Scorpion's luck lands in the 5th house of romance & creativity, you'll have to put that stinger away first, come out of hiding & find that mysterious one under a rainbow.

SAGITTARIUS:

The Centaur's magic happens at home this St. Patty's Day, get the corned beef & cabbage started early in the crockpot, then invite the whole clan over, have plenty of Harp.

CAPRICORN:

For the Goat, your bit of the Irish luck falls on you within your community, so get thee self to the Parade, bring with you a thermos of Hot Toddy to keep you warm & toasty.

AQUARIUS:

You're finding a lot of action going on in your 2nd house of finances & security this St. Patrick's Day, get all your ducks in a row, then start singing your version of Danny Boy.

PISCES:

The Fish is feasibly one of the luckiest ones this St. Pat's Day, it's all about you, pour yourself a Jameson, grab a four-leaf-clover then start doing the Baby Shark Dance in your pond.

Eva Starr, local astrologer, has been studying the moon & stars since she could read. Starr can be reached at evastarr.com

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3 Items	\$9.00	\$11.25	\$15.00	\$17.50
4 Items	\$9.50	\$12.00	\$16.00	\$19.00
Deluxe	\$10.00	\$12.75	\$17.00	\$20.50
Extra Items	\$1.00	\$1.25	\$2.00	\$2.50
Chicken	\$2.00	\$2.50	\$3.50	\$4.50
Extra Cheese & Special Toppings	\$1.50	\$2.00	\$3.00	\$4.00

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Lakewood Observer

Lakewoodites Take Note:

Legal Aid Can Help With Debt, Car Repossession, And Identity Theft

by Tonya Sams

Unpaid debt can be a huge burden that creates a constant cycle of worry and fear.

Do you know what to do if you are sued by a debt collector, if your car is repossessed, or if you are a victim of identity theft? Legal Aid has answers.

Car Repossession

Your car can be repossessed by the lender if you fail to make a payment (also known as going into default). The lender can even take your car away without your knowledge - whether it is parked in your driveway, a parking lot, or on the street.

One thing that a lender cannot do while repossessing your car is "breach the peace." This means the lender cannot threaten or use physical force to retrieve

the car or take your car from your closed garage without permission. If there is a breach of peace, you should call the police. Do not threaten or attempt to stop the repossession of your car.

Any personal items in the car must be returned to you. It is important to call the lender to find out where to get your items, but beware - there may be a small storage fee from the lender.

It is important to remember to write down the date upon which your car was repossessed and save all notices that you receive from the lender. If the lender fails to notify you during the repossession process, makes a mistake, or gives you incorrect information, that can be used in your defense if you are sued.

The lender must notify you within five business days to explain why the

car was repossessed and the steps you need to take to get it back. If you cannot pay to get the car back at that time, the lender must notify you if they are selling the car. You will usually receive a notice at least ten days before the sale of the car. Even if the car is sold for less than what you owed, the lender can take you to court for something called "deficiency."

Legal Aid can help if you have been sued to collect the deficiency.

Legal Aid and the Cuyahoga County Court of Common Pleas have created a Consumer Debt Defense Program, which is a free program that helps people who are being sued because of an unpaid debt.

For more information, call the Court Resource Center at 216-443-8204 or email courtinfo@cuyahogacounty.us.

The Ohio Attorney General's Office can also help if you have any issues regarding the process in which your car was repossessed. You can file a complaint at its website, ohioattorney-general.gov.

Identity Theft

What happens if you are a victim of identity theft?

Legal Aid can also help if your personal information (such as your name, social security number, or credit card information) has been stolen. Stolen information can be used to make purchases, open new lines of credit, create new utility accounts, or receive medical care. It can also be used to steal tax

refunds - and, the thief can use your name if arrested.

If you are a victim of identity theft::

Contact the companies that were affected and close accounts that were open in your name.

Go to annualcreditreport.com to create a fraud alert through the credit bureaus and request a copy of your credit report.

Contact the Federal Trade Commission to inform them of the theft

Contact the Ohio Attorney General's Consumer Protection Section.

File a report with your local police department.

Go to annualcreditreport.com to find out how to correct your credit report.

Contact the credit bureaus to add a fraud alert or credit freeze.

It may be necessary to contact the Social Security Administration, a lawyer (to clear criminal charges in your name, if there are any), and/or debt collectors (so you will not have to pay debts that you are not responsible for). You may also have to get government-issued IDs replaced.

If you need help regarding debt, car possession or identity theft, call Legal Aid at 216-687-1900 or seek help 24/7 at www.lasclev.org.

Tonya Sams is the Development and Communications Assistant at The Legal Aid Society of Cleveland.



Ditch The Shamrock Shake For Beyond Juicery + Eatery's Healthier Alternative

by Chelsea Heckathorn

Beyond Juicery + Eatery, a favorite in-and-around Lakewood and Cleveland areas, best known for its smoothies, fresh squeezed juices and wraps, is celebrating St. Patrick's Day for the entire month of March with its Shamrock Detox Smoothie - a healthier alternative of the beloved Shamrock Shake.

The Shamrock Detox Smoothie is loaded with fresh fruits and vegetables, including apples, bananas, kale, spinach and mint leaves to give that creamy and refreshing flavor. What's more, customers don't have to worry about a "broken machine" when they come in for one of these treats.

Its rich blend of vitamins, minerals and antioxidants cleanse the body, while still retaining beneficial fiber from the whole fruits and vegetables. Green smoothies are a popular way to

meet your recommended daily dose of nutrients.

Beyond Juicery + Eatery shares its recipe for its Shamrock Detox Smoothie so you can make it at home. It is also available in stores for a limited time, until Mar. 31, 2022.

How To Make Beyond Juicery + Eatery's Shamrock Detox Smoothie

Ingredients

- 1 apple of choice (recommend green to add a little tartness)
- 1 banana
- 1 handful of kale
- 1 handful spinach
- 1 ounce of lemon or lime
- 1 ounce of honey
- 5-6 large mint leaves
- 2 cups of crushed ice

Directions

Blend all ingredients together until smooth!



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Observations From Lakewoodites

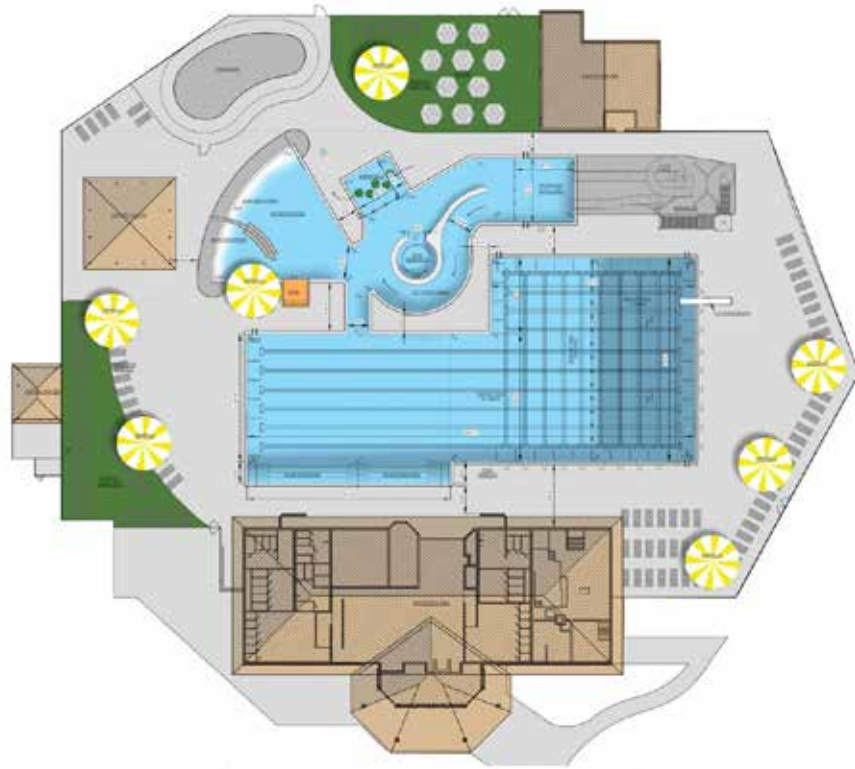
Appeal On Foster Pool Project

by David Abineri

The Foster pool renovation project seems to have gained a life of its own, moving toward a somewhat predictable future. I hope that this is not the case. Lakewood has had a full sized Olympic pool serving the community for the past almost 70 years and the entire community has been the benefactor of this prized facility. Based on current plans, Foster pool will be significantly reduced and the community significantly deprived of its bedrock contributions.

I would like to raise the awareness of some of the benefits of swimming, competitive swimming and fitness swimming that should be taken into account when considering reducing our current 10 lane Olympic facility to 6 lanes..

Competitive swimming especially demands that participants discipline themselves to attend regular, often demanding, practices. This can only be done with the help of parents interested in seeing what swimming is all about. In the seventies, literally hundreds of swimmers attended the daily routine two hour swimming practice sessions at Foster Pool from about 6am to 8am daily before the pool opened to the public. They would then come back for another hour after the pool closed (under the lights). In late



afternoon the more novice swimmers used one end of Foster pool, swimming across the pool for an hour of various drills. This kind of dedication plays into child development in interesting ways. Time must be carefully managed as must eating habits in order to withstand such exertion. Those who compete regularly develop goal setting strategies that work for other activities too. Of course, they are making themselves safer in a lakeside community as they become comfortable with being in the water. Brains are active when training, trying figure out how a race must be paced in order to be successful.

Fitness swimming for those of all ages offers the same advantages.

Defining success for oneself is important. Success becomes beating yourself, doing your best, not necessarily breaking records or winning medals. Swimming at any age is a low-impact lifetime sport. Many who started as perhaps high school swimmers have chosen to

continue swimming well into adulthood as a way of exercising most of their muscles on a regular basis and improving their cardiovascular system, while promoting a healthy heart and lungs.

Competitive swimming can also lead to more opportunities when finishing high school

and considering colleges. Many Lakewood swimmers have found colleges where their skills are valued and they are assisted financially because of their competitive swimming background.

The planning committee and the Lakewood Council should take into account the positive effects that having a full sized Olympic Pool can have on its elementary students, its high school students and its adults.

Yes, of course there should be a recreational component to Foster Pool but the competitive/fitness program should not be stunted in the process. To miss the opportunity to keep a full-size Olympic Pool in Lakewood is to undercut one of the most valuable assets of the community. Teaching youngsters how to swim is vitally important so there should be a specific teaching pool of an appropriate depth for the youth of the city. But we should also keep our full sized Olympic Pool for the reasons mentioned above, as a way of providing everyone the life-long benefits of swimming.

Please re-consider the current plan for Foster pool which reduces its size, its depth and its value to the larger community.

David Abineri is a graduate of Lakewood High School and a Lakewood Recreation Department employee of 20 years.

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