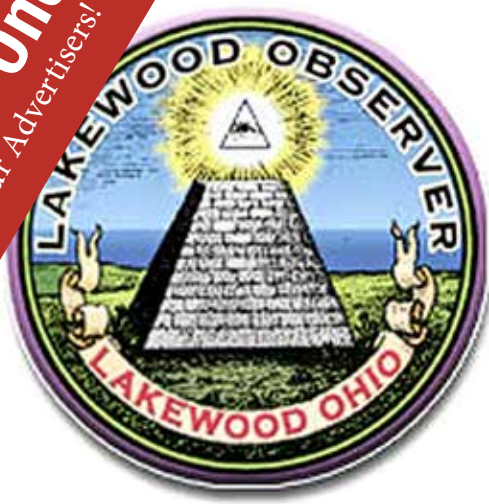


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THE LAKEWOOD OBSERVER

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Volume 18, Issue 22, November 16, 2022

“A battle lost or won is easily described, understood, and appreciated, but the moral growth of a great nation requires reflection, as well as observation, to appreciate it.” ~ Frederick Douglass

For Those Who Served: We Stop To Say Thank You



21 Gun Salute — Joint Veterans Honor Guard Rifle Squad.

by Jim O'Bryan

On a cold and rainy day Lakewoodites gathered at Lakewood Park for our annual celebration of veterans and all they have done for the country.

This year was special: former Lakewood Police detective First Sergeant Patrick Foye was the keynote speaker. Mr. Foye

was raised in Lakewood with his six siblings and attended Lakewood City Schools. He served four and half years Active Duty and the remainder of his twenty-year career in the United States Army Reserves.

First Sergeant Foye was deployed to three continents with service in Haiti, Bosnia,



photos by Jim O'Bryan

Charles Preto, St. Cyril and Methodius CWV Post 579, speaking with keynote speaker Patrick Foye, First Sergeant, United State Army Reserve, (Retired).

and Afghanistan. He received numerous awards over his military career including the Army Achievement Medal (WOC), Joint Service Achievement Medal, Army Commendation Medal, Meritorious Service Medal, and the Bronze Star Medal.

Mr. Foye graduated from Kent State University with a Bachelor's degree in Criminal Justice Studies. He is a retired Lakewood Police Officer having served 26 years with the Department, 11 of those years as a detective. During his time with the LPD, he held positions as a SWAT Team Member & Leader, Field Training Officer, Traffic Crash Investigator, Narcotics Detective, Evidence Technician, and a Latent Print Examiner. He currently serves as a School Resource Officer with the Westlake Police Department.



Tower City Barbershop Chorus performs the National Anthem.

First Energy Topiary



Since day one of the Observer, people have written us about trees pruned by power companies to make ways for the wires. When Lakewood was started there was no thought of all the lines that would run near trees or through them. Jim Pohorence noticed this one and pulled me aside one morning at Donut Kitchen. “No, it is a complete circle around the wires.” He was right. Much like the donut he enjoys with his coffee every morning, it has a hole in it!

Correction For Seventh Day Adventist Church Blood Drive

In the last issue, Volume 18, Issue 21, we mistakenly printed the wrong advertisement for the Lakewood Seventh Day Adventist Blood Drive.

The Blood Drive this month is taking place on November 26th between 10a.m. and 4 p.m. at 1382 Arthur. The need is constant, please give the gift of life.



Number one was this house on Bonnierview. To see all the winners turn to pages 6 and 7. Go online at lakewoodobserver.com to see all the nominated homes.



Lakewood Community Services Center Launches A La Cart

by Trish Rooney

On Tuesday November 22 at 2:00pm celebrity chef Matt Fish, chef/owner of Melt Bar and Grilled, will present a live cooking demo at Cove Community Center featuring his famous Roasted Garlic Tomato Soup – easy to prepare, healthy and delicious! The demo, just the first in a series, is open to all - no registration is required – and is FREE to anyone participating.

“We are so fortunate to have Lakewood chefs eager to give of their time and their talent,” said Trish Rooney, executive director of LCSC. “And to have the City of Lakewood Department of Human Services so eager to host them at the new and beautiful Cove Community Center is just fantastic.” Each partici-

pant will have the chance to sample the dishes and can take home the recipes so that they can make them at home.

Chefs will prepare their recipes on the Charlie Cart, a self-contained completely portable kitchen that is being used at over 325 sites in the US today. The sites include farmers markets, K-12 schools, food pantries, libraries, and hospitals throughout the country. Chef Rocco Whalen of Tremont's Fahrenheit restaurant has been delivering cooking programs using the three Charlie Carts purchased in 2019 by the Cuyahoga Public Library and it was Chef Whalen who introduced LCSC to this amazing kitchen. To learn more, go to

continued on page 11

THE MAYOR’S CORNER

Lakewood’s Innovative Integrated Wet Weather Improvement Plan

by Mayor Meghan George

One thing we all love about Lakewood is the charming, historic character of our city – but we also understand that with age comes an increased need for upgrades, repairs, and maintenance. And these things can be costly. Unfortunately, when it comes to our infrastructure, Lakewood is currently facing the challenge of having water and sewer systems that are over a century old.

You may have read or seen the news about the needed repairs for the sewer system infrastructure. However, this is not new. The City of Lakewood has been working on addressing these challenges for well over a decade – performing research and analysis, engaging in innovative planning, and working hand-in-hand with the US EPA to come

up with an approach to address overflows of our sewer lines during storm events. This month, we were pleased to announce that the City had entered into a partial consent decree with the federal government that formalizes elements of the City’s Integrated Wet Weather Improvement Plan (IWWIP), which was adopted by the City in early 2019.

Lakewood is the first place in Ohio to adopt an Integrated Wet Weather Improvement Plan (IWWIP). We also were able to convince the EPA that our IWWIP was the best way to address the problems we are facing. In fact, the terms of the consent decree are based on Lakewood’s own plan – so rather than the EPA dictating terms of what will happen, the City was able to come

up with its own approach that suits our unique system and needs. That is highly uncommon and shows that Lakewood is a leader in this area.

As part of the consent decree, the City has formalized its previously planned investment of \$86 million in sewer improvement projects. Last year, the City committed \$25 million in American Rescue Plan Act (ARPA) dollars to its efforts to achieve the IWWIP, which will help address the costs related to the consent decree. The City has also agreed to pay a modest civil penalty for this type of case of \$100,000. For comparison sake, the City of Elyria just entered a similar agreement with the EPA, and the fine involved is two times the amount Lakewood must pay. While we would have preferred no fine, the law man-

dates we had to pay something, and we believe that our comparatively low fine shows that Lakewood’s innovative and cooperative approach to solving these problems was recognized by the EPA.

By implementing our IWWIP and the consent decree, Lakewood is finally addressing a problem that has exposed our city and ratepayers to liability for many years. By moving forward, we will protect the waters of both the Rocky River and Lake Erie while bringing our city into compliance with state and federal law. This is another important step that improves the local environment and shields the ratepayers of Lakewood from exposure to daily fines from the federal government in the future. My administration will continue to keep you informed on this major project as it is implemented.

The YMCA’s “Thanks For Giving” Campaign

by Ellie Kuhen

As an organization with the mission of serving the local community, the YMCA of Greater Cleveland is committed to giving back this Thanksgiving season. The “Thanks for Giving” campaign is aimed at gathering hygiene products to help those who are homeless.

For the entire month of November, the Lakewood Family YMCA is offering a no-joiner fee promotion to people who donate hygiene products upon their registration for a Y membership.

One of the hardest things to deal with when one doesn’t have a home is keeping up with their personal hygiene. Without regular access to a shower, a

bath, a sink, or even basic toiletries, hygiene can easily fall by the wayside. And this problem goes deeper than just how someone smells or feels. Not having proper access to hygienic products can lead to illnesses and diseases that will make life even more difficult.

Some of the hygiene products the YMCA is collecting are:

- Shampoo and conditioner
- Toothpaste and toothbrushes
- Hairbrushes
- Soap
- Lotions
- Feminine hygiene products

The Lakewood Family YMCA is located at 16915 Detroit Avenue.

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CITY OF LAKEWOOD

Dear Residents Of Lakewood And Members Of Lakewood City Council

by Meghan George, Mayor
City of Lakewood

It is again my privilege to present you with the City of Lakewood’s 2023 proposed balanced budget, reflecting our community vision, values, and priorities while also remaining fiscally responsible in our operations and objectives. We enter 2023 maintaining a strong financial position and enjoying an excellent Aa2 Moody’s bond rating. I remain confident that we will work through the financial challenges that the 2023 economy will likely present while continuing to provide residents with first-class services and transformative projects and initiatives in 2023:

Public Infrastructure and Environmental Interventions

Interceptor Tunnel Project: The City will begin a massive project on its main, 100-year-old 3.6-mile artery of sanitary sewer pipe that flows across northern Lakewood before going south to the City’s wastewater treatment plant. We are cleaning, repairing, and “sliplining” the pipe, while also adding access maintenance shafts. This project is part of the City’s multi-year plan for stormwater management compliance with the federal Clean Water Act. The City is dedicating \$25 mil-

lion in American Rescue Plan Act (ARPA) funds to keep costs as reasonable as possible for our utility rate payers.

Parks & Public Spaces

Foster Pool: Construction continues at Foster Pool to realize the community vision developed from extensive community input in the redesign of this beloved Lakewood asset. It’s a project that will resolve long-term maintenance issues including severe water loss from leakage, while also incorporating new features that create a more useful and friendly environment for people of all ages and abilities.

Parks & Fields: At Lakewood Park, the City will upgrade and expand the heavily used skate park and make major upgrades and address maintenance at Lakefront Field as the ballfield management program continues. Various capital projects will also take place at Kauffman, Merl, and Niagara Parks.

Public Safety and Energy Efficiency

Alternative Energy Vehicles: The City continues to replace older, less efficient combustion engine models with hybrid police vehicles that enjoy sig-

nificant fuel savings and come with a generous warranty that dramatically reduces maintenance costs. Additionally, the City is strategically targeting certain vehicle replacement candidates for its all-electric vehicles as our fleet of alternative energy vehicles continues to diversify.

Fire and Police Equipment: The Ohio Emergency Management Agency has awarded Lakewood nearly \$250,000 for necessary upgrades to our police and fire radio equipment. We will use over \$1 million in ARPA funds to backfill the remaining costs of this important proj-

ect that helps keep our community safe and our local taxes as low as possible. In addition, vital dollars are being dedicated to increasing our citywide safety camera program to both deter and help solve crimes occurring in Lakewood.

I close with special thanks to the City’s award-winning finance team and senior departmental staff who worked collaboratively in creating a budget that makes a difference in the lives of all Lakewood residents. I look forward to continuing to provide superior public service to our residents as we modernize and transform our vibrant and dynamic community.

Sincerely,
Meghan F. George
Mayor & Safety Director

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Foster Pool Improvements Are Underway



The Foster Pool Improvements project is well underway. The demolition is complete and underground utilities are currently being installed. The new pool layout is starting to take shape with the foundations, buttresses, and the pool walls being constructed under ideal weather conditions.

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LAKEWOOD PUBLIC LIBRARY

Indoor Track is Open!

Mondays - Fridays: 6 am - 8 am and 4:30 pm - 9 pm
Saturdays: 7 am - 6 pm, Sundays: 8 am - 6 pm
Track is closed when Lakewood High School is in session and for any scheduled school event
Indoor Track Facts: 10 laps = 1 mile, 3 full-size lanes
Walkers inside and runners on the outside
Elevated around the LHS Main Gym
Residents cost 60 and over \$5.00 per month
adult \$8.00 per month
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We are located at Lakewood High School (across) on the corner of Franklin and Sam

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Children's And Youth Services Programs

by Jeffrey Siebert

Celebrate! Paper Flower Crowns

Main Library- Tuesday, December 6, 2022, 4:00pm - 5:00pm
Madison Branch- Thursday, December 8, 2022, 4:00pm - 5:00pm
For Students in First through Sixth Grades.

This is the season for celebrations. Get in a festive mood and crown yourself with a beautiful crown made of paper flowers that you make yourself. Paper flower crowns are called vinok in Ukraine and include streamers falling off the back of the crown. Your own paper flower garland to wear around your head, including streamers, will put you in a festive mood. Registration is required. Register online at lakewoodpubliclibrary.org/youth or call (216) 226-8275, ext. 140.

Smiling Sunflowers for Little Ones

Main Library- Wednesday, December 7, 2022, 10:30am - 11:15am
Madison Branch- Thursday, December 8, 2022, 10:30am - 11:15am,
For You and Your 2-to-6-Year-Old Child

Listen to a story about Sunflowers and help the Library grow a sunflower (paper) garden. The Library will create a garden inside of the Library as a visual tribute to Ukrainian people. Sunflowers are a Ukrainian symbol of peace. Create one sunflower for the Library's sunflower garden and one to take home. This simple sunflower craft will brighten your day! Registration is required. Register online at lakewoodpubliclibrary.org/youth or call (216) 226-8275, ext. 140.

Family Weekend Wonders

Main Library- Fridays and Saturdays at 10:30 a.m.
Madison Branch- Fridays at 10:30 a.m.

Looking for weekend entertainment for the whole family? Look no further! Drop in to the Library's special weekend story time. Your whole family will enjoy these programs full of enthusiastic stories, engaging activities, entertaining music and clever crafts. Family Weekend Wonders Drop-In Story Time is offered every weekend throughout the year and features a different theme each week to keep things engaging. No registration is required.

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EDUCATION

Ranger Runner Earns All-Ohio

by Christine Gordillo

Congratulations to Lakewood High cross country runners Luka Bork and Charlie Payne, who competed in the Division 1 State Championship Meet on Nov. 5. Luka finished 12th overall and earned All-Ohio status with his finish of 15:27. Charlie finished 46th out of a field of 180 with a time of 16:27. The two earned a place at the State Meet thanks to their performances at Regionals a week earlier. Luke, a junior, earned fourth place at Regionals and Charlie, also a junior, finished in 28th. Ranger Josie Kavc also earned a spot at Regionals.

Congratulations to these outstanding athletes along with their coaches, Charlie Moore (boys coach) and Adam Swiat (girls coach).



Runners Charlie Payne (left) and Luka Bork.

Lakewood High School Girls Soccer Has Strongest Showing In Recent History



by Ted Nagel

The LHS Girls Soccer Team ended one of its most successful seasons with a 12-5 record and a first place finish in the Great Lakes Conference East Division. The team was led by a talented group of senior captains in Sam Hudak, Mallory Zavatchen, Lauren Barber and Annette Doren. Although the season ended in a miserable, rainy, windy loss to Rocky River in the Conference Finals game, the girls and their fans had many happy memories to bring with them moving forward in their lives.

The season opened with an epic come-from-behind victory against local rival and perennial powerhouse Westlake. With the final goal crossing the goal line as the buzzer sounded, Mallory Zavatchen closed out the win with her second goal of the game, for a 4-3 win as the student body stormed the field celebrating with the team. Another highlight included a 3-2 win against last year's East Division Champions Buckeye. The team was led by Mallory Zavatchen's 30 points and 12 goals, followed closely by fellow Senior Captain Annette Doren with 26 points

and 10 goals. The future also looks bright as the next two high scorers were Sophomore Helen Fraunfelder with 16 points and 7 goals and freshman Willow Trapp with 14 points and 6 goals.

The team would not be where they are without a strong defense led by Great Lakes Conference Goal Keeper of the Year Lauren Barber who in the course of her four-year career will hold every goal-keeping record at Lakewood. Lauren had Senior two-time Captain Sam Hudak in front of her at Center Back. Lauren and Sam were joined by Mallory and Annette as 1st Team All Conference players. Lauren was also First Team All Greater Cleveland and Mallory was 2nd Team all Greater Cleveland, both of whom were invited to participate in the Greater Cleveland All Star Game to be played on November 19th. The other seniors who led this team are Clare McKay, Clare Morrissey, Ava Carroll, Grace Hildebrandt, Belle Orlando, Rose Lipka, Sophie Craciun, Abigail Marsh and Paw Say Htoo. Congratulations on a great year ladies and Go Rangers!

Ted Nagel is the Lakewood High School Girls Varsity Soccer Coach.

Lakewood School District Hosting Seniors Holiday Breakfast

by Christine Gordillo

The Lakewood City Schools' tradition of holding a holiday breakfast for our community's senior citizens returns after a three-year hiatus! The event will happen on Tuesday, Dec. 13 at 9 am at Hayes Elementary School.

Guests will hear from Superintendent Maggie Niedzwiecki with an update on District developments of note and also enjoy some holiday entertainment from our Hayes students.

There is no cost for the breakfast, but RSVPs are required. Please call 216-529-4074 or email christine.gordillo@lakewoodcityschools.org to reserve your spot! The deadline to RSVP is Dec. 7.

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Sixth Place - 17623 Cannon

HALLOWEEN CONTEST WINNERS



Seventh Place - 1517 Lauderdale



Eighth Place - 1668 Onondaga



Ninth Place - 1449 Roycroft



Tenth Place - 1325 Giel

Congratulations Winners Next Up Holiday Lighting Contest

by Debra O'Bryan

Thank you to all who decorated their homes this Halloween, it seemed like more than in previous years. Almost every street had something spooky going on. Thank you to all who nominated and voted. A BIG thank you to our sponsors who donated gift certificates for prizes: Woodstock BBQ, West End Tavern, India Garden, The Root Cafe, and Haircuts for Females of All Ages by Carabel Beauty Salon.

If your home is on these pages, please contact the Lakewood Observer to arrange a time to drop off your prize(s). Email: production@lakewoodobserver.com or call 216-339-2531.

Just as one contest ends, another starts on Dec.1st. The LO Holiday Lighting Contest. We are looking for traditional and creative holiday displays. From one string of lights to over the top, see it from space. Start driving around and jot down the homes you think deserve mention. Nominate them at the Daily Question on our home page at: lakewoodobserver.com Voting on nominated homes will commence on Dec. 21st, and the winners will be announced before December 30, 2022.

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LAKEWOOD SERVICES OBSERVED

Director Roman Ducu Wins Award, Announces Retirement

by Jim O'Bryan

It was my pleasure a couple weeks ago to sit down and spend some time with Roman Ducu, Director of Public Works. He had just won the 2021 Clyde “Butch” Seidle Public Works Servant Leader Award, basically the Oscar for public service employees. It was nice to hear that a good guy had won. After all, it is the hottest seat in public service. Everyone has an opinion about streets, garbage collection, parks, etc. It's not a job where one can hide from the public to get by. Which is fine, as that is not how Roman Ducu rolls.

Roman started with the City of Lakewood as a part-time laborer. Thirty-one years later he heads the department. He arrived at the top seat just as COVID happened. Talk about trial by fire: between shutdowns, testing, mandates, sick leave spread over the 8 divisions he managed, he was able with his managers to bring a bit of normalcy to both the city and the 108 employees under him.

Roman is a buck stops here kind of guy, which is good as he is often the person people in the city want to hear from most. Because he grew into the job, he carries the responsibilities as well as the talent and background to coordinate Public Works and capital improvement projects, reviewing equipment defects, prioritizing repairs, and selecting and managing suppliers or contractors and costs.

Mr. Ducu also holds a Class A Commercial Driver's license, cleared all the way up to a tanker truck, a motorcycle license, and is close to obtaining his private helicopter license, and can legally operate a drone as certified by the FAA.



Roman Ducu, Director of Public Works for the City of Lakewood.

Currently he is proudest of the city sidewalk replacement program. As Roman points out, in a city that advertises itself as the most walkable city in the area, we better have safe sidewalks for the walking. In fact, businesses in Lakewood would die if everyone had to drive to get there.

The other thing he is most proud of is his crews, managers and employees. When I asked about the award, he didn't want to say anything. Then he called and said, if we talk about the crews, and allowed them to be highlighted, he would spend the time and talk.

After I had spent some time with Roman, and saw first hand the crews he is so proud of, he turned to me and said that he will be retiring in the early months of 2023.

Thanks for your time, knowledge, and effort. Now go have fun, you've earned it.



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LAKEWOOD SPOTLIGHT

Barbara's Bests (Part Two) Lion And Blue

by Barbara Raymond

When friends visit from out of town I always take them to Lion and Blue, a Lakewood landmark that has something for everyone, and a lot of heart. “It was our first baby,” co-owner Tina Dolatowski says.

She and her husband Michael opened it in 1996, less than one year after they married. (They went on to have two human children, Calvin and Esther). “When we married each other we married our talents. I previously had a shop in the Arcade, and was good at managing. Michael had worked for a jeweler, and was a jeweler himself.”

The result? A store that sells (obviously) jewelry, but also clothing, Birkenstocks, candles, books, essential oils, decorative mirrors, incense, beautiful Turkish lamps, cards, journals, musical instruments and more: “a world of treasures,” says Tina. Michael crafts jewelry, including wedding rings, to order, and also repairs and re-designs pieces.

Most of the other items sold in Lion and Blue are certified fair trade and crafted by indigenous people from all over the world. I’ve given many of these objects as gifts.



Michael and Tina Dolatowski, Lion and Blue, 15106 Detroit

And my granddaughters love choosing from the assortment of tiny hand-carved “spirit animals,” each of which is said to represent certain talents and traits.

The store’s name, like some of its items, is whimsical, and was inspired by a beautifully illustrated book of the same name that Tina gave Michael shortly after they met. It’s a story about a lion who searches for, and finds, a beautiful blue Brazilian butterfly he loves.

Lion and Blue’s eclecticism and charm make it perfect for Lakewood. Tina says that her favorite things about our city are its sense of community and acceptance of everyone. Lion and Blue is welcoming too, and, with its hundreds of colorful and beautiful objects, seems its own little world, a restful place. “It’s a peaceful environment I get to come into every day, a sanctuary,” says Tina. “I just relax and enjoy the vibe.”

Lion and Blue is at 15106 Detroit Ave.
Barbara Raymond is a Lakewood resident and author of nonfiction book, "The Baby Thief: The Untold Story of Georgia Tann, the Baby Seller Who Corrupted Adoption."



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Cleveland Vegan

by Pebbles Brown

I decided to stop by Cleveland Vegan for dinner, and I am oh so glad I did! The food was flavorsome, and the customer service was exceptional. Although I usually order the Classic Gyro or the Fried Chicken Sandwich with fries, I decided to boldly step outside my comfort zone on this particular day. (To my fellow cautious restaurant-goers who always order their tried-and-true dishes when dining at a familiar establishment, you know just how brave this was! But it paid off.) I asked the waitress about her personal recommendations, and she enthusiastically informed me of her favorites as well as some staff picks.

Per her advice, I enjoyed quite a few new dishes. Among them was the Garlic Parmesan Brussel Sprouts, which perfectly balanced the tang from the garlic parmesan with the bitterness of the vegetable. The Lobster Roll, served cold, also boasted the distinctly sweet taste of fresh crab. This roll paired surprisingly well with the Loaded Nachos, which were deliciously smothered in cashew cheese, tofu, and other goodies.

I ordered some new drinks to pair with these delectable dishes as well. I usually get the Blueberry Breakfast Smoothie, but I thought, why not mix it up? The Creamy Strawberry and Banana Smoothie was indeed creamy, which we all know is hard to achieve with vegan ingredients! I also sampled a Chocolate Charge-Up Smoothie, which contained a tasty blend of chocolate, banana, and espresso.

Of course, I had to round out this meal with the perfect dessert: The Chocolate



Cupcake. This cupcake was mouthwatering with sweet, lavender-colored frosting and a cookie crumble topping. I’ll be adding this to my usual order!

Overall, my experience at Cleveland Vegan was lovely. It wasn’t too crowded inside, and the large windows provided lots of natural light, which I love. The space was also very clean. The atmosphere truly added to the dining experience. They even have a Thanksgiving Catering Menu, from which I will definitely be ordering my Thanksgiving meal this year!

Cleveland Vegan is at 17112 Detroit Avenue 216-221-0201

Pebbles Brown is a foodie who is excited to share the things that interest her the most- Culture and Food. She hopes that as you follow along with her journey, she will spark your excitement and help you nurture your own passions and projects, whether that be food and culture, or something else. All her content is entirely unique to her thoughts and experiences, and she hopes you enjoy what she has to say.



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LAKEWOOD CARES

LCAC Annual Thanksgiving Food Drive Back In Mid-November

by Sara Crawford

For over 30 years, Lakewood Charitable Assistance Corp. has provided holiday food baskets for hundreds of Lakewood families and senior citizens. This neighborhood tradition is only possible with the support of the entire community. In less than two weeks, LCAC will be hosting its Thanksgiving Food Drive for the first time since 2019 and will need volunteers of all ages to sort food items, bag 150 bags of food and deliver them to the community.

The LCAC Thanksgiving Food Drive will take place at the Lakewood Masonic Temple, at 15300 Detroit Ave., over two days.

On Nov. 18 from 10 a.m. to 2 p.m., non-perishable food donations will be sorted. Later that evening, LCAC mem-

bers and volunteers will gather from 6-7:30 p.m. to bag non-perishable food.

On Nov. 19 from 9 a.m. to noon, LCAC members and volunteers will bag perishable food and then hand deliver both non-perishable and perishable bags filled with Thanksgiving fixings to the community.

Volunteers are welcome to join as little or as much as they'd like... better yet, bring friends, family and neighbors.

For more information or to make a monetary donation, visit www.LCAC.info. Make sure to follow Lakewood Charitable Assistance Corporation on Facebook for updates on the Thanksgiving Food Drive and to keep up-to-date with the organization.

Sara Crawford is a long-time Lakewood resident and a recent journalism graduate from Kent State.

LCSC Launches A La Cart

continued from page 1

www.charliecart.org.

These cooking demos are just part of a larger program with the goal of helping individuals and families to eat healthier by introducing them to inexpensive and readily available ingredients that will raise the nutritional value of the meals they can prepare at home. A nutritionist will be creating healthy shopping lists, sharing recipes, and even offering guided grocery shopping tours to LCSC client families. LCSC's partnerships with the Greater Cleveland Food Bank, the Hunger Network of Greater Cleveland, partners at the West Side Market including Mena's Produce and Meister's Foods and the City of Lakewood have coalesced around this important initiative that will impact the health and wellbeing of our community.

Initial funding from the Lakewood/Rocky River Rotary provided seed money for the Charlie Cart. Program

funding from Three Arches Foundation allowed us to not only buy the cart, but to provide salary support and the purchase of healthy food options for residents in Lakewood, Rocky River, and Westlake.

Mark your calendars so you don't miss the three upcoming demos:

November 22: Matt Fish, chef/owner of Melt Bar and Grilled

November 29: Ben Bebenroth, chef/owner of the soon to be open Boom in Lakewood

December 6: Gregg Korney, chef at Georgetown

If you can't make it to the live demos, you can watch them on Cox 45 Community Public Access Channel. The first to air will be on Tuesday, December 6 th at 4:00pm with future airings on Tuesdays at the same time.

You can keep up to date with 2023 chef demos on LCSC's FB page, on the City of Lakewood's page and on the City of Lakewood Department of Human Services FB page.



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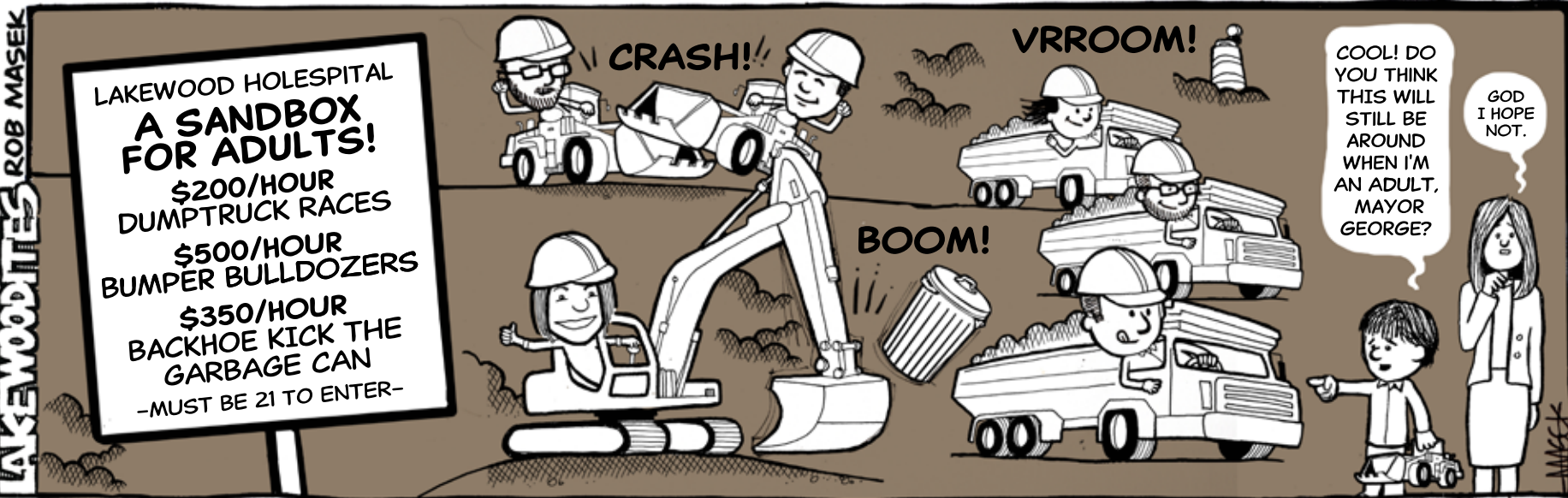


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