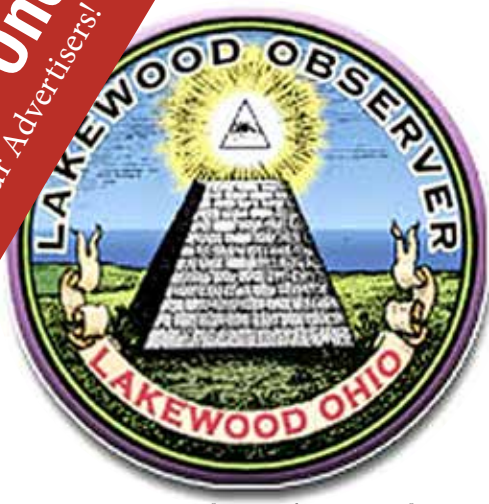


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THE LAKEWOOD OBSERVER

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Volume 19, Issue 9, May 3, 2023

“A mother’s arms are more comforting than anyone else’s.” - Princess Diana

Lakewood Adopts First Climate Action Plan

by Tristan Rader

I am pleased to announce that on May 1st, 2023, the City of Lakewood adopted our very first Climate Action Plan. The plan sets a roadmap for our community to achieve our ambitious goal of reducing citywide emissions to zero by 2050. This plan is based on energy flows within our community and the sources of greenhouse gas (GHG) emissions. The plan then outlines a pathway to dramatically reduce GHG emissions while increasing energy efficiency and independence in Lakewood, leading to a more resilient and sustainable community.



One of the most important aspects of our Climate Action Plan is that climate action is

a good investment. From an economic perspective, implementing the actions in the plan will result in savings of \$2 billion from reduced energy costs and avoided maintenance costs, as well as \$170 million in revenues. The plan outlines an overall investment of \$1.5 billion over 27 years, averaging around \$55 million annually. These investments will generate savings beyond 2050, resulting in a net benefit to our community of \$720 million over 27 years, equivalent to a climate dividend of \$27 million annually. This is a wise investment for the long-term health and prosperity of our community. The plan also sets up Lakewood to apply for many federal funding opportunities recently made available by the passage of the Infrastructure Bill and Inflation Reduction Act.

Implementing the Climate Action Plan will result in households saving money. By shifting away from natural gas to electricity, using high-efficiency space heating and cooling with heat pumps, and improving the thermal efficiency of homes, the average household is expected to spend 24% less on fuel and electricity by 2050 compared to today. Lakewoodites can use these savings to fund incremental capital improvements such as heat pumps and home solar installations with utility bill savings and electric vehicles with reduced transportation costs. This will benefit our environment and the financial well-being of Lakewood households.

Economics is only part of the picture. The plan aims to

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Lakewood Police Visit With Pre-Schoolers

Friday, our Neighborhood Police Officers visited with the pre-schoolers at the Grace Early Learning Center to discuss stranger danger. Pictured (L to R) are Lieutenant Deucher, Officer McCarthy, Officer Zuk, and Officer Thibodeaux.

LHS Team Competes In Mock Trial Contest



The LHS Mock Trial Team

by Daniel Shields

The Lakewood High School Mock Trial Team competed this spring in the 2022-2023 Ohio High School Mock Trial competition, which is sponsored by the OCLRE (Ohio Center for Law Related Education). Each fall high school teams from around the state prepare a trial based on a case created by a panel of judges, lawyers, and staff. This year's case was In re Kahn,

which focused on school law and the application of fourth amendment rights to students in the school setting. The events took place at the fictitious Trillium High School.

The Prosecution team was composed of Alessio Matera and Ellie Clark as prosecution attorneys. They presented two prosecution witnesses, played by Ceci Whitemire as Dean of

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GardenWalk Lakewood To Host Free Plant Swap On May 21st

by Jeanine Gergel

Looking for some new plants to brighten up your home or garden? Join GardenWalk Lakewood for our second plant swap on Sunday, May 21, 2023 from 1 to 3pm at Cove Park (1294). Come together with your fellow gardeners to

swap divided perennials, seeds, cuttings, plants, pots, tools, and tips, all while learning more about GardenWalk Lakewood and our mission. Nothing to swap? No problem! There will be plenty of items to help you on your gardening journey. We hope to see you there!

LakewoodAlive's Paint Lakewood Program Kicks Off 2023 Season



by Jacqueline Bon

A new coat of paint can do wonders for making your home look fresh and beautiful. If your home is in need of an update, a paint job may be more affordable than you think.

LakewoodAlive's Housing Outreach Program announces the return of its Paint Lakewood Program for the 2023 season. The Paint Lakewood Program's primary goal involves revitalizing Lakewood's neighborhoods, while reducing lead hazards and educating residents on lead safety issues. The Paint Lakewood Program is available to low-to-moderate income residents.

This innovative program in partnership with the City of Lakewood is designed to help make it more affordable for qualified Lakewood homeowners and residents to beautify their homes through exterior whole-home painting, ultimately making their homes safe for their families and the community.

Paint Lakewood will provide a grant of up to \$4,500 to qualified Lakewood homeowners

and residents for exterior paint, supplies and professional labor costs to paint their home. This program offers a grant on a sliding scale to help reduce the cost of an exterior paint job.

“We understand that the cost of materials and labor has increased. This program is designed to make the price tag on exterior home painting within reach for hardworking families and individuals,” said Allison Urbanek, LakewoodAlive's Housing & Internal Operations Director. “Through this program, we hope to remove barriers that prevent a home from being kept in good repair, along with promoting lead-based paint awareness and safety practices.”

Qualified Paint Lakewood Program applicants must meet HUD-established income guidelines, and other restrictions do apply. For more information, visit LakewoodAlive.org/PaintLakewood or contact Ava Olic, LakewoodAlive's Staff Program Assistant, at 216-521-0655.

THE MAYOR’S CORNER

Our Great Public Works Department

The Public Works Department is the glue that holds our city infrastructure together. Sometimes Lakewood can seem like a small town, but in our roughly 6 square miles, we are packed with over 50,000 people, 217 streets, 180 miles of sidewalks, and 74 acres of parks, not to mention multiple City-owned properties. It takes an incredible amount of effort to maintain and operate all of this real estate day-in and day-out. Our hardworking Public Works team continues to do fantastic work, and we should all be thankful for what they do to make Lakewood such a

desirable place to live. For context, last year alone, the City resurfaced three miles of roadways, planted over 400 new trees, and responded to a number of emergency issues that regularly present themselves due to our aging infrastructure. This only touches the surface of the work that goes on. As I often say, we all love our historic city and the charm that goes along with that – but it also is a lot of work to keep some of that aging infrastructure in good shape.

by Mayor Meghan George

As we approach the summer, it is certainly a busy season for the Public Works Department once again. In the months to come, they will be performing and overseeing a large number of important projects. These include major infrastructure efforts such as the new sewer interceptor which will run the length of our city as well as the completion of the Foster Pool rebuild in Lakewood Park before swim season and our new combination refuse and recycling center and animal shelter on Berea Road. These multimillion dollar projects are challenging to manage and our public works team has done a great job ensuring they live up to our city needs. Public Works continues to keep our parks maintained daily while also working on a number of improvements. For example, we will also see improvements at the Kauffman Park tennis courts, Niagara Park

playground equipment and pickle ball courts at Lakewood Park. Beyond some of these more major and visible projects, the day-to-day and week-to-week demands for public works in a city as dense as Lakewood is constant. Street resurfacing, crack sealing, and sidewalk replacement will be in high gear during warm weather months, along with tree planting and tree care. It would be impossible to list everything our Public Works Department does in a single column, but hopefully this provides a taste of the work. I also want to say a word of thanks to our new public works director, Chris Gordon, who has really hit the ground running, and kept things operating smoothly in the department. As you are out and about in the warmer weather in our lovely city, I encourage you to say hello to Chris and our Public Works team who do so much for us all.



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THE LAKEWOOD OBSERVER

Your Independent Source for Lakewood News & Opinion

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PO BOX 770203, Lakewood, OH 44107

 **Lakewood Observer**

Upcoming Submission Deadline	Publish Date
May 12, 2023	May 17, 2023
June 2, 2023	June 7, 2023

PUBLISHER	EDITOR IN CHIEF	ASSOCIATE EDITORS	ADVERTISING
Debra O'Bryan	Margaret Brinich	Betsy Voinovich Emily Kompier	Sales Manager 216.339.2531

ADVISORY BOARD - Heidi Hilty, Jeff Endress, Jim Crawford, Steve Ott, Margaret Brinich, Betsy Voinovich

ILLUSTRATIONS - Rob Masek, Moses Kakusa, Jim O'Bryan

PHOTOGRAPHY - Matt Bixestine, Jacqueline Bon, Jim O'Bryan, Caitlin Robertson, and Daniel Shields

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COUNCIL NEWS

Lakewood Adopts First Climate Action Plan

continued from page 1

improve the quality of life in Lakewood by generating a broad range of community-wide benefits with direct and indirect financial impacts. For example, electrifying transportation will improve air quality, deliver health benefits, and reduce healthcare costs. Walking and biking infrastructure improvements will make it easier for residents to get around, encouraging exercise and a healthy lifestyle. We also heard residents' concerns about safety while walking or cycling. The plan includes provisions for improving bike and walking infrastructure to ensure safety and accessibility for all residents.

Another critical aspect of our Climate Action Plan is our commitment to environmental justice. We recognize that historically marginalized communities have been disproportionately impacted by climate change. We are dedicated to allocating the necessary resources to ensure every corner of Lakewood thrives and that every family benefits from our climate action efforts. We will work towards equitable distribution of benefits, ensuring that vulnerable communities have access to affordable clean energy, green jobs, and other co-benefits of climate action.

We have already made significant

progress in our climate action efforts, with tree planting programs, LED streetlights, electric vehicle charging, bike lanes, and solar arrays at various locations in the city. These are essential steps toward achieving our climate goals. We can accelerate our progress with a coordinated strategy outlined in our Climate Action Plan.

The Climate Action Plan sets out a clear roadmap for our city to reduce greenhouse gas emissions, adapt to the impacts of climate change, and build a more resilient and sustainable future. By working together, we can make a meaningful impact in the fight against climate change and ensure a better future for many generations. It is our responsibility to take action now. With the implementation of the Climate Action Plan, we are committed to doing our part in creating a sustainable, safe, vibrant, and livable city for all.

Tristan Rader was elected to Lakewood City Council in 2018, re-elected in 2021, and serves citywide as Councilmember At-Large. Tristan works for Washington DC-based non-profit, Solar United Neighbors, as Ohio Director. Tristan attended Kent State for business and holds a Master's of Public Administration from Cleveland State. He lives on St. Charles Ave. with his wife, Caitlin, and dog, Marcus.

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LAKEWOOD CARES

New Family Education And Support Group In Lakewood For Persons Who Have Concerns About Their Loved One’s Use, Misuse Or Addictive Use Of Alcohol Or Other Drugs

by Chitra Walker

The City of Lakewood’s Division of Human Services is doing something unique for the Lakewood community. Starting May 13th, the City will be sponsoring an education and support group program for parents, spouses, other family members and significant others who are concerned about a loved one’s abuse or addictive use of alcohol or other drugs. With funds made available to the City of Lakewood from the Opioid Settlement, the Department of Human Services and City Administration made a strategic decision to make this program available to the residents of Lakewood and others who could benefit from it.

The weekly program offers education covering a variety of helpful topics, followed by a facilitator-led self-help support group. Created over 20 years ago by Jim Joyner, a Licensed Independent Chemical Dependency Counselor and Clinical Supervisor, who has worked over 50 years in the addictions field, the program was designed to help family members and significant others who are concerned with a loved one’s use, misuse or addictive use of alcohol or other drugs.

Results from the 2021 National Survey on Drug Use and Health show that there are 46.3 million Americans 12 and older who had a substance use disorder in the past year. This would suggest that at least half of the families in America are impacted by a loved one’s addiction related behaviors. Addiction not only impacts the person who suffers from substance use disorder, but also their family members and significant others. Because of the stigma surrounding addiction, many family members and loved ones are silent about their own suffering, anxiety, and depression over the illness of their loved ones. Thoughts like, “it can’t happen in my family” or “it’s just a phase they’re going through” can and do fuel years of denial, during which time overwhelming emotional and financial difficulties take their toll on the family members.

Jim Joyner has conducted several in-person sessions in the Cleveland area – (Elyria, Lorain, Cleveland Heights, Bay Village, Mentor). I began to attend one of these support groups in August of 2019 when one of my loved ones was undergoing treatment at Stella Maris. Family members and friends were encouraged by Stella Maris staff to attend the support group to learn more about how to help their loved ones undergoing treatment for their addiction. My first meetings with the group were, for me, an unforgettable experience. I was petrified by what I learned at the meetings, while at the same time relieved to discover that a) this was a disease of the brain, not a fatal flaw in the personality of my loved one that I somehow may have contributed to; b)



Concerned about a loved one's use of alcohol or other drugs?

There is help!

The City of Lakewood is sponsoring an education and self-help support group program for those persons who are concerned about a loved one's use of alcohol or other drug use. The goal of the program is to assist participants with making healthy choices for themselves and in response to those they are concerned about. The two components of the group are an Education Group and a facilitator led Self Help Support Group

EDUCATION	SUPPORT	REGISTRATION
 The Education Group provides information covering a variety of topics that helps family members understand addiction as a brain disorder, how addictive behaviors impact the family, and healthy ways for family members/concerned others to respond to their loved ones' behaviors without taking responsibility for them.	 The facilitator led Support Group provides a caring environment for those seeking insight and support for making healthier choices for themselves and those they love in response to the negative impact of a loved one's substance use disorder	 The meetings will take place both in person and at The Cove Community Center in Lakewood, Ohio and virtually via Zoom, weekly on Saturdays from 10:00 am - 12:00 pm.

All participants must register in advance. To register please call 216.978.8236 or stop by Cove Community Center @ 12525 Lake Avenue, Lakewood, OH or call (216) 780-3883 and mention the ME/WE Family Group registration. Parking for the meeting is on the corner of Cove & Clifton.

www.lakewoodoh.gov/

I was not alone in my experience; and most importantly, c) there was help for us loved ones who did not have the disease but were so terribly damaged by it.

Around me at the meeting were many other people who also had concerns about their loved ones' use of alcohol, heroin, cocaine, methamphetamines, or other drugs. Folks who had been attending the meetings regularly spoke openly about their own experiences, without making excuses for their loved ones or speaking unkindly about their behaviors. They were here because their own despair and frustrations had been recognized and were being addressed by the program.

Just listening to Jim Joyner’s clear description of the science behind the disease, how it progresses, the changes that occur in the persons who suffer from it, the effect that the disease has on each member of the patient’s family was as enlightening as it was relieving and comforting. I had seen many of the behaviors Jim described in my loved one; I had done many of the “enabling” things which I had thought I could do to stop the bizarre effects of the drug on my loved one, but which were, in fact, the natural progress of the disease. I too had been in anguish, I too had felt the utter despair and stomach-gripping fear that I may hear my loved one has committed some terrible crime, or worse, my loved one is dead because of an overdose!

After the education component of each session, Jim begins the “support” portion of the meeting, where he facilitates group discussion which relates to the educational piece he just covered. During those first support group sessions I attended, I learned that others had experienced many of the things

I had. After my first few meetings, I worked up the courage to speak of my own experiences and ask for advice from my group. Their sometimes-raw descriptions of their own experiences helped me see exactly how addiction can ravage a person, resonating with my own experience with my loved one. I was not alone in feeling frightened and bewildered; but I also saw people who had begun to overcome their fears, find answers to their confusion and despair.

The ME/WE Family Education and Support Program is a series of 12 sessions which a group participant can attend as many times as he/she wishes to attend. The sessions are weekly and continuous, starting over at session 1 when the series of 12 is completed. Participants can join at any time in the cycle. Jim encourages participants to at least go through one complete cycle, and gently urges us to stick with the program - “Attend till the miracle happens,” he says. And the miracle does indeed happen! I myself have experienced it not only in my own life and the life of my loved one who is now in recovery but have witnessed it happen to numerous fellow participants in my group. For me, it felt as though I had come out of a long and terrible nightmare. I had slowly begun to retrieve myself from what was almost an obsession with what was happening to my loved one; retrieving and regaining myself to be able to sleep better, live better, grow!

When COVID hit, Jim had to revert to online meetings of the group through Zoom. To his and everyone’s amazement, the ME/WE Education & Support Group program’s impact literally exploded! The Zoom meetings turned out to be both convenient and

easily accessible. After almost 3 years, Jim now has Zoom sessions three times a week. Family members have joined from across the country – today there are participants from 33 states attending at least one of the offered sessions. Some folks attend multiple sessions every week. The meeting has become an important part of my own weekly mental health management routine.

Thanks to the City of Lakewood’s decision to sponsor this program through a portion of the Opioid Settlement funds, our very own Support Group will begin meeting here at the Cove Community Center on Saturday mornings in May 2023. Participation is free, but registration via phone is required. For more details about the program and ways to register for the meetings, please see the ad in this issue of The Observer or visit the City of Lakewood’s website or social media pages.

The meeting in Lakewood will be a hybrid version – both in-person and via Zoom. It is open to anyone in the community. If you are someone who has concerns about a family member's use or abuse of alcohol or other drugs, or have felt isolated in your feelings of helplessness, fear, anxiety and despair, this group may be what you need! The group is “anonymous” in that only first names are used; proceedings, conversations and discussions at the meetings are confidential.

What distinguishes this support group from other family or individual support groups is the education component. Learning more about your loved one’s disease and the advances in scientific approaches to understanding and treating addiction help to begin the healing that needs to occur within the family as well. Separating yourself from your loved one’s disease, understanding that the disease is not your “fault”, or yours to “fix” or “fight”, brings the kind of relief and stabilizing that is needed to begin the healing of your own “dis-ease” that has built over the years of struggling with the repercussions of living with and loving someone with this disease.

After almost four years of attending the ME/WE Family Education and Support Group, I am convinced that healing my mental, emotional, and spiritual self was needed before I could be of any real support or help to anyone else. I believe that this healthy approach to my own anxiety and depression indirectly supported my loved one’s path to healing and recovery. I am renewed and hopeful. I know more about addiction, but I also know that this new knowledge bolstered by the human connection through the support and love of others who have shared your pain can result in healing and hope.

Chitra Walker is retired and has been a Lakewood resident for over 20 years.

STATE GOVERNMENT

Re-Introduction Of The Ohio Patient Protection Act

by Caitlin Robertson

On April 18th, Representative Michael J. Skindell (D- Lakewood) & Representative Latyna M. Humphrey (D-Columbus) announced the re-introduction of the Ohio Patient Protection Act, legislation designed to address patient safety by mandating safer limits on the number of patients a registered nurse (RN) may care for at one time in a hospital setting. The RN-to-patient ratios established in this legislation will be based on the seriousness of the condition being treated or the medical procedure in which the respective patient is undergoing.

“Every single patient deserves to have the best care possible,” said Rep. Skindell. “Adequate nurse-to-patient staffing ratios benefit the health and well-being of the patients, while also protecting the nurses and improving



healthcare overall.”
“A higher caseload for RNs can equate to lower quality of care for Patients. Lowering the RN-to-patient ratio would improve the quality of patient care and alleviate some of the

stress on nurses,” said Rep Humphrey. “This bill is a win-win for all parties and brings Ohio closer to an adequate and quality healthcare system.”

The bill would do the following:

- Establishes minimum, numerical nurse-to-patient ratios staffing requirements for hospitals
- Require the hospital to post the staffing requirements (expressed as ratios) daily, on a shift-by-shift basis
- Prohibits a hospital from violating the bill’s staffing requirements or taking adverse action against an RN who exercises a right conferred by the bill

Caitlin Robertson is the Legislative Aide to State Representative Michael J. Skindell.

Senator Antonio Commends Passage Of Ohio’s Bipartisan Transportation Budget

by Nickie Antonio

On March 29, the Ohio General Assembly passed the state’s two-year transportation budget (House Bill 23). The \$13.5 billion transportation budget passed out of the Senate with resounding support from every Senate Democrat.

House Bill 23 will appropriate \$8.36 billion in fiscal year 2024 and \$5.14 billion in fiscal year 2025 to fund our roads, bridges, airports and trains.

In Ohio, transportation is one of our most vital sectors—it directly affects our communities, provides increased employment opportunities and supports our economy. I am pleased that House Bill 23 strikes a balance between bipartisan efforts and preserving many of the Democrat priorities we tirelessly fought for to ensure that the transportation budget would include investments in public transportation and railway safety measures that have been in the works for the last decade – all without a tax increase. One of our major priorities includes over \$100 million in funding for public transit which would authorize the Ohio Rail Development Corporation (or



its designees) to construct and operate an intercity conventional or high-speed passenger rail system. It would also allow for passenger rail operators, such as Amtrak, to build and provide service on a route including Cleveland, Columbus, and Cincinnati.

A recent subject of significant concern is the issue of railway safety. Included in our Democratic priorities addressed in the transportation budget are amendments to make wayside detector systems be installed every 10-15 miles,

requiring two-person freight train crews, requiring hazardous waste transportation reports when materials are passing through communities, and requiring railroad safety technology reports. The transportation budget includes green transport investments, such as reducing the registration fee for plug-in hybrid electric motor vehicles from \$200 to \$150, as well as providing \$2 million for electric vehicle infrastructure expansion, workforce training and credentialing programs

related to the emerging field of electric vehicle charging.

House Bill 23 was signed by Governor DeWine on March 31, 2023 and will go into effect on July 1.

I am proud to have done my part in ensuring that the transportation budget puts Ohioans first and helps to make our state a great place to live and thrive.

State Senator Nickie J. Antonio (D-Lakewood) is honored to be serving in the Ohio Senate, representing District 23, and in leadership as the Minority Leader. She is the first in her family to graduate from college; she holds both an MPA and a B.S. Ed. from Cleveland State University, and she was named a CSU Distinguished Alumni in 2013. She is also an alumnus and Bohnett Fellow of the Kennedy School Harvard Leadership Program (2011) and has been the recipient of numerous awards as legislator of the year from various organizations during her tenure. Her daughters, Ariel and Stacey, have made Antonio and her wife, Jean Kosmac, very proud as the girls engage in their adult life journeys.

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Learn more about Crisis Services in Cuyahoga County at adamhsc.org/crisis



LAKEWOOD SPORTS OBSERVED

LHS Girls Soccer 2023 Pre-season Begins!

by Ted Nagel

With the end of the school year approaching, the Lakewood High School Girls Soccer Team begins their pre-season training to get ready for the upcoming 2023 season. The Girls Soccer Rangers are coming off of an impressive 12-5 season, a Great Lakes Conference East Championship and are looking forward to continuing that success in 2023. Beyond the playing field, our girls have had 2 recent Presidents of the National Honor Society, multiple class officers, and an astonishing Team 4.0 GPA, which the Athletic Director said was the first time for a large team of 30+ players in LHS history. The team starts with Captain's Practices at LHS Stadium, June 5, 9:00-11:00 am. Part of the great success of last year was our very talented senior class of 14 girls. Our task now is to replace that number with talented soccer players or aggressive athletes willing to learn.

The long-term health of our program is reliant on a motivated and knowledgeable population of families/ girls participating in various youth soccer programs offered by Lakewood and the surrounding area. Obviously, the younger kids start playing, the better their chances of playing in high school, but a really good athlete can often catch up if they start playing, love the game and really want to play in high school. So, just because you haven't played in the past, doesn't mean that you can't catch up. With that in mind, I would like to review the opportunities in this area to play soccer. The "entry level" of soccer in Lakewood is Lakewood



Soccer Association (LSA) Saturday Soccer. LSA offers Saturday Soccer in the fall and spring and is played in the Metroparks on Saturday mornings. It is a fun introduction to the game of soccer and kids really learn to love the game playing in LSA. For information and registration go to: <https://www.lakewood-soccer.com>

The next level for the soccer player who really loves playing and is looking to further develop is "Travel Soccer" and that is represented by Lakewood United Football Club (LUFC). LUFC has teams starting at U9 and are split between boys and girls divisions. Players from 7-14 can join a team that exposes players to a higher level of coaching and competition. Players play for their community team against other, local community teams. There are different ability levels with mul-

tipl teams in the same age group to accommodate different levels of player ability. These teams usually practice twice a week and have a single game a week, usually. Contact: <https://www.lakewoodunitedfc.org>

The final level of development is called "Club Soccer" and generally, if you are serious about soccer, you're heard about Club Soccer. Club Soccer has a broad array of teams and abilities ranging from similar to Travel up to players looking to compete for the National Team. So I won't spend much time talking about this other than to

say, it's the next step for the serious player and many club players play in high school. That said, Lakewood High School is still very much a "community team." While we have many girls with Club Soccer experience, we have also had players who played Saturday Soccer only and contributed to the team and the organization.

Before closing, I want to make a direct appeal to parents and players in LSA. If your player really loves the game, get in touch with LUFC. That is the logical progression in development. The two organizations are not in competition and are here in the community to help develop the love of the game for all kids. Many players continue to play at two levels: Rec Soccer and Travel Soccer or Travel Soccer and Club Soccer. This allows players to continue to play with their friends but advance in their abilities (and make new friends) at the next level. If there are graduating 8th Grade girls interested in playing soccer in high school, please contact Coach Ted Nagel at TJNagel84@gmail.com. If you have younger girls and want them to learn to love staying in shape and competing, please contact LSA of LUFC.

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

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LAKEWOOD IS EDUCATION

LHS Team Competes In Mock Trial Contest

continued from page 1

Students, and Riley Worthey as School Resource Officer Ari Nowak.

The Defense team consisted of attorneys Cameron Wereb and Maya Trempe. The Defense witnesses were played by Leah Campbell as Adrian Sato, a part-time school counselor, and Delano Yeung as Stevie Kahn, a junior at the high school and the defendant in the case.

The 2023 LHS team was fortunate to have Abby Peck and Gwen Hongash as timekeeper/bailiffs. Their work was essential to making sure the trial went smoothly and was conducted within the guidelines of the OCLRE rules. Their contribution was invaluable as they helped each team to prepare and compete smoothly.

Lakewood's team worked diligently on the case materials as they organized strategy and legal arguments. This tight knit team of students worked from October through January, on their own, to prepare for this competition. They conducted a thorough trial and impressed the judges with their preparation, questions, arguments, and appropriate objections. In fact, LHS student Cameron Wereb was awarded Best Attorney in the first trial.

The team defeated St. Joe's Academy of Cleveland, while narrowly losing to St. Ignatius High School, also from Cleveland. However, the good



LHS Student Cameron Wereb was awarded Best Attorney.

news is that, with the exception of Ellie Clark, none of the mock trial team will be graduating this spring, which should make for a stronger, more experienced team for next season.

The 2022-2023 Lakewood Team was led by teacher/moderator Mr. Joseph Lobozzo, with assistance from local attorneys Amelia Leonard and Dan Shields. The moderators are especially proud of this year's team, as they organized themselves and prepared their own schedule to work on this year's trial.

The mock trial team is open to all Lakewood High Students. The team encourages everyone to join them next year, including those who participated in Middle School Mock Trial at Harding and Garfield middle schools.



LHS Quartet To Join ABBA Tribute Act's Show

by Christine Gordillo

Four Lakewood High orchestra students will soon be on stage with the touring FABBA Show, an ABBA tribute act that has played to audiences overseas and is now performing in the U.S., including a show in Elyria. Joining the FABBA performers on Sunday, May 7 at 7:00 pm the Stocker Arts Center on the campus of Lorain County Community College will be LHS' string quartet of Jill King (from left in photo), Lilly Metzger, Bode Smith and Lydia Kress. The quartet will join the professional musicians on stage for two songs to lend some local talent to this high energy homage to one of the world's most beloved pop groups of the '70s.

In addition to receiving superior

ratings at regional and state solo and ensemble festivals, members belong to prestigious area ensembles, including the Contemporary Youth Orchestra (CYO) the OMEA Northeast Regional Orchestra (NERO) and the Cleveland Orchestra Youth Orchestra (COYO).

All four members participate in "The Lakewood Project," the world's first high school rock orchestra, where students learn to arrange the music they love and perform it on electric and acoustic instruments.

The producers of The FABBA Show approached Lakewood High School Orchestra Director Dr. Elizabeth Hankins looking for a talented ensemble of high school students which could hold their own with a rock band in front of an audience. The show commonly reaches out to local high school orchestras, making donations to their school music programs in exchange for student participation.

Tickets are \$30 - \$50 and may be purchased by phone at (440) 366-4040, in person at the Stocker Box Office or online at www.stockerartscenter.com. The Stocker Arts Center is located at 1005 N. Abbe Road, Elyria, OH 44035. The show is appropriate for all ages.

District Named A Best Community For Music Education

by Christine Gordillo

Lakewood City Schools has earned the designation of Best Communities for Music Education from The National Association of Music Merchants (NAMM) Foundation for its outstanding commitment to music education for the seventh straight year! Lakewood is one of only 47 districts in Ohio and 830 in the country that earned the designation.

Now in its 24th year, the award program recognizes districts that demonstrate outstanding achievement in efforts to provide music access and education to all students. To qualify for the Best Communities designation,

the District answered detailed questions about funding, fine arts graduation requirements, music class participation, instruction time, facilities, support for the music program, and community music programs.

The Lakewood City School District offers music education from kindergarten through 12th grade. Instrumental instruction begins in 5th grade. Middle school offerings include classroom band, orchestra, and choir with extracurricular opportunities in all three.

The high school fields five orchestras, four choirs, three bands, and classes in music theory, music history,

pop music and keyboard. In addition, our high school extracurricular ensembles provide numerous opportunities for our students to enhance their musical experience through groups such as the Lakewood Ranger Marching Band, The Lakewood Project, Chamber Choir, Jazz Band, just to name a few.

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LAKEWOOD CARES



Lakewood third graders celebrate Arbor day with ex-Pro Football player and philanthropist Ed Denk.

Do You Remember? Out Like A Lion, In Like A Lamb... Or April Showers Bring May Flowers

by Ed Denk

Like many of us who remember these aphorisms from our past educational experiences, so it was last Friday for many third grade children of our public and parochial schools in Lakewood.

Arbor Day of April 28th gave our children a learning experience of what the Arbor Day "Growing Zones" are, and why it is typically in April, here in Ohio. I had the pleasure of speaking to a group of third graders at Roosevelt Elementary who enthusiastically appreciated the chance to take a sapling and some flower seeds home with them to plant and grow.

How did it begin? With my curiosity about the origin of Arbor Day activities in America, and especially in Lakewood, "The City Of Trees." I learned last year from the Arbor Foundation of Lincoln, Nebraska that the idea of planting trees in the original Nebraska Territory came to the mind of J. Sterling Morton on April 10, 1872.

On subsequent years, J. Sterling



and his friends planted over one million trees in Nebraska and the activity has continued to today, even expanding into South America, including the Rain Forests of Brazil. I have been procuring the little trees from the Arbor Foundation for the past two years now for our Lakewood children to grow.

So, this past Friday, our children learned the importance of Arbor Day and with a smile in my mind, I saw the excitement of the children arriving home with their little Dogwood Tree sapling and a packet of flower seeds yelling, "Hey Mom, (or Dad) where can I plant my tree?" Best wishes and thoughts on your child's experience.

A special thank you to teachers: Cindy Vullo, Megan Baslack, and Melissa Hare for the opportunity to speak to their classes, and Glen Palmer of Lakewood Hardware who donated potting soil and pots to give the little trees a temporary home until they get replanted somewhere in the City of Trees.



Keep Lakewood Beautiful To Host Humus And Perennial Flower Sale on May 13

by Matt Bixenstine

There's no better time than now to get your garden thriving, and Keep Lakewood Beautiful is here to help turn your thumbs green.

Keep Lakewood Beautiful announces the return of our annual Humus and Perennial Flower Sale taking place on Saturday, May 13, from 9 am to noon at the parking lot of Old Stone House at Lakewood Park (14532 Lake Avenue).

Come get your bags of "black gold" for your gardens (humus = \$5/bag) and shop from a fabulous selection of attractive perennials that tend to be local, native and hardy, while serving as pollinators for bees and butterflies. Offerings include: Herbs, Milkweed, Buddleia - Butterfly Bush, Coneflowers, Ferns, Heuchera (Coral Bells), Hostas, Leucanthemum (Shasta Daisy), Monarda (Bee Balm), Peonies and many other perennials



This annual event serves as a fundraiser for Keep Lakewood Beautiful, a volunteer-driven organization committed to community beautification in our city. Cash and checks only, please. Thank you for your support!

Matt Bixenstine enjoys all things Lakewood, especially walking his basset hound through Madison Park. enjoy all things Lakewood, especially walking my basset hound through Madison Park.

Come One Come All To The Grace-est Show On Earth

by Naomi Schiffrik

Saturday May 6th from 11:00 am – 2:00 pm the front lawns of Grace Lutheran Church 13030 Madison Avenue will be transformed into a Carnival. There will be a Bounce House, carnival games with prizes, crafts, face painting, and balloons. And if you get hungry just thinking about doing all of that, you can stop and enjoy a hot dog, chips and some lemonade or tea. Come enjoy fun, food and fellowship. Everything is free, free, free.

In addition to all the activities outside, there will be a resale event of baby and children's items. You are also invited to stop in and check out Grace Preschool, a quality early learning environment that supports the needs of the whole child: emotional, social, cognitive, physical and spiritual, and welcomes the families as partners.

Be sure you don't miss signing up for the gift basket drawing.

The Grace-est Show on Earth is being sponsored by Grace Lutheran Church, Grace Preschool, Gethsemane Lutheran Church and Lakewood

Lutheran School.

If you have any questions or would like to have a table at the resale event, please call 216-529-1081.

Naomi Schiffrik was born and raised in Lakewood and is an LHS graduate, class of 1968. She is the current administrator for Grace Preschool, 13030 Madison Ave., Lakewood.

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Deluxe	\$12.00	\$14.75	\$19.50	\$25.00
Extra Items	\$.75	\$1.00	\$1.25	\$1.75
Chicken	\$2.25	\$2.75	\$3.75	\$4.75
Extra Cheese & Special Toppings	\$1.75	\$2.25	\$3.25	\$4.25

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LAKEWOOD CARES

HLF Board Member Blog: Advocacy And Personal Connection

by Kate Ingersoll

The Healthy Lakewood Foundation is now sharing a monthly blog article on its website (<https://healthylakewoodfoundation.org/news-updates/>). Becca Baas, HLF's Co-Vice President, shares her recent personal experience advocating for investments in early childhood at the Ohio Statehouse. Here's her article:

Advocacy is powerful.

Advocates have great potential to inform and influence the understanding and actions of decision-makers and neighbors alike. To be an advocate can feel intimidating if we lack expertise or are unfamiliar with the “big picture”; however, a recent experience reminded me that the most important element of advocacy is the personal connection.

I attended an Advocacy Day event at the Ohio Statehouse – it was an opportunity to join hundreds of Ohioans gathered to raise awareness about the need to prioritize investment in early childhood as part of our state’s biennial budget process. It’s been many years since my family relied on early childhood resources, but I recognize how important these programs and policies are to my neighbors and our community. A family might benefit directly from better access to childcare, home visitation for new parents, universal Pre-K, and additional developmental resources; but it’s also important to highlight the long-term social and economic benefits for our communities. With high-quality birth-to-five programs yielding up to 13% ROI(return on investment), we can’t afford not to invest in early childhood.

This was an ideal setting for amateur and experienced advocates alike, because much of the logistical coordination was handled by Groundwork Ohio – a non-partisan, state-wide organization focused on public policy to improve outcomes for young children and their families. Conversations with lawmakers may seem daunting, but surrounded by hundreds of people from across our state with shared purpose I felt energized and inspired.

Many arrived with their own stories to tell about the impact of investment in early childhood from the perspective of a family, a small business owner, a public health researcher, a public sector program, or an early childhood education professional. The insight of experts and state politicians from both sides of the aisle reinforced the need to prioritize and invest in early childhood as the right thing to do – highlighting the budget as a moral document.

After the morning session, we set off for in-person conversations with lawmakers. I was prepared with statistics from Lakewood’s recent Community Health Needs Assessment, along with a story about my own experience (years ago) camping out overnight hoping to register for two of the limited openings at a childcare center so I could rejoin the workforce. I know the value of strong data, but it’s the memorable stories that compel. I was paired with another parent for our appointment, and was quickly reminded how personal the failures of our programs and policies can be. Her experience with inconsistent and unpredictable childcare assistance programs was a shocking example of the gaps in our system and the realities of policies that place enormous administrative burden on the struggling families they are supposed to help. Her resilience, not to mention her willingness to take time away from her job and family to advocate for others by sharing her experience was inspiring. I was relieved that a staffer pulled her aside on the way out to assure that they’d follow up on her case. I couldn’t help but wonder how many others encounter the same barriers and don’t know where or how to advocate for action. It was an important reminder that when we take the time to speak up for – and with – each other, we become better equipped to advocate for the issues that matter most.

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

Lakewood's The Quilting Bee Highlighted In Google's Annual Economic Impact Report For Ohio

by Suzanne Bednarchik

Lakewood's The Quilting Bee is highlighted in Google’s thirteenth annual Economic Impact Report - a report that showcases how businesses, publishers, and nonprofits across the United States are using Google search and advertising tools to connect with the people and communities they serve. This year, small businesses generated \$13.91 billion in economic activity in Ohio. By using Google products, businesses increased their online presence and were able to continue connecting with customers in 2022.

As owner of The Quilting Bee I can say that after using Google’s tools and services we saw significant results. The Google Business Profile increases our store’s visibility and directs visitors to our website. Many customers also use the call feature to reach the shop. To get product photos onto our Business Profile and on Search and Maps, we use Pointy, a tool that scans each product’s UPC code and uploads a photo. This enables local shoppers to see what’s available, and we can see what people

are searching for and adjust keywords accordingly. And with support from Google Ads, our sales are growing by an average of 46 percent annually.

CEO, Google and Alphabet CEO Sundar Pichai had this to say: "People and businesses across the US are using technology to build resilience and make their communities and economies stronger. We’re proud that Google’s products and platforms are a part of that, providing more than \$700 billion in economic activity for millions of American businesses, nonprofits, creators, and developers in 2022. Google only succeeds when others do, and we’ll continue to build the tools and technologies that help grow the economic pie, and create more opportunities for everyone."

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Suzanne Bednarchik is a Lakewood resident and business owner.

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LAKEWOOD CARES

Lakewood Women’s Club Supports Local Businesses During Its Annual Progressive Dinner

by Torry Worron

The Lakewood Women's Club (formerly known as Junior Women's Club of Lakewood), founded in 1962 with roots going back to the early 1900s, has provided, and continues to provide, a philanthropic organization for women who are interested in serving their community while enjoying a program geared to fun and friendship.

To serve its theme of fun and friendship, each year the club hosts an annual progressive dinner for our members and community guests. A progressive dinner party, it's a multi-course dinner served at multiple houses where diners travel from house to house, eating a single course at each of the destinations.

This years' progressive dinner started out at Torey Worron's (current member and past president) home for appetizers and drinks portion of the evening. The night's festivities continued at The CoLab on Madison Ave for dinner prepared by Chef Jack from the catering company "In Your Place". The CoLab, a new fun Lakewood business owned by Maureen Koopman, is an extension of your home — a space that's fun, vibrant & welcoming. It was the perfect place for our dinner. And, in keeping with our theme of supporting women in Lakewood, we wanted to



support Maureen who is also one of our 2022 Women Honoring Women Business Nominees. Our evening was made complete as we finished the night with decadent pie and coffee from the pie bar at Rood on Madison. Another one of Lakewood's cool and hip restaurants.

In keeping with our goal of having some fun while also doing some good, everyone had a wonderful time while we also raised money for this year's Lakewood female college scholarship.

One of our new members, Rachelle Loraine says, "Lakewood Women's Club is a phenomenal place to get to know women from our community that I wouldn't typically meet. All ages, walks of life. We all hold the core goal of helping our community and empowering young women by awarding scholarships. I'm not originally from Lakewood, so the opportunity to make friends and form bonds was very appealing to me. We have fun get-togethers, the Progressive dinner was a blast. It's a group of people who love to have a great time, maybe a few cocktails and enjoy yummy food. You can't beat that!"

Cindy Einhouse, who also attended the event and is one of our Honorary Members commented: "It may have been about 20 years ago, but I remember the first event I ever attended for the Lakewood Women's Club was the Progressive Dinner. Over the years, this group has continued to be relevant in my life, and its members are among the most enjoyable, professional, dedicated women I have ever known. The progressive dinner this past weekend was another great opportunity to engage with women of diverse ages who share the value of community involvement".

This progressive dinner, and our annual scholarship, awarded to a female high school senior pursuing a higher education, are just two of the many ways the Lakewood Women's Club supports Lakewood. Through our fundraising efforts, highlighted by our annual fundraiser - Women Honoring Women - LWC has awarded scholarship money to deserving high school seniors as they pursue their education for over 30 straight years!

Ellen Todia, another one of our Honorary Members who attended the dinner, commented, "Back in 1993, the JWCL (Junior Women's Club of Lakewood) established an annual scholarship, open to Lakewood women graduating from high school who were planning to continue their education at the college level. I was excited to be the first chair of the newly-formed Scholarship Committee, and we established the framework, rules, and application process. In the spring of 1994, the club awarded its first scholarship. It's hard to believe that happened 30 years ago! I am thrilled to know that this scholarship is still being given out every year. It has helped so many young women – women who were at or near the top of their class academically, but in need of some financial assistance to help them pursue their dreams and goals at the college level. I know it has made a huge difference for these young women, and I am grateful that the club carries on this important work today"

With so many inspiring young ladies in this community, we are happy and proud to continue this tradition after all of these years by announcing soon the recipient of our 2023 scholarship! Stay tuned!

If you would like to know more about or join this amazing group (The Lakewood Women's Club) please visit our website at www.lakewoodwomensclub.org or check us out on Instagram or Facebook. If you would like to contact us directly we can be reached at lakewoodwomensclub@gmail.com.

Torey Via Worron Lakewood Women's Club WHW Chairperson Mom to Tully Worron College Student-Temple University Business owner/partner Trikeable Treats with Jeff Worron.

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LAKEWOOD OBSERVER

LHS Junior's Essay "Hearing Colors And Tasting Sounds: What Is Synesthesia?" Earns Spot In NY Times

by Christine Gordillo

Congratulations to Lakewood High School junior Erica Frischauf for earning a spot in the top 10 for The New York Times' 4th annual Student STEM Writing Contest! Her essay was selected from more than 3,000 entries worldwide. Of the over 3,000 essays received from around the world, the Times chose 10 winners, 11 runners-up and 23 honorable mentions.

The contest required students to select a STEM-related question, concept or issue they're interested in, and, in 500 words or fewer, explain it to a general audience in a way that not only helps readers understand, but also

engages them and makes them see why it's important.

Here is Erica's essay...

Hearing Colors and Tasting Sounds: What Is Synesthesia?

We're all well aware of how we use our senses on a daily basis: We might hear a dog barking, or taste a crisp apple. But what if hearing that dog barking also caused you to see the color blue? Or tasting that apple caused you to hear a subtle G sharp? This could be an everyday occurrence for someone with synesthesia.

Synesthesia is a complex brain condition that involves a mixing of the senses. When one sense is stimulated for a person with synesthesia (known as a "synesthete") another sense may react. There are many different forms and types of this. Chromesthesia (the association of sounds with colors) and grapheme-color synesthesia (the association of letters, numbers, words and symbols with colors) are the most common, but there seems to be an almost endless number of variations.

For a while, it was thought that

synesthesia was just a product of overactive imaginations, but recent studies have shown significant differences in the ways the synesthete brain operates compared to a "normal" one. Each one of our senses is connected to a specific part of the brain. By using magnetic resonance imaging, scientists were able to show that synesthetes with chromesthesia had large amounts of activity in the visual parts of their brain when receiving auditory stimuli — activity that was absent from non-synesthetes undergoing the same treatment. Synesthetes have also been found to have higher levels of white matter, which is responsible for communication between different parts of the brain.

So why is this? What causes some people to taste bananas when listening to classical music? The answer may lie within their genetic code. Nearly half of all synesthetes have reported that a close relative also shares the same condition, suggesting that it might be a genetic trait. One of the leading theories is that synesthesia is a result of a mutated "pruning" gene. As we develop, some of the unnecessary connections within our brains get "pruned" away. But a mutation in this process could leave some of these

connections untouched, resulting in a cross-wiring of the brain.

One of the more recent focuses of research on synesthesia, though, has been how it may benefit those with the condition. Multiple studies have concluded that synesthetes have exceptional memories. Research has found that synesthetes may have subtly enhanced senses: Those with color-related variations are better at differentiating between similar colors, and those with touch-related variations have a more sensitive sense of touch. Furthermore, synesthesia seems to be more common in artists and poets, suggesting that it may enhance creativity too.

Looking toward the future, synesthesia may be helpful in curing diseases involved with our brains' networking systems and aiding those experiencing cognitive decline. It's already been shown that synesthesia can be induced through drug use, sensory deprivation and hypnosis. Further research into this could provide ways for us to strengthen deteriorating connections within the brain and improve failing memories. Synesthesia is opening the door for all kinds of neural discoveries!

Correction

In the April 5th edition, Volume 19, Issue 7, Cindy Strebig was incorrectly listed as the author of the article, "Lakewood League of Women Voters 100th Anniversary 100 Pillars Spotlight: Janis Ford." The article was written by Carol Thum. Carol is a League of Women Voters Member and wordsmith.

Proper Disposal Of Food Scraps Can Help Keep The Earth Healthy

by Adelaide Crnko

Recycling is what we've been encouraged to do for quite some time. Plastic bottles, aluminum cans and cardboard boxes most often come to mind. Consider what Mother Earth gives us repeatedly that can also be repurposed. Specifically, think of food scraps.

How many banana peels, watermelon rinds and discards from your chopped salads have gone into your trash? Approximately 25% of garbage consists of organic material and is often represented by unconsumed food or that considered inedible. Egg shells and tea bags are examples. Ever give any thought to what happens after that?

When placed in landfills, food waste eventually begins to rot and releases methane which is more potent than carbon dioxide when it comes to harming our atmosphere and accelerating climate change. It also contaminates the soil around it. In fact, 40% of food grown for consumption ends up back in the ground.

Enter Rust Belt Riders. It was formed in 2014 by Daniel Brown and Michael Robinson who began collecting food scraps on the backs of their bikes. Their motto became, "Feed People, Not Landfills." Rust Belt Riders utilizes their partners to help process food scraps into compost. They then use this scrap based compost as their primary ingredient in tilth soil products. This high quality, nutrient rich substance ultimately supports local

gardens and farms. Later, Nathan Rutz joined the RBR effort by incorporating coffee grounds into the blend of reusable food products.

What began as an attempt to engage commercial entities such as res-

continued on page 13

Volunteers Needed For LCAC's Spring Cleaning Supplies Distribution

by Sara Crawford

Lakewood Charitable Assistance Corporation (LCAC), also known as the "food drive people" switches gears every May to help provide cleaning supplies and

hygiene items for Lakewood families in need.

With warmer weather approaching, people often begin to wash off winter's dirt and grime and start the spring with a fresh start.

LCAC will be hosting a Spring Cleaning Drive on Saturday, May 13 at 9 a.m. in the back parking lot of the Masonic Temple, located at 15300 Detroit Road in Lakewood.

Many households struggle when it comes to spring cleaning as necessary supplies can get expensive and are not covered by WIC. This drive will provide our recipients with the supplies they need for cleaning.

During the event, LCAC's board members and volunteers will sort and deliver cleaning supplies to Lakewood residences.

Volunteers of all ages are always welcome at LCAC events and there is a job for everyone to do as these much-needed cleaning supplies are sorted and then delivered to Lakewood families.

For more information or to make a monetary donation, visit www.LCAC.info. Make sure to follow Lakewood Charitable Assistance Corporation on Facebook and/or on Instagram at @lcac-fooddrives for any updates on our events.



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FORUM

Proper Disposal Of Food Scraps Can Help Keep The Earth Healthy

continued from page 12

taurants and grocery stores (imagine the excess from those sources!) led to participation from everyday people. Ordinary citizens can now have food scraps picked up from their homes or they can personally take them to a Rust Belt Riders drop off station. Collection bins can be found at Lakewood Park (along Lake Road just west of the Oldest Stone House) or Madison Park, adjacent to the basketball court.

When taking items to a bin, it is preferable that food scraps be dumped directly into the container. No metal, plastic or styrofoam should be deposited. Using recyclable paper grocery bags or BPI certified compostable bags are acceptable. At home, it is recommended that you use a large plastic bucket with a lid to house food waste until you make your delivery or have scraps taken away by a RBR representative.

If you want to be a part of this program, sign up at www.rustbeltriders.com. Be advised there is a minimal monthly fee. The number of members currently enrolled includes 403 who use Lakewood drop-off locations and 143 participating in pickup services.

If you have a home with a yard, you can also create a compost pile outside. Should you be a gardener, you will discover how valuable this can be to beautifying your outdoor space while doing something beneficial for the environment. For information on how

to get started with your own composting, go to the Cuyahoga County Solid Waste District website.

Let's face it. We cannot wait for governments alone to tackle these issues. Nor can we depend on big business to take the lead. However, with that in mind, we should acknowledge nearby establishments who are working with Rust Belt Riders in this important cause. Some commercial partners include: Phoenix Coffee, Rising Star Coffee, Noble Beast, Blackbird Baking Company, Gatherings Kitchen and Lakewood City Schools. Regional participants include Heinen's Grocery Stores, Case Western Reserve University and the Cleveland Clinic.

Poet and novelist Johann Wolfgang von Goethe said, "Let everyone sweep in front of his own door, and the whole world will be clean." If we all, as individuals, do our small part, collectively we can make a big impact on the health of our planet. Closer to home, we can keep Lakewood beautiful too! Joining Rust Belt Riders is one way to begin.

Now that this has given you food for thought, you may never look at that avocado pit or squeezed lemon the same way, will you? Do what you can to keep it safe for everyone for years to come.

To contact Rust Belt Riders call 216-800-4651.

Adelaide Crnko is a Lakewood resident who wants to keep our planet beautiful and healthy.

Letter To The Editor Elementary Schools Specials Schedule

Dear LO Editor,

As a parent with three daughters, the oldest of which is in 8th grade, I would like to express my feelings about the upcoming Lakewood elementary schools' specials schedule. Recently, the School Board decided to not only listen to the parents (a vast 88% majority), but to also use reason when deciding to implement a balanced approach to their specials programming.

As an educator for 18 years (principal for 10) and a current school consultant for districts spanning from the Midwest to Alaska, I agree with this decision. Year after year, I am continually impressed with our music program – from the elementary concerts to the instrument development, choirs, bands, orchestras, and the Lakewood Project. Not to mention the theater and other fine arts. My children have taken full advantage of these programs that they have had access to based on their age and grade level.

I'm proud and happy that the School Board listened to parents like me and recognized that at the elementary level, balance is important. Just like sports, specialization is best suited as students and children age; balance is vital for experience.

Throughout my career, I've heard the arguments and I'm fully aware of the research linking music to success in math, science, and citizenship, even achievement scores. But that achievement is based on exposure, as well. Overloading in one area at the ages of 5-11 is not going to bring about those radical scores schools and districts

chase. Sound instruction, safe learning environments, trusted and passionate teachers, and love for learning will move that needle far greater than a lopsided approach in one content area.

Looking at the prospective schedule for next year, I again feel the district is getting it right. The K-4 approach is well-balanced with a different experience each day and throughout the entire school year, not just during one semester. Once students hit 5th grade, instrumental music becomes more focused, which provides 40% of the week's specials instruction – preparing them for the musical experiences gained at the middle schools. This is both developmentally appropriate and the best use of the limited time the schools and students have to experience other concentrations. Every child is unique, learns in their own unique way, and has their own unique interests. The schools' responsibility includes learning each of those things about each child and setting them up to be uniquely successful. Physical Education/healthy living and STEM/Sciences are grossly underwhelming throughout the district at this level. Balancing out the approach is not addition by subtraction. It's healthy, it's wise, and it's the right move.

Thank you, School Board, for recognizing this and taking action to support the development of our children!

Mike Jaissle, M.Ed.
Parent and Educator

Rotary Honors Speech, Music, Visual Arts Student Achievement

by Lynn Donaldson

Winners of Rotary's Four-Way Speech Contest, and the music and visual arts competitions, were honored at a gala event at the Beck Center on April 17.

Sponsored by the Rotary Club of Lakewood and Rocky River, the contest annually showcases the incredible talents of students attending one of five high schools – Lakewood, Lutheran West, Magnificat, Rocky River, and St. Edward.

The speech contest first place winner was Edie Barcelona, who represented the club at the Rotary district 6630 competition on April 22. Her speech was entitled, "Dance: The Art of Discrimination."

Also honored were Ari Frischauf, second place, who used men's figure skating to present a speech on gender and biology; Zoe Pace, third place, who spoke about The Pink Tax; and Hutch Reed, honorable mention, whose speech highlighted the state of drug laws within the United States. All students are from Lakewood High School. Their teacher is Ms. Amy Garritano.

Speeches must be of original content and be based on "The Four-Way Test of

Rotary" which asks, "Is it the truth, Is it fair to all concerned, Will it build goodwill and better friendships, and Will it be beneficial to all concerned?"

Beck Center for the Arts in Lakewood has been a valued partner of Rotary for this event, serving as the liaison to educators at the high schools and providing the venue and judges for various phases of the competitions.

This is the 78th year for the club's speech competition, and the twenty-sixth year that the Beck Center has collaborated with the Rotary club for these student competitions.

Music contest first place winner was last year's second place winner from Lakewood High School, Sophie Craciun, performing "Oboe Sonata, Mvt 3" by Saint Saens. Second place was Jill King, cello, Lakewood High School, performing, "Cello Concerto in A Minor" by Saint Saens. Third place was last year's honorable mention winner, Morgan Way, piano, Rocky River High School, with "Prelude in G Minor" by Rachmaninoff; Honorable mention was awarded to Max Lucic, vocalist from Rocky River

High School, who performed "Nina" by Giovanni Pergolesi.

Visual arts winners were Shea Alexander, "In the Weeds," watercolor and ink, Rocky River, first place; Zach Payne, "Turquoise Trees," clay, St. Edward High School, second place; and Amanda Haas, "50 Shades of Bugs," metals, jewelry, Magnificat High School, third place.

Honorable mentions went to Yasmin Mayich, "Sinking Null," digital procreate, Rocky River High School; Alexis Miles, "Dragon Eye," prisma-color, Lutheran West High School; and Clare Morrissey, "My Messy Bedroom," pen and ink, Lakewood High School.

Over 140 art pieces of various styles and media were submitted. A jury of visual arts educators selected outstanding works that met the contest requirements. From this gallery, the judges chose the award winners. The exhibition was viewable in the Jean Bulicek Galleria.

In recognition of their achievements, all winners received a cash prize from Rotary, made possible by the Lakewood-Rocky River Rotary Foundation.

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LakewoodAlive’s Front Porch Concert Series Performers Announced

by Jacqueline Bon

This Lakewood summer tradition is back, offering nine opportunities to enjoy free, live music in a welcoming Downtown Lakewood environment and new this year, at the Madison Park Pavilion.

LakewoodAlive announces the talented lineup of musical performers for the 2023 Front Porch Concert Series sponsored by Bentley Wealth Management of Raymond James. See the schedule below for weekly performers comprising the popular live music program, which takes place each Friday evening (7 p.m.) from June 2 through July 14 on the front steps of Lakewood Public Library (15425 Detroit Avenue) followed by concerts at Madison Park Pavilion (13201 Madison Avenue) on July 21 and July 28.

“We’re thrilled to announce this year’s fun lineup of performers who represent a diverse spectrum of sounds. New this year, the final two concerts of the season will take place at the Madison Park Pavilion! We’re excited to bring free, live music to this wonderful park in Lakewood’s historic Birdtown neighborhood,” said Ian Andrews, Executive Director of LakewoodAlive. “Live music on Friday nights in the summer are a tradition in Lakewood, and thanks to our sponsors and partners, that tradition lives on.”

The 2023 Front Porch Concert Series comprised of returning acts and new performers alike, kicks off June 2

with a performance by **The Day Nites**, a soul group fronted by soul legend Arthur “Art” Blakey from the Cleveland 1960’s R&B vocal group “The Hesitations”, supported by members of The Hi-Lites. Jack Ashford of the infamous Funk Brothers of Motown discovered Blakey, who began singing on the street corners of Cleveland. As the vocalist of The Day Nites, Blakey brings his voice to a new audience, conjuring the raw energy and excitement of the gritty soul music that has made him legendary in the Northern Soul dance craze worldwide.

Up next is **Larry Elefante**, an outlaw country band based out of Youngstown. Originally formed in Brooklyn, NY under the name of Uncle Larry, the duo began to run a series of shows at local bars, open stages, pubs, galleries and parties, gathering friends and family along the way. Their album titled “I get sentimental” is a homage to family, friendship, failure, love, heartbreak, finding a home and to the bittersweet journey called life.

Church of Starry Wisdom is a goth-classic rock band based in Akron, Ohio. Their sound and aesthetic is simultaneously retro and futuristic. They are known for their emotional wide-scale songwriting and fearless, passionate execution in live performance. Church of Starry Wisdom is a band that you will remember for all the right reasons.

Raven Rae will return to the Front

Porch Concerts stage with a high-energy performance that bridges the gap between the classics and contemporary. Raven is a vocal chameleon who fuses together neo soul, pop, jazz and R&B through dynamic and dramatic performances.

Despite Cleveland’s cold winters, **Hello! 3D** is a band that plays “Hot Weather Music.” Get ready to dance to their upbeat sound, which combines South American cumbia, chicha, and afro-latin grooves with the psychedelic sounds of the ‘60s and ‘70s.

Shoreline Funk All-Stars is a brand new 8-piece outfit born on the north shore of Cleveland. This is the newest project by Mikey Silas of popular rock and soul group, Apostle Jones. Their goal is to bring funky, soulful sounds and good vibes to their audience.

Lea Marra has been writing and performing music since the age of 10. Her inspirations come from nature and her experience with relationships. Lea Marra has advanced her sound with her band The Dream Catchers. The Dream catchers add great musicality to her songs which include violin, mandolin, banjo, bass, lead guitar, and drums.

The concert series continues with **Rubix Groove** at the Madison Park Pavilion. They push the limits of funk music with their densely layered lineup of eight highly-skilled musicians. Based out of Cleveland, their sound features a three-piece horn section, drums, auxiliary percussion, bass, electric guitar, and powerful vocals.

Closing the series at Madison Park

is popular Beatles cover band, **The George Martins**. The band formed in 2016 to perform at the annual Beatles-themed hunger relief fundraiser, All You Need Is Love (and food). Since then, they've perfected a repertoire spanning the entire career of The Beatles, welcoming fans of all generations to re-live Beatlemania by singing along to Strawberry Fields Forever and “na-na-na-ing” with Hey Jude.

2023 Front Porch Concert Series Schedule

All concerts start at 7 p.m.

Outside Lakewood Public Library

6-2-23: The Day Nites
6-9-23: Larry Elefante
6-16-23: Church of Starry Wisdom
6-23-23: Raven Rae
6-30-23: Hello! 3D
7-7-23: Shoreline Funk All-Stars
7-14-23: Lea Marra/Dreamcatchers

Madison Park Pavilion

7-21-23: Rubix Groove
7-28-23: The George Martins

For more information regarding the 2022 Front Porch Concert Series please visit: LakewoodAlive.org/Front-PorchConcerts.

The following sponsors generously support the Front Porch Concert Series: **Title Sponsor:** Bentley Wealth Management of Raymond James, **Encore Sponsors:** Barton Communities, Cuyahoga Arts & Culture, Lakewood Public Library, NOPEC, **Applause Sponsors:** City of Lakewood, lion and blue

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ARIES: The Ram is heating up the financial area of your mountain; this means a little extra cash for you to spend on Mom; you'll have plenty left for you to heat up your own fast lane.

TAURUS: Bull, this is your month; get out of the Bull Pen, get yourself a new hairdo, a new outfit, & buy your Mom some flowers while you're at it; you've got the confidence this month.

GEMINI: The Twins are spending time behind the scenes, which isn't easy for you because you're such a social butterfly. However, double up on your tasks because next month is yours.

CANCER: The Crab is making some waves in the association's arena; time to socialize a little more; you've been in your shell for a while; treat yourself to lunch with some friends, & Mom.

LEO: The King/Queen of the Jungle is on top of your game this month; your Jungle is booming, it might be time for a promotion; let out that Roar & bring your Momma a generous bouquet.

VIRGO: Virgo are you getting the traveling bug? It's time to look at that globe of yours & start planning a trip overseas, don't wait for everything to be PERFECT; take a chance & do it.

LIBRA: The Sun is shining in your 8th house of other people's money; look

for a friend to pay back a loan or money to come to you from a source other than your own, & treat Mom as well.

SCORPIO: The Sun is heating up the Scorpion's relationship sector, business & personal; let the passion begin, keep that stinger locked up & take some time out to show Mom a little love.

SAGITTARIUS: The Centaur needs to slow down that expansive side of your nature; it's time to take a closer look at your health; while you're at it, check in on your Mom, be kind to all.

CAPRICORN: The Goat is spending more time in the romantic pastures this month; it's about time you pulled yourself away from the office; while you're flirting, remember flowers for Mom.

AQUARIUS: The homestead is calling your name this month; I know you like your freedom, but Mom wouldn't mind a little more attention on her special day, then free bird, you can fly.

PISCES: The Fish's Pond is stocked full; everyone is excited about the chance to socialize & talk about the latest newsworthy trend; stop on over to the Lake & bring Mom a special gift.

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

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