Volume 10, Issue 4, February 19, 2014

Good Work Lakewood Services - Thank You



02.16.2014 9am by Jim O'Bryan Publisher

Over the past couple weeks one of the hot topics on our Observation Deck, was snow storm related. It covered everything from clearing walks to who hasn't. From complaining about the removal, to com-



02.16.2014 Noon! Crews had plowed and salted, streets were looking good. Let's all keep our walks and streets clear. Every year!

plaining about ticketing kids.

Did we have salt? Would it work? What were we told? What was promised? What was expected? Did we have enough plows? Did we have enough drivers? What information goes into the decision to get plows out, salt yes, salt no? And considering the fact that it costs \$12,000 dollars in salt to cover our 92 miles of roads once: A cost equal to one basketball court.

At times you would have thought it was the end of the world for some, and nothing for others. Yet, over the course of the discussion, answers were found, other cities' removal was examined, through it all understanding reached, and a better understanding for all aspects of caring about the

community we live in.

Through it all, as we have often pointed out in the past, Lakewood Service crews, Emergency and Maintenance continued on page 2

North Coast Health Ministry Is Now "North Coast Health"

by Jeanine Gergel

North Coast Health Ministry has changed its name to North Coast Health, in response to patient and consumer feedback on how to communicate our services to the community more effectively.

"Our board decided to shorten our name to bring more clarity to our role as a provider of medical care," said North Coast Health Executive Director Lee E. Elmore. "We learned through research in the community that our previous name caused some confusion among the people who need our services. We don't want to be the 'best kept secret' in Cleveland but instead want to be able to serve as many people in need as we are able."

While the agency's name continued on page 18



 $The \ hockey \ team \ is \ one \ of \ several \ of \ the \ Ranger \ winter \ sports \ teams \ that \ has \ had \ much \ success \ this \ year.$

Lots To Cheer For This Ranger Sports Season

by Christine Gordillo

The Lakewood City Schools winter varsity sports teams have been heating up the competition as of late with many late-season accolades coming our teams' and athletes' way. Here are some of the

Get It? Guess Not



All explained on page 17.

highlights from a very successful season for our six winter teams:

• The boys' basketball team (17-3) won its first outright conference title in 40 years and is currently undefeated in the West Shore Conference as of press time. Wes Gerhardt was named JJHuddle.com state Player of the Week earlier in the season for his record-setting 11 three-pointers and 36 points scored in a game against Bay Village. The team opens State Tournament play at home vs. Brecksville at 7 p.m. on February 26.

• The girls' basketball team (16-4 at press time) won its second straight West Shore Conference title with only one conference loss and has been ranked in the Plain Dealer Top 25 since the start of the season. The team opens its postseason play at home at 7 p.m. on February 20 vs. either Rocky River or Elyria.

• John Liber won the West Shore Conference diving crown, placed 6th in the Division 1 District Diving Tournament and will compete in the State Diving Championships on February 20 in Dayton.

• The Rangers were represented by 14 swimmers at the Division 1 District Swimming Tournament on February 15 at Cleveland State.

• The hockey team has advanced to the Brooklyn District Sectional final where the Rangers will face off against the state's top-ranked team, St.

continued on page 8



Shake Off The Winter Chill And Heat Up At The Big Chili Cook-Off

by Missy Toms

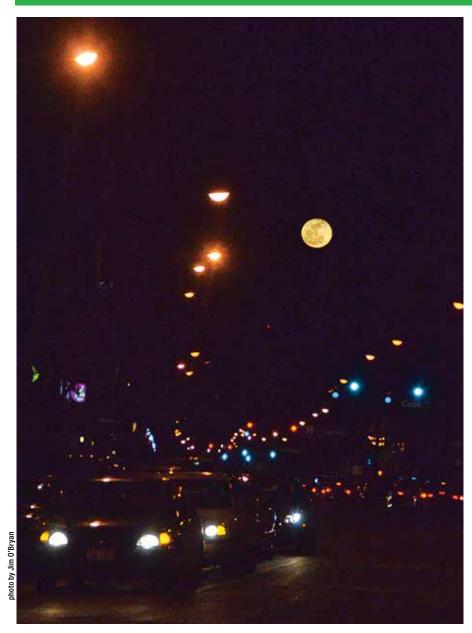
Come enjoy delicious chili with the Pillars of Lakewood at the 6th Annual Big Chili Cookoff on Saturday, February 22, 5 pm, at Around the Corner, 18616 Detroit Ave., Lakewood. All proceeds from this fun event benefit the Lakewood Alumni Foundation and the Lakewood City Schools.

More than 20 contestants will vie for two prizes: Judges' Choice and People's Choice. Admission is just \$10 and includes unlimited 2-oz. samples of chili, a beer, and a vote for the People's Choice Award.

Tickets are available at Around the Corner, online at www.lakewoodrangers.com/wp/events/, or at the door that evening.

Ready to put your chili recipe to the test? Enter the contest and show the people what you can do. Individuals, organizations, and businesses are welcome to compete. Each must agree to provide 10-12 quarts of chili for the event and sell 15 tickets. (More supporters = more votes!) For more information, visit www.lake-woodrangers.com/wp/events/ or call 216.529.4033.

Lakewood Observer



02.15.2014 a big beautiful moon came up over DowntowN, Lakewood. This photo was taken and shared on the Observation Deck. Isn't it time you jumped in and shared your thoughts, pictures and memories?





Good Work Lakewood Services - Thank You continued from page 1

did the best job they could considering the tempatures, the long on-call hours, and more calls for everyone, they have done more with less than they have been given credit for.

A city is all about delivering services to its residents. Our crews have continued to improve, through the administration's continued cuts.

Thank you.



www.slife-hvac.com

18514 Detroit Avenue, Lakewood, OH 44107 phone: 216-521-7684 fax: 216-521-9518

West End Tavern presents: "Saturday

Bloody Mary Bar"

Create Your Own - 11 a.m.

Serving Breakfast/Lunch

featuring our famous Gourmet Meatloaf Stack and Savory Pot Roast Voted Best Hamburge

"Sunday Brunch"

A 20-Year Lakewood Tradition

Eggs Benedict • Eggs Sardoux • Stuffed French Toast • Pot Roast Hash Omelets • Fritatas • and more! featuring our famous "Mega Mimosas"

Hot Off The Deck

http://lakewoodobserver.com/forum

Join the discussion of	online – visit i	the C	BSERVATI	ON DECK
LAKEWOOD DISCUSSION	1	. 1.		
Topics	Author F	Replies	Member Viev	vs Last Post
Chickens Legal In Lakewoo	odJim O'Bryaı	1 86	7103	Mon Feb 17
School drop-off/pick-up	Jeff Dreger	12	482	Mon Feb 17
From City Hall Supplier Freezes Lakewo	Jim O'Bryan ood's Salt Reser		779	Mon Feb 17
City Hall Cite Snowbound School Students	Matt Marklin	g 32	1264	Mon Feb 17
Violence On Public Square Makes International New	Bill Call vs	7	296	Mon Feb 17
IMAGE-IN LAKEWOOD	Jim O'Bryan	213	17147	Sun Feb 16
About today's snowfall		1	335	Sun Feb 16
"The Snowy Day"	Matt Marklin	g 0	110	Sun Feb 16
Liveable Lakewood© Postcard Series Unveiled	Jim O'Bryan I	15	1178	Fri Feb 14
Schools' Financial Advisory Comm meeting Thur 2		ch 1	118	Thu Feb 13
Is the City Losing the Fight Against Graffiti?	Matt Marklin	g 87	7699	Thu Feb 13
Popular Cleveland Pickle Adding West Side Shop	Craig Lovejoy	7 3	742	Thu Feb 13
Lucky Pierre reunion (partial at Root Cafe!) B. Voinovich	0	93	Thu Feb 13
For Display Purposes Only	Bret Callentin	e 0	126	Thu Feb 13
Fauna - In and around Lak	ewood	76	8318	Thu Feb 13
I'm Hot and You're Not!!!	Bill Call	0	218	Tue Feb 11
Lakewood Monopoly Disco	overed!	3	447	Tue Feb 11



Your Independent Source for Lakewood News & Opinion

Published biweekly with a current circulation of 10,000+ copies. The paper is made available free of charge and can be found at over 130 business locations within the City of Lakewood and on our website. The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the publisher and staff. Copyright 2013 • The Lakewood Observer, Inc. All rights reserved. Any reproduction is forbidden without written permission.

The mission of the Lakewood Observer is to attract, articulate, and amplify civic intelligence and community good will in the city of Lakewood and beyond.

Become an Observer!

As a product of citizen journalism, The Lakewood Observer is looking for people, ages 3-100, to get involved in the paper and the city. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process.

Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos. No need to register to post online calendar or classified ads.

Upcoming Submission Deadline

Sunday, February 23, 2014 Sunday, March 9, 2014

Publish Date

Wednesday, March 5, 2014 Wednesday, March 19, 2014

www.lakewoodobserver.com – 216.712.7070 14900 Detroit Avenue, Suite 205, Lakewood, OH 44107

The Lakewood Observer is powered by AGS's:



PUBLISHER Jim O'Bryan

EDITOR IN CHIEF Margaret Brinich

ASSOCIATE EDITORS Betsy Voinovich Peter Grossetti

ADVERTISING Maggie Fraley Carlos Ramos LO.adsales@gmailcom

ADVISORY BOARD - Kenneth Warren, Steve Davis, Heidi Hilty, Dan Ott, Jeff Endress, Lauren Fine, Steve Ott, Vince Frantz, Margaret Brinich, Betsy Voinovich

EDITORIAL BOARD - Thealexa Becker, Nicole Boose, Margaret Brinich, Peter Grossetti, Vincent O'Keefe, Heather Ramsey, Casey Ryan, Betsy Voinovich, Kenneth Warren WEBMASTERS - Jim DeVito, Dan Ott

PHOTOGRAPHY - Trudy Hutchinson, Jim O'Bryan, Shane Sullivan, and

Slezak, Hackel Snow, Julie Strunk, Shane Sullivan, Missy Toms, and Allison Urbanek.

Woodard Photographic Services.. ILLUSTRATIONS - Rob Masek, Nicka Petruccio

PRODUCTION - A Graphic Solution, Inc.

CONTRIBUTING WRITERS - Emily Bacha, Christopher Bindel, Conda Boyd, Lynn Donaldson, Colin Dussault, Tom Fraser, Nancy Freed, Jeanine Gergel, Tom George, Christine Gordillo, Mike Hudock, Trudy Hutchinson, Karen Karp, Eric Knapp, Noreen Kyle, Eric Lowrey, Morgan Maseth, Valerie Mechenbier, Leana Donofrio-Milovan, Susan Murnane, Melissa Page, Dawn Pyne, Gary Rice, Jim Sacco, Ron

www.lcsclakewood.org

216-226-6466



32 facts 2014 marks Lakewood Community Services Center's 32nd year providing assistance to residents of the community.

We'd like to share 32 facts about LCSC. Some you probably know.

Some will surprise you.

- LCSC provides emergency food assistance to over 2,500 individuals in Lakewood, Rocky River and Westlake every month.
- With funding from United Way, LCSC delivers emergency food to seniors

living in the Westerly Apartments, the South Westerly, Fedor Manor and Lake Shore Towers every month.

- A CareSource Foundation grant allows us to include fresh seasonal fruit in every senior delivery.
- Calabrese Produce at the West Side Market sells LCSC 250 pounds of fresh fruit for seniors each month at their cost. Support our partners by visiting Stand #47 at the market!!
- Our Operations Manager picked up 32,250 pounds of free fresh produce from the Greater Cleveland

Foodbank Marketplace in 2013. United Way funding enabled us to purchase the van to make three round trips each week to help us offer healthier food to our clients.

- In 2013, our 70+ volunteers contributed 6,885 hours of their time and talent in support of LCSC a value of over \$50,000.
- Student volunteers from St. Edward High School and members of H2O and the Action Team at Lakewood High School manage the door-to-door senior food deliveries for us.
- In 2013, LCSC provided 30 days of short-term temporary housing to 45 people in 11 Lakewood families in Breathing Room, our two-bedroom furnished apartment.
- Thirteen Lakewood households received housing search and placement assistance, case management and cash assistance to secure safe and stable housing made possible through City of Lakewood Emergency Solutions Grant funds.
- One hundred thirty-three Lakewood households received homelessness prevention assistance, which allowed them to either remain in their housing or move to more affordable Lakewood housing.
- Nine hundred fifty-six Lakewood residents received case management services from LCSC social workers in 2013.
- Only three full-time and three part-time staff provide emergency food, housing, case management and referral support to the ever-growing number of individuals who need assistance each month.
- We distributed over 450,000 pounds of emergency food in 2013.
- Our Greater Cleveland Foodbank-sponsored free farmers markets serve 300 households every month.
- Local businesses donate hundreds of pounds of food for us to distribute each month. These generous donors include: Blackbird Baking Company, Breadsmith, ALDI, Giant Eagle and EarthFare.
- With the support of Community West Foundation and a partnership with Murtis Taylor Human Services System, mental health assistance is available every day at LCSC – without consideration for ability to pay.
- Beginning in April 2014, Toward Employment's job search and placement services will be available at LCSC every day. This important new program is made possible through funding from Deaconess Foundation and the Bruening Foundation.

• Through their Youth Philanthropy grant program, the William J. and Dorothy K. O'Neill Foundation has provided LCSC funding for our first ever Summer Lunch Program for Lakewood students.



- The Turkish American Society has generously offered LCSC space for the Summer Lunch Program at their location on Madison Avenue and H20 summer campers will assist with the distribution of food and will provide fun activities for kids.
- LCSC is a member of the Cuyahoga County Continuum of Care that works to support the efforts toward reducing and ending homelessness.
- LCSC clients and volunteers manage a 5,000 square foot community garden at Madison Park on property the City of

Lakewood offered to us for this important initiative. 2014 will be our 5th growing season!

- Lakewood Earth and Food (LEAF) donates all of the Community Supported Agriculture (CSA) shares that are not claimed at the LEAF NIGHT markets each week to LCSC for distribution to our clients.
- Lakewood Charitable Assistance Corporation delivers 100 Thanksgiving and 100 Christmas dinners to LCSC clients each year.
- BJs Charitable Foundation provides grant funding for the purchase of personal care items, diapers and cleaning supplies.
- LCSC is the primary distribution site for free dog and cat food provided by My Best Friends Bowl. This free food goes a long way toward helping Lakewood, Rocky River and Westlake client families keep a much-loved pet.
- Lakewood restaurants generously donate gift certificates as raffle prizes for our annual Volunteer Appreciation party. Thanks to Angelo's, Around the Corner, Barroco Grill, Buckeye Beer Engine, Deagan's Jammy Buggars, Sweet Spot and Taco Tontos!
- According to the Brookings Institution's Shifting Geography of Poverty and Opportunity in Metropolitan America, the significant shift in the metro Cleveland poor towards the suburbs over the last two decades was the fourth largest change in the nation (a 42% shift in 1990; a 57% shift in 2010).
- Thanks to generous donations from churches, businesses and organizations, we are able to provide Home Start Up Kits to formerly homeless families moving into permanent housing.
- LCSC is featured with Giant Eagle CEO Laura Karet in the TV commercial that highlights the food retailer's support for the Greater Cleveland Foodbank.
- Supporting churches contributed over 2,300 hours of volunteer time in 2013! St. Luke's leads the pack with six members of the parish regularly volunteering.
- We were delighted to welcome Koinonia Homes, Inc. to our volunteer roster in 2013. Koinonia Homes is the largest private provider of services for individuals with developmental disabilities in Cuyahoga County.
- It's so easy to support our important work in the community. Visit www.lcsclakewood.org and click the DONATE button!

14230 Madison Avenue • Lakewood, OH 44107 Phone: 216.226.6466 • Fax: 216.226.8493 Email: centerinfo@lcsclakewood.org



City News

Council Considers Repealing A "Suspicious Persons" Law

Council President Mary Louise Madigan called the February 3, 2014 Council meeting to order at 7:38 P.M.

Council began the meeting by making a number of appointments. It started with the Audit Committee where they appointed Ray Cushing and Maureen McCue to serve two year terms. They then appointed Stephen Davis, Scott Kermode, Ed Monroe, Nancy Roth, and Andrew Meyer to the Charter Review Commission. John Clinton was then appointed to the Lakewood Hospital Association Governing Board. Lastly they appointed Christopher Bindel to the Board of Zoning Appeals.

Next Councilman Tom Bullock (At-Large) asked Council to pass a resolution congratulating Lakewood resident Ryan Giermann on earning the rank of Eagle Scout. To become an by Christopher Bindel

Eagle Scout a Boy Scout must develop and institute a service project. Mr Giermann's project was to build a shelter down at the Lakewood Dog Park, which he completed in 2012.

Council passed the resolution.

Mayor Mike Summers then asked Council to give him an opportunity to update and discuss with them the City's permitting and compliance strategies and plans, including a pilot study in 2014.

Council referred the matter to the Committee of the Whole to set up a meeting.

Next Law Director, Kevin Butler, asked Council to repeal a 'suspicious persons' ordinance that he said probably should have been repealed some time in the 1970's. The section of the

Lakewood Codified Ordinances in question dates back to at least 1918 and bars any person labeled as 'suspicious' from the city under threat of criminal prosecution. Some of the numerous reasons given for being 'suspicious' include, but were not limited to, person without visible means to support themselves, common beggar, common prostitute, loiterers around houses of prostitution, habitual disrupters of the peace, known pickpocketers, those who practice tricks with intent to swin-

dle, and persons who can not give a reasonable account of themselves.

The reason given for repealing such a 'charming' law? It is unconstitutionally vague and would not stand up to scrutiny in the courts, like many other similar laws.

Council referred the ordinance to the Rules and Ordinances Committee to be considered.

Coming to the end of the brief meeting with no one from the public signed up to speak, Council President Mary Louise Madigan adjourned the meeting at 8:06 P.M.

"Pay It Forward" Tuesday At Jammy Buggars -

Support The Lakewood Animal Shelter!

by Dawn Pyne

Come out March 11th and support CCLAS and the Lakewood Animal Shelter at "Pay It Forward" Tuesdays at Jammy Buggars!

Bring your appetite - Jammy's has one of the best menus in the city,

Delicious deals any night of the week!

MONDAY: Half off bottles of wine (max. discount \$25) & Sushi night TUESDAY: Pasta night

WEDNESDAY: \$14 steak night (bar only)

Try Our NEW Winter Menu!

HAPPY HOUR Mon. - Sat. 5-7PM Thursdays all night long!

Best Happy Hour - Voted Five Out of Five Olive

18515 Detroit Avenue • Lakewood, OH 216.221.3500 • georgetownrestaurant.net including grassfed burgers, gourmet fries, fantastic soups, as well as several vegan/vegetarian options.

Jammy Buggars will donate 15% of all food sales from our supporters who stop in for lunch or dinner or appetizers on Tuesday, March 11! We hope to see you there! And don't forget to MENTION that you're a supporter of the Lakewood Animal Shelter.

For more information about CCLAS, visit www.cclas.info.

Jammy Buggars is located at 15625 Detroit Avenue in Lakewood.



Sit, Stay And Dine For Lakewood Dog Park

Karen Karp

Got wings? Come to Quaker State and Lube for a Dine and Donate event to benefit Friends of the Lakewood Dog Park (FLDP). On Monday, February 24th and Monday, March 24th, the Lube will be donating 10% of the day's food sales to FLDP.

Sit, stay and enjoy the Lube's award-winning wings from 11 a.m. to 11 p.m. Too cold to go outside? You will warm right up with your choice of over 20 sauces ranging from mild to triple atomic. Remember to tell your server that you are supporting the dog park.

Join FLDP at Quaker State and



Lube, 15312 Detroit Avenue, Lakewood, OH. You eat and they give back!

Friends of the Lakewood Dog Park is an all volunteer, non-profit, 501(c) (3) organization that raises funds for park improvements and works with the City of Lakewood to care for the park.

US Senator Brown In Lakewood To Applaud CVS's Decision To End Tobacco Sales



Dr. Michael Roizen, Chief Wellness Officer of the Cleveland Clinic talks about the need to end smoking, as U.S. Sen. Sherrod Brown (D-OH)(left) and Melissa Renton and Shanisha Collins, who are currently working to quit smoking through a CVS MinuteClinic cessation program, look on. Lakewood's Clifton CVS received the visit on February 10th as Nancy Gagliano, M.D., outlined the company's landmark announcement that it will become the first national pharmacy to stop selling cigarettes, and instead, invest in smoking cessation efforts. "Sen. Brown's focus is right where it should be, and CVS' tobacco-free policy can't be implemented soon enough," said Lakewood At-Large Councilman, Tom Bullock.





City News

Report: Westshore Council Of Governments (WCOG) Meeting, Feb 12, 2014

by LWV observers Conda Boyd and Susan Murnane (Bay Village)

This report, which contains observations and selected highlights of a meeting of the WCOG, is not an official statement of the LWV. Official minutes are prepared by Mayor Patton's office.

Present: Mayors Bobst (Rocky River), Clough (Westlake), Kennedy (North Olmsted), Patton (Fairview Park), Summers (Lakewood), Sutherland (Bay Village)

Also in attendance: Dave Greenspan, District 1 Representative, Cuyahoga County Council; Steve Presley, Fiscal Officer

The meeting was called to order at 9:40 a.m. in the Birch Room at the Gemini Center in Fairview Park and adjourned at 11:25 a.m.

Commission Reports

RTA: The federal Transportation Bill is up for reauthorization in 2014. Mayor Summers expressed concern about the Highway Trust Fund's ongoing support for mass transit.

NOACA: There is a new emphasis on strategic planning. The full board will meet quarterly, with committees meeting in the intervening months. Mayor Bobst reported that the Transportation for Livable Communities Initiative (TLCI) awarded \$75,000 for the Detroit Road Traffic and Parking Study with Marion Ramp Redevelopment Feasibility Analysis. The City of Rocky River will fund the \$18,750 balance. Closing the Marion Ramp, which connects the Clifton Park Bridge to Detroit Road, needs public conversation because of the effect on traffic from Lakewood.

Land Bank: Mayor Patton stated the Land Bank is reaching out to the suburbs. Mayor Summers applauded their contribution of \$100,000 to a school demolition project that will be returned when the land is sold. Mayor Bobst expressed gratitude for their help in remediating an abandoned gas station.

County Planning Commission: Mayor Patton has been approved as a member. The first meeting is February

Senior Transportation: Council Member Greenspan is arranging for representatives from Senior Transportation Connection to present information about their services at a future meeting. WCOG cities' senior center staff will be invited to attend.

Cuyahoga County Mayors and City Managers Association: Work on Ohio's budget is ramping up again. There will be a legislative meeting March 12 in Columbus.

Old Business

Temporary Appropriations: Mr. Presley will distribute a draft budget before the next meeting.

Crisis Intervention Training: Mayor Patton and Police Chief Upperman will follow up with Bill Denihan to arrange training for west shore police, possibly including librarians and other city employees with extensive public contact.

Fire District Study: The mayors of Bay Village, Fairview Park, Rocky River, and Westlake will meet Monday, February 24th at 11am in Westlake. Mayor Clough will chair in 2014. If the Rocky River Waste Water Treatment Plant (WWTP) collective bargaining agreement is ready, the mayors may follow the Fire District meeting with a WWTP meeting.

FirstAid4Autism: Akron Police Sergeant Mark Farrar is available to conduct training. Council Member Greenspan may be able to help with funding. The mayors will poll their police departments about what training has already been done. The mayors agreed that when safety forces' training is scheduled, all cities should be invited. Police and fire departments cannot be shut down for everyone to attend training. Holding 3-4 sessions in different cities and inviting everyone to participate can maximize the number of people trained at a minimal cost.

New Business

Regional Civil Service Exam: A listing of each city's eligibility list expiration dates was handed out. The objectives of sharing exam dates are to generate a larger applicant pool, save cities' advertising costs (about \$1500 per exam), and save applicants' fees and time. The cities weight factors differently, so the top applicants may vary. Some cities are required to hire the top applicants and promote from within; others have more flexibility.

CERT: Copies of the annual report were distributed. See http://westsho-recert.com/WSC-AnnualReport2013. pdf.

Regional Dispatch: Cuyahoga County wants to consolidate all 911 dispatch centers to six sites and to expand the service to include police as well as fire and EMS. Lakewood declined to join the Westshore Central Dispatch Center (WCDC), and Mayor Summers expressed skepticism about the proposed consolidation. WCDC has the capacity to add police calls, but

Lakewood, which receives 50,000 calls per year, would be a "game changer." Although consolidation might save 1-2 dispatchers, it would not be worth the cost in lost local knowledge and thus slower service.

Mayor Sutherland stated that the vast majority of Bay Village's 12,000 calls are not emergencies, and because there needs to be a police officer on premises, consolidation would not result in personnel savings. Furthermore, a police officer must be present in the station if anyone is in the jail.

Mr. Presley stated that some east side cities are pursuing consolidation, and observed that the county has also proposed regional jails, which would eliminate the need for uniformed personnel at police stations. Non-emergency calls could be handled remotely.

Mayor Clough stated that the core problem is how to speed response to 911 calls from cell phones. Mayor Patton stated that despite initial resistance, the WCDC has been a success. She asked the mayors to stay open to the idea. She will call State Representative Nan Baker and ask her whom to contact for further information.

Mayor Sutherland stated she would like to see the county do a pilot project rather than attempting to consolidate all at once. Mayor Summers stated that in 2013, Lakewood spent \$800,000 to update its dispatch opera-

Winter Tips for Warding Off Hip and Knee Pain

Winter's cold and damp weather seems to trigger hip and knee pain for many of the 46 million Americans suffering from arthritis. According to a recent poll, about 42 percent of participants blamed chilly temperatures for their hip and knee pain. However, scientific studies are conflicting. Some show a strong relationship between short, cold damp days and arthritis flare-ups, while others find little or no link between weather and joint pain.



Jesse Templeton, MD

Can weather really make joints ache?

"Research suggests changes in barometric pressure that come with changing weather may worsen knee pain in people with arthritis," says Jesse Templeton, MD, orthopaedic surgeon at Fairview and Lakewood hospitals

As weather changes, the small air cavities in joints can actually have a lower pressure than the barometric pressure outside. If the body doesn't have adequate time to adjust, these small spaces will be exposed to a severe pressure difference that will cause pain in the surrounding tissue. In addition, colder temperatures can cause painful changes in joint fluid thickness, especially for arthritis sufferers.

"The key is to stay active," says Dr. Templeton. "Movement helps keep the joints lubricated and results in less pain." "Cold weather doubles stress on joints if they are not warmed up properly," says Dr. Templeton. "Synovial fluid at our body's joints provides a slippery surface so that bone ends don't rub together and cartilage doesn't wear away. As we age, the body needs to be stimulated by movement to produce lubrication."

When the points

Unfortunately, many of us become less active when the weather turns cold. As a result, our body isn't triggered to produce the fluid needed to adequately lubricate our joints.

"The key is to stay active," says Dr. Templeton. "Movement helps keep the joints lubricated and results in less pain."

Choose low-impact exercises that are easy on the joints, such as walking, yoga or tai chi. Lifting weights can also build joint-supporting muscles. Spend 10 minutes warming up your joints by stretching your body, from your fingers and toes to your wrists and ankles.

Here are additional tips to ward off pain when the cold weather hits:

- Consider water exercise. Swimming will get your joints moving with less stress.
- Eat a healthy diet. Salmon, nuts and other foods rich in omega-3 fatty acids will help curb inflammation. Foods containing vitamin K, such as spinach, kale and cabbage, have pain-soothing properties. And foods with vitamin C, such as oranges, red pepper and tomatoes, can halt cartilage loss and pain.
- Avoid foods high in omega-6 fatty acids, such as corn oil, as they may trigger inflammation.
- Keep warm. Dress in layers. Keep the house warm. Use an electric blanket. Remind yourself that spring is just around the corner.

"See your doctor if you are experiencing increased hip and knee pain with the cold weather," says Dr. Templeton. "He or she may have some other suggestions, such as increasing your pain medicine, specific to your situation."

For more information or to schedule an appointment with Dr. Templeton or any of our orthopaedic physicians at Fairview Hospital or Lakewood Hospital, please call 866.733.6363.



Same-day appointments available.





Lakewood Public Library

compiled by Leana Donofrio-Milovan

Sunday, March 2

Sunday with the Friends:

Refugee Music: They Did Not Choose To Come

We tend to think of Cleveland's immigrant history in the past tense, but the city remains home to refugees from all over the world. Every one of them has a story to tell. City Music Cleveland welcomes guest musicians from Burma, Nepal, Sedan, Congo, Burundi, Somalia, Iraq and Syria for an afternoon of chamber music, exploring the rich cultures and tumultuous histories of their home countries. This free concert continues City Music's mission to bring classical music into neighborhood venues and to bring people together to raise awareness about important issues. Join us as we open our doors to new neighbors and create new

2:00 p.m. in the Main Library Auditorium

Hands-On Help with eReaders

Do you own a shiny, new eReader, but don't know how to download any of the thousands of free titles that are available through the Library? Make an appointment with a knowledgeable staff member who can show you around the bells and whistles of your device, whether it's a Kindle, Nook, iPad, iPhone or something else entirely. Let's talk.

Thursday Nights at the Madison Branch - Call (216)228-7428 Sunday Nights at the Main Library - Call (216)226-8275 ext. 127

Tuesday, March 4

Great Lakes Theater Festival Presents: "Seven Ages" - An Original Play by Nina Domingue, Mike Geither, David Hansen, Christine Howey, Michael Oatman, Anne McEvoy, and Toni K. Thayer **Directed by Lisa Ortenzi**

What makes a life? That is the question when the members of a motley quartet of characters from Shakespeare's "As You Like It" cross paths whilst seeking shelter in the rambles of the forest. They share stories to keep the darkness at bay—myths, memoirs, fables and fantasies. Tales told to pass the time give way to deeper meanings, elicitations of joy and surprising glimpses into their own hearts. This one-hour touring production will no doubt prove to be the journey of a lifetime.

7:00 p.m. in the Main Library Auditorium

LPL Children/Youth Events

compiled by Eric Knapp

Saturday, February 22

Magic Fun with Zap the Wonder Chap

For the whole family

Enjoy and exciting magic program with Zap the Wonder Chap and his bag of tricks. 7:00 p.m. in the Main Library Multipurpose Room.

Sunday, March 2

Lakewood Lego® League

For youth in kindergarten through fifth grade (caregivers welcome)

Use LPL's collection of Lego®Bricks and your own imagination to create fabulous new structures and designs each month. No registration, but numbered tickets will be given out first-come, first-served. One ticket per child. For more information, stop in or call (216)

6:00 p.m. – 7:30 p.m. in the Main Library Activity Room.

Ongoing Monday - Friday, September 2 - May 23 Homework Help

For students in kindergarten through eighth grade

Need a little extra help with homework or just a cool place to study? Come to the Homework ER room for help and resources. No registration. Homework ER closed for school holidays and vacations.

3:00 p.m. to 5:00 p.m. at Main and Madison Children's and Youth Services.

Family Weekend Wonders

Make the Library a part of your family weekend time with programs featuring stories, activities, music and crafts. These free programs are offered every weekend throughout the year at both the Main Library and Madison Branch. No registration is needed. Check out our website (www.lakewoodpubliclibrary.org/youth) for times and upcoming themes.

Main Library Activity Room and Madison Branch Auditorium

Saturdays at 11:30 a.m. and Sundays at 3:30 p.m.

Weekends With Wee Ones

For families with children under 2 years old

Spend a part of your family weekend time clapping your hands, tapping your feet, singing nursery rhymes and, of course, sharing books. We will provide materials and ideas for those wishing to continue the fun at home. Programs are offered every weekend throughout the year and there is no need to register in advance.

Madison Branch Children's and Youth Services



Wednesday, March 5

Meet the Author: "No Mopes Allowed" by David Oliver

Police Chief David Oliver's tell-it-like-it-is sense of humor and no-holds-barred opinions have made him (and the Brimfield Police Department) a Facebook sensation with 130,000 likes and counting from users across the country and around the world. Whether he's busting mopes (old-fashioned cop slang for criminal types), comforting a teen runaway or promoting school safety, Oliver's folksy and feisty style connects with readers. He tackles tough issues like crystal meth, drunk driving and school shootings while chastising politicians and championing personal responsibility. All proceeds from this book go to the Chief Oliver Foundation, a not-for-profit organization that distributes funds to police department charitable programs and assists juvenile survivors of sexual assault. Books will be available for sale and signing. This program is made possible by the Lakewood Chamber of Commerce and Hospice of the Western Reserve.

7:00 p.m. in the Main Library Auditorium

Thursday, March 6

Judaism in Focus

"How Jews Read the Bible: A Literary Approach"

Presented by Dr. Rabbi Moshe Berger

The Bible contains laws, moral lessons and theological truths. It also contains numerous dramatic moments. In this session, we shall focus exclusively on the drama, as we read and analyze two famous seduction scenes: Samson and Delilah; and Joseph and Mrs. Potiphar. We shall consider character motivation, stage directions implied in the text, theological issues and the Bible's demand for reader participation.

Dr. Rabbi Moshe Berger has taught at Brandeis and Harvard Universities and has served as rabbi of the Harvard-Radcliffe Hillel program. Professor Berger was on the faculty at Siegal College for 25 years, and is presently a rabbi at Cedar Sinai Synagogue. He received his B.A. from Yeshiva University and his M.A. and PhD from Harvard.

7:00 p.m. in the Main Library Auditorium

Saturday, March 8

Lakewood Public Cinema: "Midnight Cowboy" (1969)

Directed by John Schlesinger

Anyone expecting a simple cowboy tale should be warned that this controversial and heartwarming gem was slapped with an X rating when it was first released. But when it smashed box office records anyway and won Oscars for Best Picture, Best Director and Best Screenplay (for the blacklisted Waldo Salt), it created a huge public discussion about censorship that forced the MPAA to re-rate the film an R. Dreaming of an easy life as a fantasy cowboy stud, cheerful Texas rube Jon Voight heads to New York City to become a gigolo, but he quickly discovers that hustling isn't an easy game. This cowboy has a troubled past behind his big grin, but he keeps it hidden. Almost immediately, he gets swindled by the tubercular grifter Dustin Hoffman. He swears revenge, but once society finally reduces him to the same gutter, they become the best of friends. Happy endings are hard to find in life. Your take on the ending will depend on how much you value dreams and selflessness.

6:00 p.m. in the Main Library Auditorium

Hands-On Help with eReaders

Do you own a shiny, new eReader, but don't know how to download any of the thousands of free titles that are available through the Library? Make an appointment with a knowledgeable staff member who can show you around the bells and whistles of your device, whether it's a Kindle, Nook, iPad, iPhone or something else entirely. Let's talk.

Thursday Nights at the Madison Branch - Call (216)228-7428 Sunday Nights at the Main Library - Call (216)226-8275 ext. 127

Monday, March 10

Meet the Author: "League Park: Historic Home of Cleveland Baseball, 1891-1946" by Ken Krsolovic and Brian Fitz

Before the Indians played Municipal Stadium or Progressive Field, the place to see base-ball was League Park, originally the home of the National League Cleveland Spiders. Cy Young pitched the first game in 1891 and, before it was replaced in 1946, its storied history included stints by the National Football League, Negro League baseball, college football, boxing and an uncanny multitude of amazing events and people. This comprehensive chronicle establishes the park's place among the heralded and often better-known parks of baseball's past and present. Learn how the park survived to the modern day and what recent renovations hold for its future. Books will be available for sale and signing at the event.

7:00 p.m. in the Main Library Auditorium

Tuesday, March 11

Meet the Author: "The Dead of Winter: How Battlefield Investigators, WWII Veterans, and Forensic Scientists Solved the Mystery of the Bulge's Lost Soldiers" by Bill Warnock

Sixty years ago, as Allied forces pushed across Europe, the Nazis launched a desperate, overwhelming attack that caught them unprepared, setting off one of the bloodiest, most brutal battles in human history—the Battle of the Bulge. More than half a century later, a group of forensic scientists, relic hunters and veterans teamed up to ensure that the fallen would be buried with all the honors they deserve. Written by a member of the expedition, this is a story of loyalty and the bonds of war, a compelling scientific mystery and a homecoming for families who waited decades for the return of their loved ones.

7:00 p.m. in the Main Library Auditorium

Wednesday, March 12

Meet the Author: "The Harlot's Tale" by Samuel Thomas

It is August, 1645, one year since York fell into Puritan hands. As the city suffers through a brutal summer, Bridget Hodgson and Martha Hawkins are once again drawn into the path of a murderer. To appease God's wrath and end the heat-wave, the city's overlords launch a campaign to whip sinners into godliness. But for some lost soul, this is not enough. A prostitute and her client are found stabbed to death. A pair of adulterers are beaten and strangled. Bridget and Martha race to find the killer before he adds more bodies to the tally. The list of suspects includes the fire-and-brimstone preacher Hezekiah Ward, his intense son Praise-God and a devout former soldier whose taste for blood may not have been sated by his time in Parliament's armies. Bridget and Martha must uncover the city's most secret sins and hope against hope that the killer does not turn his attention towards their own. This followup to "The Midwife's Tale" firmly establishes Thomas as a master of immersive historical fiction and gripping mystery. Books will be available for sale and signing at the event.

7:00 p.m. in the Main Library Auditorium

Lakewood Public Library

Great Lakes Theater Festival Presents: "Seven Ages"

by Leana Donofrio-Milovan

An Original Play By Nina Domingue, Mike Geither, David Hansen, Christine Howey, Michael Oatman, Anne McEvoy, And Toni K. Thayer

What makes a life? That is the question when the members of a motley quartet of characters from Shakespeare's As You Like It cross paths whilst seeking shelter in the rambles of the forest. They share stories to keep the darkness at bay-myths, memoirs, fables and fantasies. Tales told to pass the time give way to deeper meanings, elicitations of joy, and surprising glimpses into their own hearts. This one-hour touring production will no doubt prove to be the journey of a lifetime, so join us on Tuesday, March 4 at 7:00 p.m. in the Main Library Auditorium.

The Great Lakes Theater launches the world premiere of "Seven Ages" as a free touring production scheduled to visit twenty-two neighborhood venues throughout Northeast Ohio, to kick off the company's 2014 series of "Surround" outreach programming. The one-act play is comprised of

TumbleBooks At The Lakewood **Public Library**



by Julie Strunk

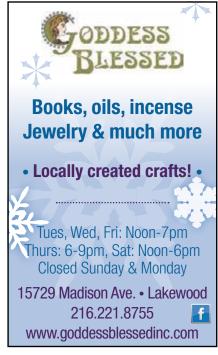
Animated, talking picture books teach kids the joy of reading. TumbleBooks add music, narration and movement to titles to create a new book experience that you can read or have read to you. The collection includes story books, chapter books, non-fiction books, and even language learning books in Spanish, French, Chinese, and Russian! National Geographic is part of the fun with educational videos that enhance the non-fiction books. Educational games are included, too. TumbleBooks is perfect for use in the classroom! Access is available in the Main Library Computer Connections Room, the Madison Branch Kid Kiosks, or remotely through the Library's website, www.lakewoodpubliclibrary.org/youth.

seven tales written by seven Northeast Ohio playwrights (Nina Domingue, Mike Geither, David Hansen, Christine Howey, Anne McEvoy, Michael Oatman and Toni K. Thayer) and features a touring company of four actors directed by Lisa Ortenzi.

The tour commences on Feb. 11, continues through March 5, and is designed to support Great Lakes Theater's upcoming mainstage production of As You Like It at the Hanna Theatre, PlayhouseSquare, which opens in April. All performances of the touring production are free and open to the public, with the exception of performances at area schools, which are private.

"What an amazing opportunity we have here at Great Lakes Theater to bring live, free professional theater into the community in the form of our educational outreach tours," said Lisa Ortenzi, Great Lakes Theater's Director of Educational Programming about the company's annual tour. "For 25 years, our touring productions have created meaningful dialogues with audiences at high schools, assisted living facilities, local community theaters and libraries across Northeast Ohio. We look forward to engaging audiences in the theatrical process again this year. We are grateful to the many generous supporters who make this work possible and enable us to fulfill our mission while reaching out to the community."

For more information visit www. lakewoodpubliclibrary.org/events.





They Did Not Choose To Come

by Morgan Maseth

For the past decade, CityMusic Cleveland has been on a mission. Wanting to bring classical music to everyone, this professional chamber music orchestra has identified two major obstacles, high ticket prices and unfamiliar venues, and has eliminated them by holding free concerts throughout the community. They use their programming as a way to address community needs and interests and this season they are focusing on the needs of Cleveland's refugee community. On Sunday, March 2 at 2 p.m., join City-Music Cleveland as they continue their mission and kick off the spring season of Sunday with the Friends at the Lakewood Public Library.

When we think of Cleveland, we see a city, which like most other American cities has become home to a great number of ethnic groups throughout its history. The British, Irish, and Germans were Cleveland's earliest settlers,

but Cleveland became home to many immigrants during the early 20th century and after WWII and its subsequent years of conflict. What people do not always realize is that Cleveland has never stopped welcoming refugees. Today we see people from Bhutan (that are ethnically Nepali), Burma, Somalia and Iraq making Cleveland their new home after becoming victims of geopolitical upheaval.

To help raise awareness of Cleveland's refugees, CityMusic Cleveland will be welcoming guest musicians from the refugee community in order to explore the rich cultures and tumultuous histories of our newest neighbors. Welcome them with open arms as they take the Main Auditorium stage at the Lakewood Public Library located at 15425 Detroit Avenue. This concert is free and open to all. For more information, call (216) 226-8275 ext. 127 or go to www.lakewoodpubliclibrary.org.

14725 Detroit Ave.,

Lakewood

440-799-8890

ssmokincafe.com

FREE 1 HOUR PARKING (OFF ST. CHARLES)







Lakewood Schools



Hayes members of the Oberlin Chorister Children's Honor Choir (back row, from left): Gabby Sever, Anna Salukombo, Cate Joyce, Holly Eubanks, Olivia Patterson, Gabriella Trnavsky, Deirdre Healy. (Front row, from left): Noelle Eubanks, Cara Harmon, Jeron Lewis, Mason Hughes, Lavinia Grandt.

Hayes Students To Perform In Oberlin Honor Choir

by Christine Gordillo

Hayes Elementary will be sending 16 fourth and fifth graders to perform in the Oberlin Choristers Children's Honor Choir on Saturday, March 8, 3 p.m. at the Stocker Center, Lorain County Community College. Hayes music teacher and choir director Lisa Van Scyoc selected the participants for their vocal talent and dedication to music.

The group has been practicing extra each Tuesday after the full Hayes choir rehearsals since early January and will continue to do so until the concert. The concert is free and open to the public. The guest conductor of this 200-voice choir will be Dr. Kristina Caswell MacMullan, Associate Professor of Music and Associate Director of Choral Studies at The Ohio State University. She has conducted All-State and honors choirs throughout the United States.

The Honor Choir will be made up of 200 fourth through sixth graders from a variety of Northeast Ohio counties. It's an experience that Director Van Scyoc sees as beneficial in several ways for her students.

"I am confident from my experiences with this program that when children are given an opportunity like this, the rewards are well worth the time and effort. The singers will mature as musicians, performers, and friends through their singing and the work they do with the guest conductor."

The Hayes students who will be part of the honors choir are: Holly Eubanks, Noelle Eubanks, Lavinia Grant, Cara Harmon, Deirdre Healy, Mason Hughes, Deidre Hupcey, Sara Jarecke, Cate Joyce, Jeron Lewis, Mason Orlando, Olivia Patterson, Anna Salukombo, Gabrielle Sever, Gabriella Trnavsky and Kelsey Zauner.

Zumba Classes With LHS Track & Field

by Stephanie Toole

The Lakewood High School Boys and Girls Track and Field Teams have teamed up with H2O to offer Zumba class for our community. The one hour classe will be held eight consecutive Sundays beginning Febburary 9 through March 30.

The Zumba Classes will be held from 6:30 - 7:30 p.m. in the East Gym of Lakewood High School. They will be led by certified zumba instructors and LHS Class of 2008 graduates Rachel Niemi and Charlotte Petrie.

These fun, exhillirating dance style classes are the perfect music and exercise combination. The cost is \$5.00 per class. You can also purchase a four class pass for just \$15.00. The classes are drop in and you to pay at the door.

Kids 10 and under must be accompanied by an adult.

Come join us. We will help you beat the cabin fever while supporting two awesome organizations all at the same time!

Lots To Cheer For This Ranger Sports Season

continued from page 1

Ignatius. Game time is 12 p.m. on February 22 at Brooklyn Ice Arena.

• Gymnast Grace Hinslea-Burke was Sectional runner-up in the allaround, missing the title by only one-tenth of a point. Besides the allaround, Hinslea-Burke qualified for the District Tournament in all of her individual events as well. She was the Sectional Tournament champion on the beam and runner-up on the floor

exercise. She will also compete in the bars and vault at Districts on February 22 at West Geauga High.

• Wrestler Yassir Abdelsalam, who was undefeated in the regular season, was conference champion and Sectionals runner-up. He and Clarence Norris advanced to Districts. Airren Robinson also won the conference title in his weight class.

Good luck to all our athletes as they move on in their competitions!

Harding Attendance Program A Slam Dunk

by Shane Sullivan,

Asst. Principal, Harding Middle School

On Friday, January 31, staff members from Harding Middle School challenged the Best Buy Geek Squad of North Olmsted to a friendly game of basketball to support Harding's attendance incentive program. While previously at LHS, the attendance incentive program strives to raise student awareness of the connection between good attendance and academic success.

While the Harding Staff team didn't win the game, there was a lot of excitement to be seen. Harding student attendance winners include: 7th graders Madalyn Fullard and Ashley Parmelee, and 6th grader Jordan Brenot. Because of their excellent attendance, these students won Kindle Fire HD tablets.

Thank you Best Buy of North Olmsted for supporting perfect attendance at Harding Middle School!



Best Buy manager Matt Romance (left) and Harding Assistant Principal Shane Sullivan with Kindle Fire winners Jordan Brenot (from left), Madalyn Fullard and Ashlee Parmalee.

PreSchool Registration Opens February 18

by Christine Gordillo

Registration for the Lakewood City Schools 2014-2015 preschool program will open on February 18, 2014. Students must be 3 years old before September 30, 2014, live in Lakewood and be potty trained to be eligible for the program. You can download a registration packet on the district web site, www.lakewoodcityschools. org, under the Student Registration page, or pick up a packet at the Board of Education, 1470 Warren Road, in the Student Services Department on the second floor.

For more information, contact Cher at 216-529-4214.

Class Of 2014 After Prom Fundraiser Set

by Christine Gordillo

The Class of 2014 After Prom Committee will be holding a fundraiser at Angelo's Pizza on Thursday, February 20, 2014. All day long, Angelo's will contribute 20% of the bill to the committee for anyone who mentions the After Prom Committee when ordering, whether it be dine-in or carry-out.

The committee is comprised of dedicated parents of seniors who orga-

nize the annual tradition of the After Prom event, which includes entertainment, music and plenty of food for the promgoers. The money raised from Angelo's and other fundraisers go directly toward providing this special event for our seniors and their dates.

Please mark your calendars for a night off from cooking and help out the Class of 2014!

with a full or partial perm.

Carabel Beauty Salon & Store



Love your hair texture with a little help from us.

Dense curl by the scalp difficult to shampoo and style?

Let us relax your hair for a more manageable curl.

Straight, thin hair?

We'll add some curl for volume

15309 Madison Avenue • 216.226.8616



Lakewood Schools

LCA Student Wins Two Scholastic Gold Key Awards

Mike Hudock

It is an accomplishment for a student to win one Gold Key Award at the prestigious Scholastic Arts & Writing Competition. This year, eighth grade student, Emma Becker won two, as she took home the top prize for her poems, "Jay Blue" and "Beautiful."

The competition, which was open

to students in grades 7 to 12, was held at the Cleveland Institute of Art. Close to 1700 entries were submitted, with a mere 33 pieces being awarded The Gold Key for writing. Of those who won the top prize, eighteen were high school seniors; Emma was the only middle school student to win the Gold Key distinction.

Emma's mother, Joanne Becker, credits LCA for her daughter's love of writing. "She's always been a good writer. But it was Mrs. Eileen McGuire's Creative Writing class that really inspired her."

Both of Emma's poems, along with the work of all Gold Key Award winners, have been entered into the national competition which will take place in New York City. Results of that contest will be announced in March.

from getting into or causing trouble; it allows teens to learn firsthand about the workplace and to develop skills and experience; it often helps teens explore careers and identify personal career goals; and it provides opportunities for mentoring and future employment.

Y.O.U. Summer Youth Employment Program Registration Now Open

by Emily Bacha

Youth Opportunities Unlimited (Y.O.U.) opened registration for its 2014 Summer Youth Employment Program at 9 a.m. on Monday, February 3, 2014. The program matches teenagers from Cuyahoga County, ages 14-18, to meaningful summer work experiences in the public, nonprofit, and for-profit sectors.

Y.O.U. manages the largest array of employment programs for youth in Cuyahoga County, including part-time and summer jobs and internship experiences in the public, nonprofit, and for-profit sectors. Y.O.U.'s Summer

Youth Employment Program provides youth with a meaningful summer work experience, a connection to caring adults, and the skills necessary for lifelong earning. Y.O.U matches anywhere from 700 to 3,500 youth to summer employment opportunities depending on the amount of funding available to us through foundation, city, county, state and federal dollars.

Youth wishing to participate in the 2014 Summer Youth Employment Program must register online at www. youthopportunities.org. Registration closes at 5 p.m. on Friday, April 4, 2014. In 2013, over 12,000 youth registered to work through our online registration process; Y.O.U. employed 3,189 teens who earned \$3.25 million in wages.

Employers wishing to work with teen in the 2014 Summer Youth Employment Program must also register online at www.youthopportunities. org. Registration closes at 5 p.m. on Friday, April 15, 2014.

Summer employment means so much more than a paycheck for the youth in our programs: employment provides teens with a safe constructive summer experience; it deters them

Westshore Young Leaders Ring In The New Year At Serpentini Arena

by Noreen Kyle

The Westshore Young Leaders along with Lakewood High School celebrated at a Pre-New Year's Skate Bash on Sunday, December 29, 2013. The skating event is becoming a winter break tradition of our leadership program. This year's theme involved celebrating a safe drug and alcohol free Pre-New Year's Eve. Our Lakewood Young Leaders came out in full fashion furnishing students with party hats, beads, noise makers and prizes for the "Most Glamorous Outfits." A highlight of the evening was the delicious cake that everyone was able to enjoy!

The Westshore Young Leaders organization is open to ALL middle school and high school students in Bay Village, Rocky River, Lakewood, Fairview Park, North Olmsted and Westlake. Our teens meet once monthly in the evening at the Bay Village Police Department. Meetings consist of leadership training, team building activities, event planning, food and lots of fun!

Our signature event is the Annual High School Lock-In that is held at Westlake Recreation Center. The lockin will be on Friday, February 28, 2014 from 9 p.m. - 3 a.m. Cost for preadmission is \$10.00 which includes open access to recreation center, food, music and movies. For registration information please contact Noreen Kyle, School Prevention Specialist at (440)250-9916.

LCA Preview Night February 25

by Mike Hudock

Lakewood Catholic Academy is offering a special opportunity for parents of current and prospective students to learn about LCA's Reggio Emilia inspired preschool program. Participants are invited to a "Preschool Preview Night" on Tuesday, February 25 beginning at 6:30 p.m.

The hour-long information session begins with self-guided tours of the preschool classrooms followed by a presentation by LCA's Dean of Academics, Maureen Arbeznik. Mrs. Arbeznik will present an overview of the Reggio Emilia philosophy of early childhood education and how LCA incorporates the philosophy into the preschool program at LCA. Participants will then attend sessions presented by members of the preschool faculty.

"All of our preschool teachers will be on hand to answer any questions that parents might have about our school and our curriculum," notes preschool faculty member, Mary Fried. "We'll also talk about our Reg-

gio Emilia teaching approach, which allows each student to be guided his or her own interests and ambitions."

Please note that this event is for parents only. Please RSVP to Paul Nickels, Director of Enrollment at pnickels@lakewoodcatholicacademy. com.

Rotary Accepting Scholarship Applications

by Lynn Donaldson

The Lakewood/Rocky River Rotary Foundation is offering grants for study in any accredited post-high school educational institution. Three grants of \$2,500 and one grant of \$1,000 will be awarded toward the cost of one year's tuition.

Applicants must be a member of the 2014 graduating class of any accredited high school and be a resident of Lakewood or Rocky River; have an academic rank in the top one-third of his/her high school class; have applied to a specific college, university, community or junior college, or trade or professional school; and have no direct relationship to a Rotarian or Honorary Rotarian.

Applications must be received by 3 p.m. Monday, March 17. The awards will be presented on June 9.

Required information must be submitted on the application form that can be downloaded or completed online at http://www.lakewoodrock-yriverrotary.org.

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





Lakewood Is Art @2004

Stress Relief Comes To Cleveland Blues Icon Mr. Stress

Colin Dussault

Bill Miller or Mr. Stress as he has come to be known to blues lovers around Cleveland has been a legend among blues music fans since he began playing harmonica back in the mid 1960s. Since then he and his bandmates have shared the stage with the likes of Cream, Three Dog Night, The MC5 and Golden Earring. Stress and company have worked at the fabled Grande Ballroom in Detroit, Michigan and have also held long term residencies at the Brick Cottage and the Euclid Tavern. They have also worked every two-bit dive in between.

The Mr. Stress Blues Band was one of the first, finest and longest running blues bands to work in and around Cleveland in a style patterned closely after that of the Paul Butterfield Blues Band. Miller recalls "being moved to tears after hearing Paul Butterfield play harmonica on that first Butterfield Elektra Records LP release back in '66."

In the 4 decades since that lifechanging auditory event, Mr. Stress has earned a place in the Cleveland Blues Hall of Fame and in the hearts of music lovers across this great city.

When the word went out that Mr. Stress needed help, a Who's Who of Cleveland Musicians answered the call. Within a few days I had received over 50 songs for a proposed CD I was planning from Cleveland's top working bands (past and present). Additionally I began to receive copious checks and cash donations earmarked for Mr. Stress.

What began in earnest as a single "Benefit" CD titled "Stress Relief" instantly morphed into a 4-disc collossus comprised of music from such luminaries and friends as Michael Stanley, Alex Bevan, Robert Lockwood Jr., Wallace Coleman, Blue Lunch, Becky Boyd, Kristine Jackson, Hillbilly Idol, Alan Leatherwood, Austin "Walkin" Cane, Armstrong Bearcat, Becky Boyd, Billy Sullivan, Rich Spina--the list goes on and on. Over 58 artists donated songs. Additionally the 4 disc compilation boasts several rare and previously unreleased classics from Bands like the Blackwelles from 1966, Richie Green and former Tiffany Shade/Mink DeVille keyboardist Robert Leonard. Several unheard Mr. Stress acetates also make their first appearance in public as well. The 4 discs are housed in a DVD style case and is augmented by a 20-page full color booklet featuring never-before-seen photos from Mr. Stress' personal archives dating back to the early '60s as well as song credits, liner notes and a brief history of the Mr. Stress Blues Band. This limited edition collection will prove to be a wonderful addition to the library of collectors and music fans alike.

So how did this "Stress Relief" Project begin? In November 2013 Mr. Stress was residing in an apartment in Lakewood, Ohio on Madison Avenue. At some point in November the 73year-old was handed an eviction letter. As Stress puts it "those bastards didn't even have the decency to read it to me." Stress is legally blind as a result of macular degeneration and has very limited eyesight. He needs extra large type and text in order to be able to read anything and has several expensive machines in his apartment to assist him in these endeavors. "They just handed me a piece of paper and walked away."

As the eviction date approached Stress, along with longtime friend Joe Dwyer began the monumental task of packing the apartment in preparation for the move. Then, on Thursday, December 12, 2013 the unthinkable happened. Mr. Stress suffered a minor stroke. The fact that he was Skyping with some friends from across the country at the time of his stroke quite literally saved his life. During the Skyping session his friends noticed that Bill was not communicating as lucidly as he had been. They called 911. That long distance assessment and phone call saved Mr. Stress' life!

The paramedics and police gained access to the apartment and rushed Mr. Stress to Lakewood Hospital where he was treated for a minor stroke.

On Monday, December 16, I received a phone call from Jeff Beam, a mutual friend of Mr. Stress and I, informing me of Mr. Stress' situation. I went to visit the harp legend but was unprepared for what came next. As I stood in the hospital room with my daughter Sophia by my side I listened as Stress' ordeal was laid out for me.

He was being evicted. While he was recovering in the hospital the apartment management was threatening to place all of his worldly possessions out on the curb. The moving company that was hired to move Mr. Stress via a government contract with social services showed up on Monday, December 16 but refused to move anything due to the sheer volume of belongings, the fact that it was not completely packed and there was nowhere to move the items to. It seems the new apartment on the east side of Cleveland where Stress had hoped to move would not allow him to even apply for a lease until the evicting apartment in Lakewood signed off on his being moved. In a cruel and malicious act the evicting apartment refused to acknowledge that Mr. Stress was moved out (even after we moved him out!) To complicate things even more, the new apartment required copies of Stress' birth certificate, Social Security card and state ID to simply start the lease application process. None of these documents could be located and were presumed lost.

At that point I stopped everything. I obtained Mr. Stress' social worker/case managers name and phone number from Jeff Beam. I then called her cell phone from the hospital room. I told her my name is Colin Dussault. I am friend of Bill Miller's. My family also owns Dussault Moving & Storage Inc. I said we will move Mr. Stress the next day on Tuesday morning free of charge. We will also store his belongings free of charge for however long we are required to so as a favor for our friend. The first thing we need to do is to get his belongings safe and secure and out of harm's way. Once that has been accomplished we can address the myriad other issues facing our poor and vulnerable friend.

I then telephoned the evicting apartment and spoke to the manager and very politely explained that we would be there the next morning to move Mr. Stress.

On Tuesday, December 17 I once again called the evicting apartment's manager to let her know we were on our way with a truck and crew of 6 movers and would be there by 9am. To my astonishment the manager said, "I don't like the way you are forcing things and moving so quickly and rushing through all of this." She said "you are not allowed in this building." I told her "Ma'am you have been trying to evict this gentleman for the past month. It is quite plausible that your treatment of him caused him to have a stroke and now you are going to prevent us from moving him and getting him out of your life? He has granted us full authority to move him. His Social Worker is with us and will vouch for this and quite honestly at this point you have two choices. You can either buzz the buzzer to let the movers in or you can call 911. Your days of abusing and mistreating our friend are over. His belongings WILL be removed from your building and placed on our truck within the next several hours and you will no longer be permitted to harass and intimidate our friend!" Needless to say we got in and successfully packed and moved Mr.

While we were doing all of this Bill's condition improved exponentially. So much so that on Wednesday, Deceme-

ber 18 he was transferred to Crestmont North Nursing facility in Lakewood for observation and treatment. The wonderful staff at Crestmont took great care of Bill. As he recovered Jeff Beam and I set about getting Bill new copies of his birth certificate, Social Security card and state ID. All the while his condition and disposition continued to improve. I took him to the Belle Avenue Barber Shop and got him an "old time shave." Bill then asked to go to Drug Mart to purchase some cologne. "Lagerfeld," he said. "Only the best for this old face!"

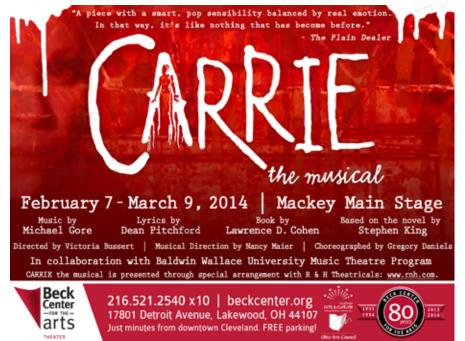
Over the Christmas holiday Jeff Beam and I along with my 6-year-old daughter Sophia visited Bill two and three times a day. We took him to my family's Christmas party at Grandma Dussault's apartment in Lakewood. Bill also received many other friends who came by to check on the legendary harp player. Friends like Harp legend Wallace Coleman, Indians Drummer Johh J. Adams, former Tree Stumps guitarist Kendall Stauffer and original Stress bandmate dating back to the earliest days of the band-pianist Mike Sands were among the many visitors who stopped by to check up on Mr. Stress while he recuperated at Crestmont.

On New Years' Eve I drove my band van to Crestmont North and we picked Mr. Stress up. We took him with us to our gig in Akron at the family-friendly First Night Akron event we have worked every New Year's Eve for the past 16 years. I felt it was my duty to bring Mr. Stress with me. After all, New Year's Eve is also Bill Miller's birthday and it broke my heart to think of an old soldier sitting alone in a nursing home on New Year's Eve AND his birthday. Besides, a musician's place is on the stage. I knew he would enjoy hanging out with the band. Driving to the gig and joining in the banter, chatter and ball-busting that takes place in a band van did him some good. He didn't miss a beat! I knew he would enjoy being around music and musicians even if he couldn't play. Imagine the joy I felt when, after introducing Mr. Stress to the crowd and paying my respects to him and all he has accomplished, he joined us onstage, played harmonica and sang a tune with us. That was as special a song as any I have ever played over the course of my 25-year-career as a band leader and professional musician!

By January 10 we had successfully acquired not one, but two copies of Bill's birth certificate and the new apartment was STILL trying to dissuade us from getting Bill his new apartment! We got a new copy of his Social Security card and we got him a new state ID from the license bureau. Finally Bill Miller signed the lease to his new apartment at Musicians Towers in Cleveland Heights.

We moved Mr. Stress into his new apartment on January 14. I then spent 2 weeks fighting with AT&T and U-Verse attempting to move forward with the seemingly simple task of setting up a landline telephone and internet service.

continued on next page



Lakewood Cares

Rotary Delivers Dictionaries To 769 Third Grade Students

Lynn Donaldson

Once again this year, the Rotary Club of Lakewood and Rocky River purchased dictionaries for all 769 third grade students in Lakewood and Rocky River.

Club members take the dictionaries into the classrooms and deliver them personally to each student. They then spend time talking to the students about how Rotary is active in their communities and internationally. Members distributing the dictionaries to the students were: Jon Clark, Marjorie Corrigan, Matt Daugherty, Lynn Donaldson, Jon Fancher, George Frank, Dick Garrett, Chuck Gustafson, Jim Harris, Todd Lessig, Jean Rounds, and Michael Shoaf. Jay Rounds was the project chairperson.

Schools receiving dictionaries were: Rocky River – Kensington Intermediate, Ruffing Montessori, and St. Christopher; Lakewood – Emerson,



Past president Lynn Donaldson tells third grade students at Roosevelt School in Lakewood about Rotary and the dictionaries they are about to receive.

Grant, Harrison, Hayes, Horace Mann, Lakewood Catholic Academy, Lincoln, and Roosevelt.

The first page of each dictionary

is stamped with the club's name and a copy of the Four-Way Test of Rotary.

Since 2005, the club has given dictionaries to 8,032 students. The dictionaries are published by The Dictionary Project. A nonprofit organization, its goal is to assist all students to become good writers, active readers and creative thinkers by providing them with a gift of their own personal dictionary.

Students and teachers alike are very appreciative of the gift, and each year the club receives hundreds of letters and thank-you cards written by the students. The letters mention the students' favorite section of the dictionary and how they have begun to use the dictionary in their classrooms.

One student said that she could not wait for her dictionary as her brother received one the year before. Another student wrote, "Thank you for the dictionary. I absolutely love the planet part." A third student stated, "The thing I like best is it helps me with my writing."

The dictionary features over 32,000 words with simple, child-friendly definitions, plus pronunciation and parts of speech, and includes additional information about punctuation, the nine parts of speech, weights and measures, Roman numerals, and a map of the United States.

Over 150 pages of supplemental information in the back feature the Constitution of the U.S., the Declaration of Independence, brief biographies of all U. S. presidents, world maps, information about all 50 states, countries of the world, and the planets in our solar system. It ends with the longest word in the English language.

Stress Relief Comes To Cleveland Blues Icon Mr. Stress continued from previous page significant and limited edition assem

Dealing with AT&T made working with the Government/Social Security/Dept. of Vital Statistics seem like a walk in the park! What a colossal and monumental waste of time and energy. In my opin-

ion they are one of the absolute worst and most feckless companies I have ever encountered.

By January 20 Mr. Stress was all set up and comfortable in his new home. Through the generosity of friends and fans he was given a vacuum cleaner, coffee maker and new bedding. Dussault Moving donated two old desks for his apartment and many friends have continued to check up on him, shop for him and make sure he is doing OK.

The 4-CD compilation "STRESS RELIEF" will officially be available on February 20, 2014. Pre-sale orders have already topped 158 with people eager to reserve their copies of this historically

significant and limited edition assemblage of Cleveland bands. Orders can be placed by visiting: www.mrstress. net or www.colindussault.com. The collection will also be available at all live appearances by Colin Dussault's Blues Project Band until they sell out. Information on those live dates can also be obtained at: www.colindussault.com

The diverse collection of music and musicians who contributed music to the "Stress Relief" project is an amazing testament to the lasting and powerful influence that Mr. Stress has brought to this city through his harmonica playing and singing. It is also another shining example of how Cleveland artists and musicians band together to help their brothers and sisters in times of need.

All profits from the sale of this CD will go to help us help Mr. Stress.









Wellness Watch

Lakewood Strikers Boys U9 Capture 3rd Tournament Title This Season - Win Force Cup Premier Crown

by Tom Fraser

A prodigious group of skilled eight and nine year old Lakewood soccer players won the premier division of the Force Cup in Rocky River on January 19, securing the side's third trophy of the season. The Lakewood Strikers posted a 3-0-1 record in the competition, netting wins over Solon Soccer Club (8-0), Cleveland Futbol Club (8-1), and a Westside All-star team (4-0). In the deciding match, Lakewood held east-side club power AC Premier to a 2-2 tie, which was enough for the boys to bring home the hardware.

The Force Cup crown is the latest accomplishment for the Strikers in the 2013-14 youth soccer season. This past August, the boys won the North Ridgeville Corn Fest Kick-Off tournament upper division by beating arch-rival Fairview 3-0 in the final, after gaining pool play wins over Fairview (2-1), Amherst (11-0) and Cleveland Futbol Club (7-2), a well-regarded local premier soccer team.

In October, the U9 boys wrapped its league season in the highest flight of community soccer with a solid 4-2-2 record in the American Amateur Soccer League's A Flight. The Strikers competed weekly against the top community teams from across Northern Ohio.

At the end of the league season, the Strikers vied against 15 teams throughout the state to claim the inaugural Ohio Travel Cup in Lodi, Ohio. Battling through cold rain and wind on Saturday, Lakewood emerged first in its pool with impressive wins over West Virginia Select (Parkersburg-Marietta) and Solon Soccer Club. The championship match on October 20 pitted the Strikers against a dominant, highscoring Hudson Explorer U9 team which was unbeaten 28 times in their two years of competition and had outscored its previous eight opponents by a combined 46-7 margin.

Hudson proved a formidable foe, three times muscling its way to a one goal advantage in the first 20 minutes. Lakewood steadied itself against Hudson's might, answering each score with one of its own and finally drawing level at 3 just before half. The Strikers dictated the match's tempo in the second half, relying on possession-oriented, probing play complemented by rugged defending and vise-like control of the midfield. For the final forty minutes, Lakewood stunted Hudson's advances and contained the Explorers in their own end. With just four minutes left, Lakewood served from midfield a well-placed free kick to just above the penalty area which the boys converted into the tournament-winning goal,

4-3. Steady defending and unyielding goalkeeping repelled Hudson's desperate, last-minute rallies.

The Lakewood U9 Strikers participate through Lakewood Soccer Association's travel program. Many of the boys have played together since they were aged four and five in LSA's recreation program. The coaching staff acknowledges the meticulous preparation and fine training provided by LSA including the technical oversight of High School coach Atti Toth.

The Strikers finished the fall and winter campaigns with three trophies and a combined record of 18-4-5. Addi-

tionally, the Strikers played against older age group teams and fared well with a second-place showing in the U10 group at the Brunswick Invitational Tournament in November. The spring season kicks off in April. Team members are: Will Armsworthy, Ethan Brown, Will DeClerck, Gavin Fielder, TJ Fraser, Tommy Kilbane, Andy Shoaff, Braydn Szczepaniak, Ernie Vargo, and Lucas Waters. Coaches are Bill Fielder, Tom Fraser, and Kurt Shoaff.

Familes who wish to introduce their children to soccer recreationally can find out more at www.Lakewood-Soccer.com.

Think Spring At The LEAF Community Open House

by Margaret Brinich

Spring is coming, which means it's time for LEAF Community's annual Open House. On Sunday, March 9th from 4-6 p.m. come to the Main Library Multi-Purpose room to learn about LEAF educational programs, sign up for a Community Supported Agriculture program or Community Garden Plot, swap some seeds, and find out how you might like to volunteer with LEAF this upcoming year.

Community Supported Agriculture (CSA) Programs: Be healthy, be green and eat local! Consider signing up for a "share" in a CSA this season, which provides you with a weekly supply of seasonal produce each week. LEAF Community coordinates with several farms and programs that provide fresh, locally produced products each week at LEAF Community Farmers' Markets. The Open House will host several CSA programs that will be offered in Lakewood in 2014. Rep-

resentatives from the various programs will be available to answer questions and talk about their farm or program and register members.

Community Gardens

Community gardening allows you to know where your food is coming from, have the pick of the crop when your produce comes in, gets you outside and in LEAF's community gardens you are likely to make new friends, learn new gardening techniques and feel like a bigger part of the community at large!

LEAF coordinates community gardens at four of Lakewood's parks and at the Westerly. For a \$25 fee, Lakewood residents are welcome to "rent" a 10' x 10' organic garden plot for the season. Learn more about this opportunity from LEAF garden coordinators at the Open House.

Education

Curious about seed saving? Want continued on page 19



Connect to your inner bliss, creating a new atmosphere, bringing in your true abundance.

- Instill the frequency of wealth
 Overcome your persistent health problems
- Attract loving relationships
 Be guided by the pure source to attract abundance in all areas of life

Anti-Aging • Health & Wellbeing • Ideal Weight



To reach any of our facilities, call (440) 808-5500







Wellington place North Olmsted



Senior Living At Its Best!

13900 Detroit Avenue, Lakewood

(Campus is on NE corner of Bunts & Detroit)

(216) 228-7650

Lakewood Senior Health Campus is a 135-bed Skilled Nursing Facility, 54-suite Assisted Living and 60-suite Independent Living Continuum of Care Retirement Community.

Skilled Nursing Care & Rehabilitation

- Excellent short-term rehab
- Lakewood's only skilled unit with private rooms
- Compassionate, caring staff
- On-site dialysis

Assisted Living

- Newly renovated
- Deficiency-free
- Large, bright suites
- Robust activity schedule

Independent Living

- Full daily breakfast included
- Secured environment
- Daily monitoring by nursing staff





Business News

Lakewood Chamber Of Commerce, LPL To Co-Host Chief David Oliver, Brimfield Police Department

by Valerie Mechenbier

The Brimfield Police Department, serving a small Ohio township of 10,000 residents just south of Kent, has over 139,000 Facebook followers. Chief David Oliver connects with the BPD's "crazy cousins" from all 50 states and around the world with his folksy and feisty posts, using Facebook as a virtual tool in the department's community policing toolbox. In addition to alerting Brimfield residents about road conditions, traf-

fic issues, school closings, lost pets, and local criminal activity, Chief Oliver has attracted a huge internet following for his humorous posts, political opinions, and views on marijuana legalization, drunk driving, school shootings, and other larger societal issues.

The Lakewood Chamber of Commerce and Lakewood Public Library are pleased to host Chief David Oliver of the Brimfield Police Department on Wednesday, March 5 at 7 p.m. in the

Main Library Auditorium. Chief Oliver will discuss the Brimfield Police Department's unique approach to engaging the citizens of Brimfield and a worldwide audience over a virtual cup of coffee. Lakewood Chamber of Commerce board member Lisa Tomm of Hospice of the Western Reserve follows the Brimfield Police Department on Facebook, and looks forward to reading the Chief's posts each day. "Having worked for nearly twenty years at Hospice of the Western Reserve, this organization and its work have become part of who I am, and I am passionate about it," says Tomm. "I was drawn to the Brimfield Police Department's unique Facebook page because of Chief Oliver's passion for his work, for his officers, and the love he has for service and for his community."

Chief Oliver will also be signing his new book No Mopes Allowed: A Small Town Police Chief Rants and Babbles about Hugs and High Fives, Meth Busts, Internet Celebrity, and Other Adventures, a collection of the best of the chief's politically incorrect essays, delightfully

Upcoming Events

Friday, February 21st Lakewood Chamber of Commerce Breakfast Meeting

8th Annual Outstanding Work Ethic Awards Sponsored by Lakewood/Rocky River Sunrise Rotary.
RSVP: info@lakewoodchamber.org

7·30 a m

Brennan's Catering & Banquet Center 13000 Triskett Road

Wednesday, March 5th

Lakewood Chamber & Lakewood Public Library Co-host: Chief David Oliver, Brimfield Police Department

No RSVP required. Free & open to the public 7 p.m.

Main Library Auditorium

sarcastic letters to criminals, humorous crime reports, inspirational quotes, and more. A limited number of copies will be available for purchase at the event. David Oliver will donate all of his income from this book to the Chief Oliver Foundation, a not-for-profit organization that distributes funds to police department charitable programs and assists juvenile survivors of sexual assault.

This event is free and open to the public.

Member Spotlight:

Cindy Einhouse, Beck Center For The Arts

by Valerie Mechenbier

The Spotlight is on... Cindy Einhouse, Lakewood Chamber of Commerce's Board Chair and President & CEO of Beck Center for the Arts since May 2007. As a life-long Clevelander and Lakewood resident since 1980, Cindy is a fan of Greater Cleveland because of its active boating community, vibrant cycling community, and its wealth of arts and entertainment activities.

At the intersection of a couple of those things – cycling and the arts – is Bike for Beck and Beck Fest. Come to Beck Center on June 1st (and then just ride your bicycle to the Taste of Lakewood later that day) for its annual bicycle ride through the MetroParks to benefit arts education programming and free community celebration of the arts. We're celebrating 80 years of



Cindy Einhouse

Beck Center creating arts experiences! Check out www.BeckCenter.org for more information.

Lakewood Resident Accepted Fellow To LeadingAge Ohio Leadership Academy

by Nancy Freed

Michele Tarsitano-Amato, Director of Creative Arts Therapy at Kendal at Oberlin, was recently accepted into the LeadingAge Ohio Leadership Academy, an innovative collaborative program beginning in February and running through August. The program is designed to develop the next generation of leaders in the senior services profession.

The Leadership Academy class will attend four two-day sessions held in various locations throughout the state. Each two-day retreat will feature personal coaching, interactive site visits to host facilities and ongoing mentorship through assigned course work and online discussion forums. Stacy Ter-

Workshops/ Private Sessions

Change your frequency Change your life

Free Download of the Meditation Healing "Health & Wellness"

www.susan.selfhealingatlightspeed. com/program/ rell, Chief Health Officer of Kendal at Oberlin, is serving as a Coach and Lynne Giacobbe, Executive Director of Kendal at Home, serves as Lead Facilitator. The class will finish the program at the LeadingAge Ohio Annual Conference in Columbus in late August.

"This is a very unique opportunity for me to advance my skills in becoming a leader in the nonprofit senior services field," said Michele. "I look forward to working with some of the current leaders of our profession in Ohio and in working with my peers in the Academy to prepare to help lead our profession in the future."

Michele has a Bachelor of Fine Arts, Art Therapy degree from Ohio University and obtained her Master of Arts, Art Therapy degree from Ursuline College. She is a Board Certified Art Therapist and a Certified Dementia Practitioner. She serves on the Buckeye Art Therapy Association Board, as well as facilitating art therapy workshops and seminars. Michele was also one of the founders of LeadingAge Ohio's annual regional and state art and writing contests. Michele oversees the Creative Arts Therapy Program for Kendal's Stephens Care Center and

continued on page 16

Did You Know...

A national study by The Schapiro Group, an Atlanta-based market research firm, reveals that consumers who are told that a business is a member of the local chamber of commerce are 51% more likely to be highly aware of it, 57% more likely to think positively of its local reputation, AND 63% more likely to buy goods and services in the future from a company that is a member of the local chamber.



(216) 288-5074

lmarks@ffl.net

APPLY ONLINE: ffl.net/lmarks





*All loans subject to qualification under product underwriting quidelines

Opinion

"We The People" Day Forum Attracts Standing Room Only Crowd

by Trudy Hutchinson

A standing-room-only crowd of more than 60 people filled Mahall's Twenty Lanes on February 1 to celebrate "We The People" Day in Lakewood and to question prominent elected officials about money in politics. The public forum was sponsored by the Lakewood Move To Amend Committee and featured Congresswoman Marcy Kaptur, State Representative Nickie Antonio and At-Large Lakewood City Council Member Tom Bullock.

In her prepared remarks, Congresswoman Kaptur reflected on the shift of power from a democracy that serves the people to a plutocracy where those with the most money have the most influence. Congresswoman Kaptur described "a critical moment" for the United States when the American people are beginning to lose faith in public institutions because of the way politics is being conducted. She urged people to "take back our democracy." She said, "you are about saving this republic...I think it is that important!" Kaptur called on Ohioans to be smarter and more patriotic than other sections of the country by demanding campaign finance reform.

State Representative Nickie Anto-



We The People Day organizers and panelists, from left (bottom row) Bonnie Sikes, Trudy Hutchinson, Marcy Kaptur, Greg Coleridge, Nickie Antonio, Gayle Wellman (top) Glenn Campbell, Carl Wilhoyte, Katie Steinmuller, Tom Bullock

nio, who serves House District 13, called the discussion of money in politics, "thoughtful and troubling." She said that it is difficult to find democracy in the face of gerrymandered districts, anonymous money and voter suppression.

The panel of speakers was introduced by Greg Coleridge of the American Friends Service Committee who detailed the gradual encroachment into the democratic process by non-human entities who have gained never-intended personal liberties guaranteed to people by the US Constitution. Coleridge outlined the nationwide Move To Amend campaign that seeks a constitutional amendment that declares that:

A) Only human beings, not corporations, are legal persons with constitutional rights

B) Money is not equivalent to speech and therefore regulating political contributions and spending is not equivalent to limiting political speech.

The Lakewood Move To Amend campaign is a citizen initiative that calls on Lakewood City Council to pass an ordinance that supports the constitutional amendment. Lakewood City Council Member Tom Bullock observed that, "one of the most democratic (small "d") things that we can do is to initiate a petition to propose a law." Bullock told the group that he supports the Move to Amend campaign and its goal to reform the current campaign finance system that converts financial advantage into political influence.

Lakewood resident Jane Hall attended "We The People" Day and said that, although she did not feel there was enough time for questions from the audience, she was inspired by the speakers' remarks and thought their ideas could result in, "making the democracy do what it is intended to do."

Maureen Dostal said that she learned things at the forum, especially about how the current system does not reward the best and the brightest and how money in politics is hurting our democracy. Dostal compared the goal of the constitutional amendment to other social movements and observed that all such movements had seemed like a lofty goal. She urged people not to be apathetic.

Newly appointed City Council Member Sam O'Leary described the forum as an informative community conversation that gave citizens a comprehensive look at the issue.

All of these individuals agreed with Sam O'Leary that, "This is not a partisan issue. It affects all people in a profound way."

After the program, the group adjourned to enjoy a skyscraper cake, baked by the Root Cafe, that was frosted with the message "Let's Cut Corporations Down To Size."

A follow-up meeting for the Lakewood Move To Amend petition campaign will be held on Feburary 22 at 10:30 a.m. at Panera in Lakewood.



Congresswoman Marcy Kaptur, State Representative Nickie Antonio, Councilman Tom Bullock and Greg Coleridge speak at "We the People" Day forum.



It's Snow Joke!

by Ron Slezak

The City of Lakewood has always been a pedestrian friendly community. Lakewood residents have the ability to either walk or use public transportation to perform most of their daily activities. The city's infrastructure allows everyone from children to senior citizens to commute without the necessity of an automobile. The city takes great care to make sure that the roadways are cleared of snow and salted and clears the sidewalks of city owned properties. The problem is that many in the business community and other institutions do not seem to share this view of the importance of clearing their sidewalks for their customers and the general public.

customers and the general public.

As an example, a sizable percentage of the sidewalks along Detroit Avenue after the recent cold spells were neither

cleared of snow and ice nor salted. Some storefronts continued to have a dangerous layer of ice directly in front of their entrances. Many businesses pay to have their parking lots plowed but have no regard for the sidewalks that front their establishments. Are you are a more valuable customer if you arrive in an automobile than if you walk?

The solution to this problem is for the residents of Lakewood to take a stand on safety for pedestrians. If you visit a business establishment that has not made a reasonable effort to provide safe conditions, be sure to let them know that you will take your business elsewhere if the situation is not corrected. If you are a passerby, stop in and make them aware of the conditions and request action. Together we can make our city a safer place for everyone.

Opinion

Livable Lakewood's Postcard Campaign Well-Intended

But Ultimately Offensive

Dear Editor,

When I first read the article about Livable Lakewood's new postcard campaign in the February 5th issue of the Lakewood Observer, I thought it was a cute idea! I even picked up one of each of the three designs so I could send them to relatives who live out of state.

Once I got home and got a better look at the postcards, however, I was extremely disappointed. I continue to get more offended the more I think about the campaign. One of the three designs heralds Lakewood as, "Just far enough away from Cleveland to enjoy life!" That is a HORRIBLY UGLY and OFFENSIVE sentiment to use to advertise Lakewood.

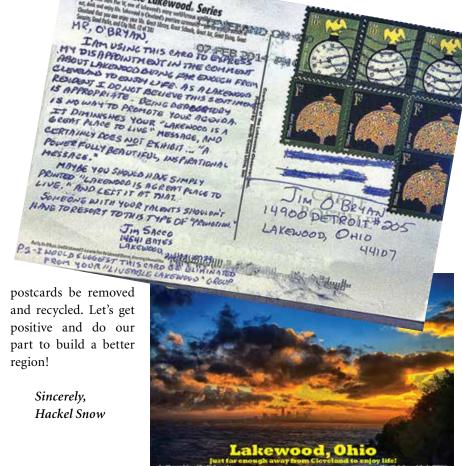
To be clear, that statement is offensive because it implies that if you live in Cleveland you cannot enjoy life. On the back of the postcard it repeats the statement and implies that Cleveland is dangerous. It also talks about the great library, art, etc...of Lakewood. I

don't remember Lakewood having a world class art museum, but I know the CLEVELAND Museum of Art located in Cleveland, Ohio is one!

Why use such a negative statement to advertise Lakewood? I am guessing it was probably intended to be funny, but it is not. Cleveland has enough haters without Liveable Lakewood piling on. Much of what makes Lakewood attractive is its nearness to Cleveland-think jobs, Edgewater Park, stadiums, cultural venues, restaurants, etc.

The statement feels even more offensive in light of United's recent decision to remove Cleveland as a hub city. The entire Greater Cleveland Metropolitan Area, of which Lakewood is part, will succeed or fail as one. It should, therefore, be in Livable Lakewood's best interest to promote and sing the praises of Cleveland, not put it down in a major advertising campaign.

I propose that the offensive, "Just far enough away from Cleveland..."



No matter how close you look, the distance between Lakewood and Cleveland is too small to see. So let's have fun with that and other facts that make Lakewood as special as we all know it is.

other two sides, water, Lake Erie and the Rocky River in the Emerald Canyon. I personally believe there is no city closer to Cleveland than Lakewood, with the possible exception of Bratenahl which is bordered on three sides by Cleveland. As one of the team put it, "We share molecules with Cleveland-

WE can enjoy everything Cleveland has to offer and more! WE LOVE LIVING AND BEING Lakewood, and

that is how close we are."

we like being just outside of Cleveland. Just far enough away to enjoy life. Right? WINK.

The next three cards have been chosen and are already headed to the printer. We are dedicated to amplifying some of the best aspects of this city, its people and events. Please understand, this project is based on fun, creativity, and looking forward, not negativity.

Like "Liveable Lakewood" on Facebook and pick up your cards today!

All Agree Great Work But Humor Is Misunderstood

by Jim O'Bryan

The Liveable Lakewood series of postcards are a product of looking at various ways to market Lakewood Ohio, to both the residents, and those outside. When we sat down and looked at what Lakewood could use, and what we need, and good ways to market Lakewood, some thought postcards would be good. Being a postcard collector myself, I knew that many things make postcards work, interesting images, fun, satire, and many of the classics, like names, exaggerations, events. The first three cards in this project represented exaggerations, nice images, satire and Lakewood spelled out in block letters. They are part of a series and numbered. We have already been contacted by some of the members of the National Postcard show, which

will be held later this year in North Olmsted about "Liveable Lakewood" being the featured cards.

Even though it is not our prime tourist season, our members and supporters got cards out to any locally owned business that requested them. Over 2,000 cards the first week, with another 2,000 the second week! An unqualified success!

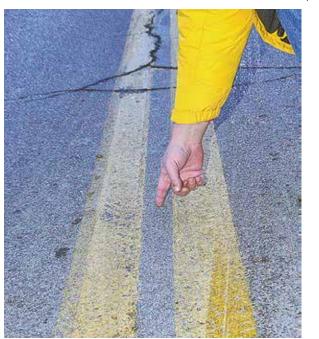
Then the cards and calls started to come in. "Hello, Lakewood Observer? I love the cards but found the message offensive!" "Hello, Lakewood Observer? These cards are great but can you be more positive?" "Hello Lakewood Observer? I moved backed to the area, and even though I grew up in Lakewood I wanted to move close to it, but not actually in it. That is why I chose Lakewood! Good schools, geat people, walkabable city, and lots to do. But don't you think that is pretty hard

on Cleveland?"

Every call I took or returned, only about 10 negative calls, all seemed to LOVE Lakewood, love Lakewood Schools and Lakewood Parks and businesses. And were equally glad that they had chosen Lakewood over the trendy neighborhoods of Cleveland, Gordon Square, Tremont, Waterloo Arts, etc.

It seems that people took this as an attack on Cleveland. Not that we were celebrating being Cleveland's neighor on two sides!

As any Lakewood native knows, we are bordered on two sides by Cleveland, and the



It has been explained that the distance between Lakewood and Cleveland in some areas, like this, is so close that it cannot be measured! The actual molecules of both communities are in a quantum dance with each other. As one scientist said, "The actual distance is smaller than 1/1000th the width of the finger pointing to it!"

LAKEWOOD KIWANIS FUND RAISER — Open to the Public —

SPAGHETTI DINNER

ALL YOU CAN EAT INCLUDES:

- SALAD
- SPAGHETTI & MEAT SAUCE
- · GARLIC BREADSTICKS
- · DESSERT
- · COFFEE, TEA, MILK



LAKEWOOD CATHOLIC ACADEMY

14808 LAKE AVENUE - WEST OF LAKEWOOD PARK PARKING AT REAR OF BUILDING & HANDICAP ACCESSIBLE

TICKETS: \$8.00 (Children 5 and Under FREE)

Benefiting: Lakewood Kiwanis Community Projects
Tickets available at the door and
from Lakewood Kiwanians

Pulse Of The City

by Gary Rice

Lakewood, A Half-Century Ago:

"One, Two, Three, FOUR!!!!"

February 9th, 1964. Just a few minutes after 8 p.m., Eastern Standard Time... Anyone living in America at that time would not need to be reminded of an event that happened on Sunday night television.

Seems that a British "guitar group" had arrived on our shores, and had a spot on The Ed Sullivan Show, a popular variety show reminiscent of America's vaudeville theater productions that were popular prior to the advent of movies and television. In that type of show, you might have singers, dancers, plate spinners, and animal acts, in addition to a few live musical acts on occasion.

From an entertainment perspective, however, you have to realize that of all the above, a musical act was traditionally boring to watch. Listen to? Yes, that was fine. But watch? In a live theater, musicians traditionally sat in a pit and provided music, sound effects, and little else. Once in a while you'd have a performer playing some unusual instrument onstage, like the musical saw or glass bottles. Or you might have exceptionally talented musicians play some kind of special effect, like a trick violin that they intentionally broke in the middle of their performance. But to put musicians onstage to simply play? Sadly for the musicians, they were, all too often, considered "yawners" by theater owners. Live theater artists and musicians had taken a real hit when the "talkies" (sound movies) came out in the late 1920's. With the advent of television, there came again the opportunity to perform in public.

Of course, there were musical pioneers in the televised world. Les Paul and Mary Ford, both highly talented musicians, even had their own TV show in the 1950's. So many big bands had declined after WWII, but Spike Jones came along with an exciting band that combined comedy with musical excellence. Then there was Bill Haley and the Comets, along with that hip-shakin' Elvis and his guitar. The latter two examples notwithstanding, the seismic shake up that was Rock and Roll had sort of calmed down after its original early 1950's explosion. Elvis had gone into the service, while Buddy Holly, Richie Valens, and the Big Bopper had perished in a tragic plane crash. There was also a strong reaction against the Rock and Roll culture by churches, parents, and community leaders. Indeed, America was experiencing a more or less quiet and reflective time with music and life, possibly due to the tragic November, 1963 assassination of President John F. Kennedy in Dallas. More than a few people probably believed that Rock and Roll had run its course.

Over in England, however, the American rock beat had taken hold

big time, and young kids purchased guitars in record numbers. "Skiffle" bands were hot (as were guitar groups in general) and some young lads in Liverpool, England, soon started on a world-changing journey. When the boys hooked up with an astute business manager, they secured a recording contract, and before long they had taken over England. Looking to Buddy Holley's band, "The Crickets," they thought about insect names for their own band. Unlike other bands that used a "front man," they decided that their group would strictly be a team effort, using a band name alone without having a visible leader. In that manner, several lads from "The Quarrymen" became "The Silver Beetles" and, at some point, "The Beatles". With a combination of love songs, teen beat tunes, and great harmonies, this already successful British group packed their bags for America. Arriving in New York on February 7th to the cheers of their screaming fans, their first American televised appearance was on February 9th, 1964, on The

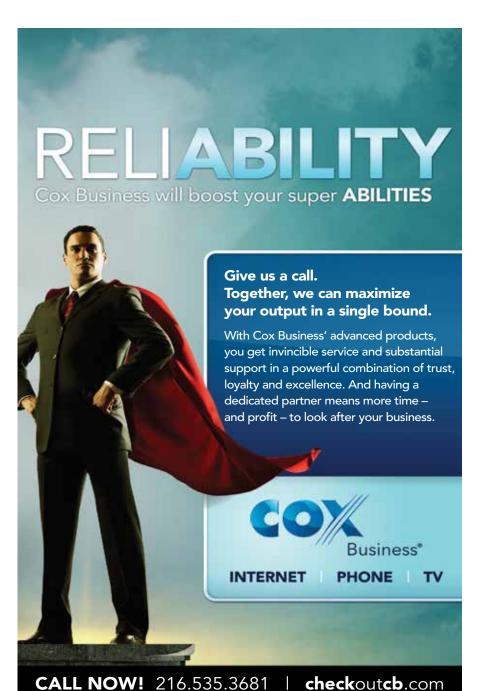
In those pre-internet days, kids had already heard that something big and exciting was about to happen. A few of us lucky ones had already either found a Beatle record, or had heard a Beatle song on the radio. My parents had already purchased my "Meet The Beatles" album for me in Bailey's department store in Lakewood, so it was on that Sunday night at 8 p.m. that we sat down after dinner in front of our TV set to see what all the fuss was about. Wasting no time, Ed Sullivan introduced the Beatles to a screaming audience, and Paul started singing "All My Loving"--filling the room, and America, with music. America would never be the same, and neither would I. I thought they were the coolest thing I'd ever seen! I was not alone either. Beatlemania, as it was called, affected my generation to an extent that I believe has yet to be fully measured.

Ed Sullivan Show.

Being a young drummer, I was pleased to see that Ringo was even playing the same brand drum as my own! I knew enough about drums to be able to play a beat along with him, and guess what? Neither he, nor I, have stopped playing ever since! The same was true for millions of other kids of my generation. Guitar and drum sales went through the roof after the Beatles arrived here, and the demand for guitars and drums is still high today. Overnight, musicians went from being an unlikely live stage act to being the main act, and that trend continues today.

Over time, I also learned how to play Paul's electric bass guitar, and George's and John's electric guitars too. (As "Guitar Guy Gary" to the Rock and Roll Hall of Fame, I later had the honor of handling some of those original instruments!) I was not alone in wanting to learn to play music. Lakewood was soon awash with young, longhaired garage bands, thrashing away on basic rock tunes. Our church basements, junior high schools, and high school gymnasiums quickly turned into live concert venues for Lakewood's many budding Beatle clones. Even City Hall got into the act, developing a teen drop-in center of its own. The late '50's folk music trend quickly morphed into "Folk-Rock," and before long Lakewood was about as music-friendly a place as could be found--at least until the drugs came along. After that started, local schools and churches became a lot more cautious about what sort of activities they sponsored, and it became harder for young bands to find a place to play.

Rock music changed too, along with the Beatles themselves. Rock became more complex, more introspective, more...(fill in your own term here). There are reasons for all of this that we need not go into now. The Beatles changed. We all did. Finally, around 1970, they went their separate ways. I suppose we kids did too. College, Vietnam, work, marriage, life, death...Each of those things affected young people in different ways. We also learned that we were not so very different from our parents, and yet? There are some from my generation who still dare to believe that maybe, just maybe, we helped to change a few things for the better with our music, a music that... for so many of us...started by watching a Sunday night TV show on that cold February evening here in Lakewood, 50 years ago.



Lakewood Resident Accepted Fellow To LeadingAge Ohio Leadership Academy

contined from page 13

programs with Oberlin College students and community volunteers.

Kendal Northern Ohio is the supporting entity for two nonprofit organizations, Kendal at Oberlin and Kendal at Home. Kendal at Oberlin is a campus-based continuing care retirement community and Kendal at Home is a unique model of continuing care without walls. Continued learning civic involvement, social relationships and excellence in health care are hallmarks of both programs.

Founded in 1937, LeadingAge Ohio is a not-for-profit association

representing approximately 400 notfor-profit senior service organizations located in more than 150 Ohio towns and cities, as well as those providing ancillary health care and housing services. Members are sponsored by religious, fraternal, labor, private and government organizations committed to providing quality services for their residents and for older persons in the community at large.

Michele lives in Lakewood with her husband Mike and two children. They are active in the Lakewood City Schools.

Lakewood Living

The Muther's Oats Rocked '60s Lakewood

February 7, 2014 marks the 50th anniversary of the Beatles arrival in America. British music and cultural influence would become a major force in America over the coming years.

The History Channel says, "The Beatles first American tour left a major imprint in the nation's cultural memory. With American youth poised to break away from the culturally rigid landscape of the 1950s, the Beatles, with their exuberant music and goodnatured rebellion, were the perfect catalyst for the shift."

In the meantime, Lakewood's Baby Boom generation enjoyed a heavy dose of its own home grown musical expression during the turbulent '60s. Dozens of Lakewood area venues offered local teenage musical groups like the James Gang, the Baskerville Hounds, the Choir, the Tiffany Shade, the Born Losers, the Blackweles, the Tree Stumps and others the place to express the thoughts and emotions of a generation of teenagers.

Among the area favorites were the Muther's Oats.

The Muther's Oats was composed of three Lakewood High students - Ed Senko, lead singer; Dave Darmour, piano; and Tony Miraglia, saxophone. Added to this mix were three west shore students - Jim Sekala, lead guitar; Dan Mahoney, drums; and Rik Melvin, bass.

According to the web site Buckeye Beat, the Muther's Oats competed in the 1966 Cleveland Press band contest and was named one of the region's top five bands. As a result of their strong showing, the group won an opportunity to perform as opening act for Paul Revere and the Raiders at Public Hall.

"Ten thousand people on a revolving stage, flash bulbs going off at a blinding rate. Who could ask for more? It was a childhood dream," recalled Muther's Oats lead singer Ed Senko.

Among the other rock legends the 'Oats shared a stage with were the Lovin' Spoonful, Bobby Goldsboro, Chad and Jeremy, the Union Gap, Moby Grape, the Shadows of Night and the Young Rascals.

"I should mention Glenn Schwartz as well, who was one of the best guitar players around, if not the best," said Senko.

A former Bunts Road resident, Senko recalls, "The most exciting was playing at Euclid Beach Ballroom with the Spoonful. John Sebastian (Lovin' Spoonful's lead singer) was my hero and to be able to play two shows on the same stage was a kid's dream come true. The Choir was on the same bill and I imagine they felt the same way. It was a magical show, the fans loved it and so did we."

"Another exciting venue was playing the Upbeat Show; that was the cat's meow," Senko continued. The Upbeat Show was produced locally at the studios of Channel 5, WEWS and featured performances from both local and national rock and roll acts.

by Tom George

"You have to realize that everybody watched the Upbeat Show; the excitement, the dancers who we got to know, having the OJs on the same show and meeting (host) Don Webster, it was great," said Senko.

Senko recalls the band's formation in 1965. "David and I were playing with a group called the Tiaras and Tony was playing with Jim and Dan. We were all between groups and decided to practice together and it clicked. I think we knew we had something special."

"We practiced at Rik's house, long and hard," said Senko.

The group played anywhere from three to four times per week. Among the venues included "all the CYOs" (St. Clement, St. James in Lakewood), Otto's Grotto, Euclid Beach, the Cell (located at Lakewood City Council Chambers Auditorium), the Lakewood YMCA, Public Hall, Hullabaloo, Cedar Point, Bay Way, high school dances, numerous country clubs and private parties, according to Senko.

The Muther's Oats music included an "eclectic" mix according to Senko. "We played anything from the Rolling Stones, the Byrds to Wilson Pickett, the Beach Boys and the Youngbloods," said Senko.

The era of the mid 1960s is known as the "Garage Band Era" according to Rock and Roll historians.

The term "garage band" or "garage rock" comes from the perception that many such performers were young and amateurish and often rehearsed in a family garage. Some bands were made up of middle-class teenagers from the suburbs, but some were from rural or urban areas, while others were composed of professional musicians in their twenties. During this early period of rock and roll, radio stations provided a venue for wider commercial exposure. And unlike today's radio stations, local radio disc jockeys (djs) had great leeway in which songs they played during their airtime.

Many of the regional garage band groups were able to land radio airplay and have their music broadcast to larger audiences. Among the more noted were the Choir, the Critters, and the McCoys, who recorded Buckeye theme song, "Hang on Sloopy."

Wikipedia says, "The style was characterized by lyrics and delivery that were more aggressive and unsophisticated than in commercial pop music. It began to evolve from regional scenes as early as 1958, heavily influenced by surf

INTERIOR EXTERIOR RESIDENTIAL COMMERCIAL

POMOK
PAINTWORKS
216.226.3056

rock. The "British Invasion" of 1964-66 greatly influenced garage bands, providing them with a national audience. Thousands of garage bands were extant in the USA and Canada; hundreds produced regional hits, and a handful had national chart hits. By 1968 the style largely disappeared from the national charts. It was also disappearing at the local level as amateur musicians faced college, work or the Draft."

According to Senko, in 1968 "... the group broke up basically because of college. When we started we were all in high school. But the year after (high school graduation) Jim, Rik and Dan were off to John Carroll and Case Western, I was going to Cleveland State and David was going to Kent and Tony to the Cleveland Institute of Art. As a result our practice time went down and other priorities went up."

"I was so lucky to grow up in such an opportunistic era for music. 48 years have come and gone and yet people still remember the Muther's Oats," reflects Senko. "They tell me they remember when I played at such and such, and I was dating this girl, and we had so much fun. Those stories warm your heart, knowing you were part of their good memories, through such a volatile time in politics and war."

Senko, now retired, was eventually drafted and served as a medic in the Vietnam War. Dave Darmour is a producer in Los Angeles, Jim Sekala is a bio-chemist in Colorado, Tony Miraglia is an art professor in New England, Dan Mahoney is a retired Lakewood resident, and Rik Melvin is now deceased.

Anna Hogan Broadbent, Elbur Avenue resident and noted area musician, recalls, "The Muther's Oats were so popular because they were handsome boys playing rock and roll music live and on stage at teenage dance venues. With the British invasion happening the Muther's Oats were supplying that music at a local level. Every Lakewood girl's dream! Eddie Senko has a great voice and the band had great harmonies."

"The best advice I can give to new musicians is to believe in your music, and your ability to play it. But also, do the work that it takes to be successful....the hard work, practice, practice, practice. Also be respectful of your competition. It goes a long way. Don't quit your day job, build up a following and get out and play."

To be continued:

Tom George can be reached at TJGeorge1369@msn.com or (440)734-8177.



Lakewood Living

Adventures In Homeownership:

Energy Audits, A Real Bang For Your Buck

by Allison Urbanek

This time of year, at my house, the favorite game to play is "find the draft." I don't know about you, but when I am sitting on my couch, there is always a small breeze on my neck and it drives me crazy! If you were a fly on the wall a few nights ago, you would have seen me in my pajamas, armed and dangerous with a caulk gun, trying to fill in any and all gaps around my windows, still to no avail, to stop that darn draft! I am ashamed to admit that I have not had an energy audit performed yet, but based on these last few weeks, it is now on the top of my list.

I have always been told that you MUST get an energy audit. But it has taken me a while to really understand why. I grasp the basic concept: the audit will help you determine where your home is experiencing energy loss. But it recently dawned on me that an audit is a great way to plan for future improvements. The audit allows homeowners to be more proactive instead of reactive. It provides a lot of behind-the-scenes information, allowing us to make (lo and behold) informed decisions! I cannot tell you how many times I talk to people and they say that they need new windows. I often ask, "Oh, why?" Their response is "My house is too drafty." They get their windows replaced and they are still cold

LEGAL PROBLEMS

Brion P. Stenger
Attorney at Law focusing in:
Criminal Law, Traffic/OVI Law
Business Law/Business Formation
Construction Law
Wills/Power of Attorney
Divorce/Dissolution,
Child Support/Custody
Contracts, Contract disputes
(216) 272-5097
stenger_lawoffices@yahoo.com

Brion Patrick Stenger Attorney at Law 14900 Detroit Avenue Suite 302 Lakewood, Ohio 44107 (216)272-5097 Telephone and the house is still drafty and they are unhappy with the amount of money they just spent. They would have benefited from the infrared scan of the walls and blower door test that is done with the energy audit; it would have been able to give them a sense of where they were actually losing heat. So back to my neck draft: I would really like to sit and watch TV without this breeze, so I have decided to move forward with the energy audit in hopes that I won't have to wear a scarf on the couch.

That said, I have begun to research. I hope to insulate my first floor (the other two have already been insulated), but I want to get the audit completed first so I can tell what is really going on behind the drywall. I have been poking around on energy.gov, and let me tell you, it is not for the faint of heart. According to the website, the average home has enough air leakage to add up to a two foot square hole! It is like throwing money out of the window. Take a moment and let that sink in.

So with that image fresh in your brain, the first thing that you need to do is call and sign up for an energy audit. An audit normally costs between \$250 and \$400. Dominion East Ohio Gas has partnered with GoodCents to offer \$50 energy audits, and has generously offered to donate \$25 of each audit to LakewoodAlive if you just mention our name when you schedule your appointment. You can call GoodCents at 1 (877) 287-3416 or visit them at deohpwes.com for more information and to schedule your appointment.

The energy audit lasts about four hours and you will be provided a computer-generated readout, as well as numerous suggestions on how you can improve your efficiency. I encourage you to attend our lecture on March 15, titled "Knowing Your Home: Everything You Need to Know About Energy Audits." We will have certified energy auditors sharing information and answering questions about what happens during an audit, or, if you have already had one, what to do next. The location of the lecture will be announced shortly.

LakewoodAlive is kicking off their 2014 Educational Series, titled "Knowing Your Home," on Feb. 20 at 7 p.m. at Jammy Buggars, with an event called "Knowing Your Home: Advantages of Owning an Older House." Fred Cortright, a Sustainability Consultant, will be sharing his knowledge about historic building practices and ways to use them to your advantage. Please feel free to call our offices at (216) 521-0655, visit our website, lakewoodalive.com or follow us on Facebook and Twitter (@LakewoodAlive) for more information regarding this event or other programming.

I am interested in hearing about your audit experience. I encourage you to give me a call at the office (216) 521-0655 or send me an email (aurbanek@lakewoodalive.com) so that we can share our experiences and next steps.

Allison Urbanek is the Housing Outreach Director for LakewoodAlive. Allison is a housing advocate and enjoys working with homeowners to help make homeownership easier. She and her husband live in Lakewood and love being a part of the Lakewood community.



LakewoodAlive Announces 2014 Educational Lecture & Hands-On Series

by Allison Urbanek

LakewoodAlive will kick off the 2014 educational series on Thursday, February 20, 2014 at 7 p.m. at Jammy Buggars Restaurant and Pub, 15625 Detroit Avenue. "Knowing Your Home" is a series focused on best sustainability and home maintenance practices empowering homeowners to tackle necessary repairs and improvements

The first of a series of 11 lectures and workshops, "Knowing Your Home: The Advantages of Owning a Historic House" will focus on historic building practices, ways to use them to a homeowner's advantage as well as sustaining historic homes for another 100 years. The series will continue in March with two workshops. The first, held March 15 will be "Knowing Your Home: Everything You Need to Know about Energy Audits" where local certified energy auditors will be on hand to discuss the audit process. This will

also be a good opportunity for those who have had an audit to figure out next steps. The second workshop, held March 20, will be "Knowing Your Home: Insulation Materials and Techniques." For up-to-date information, including locations, regarding the "Knowing Your Home" series, interested participants are encouraged to follow LakewoodAlive on Facebook and Twitter, visit lakewoodalive.com or call 216-521-0655.

This educational series has been generously supported by Charter One Bank, Cox Communications, Dominion Foundation, First Federal of Lakewood, The City of Lakewood and The Cleveland Foundation. In lieu of charging for these events, LakewoodAlive is asking for participants to either consider making a donation to LakewoodAlive or bringing cans of food or non-perishable items to each workshop for the Lakewood Community Services Center.

ARI

216 376 2404 HIRE LOCAL AND SAVE

hriroofing.com

Complete Roof Restoration (All Types)

Slate
Tile
Shingle
Flat
Attic Insulation
All Exterior Repairs

Attic Insulation
All Exterior Repairs
Gutter Cleaning
Gutter Guard

Gutter Replace

Lakewood based company that has a track record of offering affordable roof solutions for large Lakewood roof projects. HRI has replaced more roofs in Lakewood in the past three years than any other company. Offering best combination of quality of work and fair market pricing. Success in the simple concept of hiring the guys who do the work themselves (NO SUBCONTRACTING). All roof replacements come standard with 15 year Warranty on workmanship. List of over 100 Lakewood References upon request.

Licensed Bonded Insured

North Coast Health Ministry Is Now "North Coast Health"

continued from page 1

has changed, its mission of providing charitable care to the low-income medically underserved in Greater Cleveland has not. While historically the agency was a free clinic that provided free care to the uninsured only, North Coast Health now provides care to the uninsured, "under-insured" and individuals covered by Medicare and Medicaid and other insurance programs.

The consumer research that informed the organization's name change was funded by a grant from the Saint Luke's Foundation.

About North Coast Health

North Coast Health is a faith-based charitable clinic that provides and optimizes access to health care for the medically underserved. A vital part of Greater Cleveland's health care safety net for the past 28 years, North Coast Health provides primary care, prescription assistance, specialty referrals and health education to individuals and families in need. With the support of over 150 volunteer physicians, nurses and other caregivers, NCHM is a patient-centered medical home that provides preventive care and chronic disease management as well as care for acute illnesses and injuries.

Lakewood Living

Why Are You Buying A Home??????

by Eric Lowrey

Why Are You Buying a Home?
Seems like a fair question. Why...
Are...You...Buying...A...Home???????
Well why are you?

I can tell you the reason my wife and I first purchased a home. We had a one-hour commute leaving our apartment at 6 a.m. and getting home at 8 p.m., if we were lucky, and trying to have a real life. We were exhausted and as a result we bought the first house we looked at. It was ten blocks from my job and a ten minute commute for my wife. It was cheaper than we were expecting to have to pay and it had a bedroom. What more did we want? So we offered full price and bought our first home.

So why are you buying a home?

We all seem to be pretty good at what we want to buy. Three bed, two bath, attached two car garage (in Lakewood no less), a basement that can be converted to a family room, and a walk in master closet (in Lakewood again). The 'what' comes with a little practice and gets honed as we search. Pretty soon the long list is winnowed down to the essentials. No more master closet but now a closet. An attached garage is replaced by a garage that isn't leaning too much, Master anything is a plus, and so on and so on until you really know what you want. You will know it when you see it. And if you are able, you will buy this home. YOUR HOME!

A good, experienced Realtor can help you with the What. A good Realtor can make the What an enjoyable experience. They know what to expect. A Realtor can guide you through the process so that you are able to focus on the What. It might even be fun for goodness sake. Your Realtor will help you prepare for this VERY LARGE PUR-CHASE, (I mean did you ever grow up expecting to spend \$150,000 and up on anything?) and make it manageable and understandable. A good Realtor is someone you can rely upon to give you honest and useable information. After all, by LAW, a Realtor has a Fiduciary duty towards their clients. This means they are bound, BY LAW, to work for your best interests. Pretty cool huh?

So Why do you want to buy a house???????

This is the hardest question to answer. No disinterested party can really help you with this question. You gotta figure that out. After all, this is most likely THE LARGEST PUR-CHASE YOU WILL EVER MAKE. But you have to answer this. If you really have no clear answer, if you are just doing this because, or this is what you are supposed to do at this point of your life, or (Lucky You) someone is kind enough to help you with the purchase and you feel obligated, maybe you, and here I may be committing Realtor Heresy, maybe you shouldn't be buying a home.

There I said it.

So if you think you know why you want to buy a home, or at the very least you think you have inkling, then you can start working on the What. So talk to a Realtor. Better yet talk to two or three. Find out who you are comfortable with. Find out why they are the right Realtor for you. Keep them on their toes. If you do this, then you may really find the Why and the What and make that your home.

A good way to start the search for the Why and the What is coming Thursday February 27 at Jammy Buggars in Lakewood. Starting at 6:30 p.m. there will be a Home Buyers Seminar with Realtors, title company representatives, and an honest to goodness lending agent to help you answer your questions, A swell time is guaranteed for all.

Home Improvement Businesses Wanted

by Melissa Page

The 6th annual Lakewood Old House Fair will be Saturday, May 3, 10 a.m. to 3 p.m. at Harding Middle School. It serves as a home-improvement informational one-stop shop geared to Lakewood residents and older housing.

Are you a home improvement or home-related business? Do do you know one you can refer? Local businesses wanted! Exhibitors must pledge to support and educate residents on goods and services that respect the integrity and maintain the quality of Lakewood's older housing. Most of the exhibitors are Lakewood businesses and/or Lakewood residents themselves. Therefore, they not only have professional experience with older homes, but also share an interest in maintain-

ing the quality of our neighborhoods.

This event not only caters to Lakewood residents and housing, but also meets the needs of the average small and independent business. Most of our exhibitors return every year because they see the benefits to their business and to our community. We continue to want to offer more home improvement resources and options to our residents. Booth spaces start at just \$50 and require about six hours of your time the day of the event. What do you have to lose? Just look into it and see if this event is a good fit for your business too. For more exhibitor information visit Lakewood Hardware at 16608 Madison Ave., or call them at

Stay plugged into The Lakewood Observer for upcoming event details.

Think Spring At The LEAF Community Open House

continued from page 12

to learn about how to build better soil for your garden? Is food dehydration a topic you'd like to know more about? These are just a few of the education programs LEAF has planned for 2014. Find out more about the learning opportunities for the season.

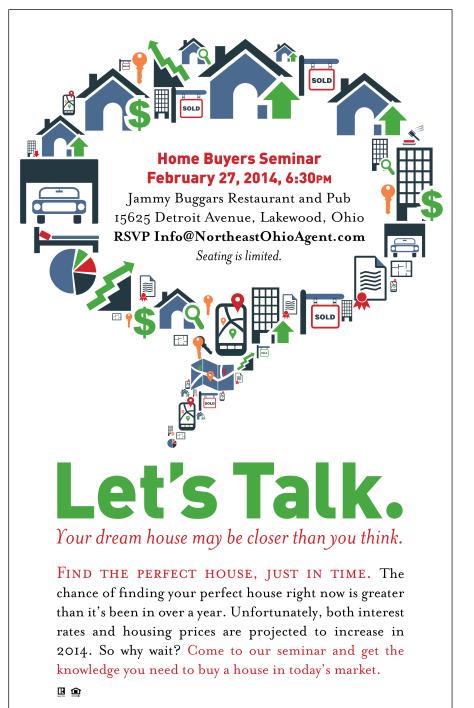
Guest vendors, seed swapping and more Select guest vendors will be at the open house, and some bulk dry goods will also be available for purchase. LEAF is hosting a seed swap again this year; bring extra seeds you'd like to trade (in clearly marked envelopes or bags).

In addition, LEAF volunteers will be on hand to share information about the organization and answer your questions.

To find out more about LEAF, visit www.leafcommunity.org or email leaf-community@gmail.com.







The Back Page



















HOME ALONE PET SITTING, INC.



In Home Pet Care While You Are Away Experienced

Veterinarian Technician

Bonded & Insured 216-548-1543 d.hokin@sbcglobal.net homealonepetsittinginc.com

