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The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. - Henry Van Dyke

THE LAKEWOOD OBSERVER



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Volume 10, Issue 8, April 16, 2014

District Names New Assistant Superintendent

by Christine Gordillo

At a special meeting on April 3, the Lakewood Board of Education approved current Director of Teaching & Learning Roxann Ramsey-Caserio as the district's next assistant superintendent, effective Aug. 1, 2014. Ramsey-Caserio will replace Kevin Bright, who submitted his resignation in March.

Ramsey-Caserio has been with the district since August 2009 when she joined Lakewood City Schools as Coordinator of Teaching & Learning K-12. In 2011, she left central administration to become principal of Grant Elementary School. She returned to leading the district's curriculum strategies in August 2013 when she became Director of

Teaching & Learning, K-12.

"Roxann Ramsey-Caserio has proven herself at both the building and central office levels in our school district," said Superintendent Jeff Patterson. "Last year, under her leadership, Grant Elementary School was given the prestigious distinction of being one of only 141 schools in the State named as a 'School of Prom-

ise' by the Ohio Department of Education for closing the achievement gap."

Patterson also praised Ramsey-Caserio's leadership of the district efforts to align with the new Common Core State Standards.

"As the Director of Teaching & Learning for the district, Roxann has provided tremendous leadership by implementing two major initiatives: Columbia Reading and Writing and Marilyn Burns Math Solutions. We look forward to great things for our district as Roxann advances into the role of Assistant Superintendent," he said.

In addition to helping the district implement the Common Core, Ramsey-Caserio has been instrumental in developing policy and implementation strategies for the



Roxann Ramsey-Caserio will serve as the new Assistant Superintendent of the Lakewood City School District.

new Third Grade Reading Guarantee among her many other responsibilities as Director of Teaching & Learning.

"I am honored and excited to have this opportunity with the Lakewood City Schools,

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H2O's Bikes And Bands Returns April 26th

by Vanessa Lange

H2O wants your old bikes! On Saturday, April 26, H2O (Help to Others) will hold its second annual Bikes and Bands celebration. Drop off your bicycle donation at Madison Park between 4 and 7 p.m., then head across the street to Mahall's 20 Lanes to enjoy music from Vance Music Studios' rock ensembles and Tri-C High School Rock Off finalists, High Acres. Volunteer mechanics and student assistants will repair the bikes throughout the event so they are ready to be donated to Lakewood youth.

Bikes and Bands aims to ensure that Lakewood youth who need a bicycle for transportation have access to a bike that is in safe, working condition. H2O is work-



Enjoy great music and support youth cycling at H2O's Bikes and Bands.

ing closely with Lakewood City Schools staff to identify students in 4th through 8th grade who could benefit from this program. Along with a bike, each chosen applicant will also receive a helmet and lock. Bikes will be distributed in time for students to ride their new

bikes to school for Bike to School Day on May 20.

In the event's first year, the Lakewood community pulled through with forty bicycle donations. Twenty-four of those bikes were fixed up and given away to Lakewood youth, and another

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LEAF Presents Seed Saving With The Cleveland Seed Bank

by Heather Ramsey

You are invited to join the Lakewood Earth and Food (LEAF) Community as we partner with the Cleveland Seed Bank for an informational discussion on seed saving on Wednesday, April 23rd at 7 p.m. in the side room of Deagan's Kitchen and Bar (14810 Detroit Avenue).

Marilyn McHugh and Chris Kennedy, co-founders of the Cleveland Seed Bank, will discuss the basics of seed saving, why it is important,



a few techniques for saving seeds, and how the Cleveland Seed Bank works. The Cleveland Seed Bank is an alliance of local seed savers dedicated to seed-saving education and



the preservation of our shared cultural heritage of seeds. The Cleveland Seed Bank grew out of Marily and Chris' work in

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LakewoodAlive Announces Lakewood Pride Fund

by Allison Urbanek

LakewoodAlive, a 501 (c) 3 non-profit organization, is happy to announce a new project titled the "Lakewood Pride Fund." The fund debuted at LakewoodAlive's 10th anniversary gala on February 8 and was well received.

Through the generous support of local community groups and supporters, the organization was able to raise \$10,000 for the fund. An anonymous donor presented a challenge grant which later added \$2,000.

The fund has been designed to help homeown-

ers secure conventional bank loans who otherwise are unable to do so as a result of various reasons including lack of credit, equity, or income that disqualifies them from government programs. The Pride Fund process is a comprehensive approach. Through the fund, LakewoodAlive will act as a co-signer on a case-by-case basis and will allow the homeowner access to funds for necessary home repairs, which will help improve and maintain the property. Loan amounts are limited and the fund simply serves as a guaran-

continued on page 19

Lakewood Kiwanis Pancake Breakfast

by John Huetter

Sunday, April 27th - The Kiwanis Club of Lakewood will hold their annual "All You Care to Eat Pancake Breakfast" at the Lakewood Catholic Academy, 14808 Lake Avenue, just West of Lakewood Park. All tickets are \$7.00, children 5 years and under are FREE!

Breakfast includes: Pancakes (All you care to eat Regular or Blueberry), sausages, juice & beverages. Parking is at the rear of the building and is handicap accessible. All tickets available at the door!

As always, 100% of the proceeds benefit Lakewood Kiwanis Community projects.

Lakewood Observer

Residents Demand Action And Finally Get It

by Jim O’Bryan

Lakewood residents come together on the Deck for child safety. Ryan Salo, Jeff Dreger and other parents noticed how unsafe the trip to school was being made for grade school kids walking on Clifton Blvd., at rush hour.

Elementary school children had no choice but to walk single file down a curb with cars rushing by at 35 mph on one side, and 3’ metal spikes on the other, holding in concrete forms. Certain death on either side. When they called City



Jeff Dreger, left, and Ryan Salo, right, stepped up and took to the Lakewood Observer Deck! It was fixed as Fox pulled up. The Deck, where real Lakewoodites talk about real things in their real lives. <http://lakewoodobserver.com/forum>

Hall they were told, “move the barrels yourself.” They heard enough!



Brittany Harris of FOX 8 News saw it on the LO Deck and came out.

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LAKEWOOD DISCUSSION

Topics	Author	Replies	Views	Member	Last Post
Charter Review - The Reports	Jim O’Bryan	9	631		Mon Mar 31
Updated Weekly					
Charter Review-The Observations	Jim O’Bryan	37	930		Mon Mar 31
Lakewood Schools	Christine Gordillo	0	44		Mon Apr 14
Community Engagement Meetings					
Sin Tax Extension -- Yes or No?	Michael Deneen	24	838		Mon Apr 14
Why Can’t City Hall Work	Matthew Markling	0	223		Mon Apr 14
With Contractors or Wild Horses?					
April 12th Event -	Corey Rossen	1	104		Sun Apr 13
Helping fight children’s heart disease					
Fauna - In and around Lakewood	Jim O’Bryan	80	9122		Sun Apr 13
Pssssst It Is 03.23.2014 - Updated!	Jim O’Bryan		2286		Sun Apr 13
Church of Christ Scientist	michael gill	21	1237		Sun Apr 13
as Rock Gym?					
arson at the velodrome	russell dunn	4	351		Fri Apr 11,
Giant Eagle Files Plans For	Bill Call	3	256		Fri Apr 11
\$3.5 Million Store Renovation					
Bald Eagles 2014 Updated!	Jim O’Bryan	6	929		Thu Apr 10,
Best Ribs In Lakewood	Jim O’Bryan	0	485		Wed Apr 09
Any info on Sushi in Lakewood?	Matthew Lee	0	159		Wed Apr 09
The Tea Lab - Open	David Lay	1	292		Wed Apr 09
Fines + interest for paying city	todd vainisi	12	554		Wed Apr 09
income tax at end of year					
LHS Class of 2014	Christine Gordillo	0	68		Wed Apr 09
After Prom Fundraiser!					
Sad News To Report	Jim O’Bryan	0	265		Tue Apr 08
RR Citizens more important	Ryan Salo	33	2142		Tue Apr 08
than Lkwd Children?					

THE LAKEWOOD OBSERVER

Your Independent Source for Lakewood News & Opinion

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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.

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City News

Council Weighs In On State Voting Rights

The April 7, 2014 meeting of Council was called to order at 7:39 P.M. by Council President, Mary Louise Madigan.

Councilman Sam O’Leary (Ward II) read a report from the Rules and Ordinances Committee regarding a resolution from Mayor Summers disapproving of the State’s passage of laws restricting access to the ballot. The resolution was sent to committee after concern was shown by Councilman Shawn Juris (Ward III) over the quick reaction to these laws. Councilman Juris had said that without spending the time and concentration on the topic like those who had at the State level it was impossible to completely understand the reasoning behind it.

In Councilman O’Leary’s report he mentions that during the committee meeting to discuss this topic all members of Council, including those not on the committee, were present. He said that there was extensive discussion over the topic and that the chair said he was willing to open up the resolution to amendments

from any member of Council. With no amendments forthcoming, the committee unanimously recommended adoption of the resolution.

Before voting, Councilman Juris made a few comments. He started by saying that he appreciated the discussion that was had in Committee. He continued saying that he believed it was a legislature’s duty to find balance, however the question is where that balance lies. In this case, with voter access to the ballots, the question at hand is how to balance voter access to the ballots with the cost to provide that access. He posed the question: how far can they go with offering access before it is no longer sustainable? He said he did not feel as though he was equipped to answer that question on an informed basis, and therefore would not be voting to support the resolution. He did once again affirm that he thought they had a very good discussion in committee and

by Christopher Bindel

really appreciated everyone’s input. Council proceeded to pass the resolution 6-1.

Next, Councilwoman Mary Louise Madigan (Ward IV) asked Council to consider extending the commission of the Tree Task Force based on their report and the anticipation of further recommendations. Although didn’t give a specific duration, she did state that she recommends that they do choose a completion date of the extended service.

Council referred the matter to the Committee of the Whole for further discussion.

As chair of the Human Services Committee, Councilman Juris then read a communication to Council stating that he planned to begin an in depth review of the Human Services Department. Department reviews are usually done every year around budget time when time is often in short supply. Councilman Juris decided he would begin the process early so it would allow more time for a more thorough review so they might better understand the department. The review of the Human Services Department will begin with the transportation services provided by the Division of Aging.

Council referred his statement to the Human Services Committee.

Councilman Juris then read a communication informing Council of a plan to have RTA trolleys circulate around town on Friday and Saturday nights to help with parking and traffic issues. The trolleys will run from 8pm to 1am with eight stops along Madison and Detroit between Bunts and Riverside. A 16 week trial is due to start on August 23rd. If the trial is successful, it could become permanent with the possibility of further stops and routes could be added. The entire cost will be covered by the businesses who agreed to put it together with Pillars of Lakewood acting as the fiscal agent.

Although no legislative action is required, nor any appropriation of funds, Councilman Juris brought it to the attention of Council for their support, and so if there are any unintended consequences or involvement from the city is needed, they are all

up to speed. He pointed out that the trolley service falls in line with no less than seven points of the recently passed Community Vision. He also wanted to state that Mayor Summers and Director of Planning and Development, Dru Siley, have both been supportive and helpful in organizing this service.

Councilman Tom Bullock (At-Large) and Councilwoman Cindy Marx (At-Large) both thanked Councilman Juris for his initiative in putting this service together and said they look forward to seeing it in action.

Council referred the topic to the Committee of the Whole to be discussed.

Next Police Chief Malley asked Council to consider a resolution that would approve of an agreement between the Lakewood, Rocky River, and Metro Parks police departments on how to patrol the waterways of the Rocky River and Lake Erie. Up to now Lakewood has just relied on Rocky River to patrol our waters, however the chiefs of the three departments met to discuss better sharing of resources and came up with an agreement. Lakewood currently has six officer trained for water law enforcement who were not being utilized. Under this agreement these officers would share time on water patrols.

Council referred the resolution to the Public Safety Committee to be considered.

The meeting was adjourned at 8:30 P.M.

Moody’s Reaffirms Lakewood’s Strong Bond Rating

by Colin McEwen

In an affirmation of the city workforce’s effort to reduce costs and improve efficiency, Lakewood has maintained its Aa2 bond rating, the third highest mark given by Moody’s to measure an entity’s credit risk. As the ratings report notes, “the city’s financial operations are expected to remain strong as conservatively planned budgets continue to produce operating surpluses.”

“Navigating through these troubling financial times requires the cooperation of the city’s entire workforce to identify waste, lower costs and improve service,” said Mayor Michael Summers.

The city learned on Monday that it would retain its strong bond rating, placing Lakewood in the top tier of Ohio cities. A strong rating saves the city money and, perhaps more importantly, is a representation of the city’s financial strength.

“The confirmed rating is a testament to the cooperation and

determination of Lakewood City Council and the Administration for the past seven years to make tough choices and stay on course to build the fiscal strength of the city,” said Jennifer Pae, the city’s finance director.

“This was done by setting goals and making policies that set aside funds for known and unknown future expenditures during a time of declining revenues and other fiscal challenges.”

Among those challenges, unfunded pension obligations have put financial strain on cities across the country, including Lakewood.

“We’ve been able to successfully manage an economic downturn, as well as the loss of revenues from the state,” Summers said. “Under all the financial pressures that cities across the nation are facing, this is an affirmation about the direction Lakewood is going.”

He pointed to the city workforce’s continued efforts to improve efficiencies and cut costs — using the city’s

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25 Tricky Dick & the Cover Ups - 10:30 pm
26 The Pat Dailey Show - 9 pm

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Lakewood Public Library

compiled by Leana Donofrio-Milovan

Thursday, April 17

Poetry Month: On the Flyleaf

Herbert Woodward Martin Celebrates Poetry and Song

Poems are nothing more than songs. Songs are simply poems sung. These simple truths form the essence of Herbert Woodward Martin’s beliefs and craft. Martin is perhaps best known as a scholar and performer of the pioneering African American poet Paul Laurence Dunbar’s works— performances that he’s taken as far west as Chaminade University in Hawaii and as far east as The Alexandrine Library in Egypt. He’s also the celebrated author of eight volumes of poetry. In this program, Martin will both demystify verse and praise its virtues. First, he will give an impromptu demonstration of how to write a poem using words supplied by the audience. Then he will discuss the legacy of the Dayton born Paul Laurence Dunbar. Dunbar only lived thirty-three short years, barely glimpsing the dawn of the twentieth century, but his verses have proved enormously influential. Martin will perform some of these pieces, blurring the line between recitation and full-throated song. Any skeptics who might be in the audience will have the dust blown off their preconceptions when they are confronted by the power, rhythm and humanity contained in a sequence of mere words, read with conviction and unabashed reverence. This is a program that you simply must witness. Books will be available for sale and signing at the event.

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

Booked for Murder: Laugh Out Loud Mysteries:
“Chocolate Chip Cookie Murder” by Joanne Fluke

Murder is serious business... But sometimes solving the crime can be a hoot. Come share the laughs and air your accusations with this fun and friendly group of readers. For full book descriptions, visit www.lakewoodpubliclibrary.org/bookclubs.

7:00 p.m. in the Main Library Meeting Room

Saturday, April 19

Lakewood Public Cinema: “The Doors” (1991)

Directed by Oliver Stone

Jim Morrison got to know a lot of people in his short life and every one of them remembers the larger-than-life icon differently. This makes writing a straightforward biography challenging, but for a filmmaker like Oliver Stone—with a talent like Val Kilmer up his sleeve—it serves as a license to rewrite the story of the band, the 60s and the nation itself according to his own shamanistic vision. Kilmer not only looks like Morrison, but he sounds eerily like him, too. (The soundtrack famously boasts vocals from both the actor and the icon and few can tell the difference.) His performance increases in mesmerizing power as the story traces the poet’s journey from shy, reserved youth to drugged-out Lizard King. As the fame of The Doors grows, Morrison’s obsession with death increases. The band grows weary of missed recording sessions and no-shows at concerts. Sinking deeper into a haze, having mystical sexual encounters with a rock journalist witch, he finally slips away.

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

Sunday, April 20, Closed All Day
Holiday: Easter

Tuesday, April 22

Meet the Author: “Polarity” by Jeanne Paulding

Polarity is the story of three separate universes held apart by a giant supercomputer. The machine has grown weak and his demise will almost surely bring about the end of existence. Can two young strangers from different worlds save him before all time runs out? Lakewood author Jeanne Paulding offers an ambitious, character-based science fiction novel for her literary debut. The giant supercomputer known as the Conductor resides in a small universe called The Waiting Room that was built to repel the two larger universes from each other. If they are allowed to crash into the Waiting Room, life in all three will simply blink out of existence. Tom and Kara, two young captives from different worlds, are being held in the Waiting Room along with the sinister Kurt and fatherly Icarus. There is precious little time to sort out everyone’s motives, but plenty of questions to go around. Does the Conductor need to be fixed or does it need to be terminated? Does it need to be saved at all? Books will be available for sale and signing at the event.

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

Wednesday, April 23

Poetry Month: Water’s Footfall: The Poetry of Sohrab Sepehri presented by Dr. Mohammad Jafar Mahallati

Sohrab Sepehri was born in 1928 on a journey between Kashan, his family’s home, and Qum. An acclaimed painter, Sepehri published eight books of poetry during his lifetime and traveled widely throughout the world, including Europe, South Asia, the Middle East, China and Japan, the United States and South America. Many of his poems were influenced by his relationship with nature and his studies of Eastern philosophy and visual arts. They were often composed in a cadence similar to spoken language, considered a radical innovation at the time. Sepehri died in 1980 and in Iran is considered to be one of the most important poets of the twentieth century. The French poet and translator Pierre Joris described Sepheri as, “a modernist Muslim for whom the black stone of the Kaaba was the sunlight in the flowers. He tried to invent a world in poetry and a poetry in the world as had not been seen since the Nishapur of Omar Khayyam. He made it new, indeed—writing a poetry that is a geometry of breath from which music grows, with its cargo of light.” Mohammad Jafar Mahallati, one of Sepheri’s English translators, is currently Presidential Scholar in Islamic Studies at Oberlin College. He served as Iran’s ambassador to the United Nations from 1987 to 1989 and successfully negotiated a peace agreement to end the war between Iran and Iraq. His scholarship has focused on Islamic and Sufi poetry and most recently on the philosophy of friendship. Books will be available for sale and signing at the event.

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

Thursday, April 24

A Lyrical Life: Reflections on Life-Journeys through Poetry and Song presented by Rabbi Enid Lader

Explore your own life journey through poetry in this four-week program presented by Case Western Reserve University. The roads upon which you’ve traveled are marked by steps still to be taken. Rabbi Enid Lader will lead a discussion of poetry and song that beckons us to reflect on what it means to think of our lives as a journey and how the text of our lives reflects our values. We will explore the questions of what we want to pass on to the next generation and what is in store for us in the future. Rabbi Enid C. Lader has served the Beth Israel -The West Temple congregation since August, 2012. Active in the Educational Director’s Network, Enid also served in various capacities on the regional board for the Union of American Hebrew Congregations (now the Union for Reform Judaism) and has taught the west side Taste of Judaism and Feast of Judaism classes for the Jewish Education Center of Cleveland for over twelve years.

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

Saturday, April 26

Lakewood Public Cinema: “Jacob’s Ladder” (1990)

Directed by Adrian Lyne

This is not a horror movie as some would have it, but a philosophical drama disguised as an effects-heavy, supernatural thriller. Tim Robbins plays a New York postal worker who can’t keep his head straight. Haunted by memories of his wife, his dead son and his time in Vietnam, he’s most disturbed by the fact that his memories don’t add up. There are contradictions and hallucinations—at least he hopes they’re hallucinations. Visions of a demon-infested city seem to be leading him somewhere, driving him towards a tragic fate. Maybe he has a fever. Maybe the government experimented on his platoon with weapon-grade LSD and he’s just having flashbacks. Maybe everybody who’s trying to help him is secretly out to get him. “The only thing that burns in Hell is the part of you that won’t let go of life, your memories, your attachments. They burn them all away. But they’re not punishing you. They’re freeing your soul. So, if you’re frightened of dying and... and you’re holding on, you’ll see devils tearing your life away. But if you’ve made your peace, then the devils are really angels, freeing you from the earth.”

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

Sunday, April 27

Sunday with the Friends: Wallace Coleman

Wallace Coleman keeps it real, playing old school blues. An unbroken chain of songs and stories, passed down through musical generations, connects him directly to the crossroads birth of the blues. Like a million other Americans in the 1950’s, Coleman left his home and headed north looking for work, but he didn’t leave the state of Tennessee without a deep and abiding love for roots music. A rare talent for the blues harp brought him to the attention of Robert Lockwood Jr.—Lockwood was never a big fan of harmonica players, but he was impressed enough to bring Coleman along on the tour for the next ten years. Today, Wallace Coleman is a living blues legend in his own right and we are lucky to have him play for us here in Lakewood.

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

LPL Children/Youth Events

compiled by Eric Knapp

Saturday, April 26

Vibrant Wind Dancers - For the whole family

These inspirational dancers will fill the room with children’s music, flowing skirts and long silk veils. No registration necessary. Free and open to the public.

7:00 p.m in the Main Library Multipurpose Room.

Sunday, April 27, 6:00 p.m. – 7:30 p.m.

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) 226-8275, ext. 140.

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Main Library Activity Room and Madison Branch Auditorium

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.

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Lakewood Public Library

Rabbi Enid C. Lader Returns To The Lakewood Public Library For “A Lyrical Life”

by Morgan Maseth

April is National Poetry Month and that gives us at the Lakewood Public Library the chance to honor this special art form that examines the joys and tragedies of life. Joining us for this celebration is Rabbi Enid C. Lader who will be presenting the series, “A Lyrical Life: Reflections on Life-Journeys through Poetry and Song.” “A Lyrical Life” will take place on Thursdays at

7 p.m. in the Lakewood Main Library Auditorium starting on April 24, continuing on May 1 and May 8 and concluding on May 15.

Having previously presented the popular “Taste of Judaism” series that was held at the Library last Spring, Rabbi Enid shines at engaging her audiences in lively and thoughtful discussion. For “A Lyrical Life,” she will assist and encourage you to explore

your own life journey through poetry in this four-week program presented by Case Western Reserve University.

“Over the four sessions, I hope to engage participants in a discussion to help them reflect in their own life journeys, what they have come to value, how they can share those values with the next generation, and at this point in their lives-- what’s next and how do our values inform where we go from

here. All of this will be supported by an array of poetry and song lyrics,” says Enid.

Rabbi Enid C. Lader and her husband have made Lakewood their family’s home for the past 30 years. She has served Beth Israel --The West Temple congregation since 2012. Active in the Educational Director’s Network, Enid also served in various capacities on the regional board for the Union of American Hebrew Congregations (now the Union for Reform Judaism) and has taught the west side Taste of Judaism and Feast of Judaism classes for the Jewish Education Center of Cleveland for over 12 years.

“Teaching through Lakewood Public Library gives me the opportunity to get to know my Lakewood neighbors better and to make new friends. The Library’s extensive collection of books, music and recordings has always been a wonderful resource for me. I hope participants in “A Lyrical Life” will also come to appreciate the Library as well as each other as resources for them as they continue on life’s journey,” she said.

For more information on this and other National Poetry Month programming, go to www.lakewoodpubliclibrary.org/poetry or call 216-226-8275 ext. 127.

Dance Program For Children

by Marge Foley

The Vibrant Wind Dancers have entertained audience members in the past at the Lakewood Public Library with their programs of Middle Eastern style interpretive dance. They are returning to the library on April 26th with a program designed especially for boys and girls. The performers will be wearing costumes of flowing skirts, hip scarves, and nine-foot long silk veils. Their gestures will include neck, rib, hip, and hand movements. The Vibrant Wind Dancers often perform to different types of music, including Middle Eastern, Celtic, New Age, South American, classical, folk, pop, and rock. For the upcoming show the dancers will move to popular children’s music!



Bring your youngsters to the Lakewood Public Library on Saturday, April 26th at 7 p.m. to enjoy a program that is sure to be memorable. Children in the audience will be invited to come

up and dance the final song. All programs are free and open to the public. This event will be held in the Multipurpose Room, which is located in the Children’s Department.

Vine & Viral Video Club For Teens!

by Nicka Petruccio

You know what’s awesome? The internet. If you’re anything like me, you’ve probably spent more time watching insane YouTube videos than doing, oh, I don’t know, important things. But why watch all those hilarious videos on your puny laptop or even punier smart phone when you could be watching them on our glorious big screen? That’s right! All through the month of May, Lakewood Public Library will be hosting the Vine & Viral Video Club for sixth through twelfth graders. We’ll spend Thursday

afternoons seeing how many boxes Maru can fit into, learning What the Fox Says, and trying to figure out how Desmond the Moon Bear got there. Have a favorite video you want us to show? Send an email to Teens@lakewoodpubliclibrary.com with the subject: Video Suggestion and a link to the video. Family-friendly videos only will be considered.

Thursdays, May 1 - 22 from 4 - 4:45 p.m. Sixth through twelfth graders, call or log on to register at 216-226-8275 ext. 140 or www.lakewoodpubliclibrary.com.

Computer Connections And TumbleBooks

by Marge Foley

Children who come to the Lakewood Public Library are invited to spend time in the Computer Connections Room, which is available 7 days a week, from opening until 8:30 p.m. This fun space allows kids to select from over 35 educational computer games designed to encourage literacy, math, and problem-solving skills. In addition to games, TumbleBooks can be experienced. TumbleBooks is an interactive, read-aloud website that offers a wide

variety of animated, talking picture books. This website is simple enough for young children to use independently. When a particular e-book is activated, the text is highlighted as it is being read aloud to the listener. Pictures from the stories colorfully appear on the screen. There are also tests and activities associated with the books.

TumbleBooks can also be used remotely through the Library’s website. Bring your children to the library and let them enjoy all it has to offer.

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Lakewood Schools

Students Travel In The Name Of Service

by Missy Toms

How did you spend your spring break? If you said planting crops, constructing benches and guardrails, and removing invasive species, then you must be a member of the Lakewood High School Travel Club.

The club was formed this school year to make foreign travel an opportunity for all LHS students, not just those in foreign language classes. They had many options but felt very strongly that they wanted to be immersed in a culture and do something that would have a lasting impact. So instead of a leisure trip they chose a service trip to rural Jarabacoa in the Dominican Republic.

Eighteen students and two advisors spent eight days on the island. In the mornings they worked with a post-secondary environmental school



LHS students build a bamboo wall to secure the soil for soon to be planted crops in the village of Jarabacoa in the Dominican Republic.

restoring native planting and establishing vegetable gardens. In the afternoons the students explored the area, enjoying hikes, white water rafting, and snorkeling.

What were some of the most fun parts about the trip? Figuring out how to communicate with the students and locals, the friendly locals, and the delicious fresh food. And what was the most meaningful part? “Every time I planted a tree, I felt like I was leaving a part of me behind for the benefit of the Dominican Republic,” said Junior Matt Bango, club president.

Students worked summer jobs, held fundraisers in the school, and approached the Lakewood Alumni Foundation to cover the cost of the trip. They’re already gearing up for next year’s service trip...to Peru!

Introduce the world to Lakewood’s students. Become a donor today! Help every Lakewood student reach his or her potential by making a tax-deductible gift online at www.lakewoodalumni-foundation.org, or by mail at Lakewood Alumni Foundation, 14100 Franklin Blvd., Lakewood, OH 44107.

Since 1984, the Lakewood Alumni Foundation has aimed to support the Lakewood City Schools’ tradition of providing an opportunity-rich environment for its students through advocacy and financial support. Through the generosity of its donors, the Foundation has provided more than \$3 million in funding for classroom grants, student scholarships, and school programs.

Lakewood Students Join Grammy-Winning Pianist In Concert April 27

by Christine Gordillo

Lakewood City Schools is thrilled to present Grammy award-winning and internationally acclaimed pianist, Angelin Chang, in concert on Sunday, April 27 at 2 p.m. This concert is being held at the Lakewood Civic Auditorium and is free and open to the public. Chang will be collaborating and performing with student pianists from the district as Lakewood City Schools continues to go above and beyond in its dedication to music in the district.

Chang is recognized for her sense of poetry and technical brilliance, and it is an honor and privilege to have her share her talents with our students and our community. The Lakewood Civic

Auditorium joins in a long and impressive list of venues worldwide that have been graced by Chang’s musical gifts. This list includes venues such as the Kennedy Center (Washington, D.C.), Lincoln Center (New York), State

Theater (Cleveland), St. Martin-in-the-Fields (London), Shanghai Grand Theater (China), and the Schnittke Philharmonic Hall (Russia). Please join us on April 27 for what will surely be a special concert.

Meeting On LHS Construction Set

by Christine Gordillo

Superintendent Jeff Patterson has added another community engagement meeting to his slate of elementary meetings. A meeting to introduce the community to the architect of Lakewood High School’s eastern half and to solicit input from residents on what they would like to

see in the new half of the high school is set for Tuesday, April 22 at 7 p.m. in the high school’s East Cafeteria. This meeting is in addition to the three the Superintendent scheduled for the elementary schools that are going to

be rebuilt. The remaining elementary meeting is April 16, 7 p.m., in the Roosevelt Elementary School Gym. Please come and find out about the construction process, timeline and have your opinion heard.

LEAF Presents Seed Saving With The Cleveland Seed Bank

continued from page 1

India and East Africa with The Hummingbird Project, with which they have trained and assisted over 2,000 farmers in the cultivation of living soil, and in the transition from chemical to organic farming. Marilyn and Chris, a biologist and teacher by training respectively, have studied permaculture, the soil food web, participatory plant breeding, seed

saving and organic farming techniques with the leaders in each field.

For more information about LEAF Community, visit leafcommunity.org, join our group on Facebook, or email us at leafcommunity@gmail.com.

For more information about the Cleveland Seed bank, visit cleveland-seedbank.org.

As always, this LEAF educational event is free and open to the public.

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Lakewood Schools

Mike Ribar Chosen As New LHS Football Coach

by Mike Deneen

LHS alum Mike Ribar was hired as new varsity football coach on April 3rd. He replaces former coach Ron Lewis, who stepped down in early December. Ribar, who graduated from LHS in 1985, was a standout player in both football and baseball for Lakewood High School, earning the Lake Erie League MVP as quarterback in 1984. He also serves as LHS varsity baseball coach, and will retain that position going forward.

Ribar is employed by the Board of Education as a Behavioral Specialist at Lakewood City Academy. He has a long history of coaching in various capacities in Lakewood. He has been a freshmen football coach since 2011 and helped lead his team to a West Shore Conference championship in 2012. Ribar has been the varsity baseball coach since 2011, and won the 2013 Coach of the Year Award from the Greater Cleveland Baseball Coaches Association. He also has coached the freshmen girls' basketball team and had stints coaching high school girls' softball and middle school basketball as well.

For many decades, the Lakewood football program was among the best in the Cleveland area, and it won



Coach Ribar during a practice.

numerous Lake Erie League championships. However, it has struggled mightily since 2000, and is coming off a 1-9 season in 2013. Despite this, Ribar is excited about the job. "I am a Lakewood Ranger through and through," he said, "I want to see every aspect of Lakewood High succeed. I was interested in the position because I have been a part of the tradition of the football program and I want to see it return to those championship years."

Lakewood Athletic Director Sean Jackson is impressed with Ribar's

coaching experience and familiarity with the program. "Mike loves Lakewood. He loves the students and he loves coaching. Those are three things that are the foundation for a successful coach. He has proven he can build a successful program."

The district hopes to build the Lakewood program from the youth level right up through middle school and high school. Ribar's experience is a key part of the plan. "We're very impressed with Mike's resourcefulness, problem-solving skills and his

ability to create a good feeder program as he has done with baseball and we look forward to him doing the same as foundation for a successful football program," said Assistant Superintendent Kevin Bright, who was involved in the search process. Ribar plans to instill "The Ranger Way" throughout the system, so that, "Lakewood Football will talk the same language from 3rd grade to 12th."

The district also wants to encourage more multi-sport athletes at the high school level. "We're looking for more multi-sport athletes and greater participation in our programs overall and we think Mike is someone who can make that happen," Bright said.

Ribar is very confident that he will get the job done. "Knowing the ins and outs of the High School, the recreation department, the football program, the alumni and the community will allow me to dig deep into the resources available to make this program a winning program." He especially wants to get Lakewood involved with the program. "One of my goals will be to get the student body, alumni and the community excited about Friday night games. We will work hard to represent Lakewood High in the traditions of 'The Ranger Way.'"

Many Ranger fans, especially those who graduated during the 1980s, are optimistic about the hire. Kris Kantor, founder and administrator of the fan website LakewoodFootballReports.com, is especially pleased. "This should really put a boost of excitement into the football program. Coach Ribar comes with a very impressive resume. Really looking forward to Friday nights again at the corner of Bunts and Madison this fall."

Ranger Girls Track Begins 2014 Season

by Stephanie Toole

The LHS Girls Track Team kicked off their 2014 Track and Field Season with a dual meet vic-

tory against Bay High School. The Lady Rangers came out ahead with 74 points to 63 points for the Bay Rockets.

Scoring for the Rangers were:

- Freshman Ryan Greenfield, 2nd place 100m and 200m, 1st place 4x100m relay and 4x400m relay
- Freshman Lauren Klann, 1st Place 100m hurdles, 3rd place 300m hurdles
- Freshman Trinity Nall, 2nd place shot put
- Sophomore Hannah Allenson, 3rd place 3200m
- Sophomore Claire Black, 3rd place high jump
- Sophomore Nicole Harris, 1st place 4x100m relay
- Sophomore Mallory Shaw, 2nd place 1600m, 1st place 4x400m relay
- Sophomore Eri'Yonna Steele, 2nd place 300m hurdles
- Sophomore Clare Toole, 1st place pole vault, 300m hurdles and 4x100m relay, 3rd place 200m
- Senior Jenny Byczek, 3rd place 100m and 400m
- Senior Caitlin Conner, 3rd place long jump, 1st place 4x100m relay
- Senior Maeve Christie 1st place 800m and 4x400m relay
- Senior Jamie Gibson, 3rd place 100m hurdles
- Senior Alyssa Hasman, 1st place high jump and 4x400m relay, 2nd place discus and 400m run
- Senior Grace Latham, 2nd place 800m
- Senior Liz McIlwee, 3rd place pole vault
- Senior Anna Riddle, 1st place 3200m

On Saturday, April 5 the Rangers traveled to the Avon Lake Invitational where they competed with temperatures in the mid-30s and wind gusts reaching 45 mph, delay-

ing the girls pole vault more than an hour. As the day wore on the winds calmed some and the sun appeared, making racing conditions a bit less brutal. The young Rangers Girls

Finishing in the top 8 and scoring for the Rangers were:

- Sophomore Mallory Shaw, 5th place 3200m
- Sophomore Clare Toole, 4th place pole vault
- Senior Alyssa Hasman, 5th place high jump
- Senior Grace Latham, 6th place 3200m
- 7th place 4x100 Relay: Freshman Ryan Greenfield, Sophomores Nicole Harris and Clare Toole, and Senior Caitlin Connor
- 8th place 4x200 Relay: Greenfield, Harris, Toole, and Connor
- 6th place 4x400 Relay: Greenfield, Freshman Halle Krebs, Shaw, and Hasman

Next up for the Rangers is a dual meet at North Ridgeville on April 9, then a trip across town on April 12 to the Beachwood Invitational.



LHS Girls Track Team members Sophomore Mallory Shaw and Senior Grace Latham.

Team finished 11th in the field of 14 teams and the girls had the opportunity to compete against many state level runners, jumpers, and throwers.

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Lakewood Cares: Easter

Baby Bargain Bonanza Set For April 26th

by Julie Derrick

The Lakewood Early Childhood PTA (LECPTA) is once again planning its popular children's resale of gently used children's clothing (sizes newborn to 14/16), furniture, toys and other items. The Baby Bargain Bonanza (BBB) is planned for Saturday, April 26th at Garfield Middle School which is located at 13114 Detroit Ave. in Lakewood. The sale is open to the public and will run from 9 a.m. to 1 p.m. Admission is \$5 from 9 a.m. until 10 a.m. and just \$1 from 10 a.m. until 1 p.m.

Attendees will find more than one thing to like! There are many good deals to be found on lots of children's gear. If it is needed for children, most likely, it can be found at the BBB! There will also be raffles taking place. LECPTA will be raffling off \$25 gift cards to Gap, Children's Place and Carter's. Raffle tickets are one ticket for \$1, six tickets for \$5 or twenty tickets for \$10. The tickets may be used to enter the raffle for just one gift card drawing, or split amongst the different gift cards. Winners do not need to be present to win. Raffle tickets can be

purchased anytime by emailing BBB. LECPTA@gmail.com. This is a great resource to take advantage of if you cannot attend the BBB but would like to get in on the fun of the raffle!


In addition to great deals on clothing and raffles, the bake sale will feature homemade goodies! There will also be drinks, bagels, pizza and coffee available for purchase. There is sure to be a yummy treat for everyone at the bake sale! Be sure to check it out. LECPTA would like to thank Blackbird Baking Company and Einstein Brothers Bagels for their generous donations!

All this sounds great, right? But what if you are thinking, "I already have a closet full of kids' clothes and don't have room for any more!"? Well, maybe it is time to consider being a seller at the BBB. Everyone is welcome to sell children's items that are no longer needed. The items must be clean, free from recall and in good condition with all parts and pieces. If you are interested in becoming a seller, please visit www.lecpta.com for more information or email BBB. LECPTA@gmail.com. Whether you choose to buy or sell, LECPTA looks forward to meeting you on April 26th!




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Lakewood Congregational Church To Host Workshop On Tough End-Of-Life Conversations On May 3

by Robin Suttell

While no single conversation can cover the many difficult decisions individuals and their families face in respect to end of life issues, these conversations are important and necessary. After all, as hard as it is to consider, death is a fact of life.

Statistics from the National Survey by The Conversation Project 2013 show that while most people say it is important to talk about wishes for end-of-life care, less than 30 percent of them actu-

ally discuss it with friends and family.

To help others learn how to initiate such discussions, seasoned hospice and hospital chaplain Sandie King is offering a free, public workshop, "Beginning the End-of-Life Conversations," on Saturday, May 3, 9 a.m. to 11 a.m., at Lakewood Congregational Church (LCC), 1375 West Clifton Blvd., Lakewood.

Throughout her career, King has worked with hundreds of families as they struggle to make tough, and sometimes heart-wrenching, decisions about their loved ones end-of-life care. It's easier to help your family understand your wishes and make these decisions in advance, than in a time of medical crisis, King notes.

"No one wants to talk about planning for the death of a loved one or themselves," notes King, a Lakewood resident. "And, even with good, healthy conversations, our loved ones may dis-

agree with our choices. But even so, such a conversation is necessary to provide an understanding of what matters most to you and why."

In her May 3 workshop at LCC, King will lead participants in a discussion of why end-of-life conversations can be so difficult. She will help them develop an action plan for having this conversation with family and friends and share helpful resources along the way.

"There are so many reasons to avoid end-of-life conversations," King says. "Beginning them is critically important. The sooner we can begin these conversations, the more comfort we can find in them, and the more strength we can offer to others."

All are welcome to attend this free workshop. Reservations are required. Contact the LCC office at 216.221.9555 or lcstaff@lcc-church.org to secure a spot or to get more information.



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Lakewood Cares: Easter

Free Film Screening, “Chasing Ice,” Hosted By Councilman-At-Large Tom Bullock On April 29

“All are invited for great nature photography and a discussion.” -- Tom Bullock

by Nadhal Eadeh

In honor of Earth Day and greater awareness of conservation throughout the month, Lakewood Councilman Tom Bullock invites residents to join him for a discussion and screening of the documentary film, “Chasing Ice” at Lakewood Public Library (main branch auditorium) at 7 p.m. on April 29. The screening is free and open to the public, thanks to a grant by National Geographic.

“Chasing Ice” is an Academy Award-Nominated documentary that captures visual evidence of climate change impacts on arctic glaciers through the use of time-lapse photography. The film features the work of a National Geographic photographer and an Ohio State University polar science researcher.

“We’re a week late, but it’s ‘Earth Day’ all month in Lakewood,” joked Councilman Bullock. “We’re lucky that the “Chasing Ice” film happens to be touring central Ohio right now and the film director agreed to share a copy for screening in Lakewood. I’ve seen it

once and the photography is stunning, on top of the important conservation message the film delivers.”

The official movie website gives the following synopsis: “Acclaimed environmental photographer James Balog was once a skeptic about climate change. But through his Extreme Ice Survey, he discovers undeniable evidence of our changing planet. “Chasing Ice” reveals Balog’s hauntingly beautiful, multi-year time-lapse videos of vanishing glaciers across the Arctic, all while deliv-

ering fragile hope to our carbon-powered planet. The film debuts the original song by J. Ralph, performed by Scarlett Johansson.” A trailer and more information about the film can be viewed at www.chasingice.com.

“Anyone curious about climate change impacts can watch this film to see the evidence for themselves,” said Bullock. “You can see with your own eyes that climate change is already impacting the arctic. We’re feeling impacts in Ohio,

too, that may not yet be as immediately noticeable, but will impact our drinking water, farms, food, and city budgets in ways we need to prepare for and mitigate, if possible.”

Bullock said he plans a follow-up forum to analyze a University of California at Berkeley study that ranked Northeast Ohio zip codes by carbon footprint. Bullock noted that Lakewood failed to make the top ten, a fact which may surprise Lakewood residents.

Urban Organics, Makers Of SweetPeet, To Help St Edward Help Others

by Dan Morgan

Mark Bishop of Urban Organics has decided to assist St. Edward High School with its efforts to help the Lakewood Community on Saturday, May 10.

Each spring, usually on a Saturday in early May, St. Edward students, faculty, staff, parents, and alumni work together in a day of service to benefit the Lakewood Community. Groups of volunteers work together on a variety of projects, including spring clean-ups, landscaping, painting projects, food deliveries, and more.

Urban Organics will be donating 110 cubic yards of Sweet Peet for the event. This donation is more than just a financial donation to St Edward, as the organic mulch that will nourish the soil of ornamental and food gardens all over Lakewood will do so safely! Urban Organics products allow gardeners to raise prosperous gardens with minimal or no use of harmful synthetic pesticides or fertilizers.

A team of St. Edward students, parents and alumni will be installing Sweet Peet into community gardens run by both the Lakewood Community Service Center and Lakewood’s well known Lakewood Earth and Food (LEAF) Community. Crest-

mont North and Ennis Court Senior Living Communities will also benefit from St Edward’s efforts on Community Service Day.

Just last week, Urban Organics donated 42 cubic yards of Sweet Peet to a great Berea Project. Lori Hanson, manager of the Berea Community Learning Farm, said the donation was unexpected but greatly appreciated. Donations and volunteers from the city, schools and community are needed to get the project off the ground. Michael

Sheppard, superintendent of Berea schools, said the farm, “is another great example of the cooperation between the schools, city and the many volunteers that make this possible.”

Urban Organics also currently sponsors an Adopt-A-Spot at Lakewood Park, where the soil was initially so bad that it was difficult to get a shovel into it.

For more information about Urban Organics, visit <http://www.urbanorganicsohio.com>

District Names New Assistant Superintendent

continued from page 1

and to continue our work to strengthen this entire community of learners,” Ramsey-Caserio said. “I solidly stand behind the Board of Education’s goal to become a Top 20 school district by 2020, and I look forward to working collaboratively with all stakeholders to get us there.”

Ramsey-Caserio earned a BA in English and Secondary Education and an MA in Education Administration and Supervision from John Carroll University. She holds a Superintendent License and is currently working on a Ph.D in Organizational Leadership and Management.



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New Service Times 9:30AM & 11:00AM

Lakewood Cares: Easter

LCC Holding Massive Rummage Sale, April 25-27, To Support Youth Mission Trip Fund

by Robin Suttell

What do sustainable solutions to hunger and poverty, a youth mission trip and a rummage sale have in common? At Lakewood Congregational church – everything.

Twenty LCC youth and adult chaperones are journeying to Heifer International Farm in Rutland, Mass., on July 6 for five nights of service and education, as part of the church’s annual youth mission trip. And, they’re raising funds to pay for the trip during a huge rummage sale, April 25-27, in the church’s social hall at 1375 W. Clifton Blvd., Lakewood.

The sale – the first ever sponsored by the LCC Youth in support of their Mission Trip Fund -- runs on the following days:

Friday, April 25, 9 a.m. - 2 p.m.
Saturday, April 26, 9 a.m. - 2 p.m.
Sunday, April 27, 9 a.m. - noon.

On Sunday only shoppers can enjoy a special \$5 bag sale. The rummage sale team will provide shoppers with a bag that they can fill with most available items for \$5.

The LCC youth have been accumulating large amounts of donations since October for this event, which promises to have a little bit of something for everyone.

“We have collected a ton of donations. We have all sorts of cool things, from holiday decorations to books and DVDs to furniture and clothing and even a few antiques and collectibles,” says David Dailey, a Lakewood High School freshman and one of the LCC youth traveling to Massachusetts in July. “We’re excited to have this sale and raise money for our trip to the Heifer Farm.”

LCC has had a longstanding relationship with Heifer International, a nonprofit, humanitarian organization dedicated to ending hunger and poverty and caring for the Earth. Heifer currently provides livestock, trees, seeds, and training in environmentally sound agriculture to families in more than 40 countries, including the United States.

During the LCC mission trip group’s five-night stay, they will participate in educational programs designed to teach

them about the causes and challenges of and sustainable solutions to hunger and poverty. They also will be involved in assisting with daily chores on the farm, including gardening, working with livestock and helping with farm maintenance. They’ll also spend a night in the center’s Global Village, where they will prepare meals with limited resources and sleep in simple housing (such as a bamboo Thai home or a Tibetan yurt) and learn the lesson of poverty first-hand.

Funds raised from the April 25-27 rummage sale will help pay for youth and chaperone travel, enrollment and lodging fees for this unique outreach experience.

This isn’t the first time LCC youth visited the Heifer International Farm. A group also traveled to Massachusetts in summer 2006. The church also supports Heifer International efforts through children’s donations to the church’s “Miracle Jar” each Sunday as

they leave the sanctuary to attend Faith Formation classes and also through the holiday “Living Gift Market.”

During the annual Living Gift Market, LCC members can purchase “gifts” in honor of family and friends such as food- and income-producing animals like goats, bees, chicks and heifers. The animals go to resource-poor families working to improve their lives. Lakewood Congregational Church donates between \$1,500 and \$2,000 each year to Heifer from the Miracle Jar offerings and the Living Gift Market.

Heifer partners with community groups to form development plans and to train beneficiaries in animal well-being, agro-ecology, water quality, gender equity and community development, to name a few things. The training enables them to care for livestock, grow crops sustainably and further lift themselves out of poverty.

Heifer’s recipients agree to share

one or more of their animals’ offspring and the training they receive with others in need in what Heifer calls Passing on the Gift®. This unique development tool multiplies the benefit of the original gift and allows recipients to become donors. Heifer partners are also taught to prevent overgrazing, collect manure for organic fertilizer, plant trees and manage resources for long-term success.

“Be sure to mark your calendars for April 25-27 and visit our rummage sale,” says Lakewood Congregational Church pastor, Rev. Mark Thomas. “You just might find a hidden treasure and help our youth raise funds for their trip and this important outreach effort with Heifer International.”

For more information on the upcoming LCC Rummage sale or on Lakewood Congregational Church, its worship times, youth fellowship programs and more, contact the LCC office at 221-9555 or lccstaff@lcc-church.org.

Impact Church Launches Out In Lakewood

by Ryan Fisher

Spiritual, but haven’t found a place to connect?

What if there was a place you could go that was specifically built around providing real direction for real people on a real journey?

There is. Impact Church is a brand new church that launched on Palm Sunday, April 13th in Lakewood, Ohio. This is your invitation to join us for Easter at 14321 Detroit Avenue. We meet at 5 p.m., so you can sleep in, too. Come grab a cup of coffee, enjoy

the music, and experience the impact that authentic community can make in your life. Don’t worry; if you have kids they are going to love it, too. We have fun, safe environments from birth through fifth grade.

Here are a few basics about us: We believe that when the church is everything that it is intended to be, it is the hope of the world and a breath of fresh air. It’s our intention to add value to individuals, communities, and everyone that crosses our path. We also believe that church should be something people look forward to and we will do everything we can to make that true of Impact.

Most importantly, we believe that the right relationships really can impact your life... forever.

We would love for you to join us. So, come and get connected to the best thing you’ve never experienced.

For more information be sure to check us out at ImpactChurchOhio.com or on social media at [fb/ImpactChurchOhio](https://www.facebook.com/ImpactChurchOhio) and @ImpactChurchOH on twitter.

A New Sanctuary At Lakewood United Methodist Church

by Carolyn Rummery

Lakewood United Methodist Church will be moving into its new sanctuary on Easter Sunday, April 20. After only four months of intensive work, a beautiful new worship space has emerged. It features a large stage which can be used for many different kinds of musical and drama programs and an area for the congregation with moveable chairs, in addition to traditional pews. Nearby is a fellowship area and a cafe with coffee and refreshments available.

There will be three services on Easter. At 8:30 a.m. the Awakening Service will be held in the Chapel. At 9:45 a.m. the Traditional Service with choir, organ, and brass will be held in the new sanctuary. Then at 11:05 a.m. the Impact Service with the Impact Band will celebrate Easter in the new sanctuary.

The community is invited to take part in any of the services and celebrate Easter at Lakewood United Methodist Church. The church is located at 15700 Detroit Ave., at Summit. You can find us on the web at LkwdUMC.org.

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Maundy Thursday, April 17
7 p.m. Chapel Worship
Tenebrae Worship with Holy Communion

Easter Celebration, April 20
10 a.m. Worship
Inspirational Message & Music
concluding with Handel's Hallelujah Chorus

Corner of West Clifton Boulevard and Detroit Avenue, Lakewood
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Lakewood Is Art ©2004

Hixson's Annual Easter Egg Show Features Pysanky Ukraine Eggs

by Bill Hixson

After the long wintery March it is no wonder we all welcome the spring weather of April this year. And so it surely has been for centuries. Soon the barren brown grasses and dark empty branches of trees and shrubs turn almost overnight into green. It is a time when farmers can begin their plantings and bring the earth to new life. In fact Emperor Constantine (A.D. 742 -814) decided the calendar should begin on Easter. This reckoning continued until 1565 when Charles IX changed the first of the year to January 1.

Chinese records of more than 2000 years ago tell of the custom of breaking boiled colored eggs at the time of the Spring equinox. The ancient Saxons held a great festival in honor of Eastre, goddess of Spring, deity of the soil and resurrection after the death of winter. Some legends tell of Eastre descending from the heavens on the wings of a bird, which laid the egg of Spring on the earth. Further stories tell of Eastre changing the bird into a rabbit who to the delight



Bill Hixson holding one of the thousands of beautiful eggs they have on display and for sale at the annual Egg Show at Hixson's.

of young and old now brings the egg of Spring to the Earth. At the time of this festival, people exchanged colored eggs as a symbol of Renewal of life.

In the Ukraine over 2000 years ago peasant folk believed in the great power of eggs. For example a woman desiring a child would be presented an egg decorated with a chicken, symbol of fertility, and surely her desire would come true. Decorated eggs were kept in the house so that they would keep the family healthy. They even were thought to help quench a fire. The various decorations originally

done on eggs had symbolic meaning. The triangle designs represented fire, air and water. By 988A.D. with the introduction of Christianity to the Ukraine the triangle became the symbols of the Father, Son and the Holy Spirit. Dots on eggs became meaningful as Mary's tears at the cross. Fish designed on the egg became a symbol of Christ as the Greek alphabet, fish spells from "Jesus Christ Son of God (ICHTHYS)."

According to one Ukraine legend there is a huge dragon who lives in the bowels of the Earth. It is held in cap-

tivity with a chain which is formed by the strength of pysanky Ukrainian eggs made each year. As long as a great number of these eggs are made each year the dragon is held in captivity. If there are fewer eggs made the dragon is released and great calamities befall the Earth. With the problems now happening in the Ukraine this year it is necessary to begin making many pysanky eggs to restrain the dragon.

Hixson's of Lakewood has been presenting the wares of many Ohio egg-ers for over 40 years at their Easter Egg Sale and Show. Not only are thousands of pysanky Ukrainian wax resist eggs beautifully displayed, but also eggs decorated in the Faberge style of old Russia. Nicholas and Alexandra as well as Russian nobility exchanged precious jeweled eggs at Easter. Faberge, the famous Russian artist, produced eggs that are rare and so highly prized from the Russian court of the late 1800's and early mid-1900's. Although Hixson does not show any from that era the creations from the artists who offer their eggs do amaze and entertain all who attend this free showing sale. These are real eggs cut and decorated into music boxes, jewel boxes, clocks, jewelry and so much more. Some eggs are as tiny as quail eggs and some as large as ostrich eggs, each lovingly jeweled, designed and intricately cut. Other artists will decoupage the natural eggs, others will offer porcelain eggs they design and paint

Hixson's Easter Egg Show and Sale officially opened on Palm Sunday and runs through Easter. Open daily from 10 a.m. to 9 p.m. Saturday 10 a.m. to 5 p.m. Closed Sunday. Hixson's is at 14125 Detroit Avenue in Lakewood. 216 521 9277. There is always something to see and do at Hixson's.

Good Day Moon Gallery:

Getting Better Every Day

by Ken Tomaro

I am pleased to announce that the Good Day Moon Gallery, located at 1388 Cranford Avenue, has made it to the one year mark. I won't lie; it's been a tough year. I didn't venture into this profession thinking I had all the answers to running a business. Even tougher was the reality that selling artwork in a still-rough economy was no easy task. I've always said that buying art is a want and not a need, and when people have bills to pay, purchasing local artwork might not be on the top of their list. On top of that, we had a particularly harsh winter that kept people indoors for much of it.

The good news is that enough people in the community had faith in us and believed in our goals that we made it this far. We managed to bring people not only from Lakewood but the surrounding communities together for a couple of events. So many people on our quiet little street stopped by the gallery to tell me what a wonderful thing we did when we hosted our Art and Soul Festival. Many of them asked if we would do it again, and the answer is yes. Our Christmas Bazaar for the Trinity Lutheran church next door brought even more people together. Both events raised over a thousand dollars for the church. I chose this spot to open the gallery because it was within my budget, but I discovered along the way, thanks to the people in our neighborhood, that this is where I was supposed to be all along.

Another of our goals was to become a nonprofit gallery to help those in need. I knew it wouldn't happen overnight, but things are slowly coming together. The paperwork for the Articles of Incorporation went through and we will be working on the

next round to become a 501(c)3. This means that the money we raise from future events can now go back into the gallery. That money will help with operating costs as well as supplies for future classes. From the start it was my mission to offer low cost or free classes for people in need because I recognized the therapeutic value in creating something, and I still believe we will reach this goal.

I also realized from the start that I couldn't do it by myself. Any gallery or boutique owner knows that when you run a business that makes only a small percentage off other people's work, you need to create a lot of events and shows to pay the rent. All of these things take days and weeks of planning. I've had a lot of help along the way, and I have recently started working with a volunteer who will help take some of that pressure off of just me.

Now we look to the future. I have been in contact with the local NAMI (National Alliance on Mental Illness) office, and have offered our space to support groups who might be interested. While our main focus is mental illness, we are also open to other organizations; Alzheimer's, cancer, animal rescues – if you need help, we want to offer an artistic outlet. We also have some upcoming events we'd like to share.

Saturday, May 17 from 1-5 p.m., Streat Burger Bistro and the Good Day Moon Gallery will be hosting their "Other Side of the Street" Festival. It will be located in the Streat Burger parking lot at 16300 Detroit Avenue and will offer awesome burgers, beer and a ton of local and affordable art for sale. The lineup also includes two local bands, a 50/50 raffle and a few items to bid on for our silent auction. You can

check the Good Day Moon page on Facebook for details. There may also be some face painting and chalk art for the kids so it is a family friendly event.

On one of the many frigid winter days as I stared out the window, I noticed a grass lot across from the gallery. Most people never noticed it, or didn't see it as anything but an unused plot of grass tucked away in the corner. I saw something more. I saw an area that could be used for a summer concert series. Music, hula-hooping, dancing, you name it and we'll bring it together. Summer is coming and we need to make the best of every moment. We need to spend time outdoors, with our families and friends. These are the memories that enrich our lives and our community, and the Good Day Moon Gallery invites you to be part of it.

We have a few artists who are interested and willing to teach a few classes and will continue to promote those things, but we still need your

continued on page 15

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Business News

The Taste Of Lakewood Wants YOU

by Valerie Mechenbier

Have you sampled every popcorn flavor at Campbell's Sweets Factory? Do you wait all year for Mahall's Lenten Fish Fry? Do you cross your fingers and hope that yours will be the "name of the day" at KB Confections? Do you tell everyone about the great lunch buffet at India Garden? Have you had to explain "the Parmageddon"? If so, you are a true Lakewood restaurant fan and the Taste of Lakewood wants YOU to join the fun leading up to the biggest and best Lakewood food event of the year.

The 2014 Taste of Lakewood, co-presented by the Lakewood Chamber of Commerce and Cleveland Magazine, will be held on Sunday, June 1st, 1-7 p.m., at Madison Park and will feature many of our city's best restaurants and food pur-

veyors who will sell delicious food from their booths to the public. Anyone with an internet connection – and a passion for Lakewood's Good Food – is hereby deputized to spread the word about this event. Make sure to 'Like' Taste of Lakewood on Facebook, invite your friends to like the page, and Share our posts about the event. Are you on Twitter? Follow Taste of Lakewood, tweet @tasteoflakewood, and use the hashtag #tasteoflakewood. Instagram? Follow Taste of Lakewood, take photos in participating restaurants and use the tag #tasteoflakewood. You will help to build excitement for the event, and your posts and tweets will be part of the Taste of Lakewood social media feeds on www.tasteoflakewood.com.

For those who maintain a lower

level online profile, learn about participating restaurants and stay up-to-date on event details by reading the posts of Amy Nelson, our 2014 Taste of Lakewood blogger. Follow Amy as she features our Taste of Lakewood participants, and engage in conversation with Amy about Lakewood's food and dining scene by commenting on her blog posts on www.tasteoflakewood.com.

Show your support for the exceptional chefs and restaurateurs who have made Lakewood a regional food & dining destination - let's get #tasteoflakewood trending!

Visit tasteoflakewood.com for up-to-date information on participating restaurants, event details and sponsorship opportunities.



AYF Students At Sunrise Rotary Meeting

by Larry Faulhaber

A group of members of the American Youth Foundation at Lakewood High School attended a meeting of the Lakewood Rocky River Sunrise Rotary Club to thank its members for providing scholarships for the Camp Miniwanca Leadership Camp in Michigan each summer. The Foundation and the Camp inspire young boys and girls ages 5-18 to discover and develop their personal best, to seek balance in mental, physical, social and spiritual living and to make a positive difference in their communities and in the wider world. The Camp's mission is to take participants beyond the traditional camp experience by challenging them to truly unlock their highest potential and realize that they have unique gifts that can affect the world around them in a positive way. At the meeting, three past participants related



American Youth Foundation students from Lakewood High School visited the Lakewood Rocky River Sunrise Rotary Club.

what they described as "Life Changing" experiences at the Camp that will help them to be leaders at the School and in the Community. There will be 20 students from Lakewood High School going to the Camp this summer and 12 will be going for the first time.

Funding for Leadership Camp scholarships is provided by the annual

Sunrise at Sunset Fund Raising Auction which will be held Friday, May 2 from 6 to 9 p.m. in the Umerley Hall, of Rocky River Civic Center, 21016 Hilliard Blvd, Rocky River. The Auction will include great Silent and Live Auction Items including trips, sports and theatre tickets, dinner outings, and golf packages, private parties, plus art and gift items.

Tickets are only \$30 per person – which includes dinner and dessert with cash bar. Send your check to L/RR Sunrise Rotary, P.O. Box 16684 Rocky River 44116. You will receive confirmation to present at "Will Call" at the event. For more information contact: Todd Kiick at wtkiick@cox.net - 717.870.3808 or Dave Clements - Dave@vision21consulting.com 216.333.8055.

Lakewood Chamber Of Commerce Up-coming Events

Friday, April 25th
Mayor's Address to the Chamber & The State of the Chamber
\$15/members, \$20/non-members
Sponsored by AT&T
Beck Center Music & Dance Building, 11:30 a.m.

Friday, May 16th
Health Care Reform
\$15/members, \$20/non-members
Sponsored by Lakewood Hospital Foundation
The Waterside Room at Emerald Necklace Marina, 11:30 a.m.

Sunday, June 1st
Taste of Lakewood
Co-presented by Cleveland Magazine
Madison Park, 1-7 p.m.

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Member Spotlight: Great Lakes Publishing

by Valerie Mechenbier

Great Lakes Publishing produces a number of well-known area magazines including Cleveland Magazine, Inside Business, West Shore Live Well, Lake Erie Living, and many more. Great Lakes Publishing also creates custom pieces

for clients from Wisconsin, Michigan, and many cities in Ohio, including Lakewood.

Building on last year's success, the Lakewood Chamber of Commerce and the City of Lakewood are again working with Great Lakes Publishing on the 2014 Lakewood Magazine, an all-new community magazine and residents guide for 2014-2015. Copies will be mailed to every Lakewood home and business at the beginning of August. This year's Lakewood Magazine will also be included in the full run of the Sept/Oct 2014 Inside Business Magazine – the popular "Best Places to Work" issue – reaching the region's top business executives. Lakewood Magazine will also be available for 12 months as an electronic magazine online at onelakewood.com and lakewoodchamber.org.

Contact the Lakewood Chamber of Commerce at 216-226-2900 or visit www.lakewoodchamber.org to learn more about how to promote your business via this quality publication.

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Presented by Lakewood Chamber of Commerce and Cleveland Magazine

TasteOfLakewood.com

Business News

The Tea Lab - Eureka! Great Teas For You

by Jim O'Bryan

Bob Holcepl has brought his special talent back to Lakewood. Bob is a graduate of St. Edward High School and lived for a period of time in Lakewood. Life and work saw him move around and open up the now legendary coffee spot in Tremont, Civilization, ten years ago with his wife.

After that success he moved into wholesale with City Roast Coffee and Tea which led to the West Side Market with City Roast Coffee and Tea, which is the longest line at West Side Market in the morning. Then in the next stand he opened Crepes Deluxe, a walk-up french-style crepe stand which has to



Bob Holcepl, owner of The Tea Lab stands in front of the hundreds of teas and herbals for your steeping pleasure.

have the second or the third longest lines in West Side Market, and “The Tea Lab” at 530 Euclid in Downtown Cleveland.

“I always wanted to open a shop in Lakewood,” said Bob. “I went to St. Ed’s in the 60s, and met my wife when she lived on Mars Ave. I have always had a connection to Lakewood and wanted to return, the only question was when and how.” When the spot opened in what used to be

GreenSmart Gifts, he jumped on the chance to bring his neu-style tea shop to Lakewood. “A modern take on what tea should be. It is not Victorian, it is not Zen Buddhism, it’s an American modern 21st Century beverage that happens to be 5,000 years old, but relevant today. It is better for you than the junk they sell you in bottles and cans.”

Lakewood seems to be a perfect spot; they have walking traffic and the new mindset on tea--a great beverage at any time hot or cold.

Bob went on to say, “there are health benefits, but I will not be touting them, I want people to enjoy the tea

for the great beverage that it is.”

Besides a vast array of tea-- The Tea Lab, has over 100 kinds of tea and herbals --they also have everything you need to make and enjoy your tea. Everything you need to steep them and enjoy them. Between Aladdin’s and the super trendy Cosmic Collectables, this will be a great addition to the Lakewood Streetscape and the Detroit Avenue Chow Line.

Good luck Bob and crew.

The Tea Lab
14534 Detroit Ave,
Hours: 11-7 Mon-Sat Closed Sun
Phone: (216) 712-4410



Lakewood Businesses Contribute Goods, Highlight Heart Of City During 2014 WVIZ/PBS Televised Auction

by Lisa Goss

The WVIZ/PBS Televised Auction, a Northeast Ohio rite of spring, airs Thursday, April 24 to Sunday, April 27 (3 p.m. to 1 a.m. on Thursday and Friday, and noon until 1 a.m. on Saturday and Sunday). Throughout the 40+ hours of Auction action, more than 4,000 items will be up for bid, both practical and priceless. Thanks to the work and generosity of area merchants, including Lion & Blue, as well as the Lakewood Chamber of Commerce, goods and services with a

Lakewood flair and focus will be featured in a special Destination segment on Friday, April 25 during the 10 p.m. hour on the WVIZ/PBS Televised Auction.

Special Lakewood items and experiences up for bid include:

- A Spanish Wine Dinner for four at Players on Madison
- A Galveston electric guitar from Marrell Music
- A loaf of bread every week for a year from Breadsmith of Lakewood
- Tickets to events and benefits,

including Lakewood Chocolate Walk, Lakewood Historical Society’s House Tour, Lakewood Hospital Foundation’s Starry Night and Taste of Lakewood

Tickets to see Young Frankenstein at the Beck Center

A basket of salon goodies from Dramatics Hair Salon

Gift cards to Lakewood restaurants and businesses, including Blackbird Bakery, Crafty Goodness, Geiger’s, Goddess Blessed, Lion & Blue, Paisley Monkey, The Reiki Room and Rozi’s Wine House

Your bid is also a benefit:

All Auction proceeds support WVIZ/PBS, Northeast Ohio’s public television home. So, bid high and bid often:

During Auction hours, call in with your bids at 216/578-2525 or 866/393-2525

Visit wviz.org/auction 24/7 to preview items and bid securely.

It’s never too late to donate.

Donors receive valuable on-air TV promotion, and donations are tax-deductible. For information, go to wviz.org/auction or call 216/916-6154 today.

The WVIZ/PBS Televised Auction is a community-wide event that involves hundreds of volunteers from all over Northeastern Ohio who participate behind-the-scenes and on-the-air. Local businesses get involved too, not only by donating items to the Auction, but also by providing underwriting support to make the broadcast possible. Auction Underwriters include: Eaton, KeyBank, Nordson Corporation and PNC Bank. Additional support comes from Auction Board Sponsors, which include: Live Nation, Northeast Ohio Media Group, The Sherwin-Williams Company and Voss Aerospace.

ideastream is a public service, multiple media organization with a mission to strengthen our communities.

Moody’s Reaffirms Lakewood’s Bond Rating

continued from page 3

Lean Six Sigma journey — as a key part of the city’s success.

Lakewood’s sound financial management, coupled with its economic growth, future investment plans, and city council’s balanced budget, also helped the city maintain its strong bond rating. The higher bond rating will permit the city to borrow funds for capital improvements at a lower interest cost.

In December, the city finalized its 2014 general fund budget, with Lakewood City Council approving a \$34.7 million appropriations budget. The city isn’t expected to make any cuts to services, programs or staff in 2014. On March 17, 2014, the Council approved a revised budget reflecting

the one-time estate tax distribution of \$7.8 million. Lakewood City Council used those monies to establish a “budget stabilization account” within the general fund of \$1.8 million as permitted by Ohio law, as well as transfer \$5 million into a capital improvement fund that will be used to leverage future investments within the City.

A healthy fund balance is the city’s “emergency or rainy day fund” and permits the city to weather difficult economic times, unpredictable disasters, unforeseen expenditures or unanticipated declines in revenues without cutting services or operations, and without imposing new taxes and fees. It also demonstrates fiscal strength and results positively on the city’s bond rating.

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Easter Egg Show

Pysanky Ukrainian Eggs
Fabergé Style Eggs
Egg Jewel Boxes, Music
Boxes and Clocks



Wellness Watch

MS Treatment Now Available At Cleveland Clinic Neurological Institute At Lakewood Hospital

by Angela Smith

It is especially important for multiple sclerosis (MS) patients to find care they can trust in a convenient location since it is a condition that people live with for many years. Lakewood Hospital is pleased to announce that specialists from Cleveland Clinic’s Mellen Center for Multiple Sclerosis Treatment and Research have expanded their services to the hospital. The goal is to better serve patients who live or work on Cleveland’s West Side.

Neurologists Devon Conway, MD, and Mary Willis, MD, see patients along with Theresa Bretz, CNP, a certified nurse practitioner and MS specialist who provides patient education.

Convenient for Patients

“We can offer patients all the care they need in one location,” says Dr. Conway. “This is particularly convenient for patients who need to come in for frequent therapy or infusions.”

MS is a disorder primarily seen in young adults, typically appearing between the ages of 20 and 40, explains Dr. Willis. It affects women more than men. Some of the early symptoms include blurred vision, weakness and numbness in the body, and problems with balance.

Full Range of Care

Drs. Conway and Willis provide the latest treatments available for MS, and they are experienced in treating problems related to MS, such as using botulinum toxin injections to control spasticity in the arms and legs. They are currently accepting new patients at Lakewood Hospital. They also welcome current patients who receive routine neurological care at the main campus location who would prefer to

transfer their care to the West Side.

In addition to having the specialized physician and nurse team available, Lakewood offers occupational and physical therapy and intravenous infusion services for MS patients. Complete diagnostic testing is available as well, including magnetic

resonance imaging (MRI) of the brain or spine and comprehensive blood workups.

“We can perform a complete workup to look for any neurological problem, not just MS,” Dr. Willis says. In addition to MS education, the Lakewood Hospital team has a full

range of specialists to help treat MS patients when needed, including experts in spine, pain management and urology.

Contact Cleveland Clinic’s Neurological Institute at Lakewood Hospital by calling 216.636.5860 or toll-free 866.588.2264.

5 Ways To Make Your Morning Workout Suck!

by Selina Almodovar

I am not a morning person at all. So, it was quite a difficult transition for me when my husband and I agreed to have our workout sessions at 6am four days a week. The reason for our crazy logic was simple: this was the only part of our day that we could commit to physical activity on a regular basis. While most people are consumed with the work-life balance during the evening, you can find all the time in the world in the morning before the day actually begins. Though I must admit, I was the worst gym member of all time! I dreaded the mornings, and dragged my feet the entire time! It was not until strangers began to recognize us as “the happy husband and zombie wife” that I began to realize something: I have been self-sabotaging myself the entire time.

There are five ways that one can successfully make their workout suck...here’s how:

1) Get less than seven hours of sleep.

Yes, sleep is quite important, especially if you plan to wake up with the intention of working out. Aiming to get at least 7-9 hours of sleep is an absolute must, especially if you are heading to the gym to make some kind of impact on your body. Lack of sleep produces the “zombie” speed and attitude in the morning. The solution: get to bed on time! Which

actually leads to... if you plan on waking up by 5:30 a.m. each morning, plan to be asleep by 10:30 p.m. at the very latest.

2) Do not prepare for your day the night before. If you honestly believe that not getting enough sleep AND not packing your gym bag, breakfast, and cup of Joe/smoothie/protein shake the night before is going to get you moving in the morning, then buddy, you’ve got another thing coming. No one wants to wake up early only to be greeted with a to-do list before the day even begins. The Solution: The extra 15 minutes to prep your morning the night before will make you more likely to just roll out of bed, like George Jetson, and move into an autopilot motion towards the door.

3) Don’t drink enough water. Going to the gym involves sweating, burning calories, and toning/building muscle. None of this can be made possible without being properly hydrated. Lack of water in your system the night before will drain your energy, focus, and body before you hitting the snooze button. The solution: Use the water bottle you would generally use at the gym and drink the same amount of water (or more) it would take to fill it up throughout your day.

4) Eat poorly. Do you really want to burn all hope of going to the gym in the morning? Go nuts over your

last meal. Because your metabolism begins to slow down as the night wears on, your body is more likely to spend little to no time working on that greasy burger you just had. Guess how your morning is going to feel? Like a greasy burger. The solution: Go for a lighter meal with healthy lean proteins (chicken, fish, nuts, beans, eggs, or other meat substitutes). Likewise, for your breakfast, eat some healthy carbs (like a piece of fruit), whole grains (oatmeal, whole grain wraps, whole grain toast), or healthy protein sources (nut butters, protein shakes, protein bars with little to no added sugars).

5) Set unclear intentions about going to the gym. Yes, this is probably my most favorite excuse for missing gym days. If your head is not in the game the night before, then you cannot feel bad for your uncooperative body the following morning. Mind over matter always. If you make the decision to go, then you are more likely to remind yourself mentally that you’re going. The solution: Make up your mind, each and every night that you are going to the gym. Focus on why you want to go in the first place (build muscle, lose weight, train for _____), and plan on what you intend to do at the gym (cardio, upper body, lower body, etc.). Having a mental plan, along with a mental goal, will

boost your will power each and every time.

Remember, working out should be a part of a healthy lifestyle. Developing a healthy habit will require time and some discipline. You can choose to be all in, or choose to purposely fail. Your results are totally up to you—so let’s show the gym, those early mornings, and the world who’s the boss.

Selina M. Almodovar is a Cleveland native, Lakewood resident, and is a certified holistic health coach and founder of Well Said Living.



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Opinion

Letter To The Editor:

Cleveland Plain Dealer Newspaper Littering Suburbs With Garbage And Poor Waste Management

by Marko Vovk

The Plain Dealer is blighting, polluting, and dumping thousands of pounds of newspaper and plastic onto the more fortunate, rich Cleveland Suburbs' personal properties. The Cleveland Plain Dealer accomplishes this by employing delivery contractors who throw this trash in your driveway, driveway apron, lawn, and tree lawn from a moving car's open window. They do this very early in the morning while you are sleeping.

It also appears the Cleveland Plain Dealer may be practicing discrimination, because this pollution and dumping of garbage is only done to the richer, unsustainable single family homes defined by United Nations ICLEI: "International Council for Local Environmental Initiatives" which basically implements AGENDA

21, which Cleveland, Akron, Alliance, Oberlin and over 600 other cities and counties in America are members of.

Many Cleveland suburbs, including Hudson and Lakewood, are considered unsustainable cities because we own cars, eat meat, ski, have fences, golf, and live in single family homes. You won't see this trash dumping on Cleveland's 66th and St Clair, an inner city area that houses the less fortunate collectives. Every winter when the snow melts, you see hundreds of plastic wrapped newspapers on my unsustainable Lakewood street. Furthermore, I see this trash all winter in many other unsustainable single family Cleveland suburbs during my home inspections. I tell my clients to make a police report and then call the Plain Dealer to come and pick up their trash from their yard.

The Cleveland Plain Dealer and

all the Sun newspapers are owned or affiliated with Advanced Publications Inc. This is a multi-billion dollar media empire. They own over 50 newspapers, over 50 magazines and periodicals, over 50 internet channels, several cable TV channels and more. Most media in the USA is controlled by a very small group of elite citizens; most of these elite members belong to the "The Council on Foreign Relations." This is a ruling elite group that is pushing a one World Government. They want to overthrow our Constitution, they want to abolish American sovereignty, and they want to lower the earth's population.

Furthermore, this group controls the US Government behind the scenes, controls most of the US media, controls foundation grants, education and finally, they control every single news event and issue of the day. They control most of the news events and issue options that may also be available.

If the Cleveland Plain Dealer can litter, others can too. The Hudson Hub, owned by a different conglomerate, pollutes Hudson front yards. What is ironic is that on August 11, 2013, the Hudson Hub reported a story about a man who threw a soda cup on the ground and a Hudson police officer told the man to pick up his trash or he would be fined. Who is going to fine

these conglomerate newspaper polluters? Not only do these entities pollute our unsustainable single family yards, they brainwash us with their twisted news, the same garbage news they print, televise, and distribute through most of the American media.

The Plain dealer once interviewed me for one hour, sent me 200 pages of testing results, and asked me for a professional opinion on The American Greeting Card main building. I told them the building can be repaired. The Plain Dealer interviewer asked me, "What if it cost millions and millions of dollars to clean up asbestos, lead and mold, what should American Greetings do?" I told them sell it and move. The next day the front page read, 'Mr. Vovk said, "Sell it and move."' And that was it.

You may think I am off my rocker. Why don't you put down your paper, turn off your radio, turn off your TV, and go look this stuff up? While you're doing this, Cleveland, an ICLEI member, will continue to knock down homes, cut off the utilities to these properties, and turn them into temporary urban sustainable gardens.

By the way, the plastic used for the PD newspapers is a suffocation risk. So don't try to eat it. Folks, this brainwashing media is turning its readers into their zombie collectives.

National Service: Strengthening Northeast Ohio's Communities

by U.S. Senator Sherrod Brown

Five years ago this month – during the height of the economic downturn – Democrats and Republicans came together to invest in a bedrock of the American spirit: serving others. Five years later, Ohioans have truly exemplified what it means to serve. 10,000 Ohioans work to improve their local communities by serving at one of our state's 1500 national service locations, made possible by the Corporation for National and Community Service.

Last year, I visited John Hay High School in Cleveland where I saw firsthand how national service is helping to expand education opportunity in Ohio. I sat in on a weekly program, led by an AmeriCorps VISTA member who helped more than twenty 11th graders apply and prepare for college. Many of those students were the first in their family to attend college and AmeriCorp provided them with much needed guidance to navigate the process.

The CNCS invests in communities throughout the United States by training volunteers, awarding grants, and implementing service programs. For Americans that are struggling financially, the aid of national service programs can provide them with much need support during trying times. This year, CNCS will commit nearly \$30 million to support Ohio communities.

I believe in service because we all have a duty to help improve our communities and uplift our fellow Americans. And as a member of the National Service Congressional Caucus, I have worked to expand national service and to raise awareness about the work that our national service members do.

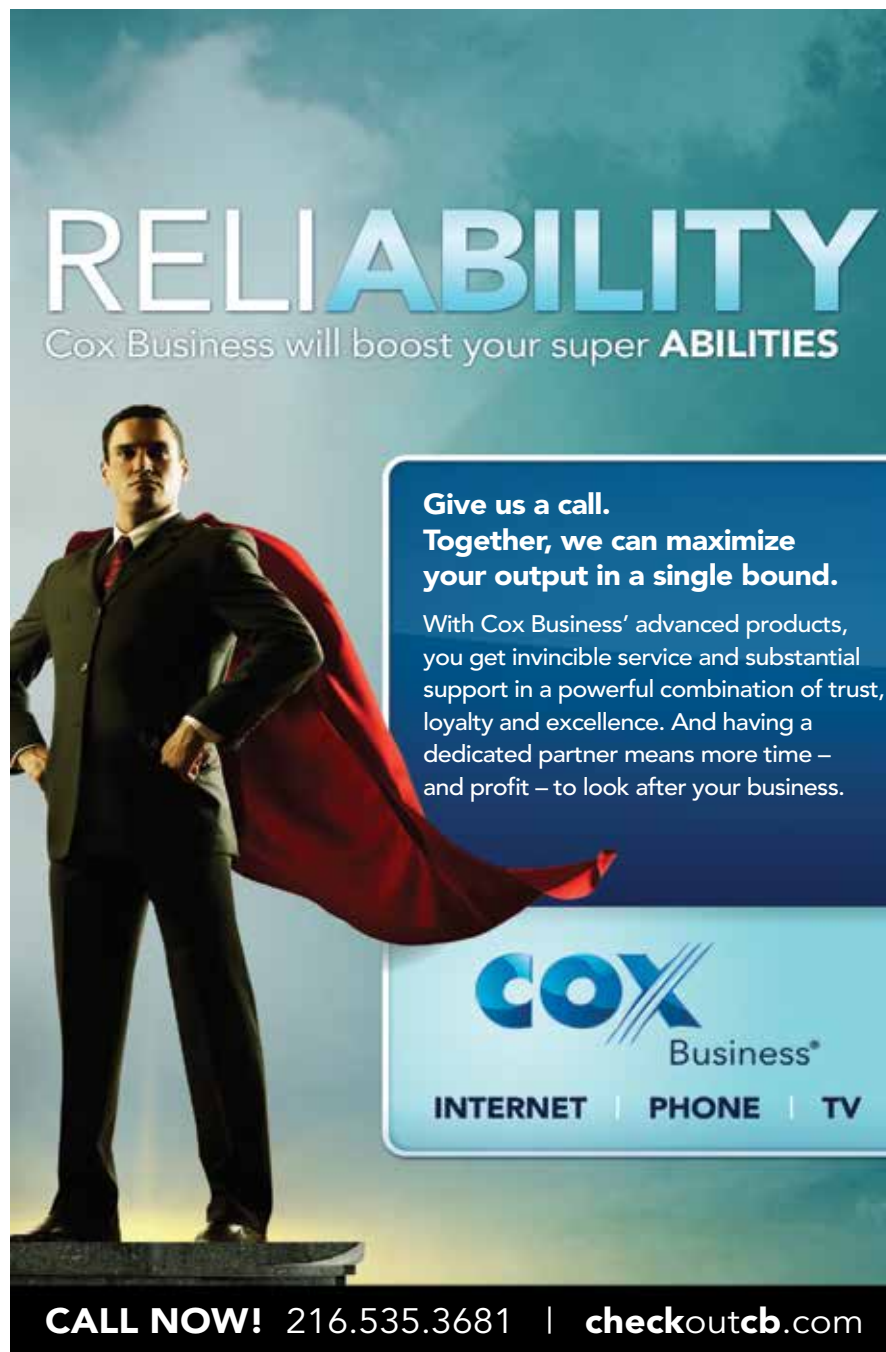
If you are interested in strengthening communities in your country by participating in community service, visit <http://www.nationalservice.gov/programs> to learn more about the national service opportunities available to you.

Good Day Moon Gallery: Getting Better Every Day

continued from page 11

help and support. When you purchase something from our gallery you are not only helping to support a local artist, but you are also supporting classes and programs that will help make someone's struggle through life a little easier. It may not sound like such a big deal, but I have had many people contact me to tell me that our gallery has touched people's lives in so many

ways. We've had more than our share of slow days, snow days and cold days that have made me wonder if I made the right choice in opening the gallery, but it is those kind of comments that keep me going, and I have the people of Lakewood and the surrounding areas to thank for that. If you would like to get involved you can contact us on Facebook, Twitter, by email at gooddaymoonstudio@hotmail.com, or by phone at (216) 952-2731.



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Pulse Of The City

The Ball Club Logo And The Red Feather...

Many years ago, I became involved with a Northern Ohio Native American association. The association served a number of very beneficent purposes with the Cleveland Native American community. Quite a few people with whom I spoke with at the time were unaware that there were reportedly Native Americans from well over a hundred tribes represented in the Greater Cleveland area. There were in fact, thousands of people living here then, who either claimed to have, or were actually registered with Native American ancestry; not to mention thousands more who believed that they did, but either did not know for certain, or had been admonished by their elders to keep that identity secret.

When the Indian Removal Act (passed by Congress in 1830) went into effect, many who were identified as Native Americans were pushed from their homes and farms to lands west of the Mississippi. To this day, there remains tension at times between “government-registered” Native Americans who moved to reservations, and those who are “unregistered”; whose

ancestors stayed behind and quietly assimilated into the “white” culture.

At the time I volunteered with that association, there was also a great deal of material and spiritual need among the Native peoples around Cleveland. For years, area volunteers helped to provide support for gatherings tied to spiritual and cultural awareness events, permitting quite a few good times for Native American children, while giving them a wonderful opportunity to celebrate their cultural heritage.

Of course, the question of the Cleveland ball club name and logo also came up periodically. As we are all aware, there has been additional public discussion and controversy this year as to whether the logo of that toothy grinning cartoon mascot should be retired. Indeed, it seems that every year, there are protests down at the ballpark against that logo. That the ball club’s name and logo would be highly emotional topics among Native peoples, there would be little doubt. Were the team’s mascot depicting any other race of people, I would suspect that it would have long ago gone the way of the minstrel shows and other racial characterizations that one were quite common in the entertainment world. Because there were, at one point, so few Native Americans left alive in this state, (and those who were being forced into silence about their ancestry) I suppose that there was once a feeling that, in more than one way, that logo and team name was nothing to be worried about. After all, “those” Native American people were all gone from here by now, weren’t they?

Not exactly. In fact there was a period of time, a number of years ago, when the Federal Government encouraged Native Americans to leave their reservations and come to the cities to

find employment. It was that kind of encouragement that helped the Cleveland area to once again become a home for thousands of Native Americans.

Interestingly, there has been a surprising diversity of opinion, not to mention outright ambivalence at times among a few Cleveland area Native Americans regarding the ball club name and logo. At some of the events where I volunteered, there were even Native children who showed up wearing the logo. I believe also, that it would possibly be safe and fair to say that when the team’s name and logo were originally thought up, there may not have been any deliberate racist intent involved. That said, as more Native Americans moved to the Cleveland area, the issue of the logo became much more pronounced, to the point that many, if not most of them probably feel that its high time for the team name and cartoon logo to go.

There is actually one aspect particularly, that appears to bother many Native Americans intensely about that logo, and that would be its use of a red feather. The red feather is a highly sacred object to a number of Native tribes for a variety of reasons. It could be used as a blood feather war sign, and also, as a call for peace. In some tribes, it reportedly had a purpose as a high honor; being awarded as a recognition of some heroic deed. In my discussions with Native American leaders over the years, it was the use of the sacred red feather, more than any other single issue, that has caused the most concern among Native peoples; along with the feeling that there was a general cultural insensitivity in our modern society concerning Native Americans generally.

As I learned from my own civil rights experiences as a special-needs

individual, and in my days as a Special Education teacher, neither prejudice, nor racism, (nor discrimination in any form) can be allowed to be defined by anyone other than the person who experiences it. Perpetrators of persecution will almost always deny any prejudicial or racial culpability on their part. Indeed they will often plead either ignorance or innocence regarding such matters.

With respect to the ball club logo, the statement has often been made by its defenders that it somehow actually “honors” Native Americans. I, for one, have never met a single Native American who feels that way. To the contrary, the vast majority of Native Americans whom I’ve met with feel that the time for that name and logo to pass into history has been long overdue.

What might replace the name and logo? Well, perhaps some sort of win-win could be worked out between a REAL tribe that formerly resided in Northeastern Ohio. Perhaps they could call the team “The Cleveland Iroquois”, or “The Cleveland Wyandots”? The ball club could then pay a naming rights royalty to a tribe of Native peoples for the use of their name, and that could then be used as a fund to help their children, while at the same time truly honoring our local Native American Heritage. Perhaps the pipe of peace could then replace the red feather? Obviously, many would need to agree to these changes, and perhaps others would have better or wiser proposals than mine to offer. The Cleveland ball club is comprised of many fine people who already participate in much good work in our community. Perhaps this could be yet another area where their benevolence would go to a very appropriate cause.

One way or another, there is little doubt in my mind that the time has come to retire our team’s present name and logo. What say you?

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Join the Discussion at: www.lakewoodobserver.com

Lakewood Living

Rotary Honors Speech, Music, Art Contest Winners

by Lynn Donaldson

Winners of Rotary's annual Speech, Music, and Visual Arts Contest were honored at an awards ceremony April 7 at the Beck Center for the Arts.

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

Speech contest first place winner is Natalie El Dabh from Rocky River High School, who went on to win the Rotary District 6630 Speech Contest on April 5 in Aurora. She will present her speech at the district conference at Quail Hollow on April 26.

Also honored were Anna Weixel, second place, Rocky River; Mary Kate Campbell, third place, Magnificat; and Isabella Olivio, fourth place, Rocky River.

Speech contest semi-finals were March 15 at the Beck Center and the finals at the Rotary club's March 31 meeting. Speeches must be of original content and be based on "The Four Way Test of Rotary" which asks, "Is it the truth, Is it fair to all concerned,



With Phil Ardussi, president, Rotary Club of Lakewood & Rocky River, are speech contest winners (from left) Natalie El Dabh, first place, Rocky River High School; Anna Weixel, second, Rocky River; Isabella Olivio, fourth, Rocky River; and Mary Kate Campbell, third, Magnificat.

Will it build goodwill and better friendships, and Will it be beneficial to all concerned?"

Three of the four music contest winners are from Lakewood High School. First place winner is Daniel Toner, cello, performing "Cello

Concerto No 1" by Shostakovich. Max Mulready, piano, placed second, performing "Opus 64, No 2" by Chopin. Irina Vatamanu, harp, Mozart's "Concerto for Flute & Harp" received honorable mention. Soprano, Kaya Sittinger of Rocky

River High School placed third, performing "Sure On This Shining Night" by Barber.

The contest, which follows the judging standards set by the Ohio Music Education Association, was held on March 5.

Visual arts winners were Liz McIlwee, "Naturally Bright," oil paint, Lakewood, first place; Nathan Grose, "Grizzly Bear," clay, St. Edward, second place; Isabella Hoskins, "Gratuitous Portrait of Myself," pencil, Rocky River, third place.

Honorable mentions went to Istwan Vozary, "Tancho" (teapot), clay, St. Edward; Noah Lorence-Comi, "Autumn," chalk pastel, Rocky River; and Jack Matthews, "Alligator," clay, St. Edward.

Judging for the visual arts portion took place March 14-15. Over 100 pieces, of numerous styles employing various media, were submitted by all five schools. A jury of artists selected outstanding works of art meeting the contest requirements. From this gallery, judges chose the award winners.

Selected entries from the visual arts contest are on display in the Rotary Student Art Show in the Jean Bulicek Galleria at the Beck Center now through April 20. This exhibit is free and open to the public during regular gallery hours.

"This annual event is a wonderful way to acknowledge the talents of our youth," stated Ed Gallagher, Beck Center director of education, "and the quality work of the participants truly shows that the arts and creativity are alive and well in our community." This is the eleventh year that the Beck Center has collaborated with the Rotary club for this competition.

All winners received congratulations and prize money from Phil Ardussi, Rotary club president. "Our club has a long history of recognizing, encouraging and supporting the youth of our community in many areas of endeavor," he told the audience. "We celebrate each participant's talent, hard work and persistence."

Support for the event was provided by FFL Investments Services at First Federal of Lakewood.

Hen Hopefuls:

The McElhatten Woodward Family

by Annie Stahlheber

Happy Spring from the Hens in Lakewood Committee! In this installment we are highlighting another Lakewood family who are interested in responsibly raising hens in Lakewood. Meet Brandi McElhatten and Pete Woodward and learn their point of view on this popular issue.

What street do you live on? Cook Ave.

How long have you lived in Lakewood? Since 2005.

Why do you choose to live in Lakewood? We love how vibrant and diverse the neighborhood is. We love that it's a walking community and that you can walk to so many great places. I love the parks, the shops, the restaurants, the library... we could go on and on. We're really glad that we have the opportunity to raise our little girl in this community.

Why do you want to raise hens in Lakewood? We garden and grow our own veggies. I [Brandi] also volunteer with LEAF, and for City Fresh. We really would relish the opportunity to be able to have our own hens so we know where our eggs are coming from. We like that we would be able to raise and care for the chickens that provide us with those eggs.

Why do you think Lakewood is a community that should allow responsible hen-keeping? Lakewood is such a progressive community, we really think it would be very unfortunate if they didn't allow responsible hen keeping. If Tremont can handle it, so can Lakewood.

Do you want to mention anything else? Thank you for your hard work!



Cook Ave residents and Hen Hopefuls, Pete Woodward and Brandi McElhatten Woodward with their daughter.

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Lakewood Living

Take Advantage Now: \$35,000 In Mortgage Payment Assistance For Homeowners In Crisis

by Keisha Matthews

Are you having trouble keeping up with your mortgage and other monthly expenses? In the past seven (7) years, have you or your family experienced an involuntary loss of income due to unemployment; underemployment; disability/illness; divorce/separation; or high medical bills? If you answered “yes” to these questions, there is help available!

NHS of Greater Cleveland through their partnership with Save the Dream Ohio and the Ohio Finance Agency (OHFA) is able to provide qualifying homeowners with up to \$35,000 in free

mortgage payment assistance.

This assistance can be used to bring your loan current; make your monthly payment for up to 18 months; cure delinquent property taxes; reduce your principal balance and in some cases pay-off your loan! You will not have to repay the assistance as long as you do not sell or transfer your property for five years.

If you believe that the Save the Dream Ohio program can assist you with your mortgage challenges contact NHS of Greater Cleveland Housing Specialist Keisha Matthews at 216-952-9829 or via email at kmatthews@

nhs.cleveland.org. Ms. Matthews is in Lakewood every Monday at the LakewoodAlive office located at 14701 Detroit Ave., Lakewood, OH.

It is important that you act quickly. The Save the Dream Ohio program will stop accepting new applications

on April 30, 2014. For more information on Save the Dream Ohio visit www.savethedreamohio.gov. Please also visit www.nhs.cleveland.org for additional information on their free programs and services.

Calling All Single Lakewoodites... Subconscious Connection Study

by Betty Rozakis

Life’s about relationships...the resolved and unresolved.

Thirty-eight years ago I met a man whose energy brought me comfort.

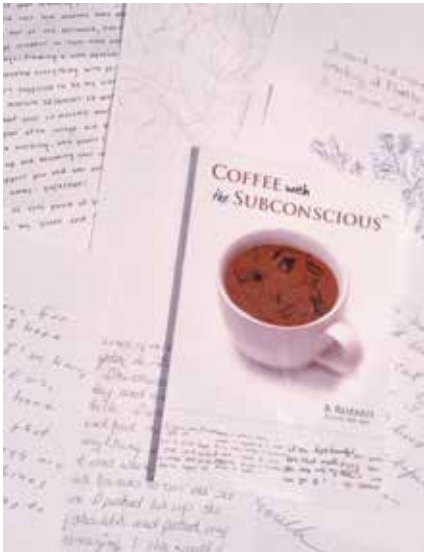
“There was something refreshing about his rhythm that moved my soul.”

During the early years of my marriage I was still evolving. I felt restless... searching for something that I couldn’t explain. I remember my father saying: “You have something good... Don’t lose it!” His words made sense, but I wasn’t sure how or what to do until I stumbled upon graphology.

While studying to understand character and personality through handwriting, I incessantly sought clarity from my mentors about my own handwriting. I realized that I had a subconscious need that lingered from my upbringing. I had trouble figuring it out. Although my character likes to fix and make a difference, I needed to accept the lack of subconscious connection in some of my relationships.

When I give talks I like to share my handwriting going back many years up to the present. Then one day I noticed something... My husband’s and my handwriting evolved to balance each other.

I remember thinking on my Hawaiian honeymoon that I may have



made a mistake... Anxiously trying to find my bathing suit I heard, “What are you doing?”

“I want to get some sun before it goes away.”

“Why would you want to do that?” he calmly asked.

Once I caught my breath... he explained that he preferred to do something active in the sun. Similar interests? Nope. We married the courses we hated in high school. I stayed clear of physics and he’s never read Tolstoy! Nonetheless, there are benefits... I know I can count on his technical skills to pull me out of the water to slalom on one ski! We enhance each other.

For over twenty five years I’ve been analyzing the handwriting and tree drawings of people and their relationships. I write about these stories in my Coffee with the Subconscious book and Blog.

Calling All Single Lakewoodites... I’d love to help you find your Subconscious Connection. Details to submit your handwriting and tree drawings: www.bettyrozakis.com.

What Does Your Home Need?

by Melissa Page

No more blindly searching through yellow page listings or scouring the overwhelming Northeast Ohio home improvement shows for the goods and services that best cater to older houses. You can spend lots of time and energy sorting through information and seeking out businesses that best serve older homes. Sometimes residents can do the work themselves. Sometimes we need to pay professionals to do it. Either way, expertise and guidance of local professionals and the resources are

necessary and valuable in order to give our century homes a sound start for their next 100 years.

Whether you are putting sweat equity into your home or commissioning experts to make those repairs or improvements, there is no doubt you will get something valuable out of this one-of-a-kind Lakewood Old House Fair. It is Saturday, May 3 from 10 a.m. to 3 p.m. at Harding Middle School (at Hilliard & Madison). See the ad in this issue for listings of our door prizes, exhibitors, and scheduled presentations. Admission is always free.



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Plan to have lunch at the Old House Fair! Jammy Bugger's will be offering their favorite lunch fare and Elmwood Bakery sweets..



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Lakewood Living

Spring Cleaning Time!

by *Andreas Tabor*

The polar vortex seems to have finally left and with the warmer weather come thoughts of spring cleaning. Spring cleaning isn't quite the ritual it once was, but there's still a basic human need to open up and spruce up our homes when the weather gets warmer. To help you scratch your itch to spring clean, here are some spring cleaning tips for those pieces and parts of your home that are most neglected throughout the year.

Before you begin, turn up the tunes with a Pandora or Spotify spring cleaning playlist--now you're ready to tackle your spring cleaning list:

Walls: Dust your walls with your vacuum brush attachment, then clean using an all-purpose cleaner and rinse. Don't use a spray cleaner, which will only leave streaks on your walls. Instead, soak a cloth in cleaner, then wipe. To rinse, follow up with a clean cloth soaked in plain water. Repair your walls by patching holes and dings and touching up paint.

Baseboards: Dust with a microfiber cloth or use your vacuum brush attachment, then spray with an all-purpose cleaner and wipe clean. Clean your baseboards after you clean your floors since cleaning floors tends to kick debris up onto baseboards.

Windows: Use a microfiber cloth soaked in a solution of ¼ cup vinegar, ¼ to ½ teaspoon dish soap, and 2 cups water. Don't be tempted to use more vinegar--too much can make windows appear cloudy.

Window screens: To deep clean your window screens, you should remove them. Place outside on a tarp or other clean waterproof surface, then use a garden hose, an all-purpose cleaner, and a soft brush (gently on the screen) to clean. Repair any tears. When removing your screens and hardware, label their location as you go to make re-installing them a breeze.

Shelves: Remove all items from shelves and dust both the items and the shelves. Use museum putty to secure items that tend to fall over.

Driveway: Use a pressure washer to give your driveway (and garage floor) a good cleaning. It's amazing what a difference a sparkling driveway makes to your home's curb appeal. Try using Coke or Pepsi to remove oil and grease stains. It'll take a little elbow grease, too, but the acidity of dark colas helps remove oil stains, as well as other tough stains, such as rust.

Siding: Using warm, soapy water and a soft-bristled brush attached to a long handle, clean your home in sec-

tions small enough to keep soapy water from drying before you can rinse. Pressure washers can make the job easier, but if you're a power-washer newbie, you risk stripping off paint or damaging your siding. Try one of the newer, lighter, electric power washers, which are easier to handle, or stick with the old-fashioned method. Either way, wash from the bottom up to help prevent streaking.

Upholstery: Vacuum your sofas and chairs. Spot clean or steam clean as needed. To spot clean, use "whipped detergent" (a mixture of half dish soap and half water). Beat to a froth. Soak a cloth in the mixture, wash the stain,

LakewoodAlive Announces Lakewood Pride Fund

continued from page 1

tee to participating banks. The process then continues with personalized budget, credit and home maintenance counseling through local community partners, helping the homeowner to get back on track with their financials and understand the importance of home maintenance. With each on-time payment made by the homeowner, their credit will improve and homes in our neighborhoods will be maintained, helping to sustain our historic aging housing stock, and strengthening property values.

There is still much work to be done; the goal of the organization is to raise \$150,000 to be able to serve those in need in our community. If you are interested in supporting the Lakewood Pride Fund or would like more information, please contact Allison Urbanek, Housing Outreach Director, at 216-521-0655.

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then rinse with a cloth soaked in fresh water. Freshen dusty pillows, throws, and curtains by tossing them in the dryer on low or no heat. Or, take them outside on a nice day to fluff and bask in the sun as an energy-saving alternative.

Ceiling fans: Spray the inside of an old pillowcase with cleaning solution, then slip the bag over each blade and wipe clean. Before you go up a ladder to clean your ceiling fan, check to see if the fan is turning in the right direction to keep your home cool. If you feel a breeze underneath the blades when turned on, your fan is set for summer. If you don't feel a breeze, change the

direction.

Air conditioners: Change your air conditioner filter, or clean it by soaking it in a vinegar-and-water solution for 1 to 4 hours (depending on how long it's been since you last cleaned). Let dry completely before replacing. Let the filter dry outside in bright sunshine to kill bacteria and to help remove odors.

Now that your home has had a thorough cleaning, it's time to relax, kick off the shoes, and begin thoughts of planting your summer garden!

Andy Tabor, Realtor, GRI Prudential Lucien Realty can be reached at 216-235-5352 or www.lakewoodohio-home.com.

H2O's Bikes And Bands Returns April 26th


continued from page 1

six were donated to Catholic Charities. The remaining bikes were taken to Ohio City Bicycle Co-Op to be salvaged for parts. This year, H2O hopes to collect even more bikes, so that even more Lakewood youth can have access to a bike this summer. All sizes and styles of bikes will be accepted, but bikes with 20-inch and 24-inch wheels are in the highest demand.

Admission for Bikes and Bands is \$8 for adults and \$5 for youth, or free with a bicycle donation.


H2O's Bikes and Bands is made

possible through partnerships with The City of Lakewood Department of Planning and Development, Bike Lakewood, Ohio City Bicycle Co-Op, Spin Bike Shop, Mahall's 20 Lanes, Kohl's Westgate volunteers and the Kohl's Cares Foundation, Vance Music Studios, and Lakewood City Schools. H2O is a service learning program sponsored by the City of Lakewood's Division of Youth Office in partnership with Lakewood City Schools. Participation is open to all middle and high school youth in Lakewood.

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