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THE LAKEWOOD OBSERVER



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Volume 10, Issue 20, October 1, 2014

"CHANGE" Fundraiser To Benefit Lakewood Community Services Center

by Colin McEwen

"CHANGE," the event formerly known as "Got Green?" is set for Saturday, October 11 from 7-11 p.m. at the Lake Erie Building — aka the Screw Fac-

tory — at 13000 Athens Avenue.

Lakewood Community Services Center's annual fundraiser features all that attendees have come to expect: amazing food from a local chef,

incredible live entertainment and fabulous raffle prizes donated by friends throughout Lakewood and beyond. And best of all, it's for a good cause.

"We decided on CHANGE as a very appropriate name for our event," says Trish Rooney, LCSC's executive director. "Every day LCSC, with its part-

ners, works to change the lives of children and adults in our community - this year perhaps to a greater extent than ever before as we have introduced new programs aimed to help transform the lives of the people who come to us for help."

This year's event honors Partners in Change who made

LCSC's first-ever summer lunch program for Lakewood school-aged kids who qualify for free or reduced meals during the school year a reality. Funding for the program was made possible by the William J. and Dorothy K. O'Neill Foundation's Youth Philanthropy grantmaking **continued on page 14**



This event helps pay for LCSC school lunch program!

October Is Voter Education Month

by Conda Boyd

If you have the right to vote, you also have the responsibility to research. A listing of voter education resources and links compiled by LWV - Greater Cleveland is available on our website. Find out what's on your ballot, read voter guides, and watch forums and debates!

The League of Women

Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. The only requirement for membership is a passion for democracy. Please join us! <http://lwvgreatercleveland.org>

Fall Harvest Dinner: A Celebration Of Food & The Season A Benefit For Lakewood PTAs

by Kristine Pagsuyoin

PTA (Parent Teacher Association) is Lakewood's professional parent organization. As a member of the PTA, parents become equal partners, along with teachers and administrators, in shaping the educational experience for students. Our members enjoy many benefits such as friendship and fun, positive relationships with the administrators and teachers as well as being "in the know" on current happenings within the school district.

The community is invited

to join PTA and Players on Madison on Monday, October 6th, for a Fall Harvest Dinner: A Celebration of Food & the Season to benefit Lakewood PTAs. Players has put together a beautiful menu that showcases the best the season has to offer. For just \$35, attendees will get their choice of a salad, entrée, dessert and non-alcoholic beverage. Reservations are being taken between the hours of 5-9 p.m. To reserve your seat please call Players on Madison at 216-226-5200 (open at 5 p.m.). For more details and menu visit the Lakewood Coun-



cil of PTAs Facebook page or at lakewoodcityschools.org.

PTA's mission is to work on behalf of every child in our school district: to promote the welfare of children and youth in home, school, community, and place of worship, to raise the standards of home life, to secure adequate laws for the care and protection **continued on page 10**

incredible live entertainment and fabulous raffle prizes donated by friends throughout Lakewood and beyond. And best of all, it's for a good cause.

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National Merit Scholars Lead List Of LHS Academic Honorees

by Christine Gordillo

Each September brings announcements of stellar academic achievements accomplished by high school students in the previous school year. Each September, Lakewood High School has a good share of these top academic performers. This year's academic stars include four National Merit Semifinalists, two National Merit Commended Scholars and 82 AP Scholars, including four National AP Scholars.

Leading the way is LHS' four National Merit Semifinalists: seniors Renee Klann, Sarah Matthiessen, Magdalene Pizzo and Shawn Sovie. More than 1.5 million students in over 22,000 high schools entered the National Merit Scholar-



National Merit Semifinalists (front row from left): Renee Klann, Shawn Sovie, Sarah Matthiessen; National Merit Commended Scholars (back row from left): Kathryn Urban and Devon Chodzin. Not pictured: Semifinalist Magdalene Pizzo who is studying abroad.

ship Corporation competition, with 16,000 top scorers named Semifinalists. Students enter the competition by taking the PSAT their junior year. Semifinalists represent less than 1% of U. S. high school seniors and are the highest scoring entrants in their state. Lakewood High's four Semifinalists are now eligible to continue on in the competition in hopes of being named

a Finalist and receiving one of more than 8,200 scholarships to be awarded in the spring.

In addition to LHS' four Semifinalists, seniors Devon Chodzin and Kathryn Urban were named National Merit Commended Scholars for placing among the top 5% of PSAT participants. Although those three will not continue in the **continued on page 15**

Rapist Caught And Charged



Lakewood Police Chief Tom Malley kicks off the joint press conference with Cuyahoga County Prosecutor Tim McGinty and members of the Cleveland Police, Rape Crisis Task Force, and officers working the case to say, "These two career criminals will be spending a good deal of their lives in jail." James Daniel III and his brother have been charged with various crimes including burglary, assault and rape. Good work law enforcement, all of you!

Observations



Sunset over the Emerald Canyon, 09.28.2014. Posted on the Observation Deck as it was happening! Isn't it time you signed up?

Hot Off The Deck

<http://lakewoodobserver.com/forum>

Join the discussion online – visit the **OBSERVATION DECK**

| LAKEWOOD DISCUSSION | | | | |
|---|--------------------|---------|-------|------------|
| Topics | Author | Replies | Views | Last Post |
| Lakewood Police Scanner - ONLINE | | 2 | 111 | Mon Sep 29 |
| Shawn Juris Goes After Backyard Hens | Michael Deneen | 9 | 345 | Mon Sep 29 |
| “Unacceptable behavior,” by Councilman Shawn Juris | stephen davis | 177 | 12945 | Mon Sep 29 |
| Two People Assaulted And Robbed Jim O’Bryan At Gun Point On Ridgewood | | 1 | 852 | Mon Sep 29 |
| IMAGE-IN LAKEWOOD | Jim O’Bryan | 252 | 25887 | Mon Sep 29 |
| LHS Architect Meeting Set for Oct. 7 | Christine Gordillo | 0 | 21 | Mon Sep 29 |
| Construction update from schools | Voinovich | 0 | 42 | Mon Sep 29 |
| The New Schools (All Three) | Jim O’Bryan | 22 | 1885 | Mon Sep 29 |
| Clouds got in the way... | Jim O’Bryan | 270 | 29918 | Sun Sep 28 |
| Clifton Boulevard Enhancement Project Groundbreaking | David Lay | 34 | 1934 | Sun Sep 28 |
| Speeding - Limited Resources or Limited Leadership | Ryan Salo | 18 | 611 | Sun Sep 28 |
| Is Lakewood a Suburb? | Bill Call | 1 | 215 | Sat Sep 27 |
| Warren Road Rapist Charged | Betsy Voinovich | 16 | 1176 | Fri Sep 26 |
| You’ve Got to Eat: Lakewood PTAs Fall Harvest Dinner | Kristine Pagsuyoin | 0 | 76 | Thu Sep 25 |
| Sink Hole Swallows Morrison Lakewood Next? | Jim O’Bryan | 1 | 1345 | Thu Sep 25 |
| Special Brd Meeting tomorrow | Betsy Voinovich | 2 | 148 | Wed Sep 24 |
| The Clinics Brunswick and | Bill Call | 18 | 636 | Wed Sep 24 |
| Kinship Caregiver Legal Assistance Workshop | Marjorie Korcheck | 0 | 63 | Tue Sep 23 |
| Seeking LHS Marching Band Alumni | Christine Gordillo | 0 | 488 | Mon Sep 22 |
| POP!!!!!!!! | Bill Call | 4 | 503 | Mon Sep 22 |





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Your Independent Source for Lakewood News & Opinion

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Ohio House District 13 Candidates:
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City News

Lakewood Confronting The County Heroin Epidemic

by Colin McEwen

The Cuyahoga County Medical Examiner's Office has reported that nine Lakewood residents died of heroin overdoses in 2013. And with 170 heroin deaths across the county, there's no debate that heroin is a prolific killer. Experts say that heroin is cheaper, more potent and more available than ever before.

Judge Michael Astrab and Dr. Stephen Sroka recently hosted a townhall forum discussing the heroin epidemic in Northeast Ohio. "Lakewood: It's Time For the Talk About Heroin" took place at the Lakewood Public Library on September 30.

Sroka, a Lakewood resident, has written numerous article and produced videos about heroin/opiate awareness, education and advocacy. Joining Sroka and Astrab on the panel were Robert Garrity — and pharmacist, attorney and drug/alcohol counselor — as well as attorney Stephanie Lingle.

For more information about the event, click here.

Earlier this year, Lakewood announced its multi-faceted approach — along with several county initiatives — to step up its efforts to confront the epidemic.

With five officers focused exclusively on narcotics investigations and prosecution, the city is one of the few suburbs with a dedicated narcotics investigation unit. The Lakewood police recently

arrested a major heroin dealer, and have several other cases under investigation.

"But this isn't a problem that's only solved with enforcement," said Lakewood Mayor Michael Summers.

"Lakewood's abundance of lower-priced rental options, our 9,400 people per square mile, and our proximity to Cleveland make us particularly vulnerable to every national trend — both good and bad."

In Lakewood, the strategy is based on prevention, as an issue of public health, as well as law enforcement.

Lakewood has maintained its DARE program, despite reductions in federal financial support. The city has maintained two full-time school resource officers to perform this educa-

tion, and work with students on ongoing education, investigation and support.

Mayor Summers and Judge Patrick Carroll are dedicated to attending the DARE graduation to emphasize the importance of education youth.

To discourage heroin use, the city has successfully charged several associates and enablers with being "accessories to fact."

The city's EMT squads carry and use Naloxone (Narcan) to aid in the resuscitation of overdose victims. Soon, all Lakewood police officers will carry Narcan.

The county — through its Alcohol, Drug Addiction and Mental Health Services agency — is leading the charge on public education. Since many of

the overdose victims in Lakewood are not residents of Lakewood, a regional approach to public education makes sense.

Lakewood is committed to its work with more than 20 area agencies in a collaborative effort to address the epidemic on all fronts.

What can you do?

Discard unneeded prescription medication from your medicine cabinets. The Lakewood Police Department has a drop-box for those looking to properly dispose of prescriptions.

If you or someone you know struggles with heroin addiction — or any other substance abuse issues — please call the ADAMHS heroin hotline at 216-623-6888.

New Downtown Parking Lots Part Of An Effort To Improve Stormwater Management

by Colin McEwen

The recently finished parking lots in downtown Lakewood provide more than spaces for vehicles to park. They're also good for the environment.

The idea behind the improvements — at the two lots between St. Charles and Cook just north of Detroit Avenue — was to reduce stormwater runoff from the parking lot to the storm sewer.

"We wanted to capture the water and allow it to slowly drain into the ground instead of going into a catch basin and possibly effecting the combined sewer overflow," said Joe Beno, the city's director of public works.

The city obtained a \$150,000 storm-water improvement grant from the Ohio EPA's Surface Water Improvement Fund to help pay for the \$400,000 project.

The concrete medians separating the lines of cars were ripped out, and replaced with a pervious paver drainage system. The project also included planting about a dozen new trees, as well as the addition of two bio-swales at the corners of the lots.

"This has a direct impact on the amount of water that goes into the overflow," added Beno. "This will reduce the amount of combined sewer overflow — and that's a good thing."

Most of the work was completed last year, but the contractor recently applied a final seal to the asphalt and raised a few of the pavers that settled during the past year.

In addition to new pavement, the two parking lots now have kiosks allowing motorists to pay for parking

with a credit card, or by using an app on their cell phones. Additional signs will be added to aid with the visibility of the space numbers in the winter.

Improvements to the sidewalks and adjacent drive aprons are expected by the end of 2014; 10 additional lights are also being added to the lots.

Lakewood Arbor Day Observance

by Colin McEwen

The city of Lakewood and the Lakewood Tree Task Force are inviting Lakewood residents to "reach for the sky" and help plant trees.

The city is observing Arbor Day on October 4, from 9 a.m. to noon, at Madison Park.

Participants will learn how to

plant trees and get tips for tree care. They are also encouraged to bring their own shovels and to dress in clothes for the weather and boots for mud.

The city of Lakewood has been designated a Tree City USA community for 37 consecutive years — the second longest streak in the state of Ohio.

Expect Delays On W. 117th During Road Resurfacing

by Colin McEwen

The project to resurface W. 117th Street began on Thursday, September 25.

That means southbound traffic — on the Lakewood side of the street — will be reduced to one lane, from Edgewater Drive to Berea Road. Long delays are expected.

Work is expected to be finished by

December 2014, weather permitting.

The city of Cleveland is resurfacing the northbound lanes; work on that project is expected to be finished around the same time as Lakewood's resurfacing.

Motorists are reminded to use caution while driving the 1.1-mile stretch of road.

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School Girl Crush - 9 pm

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Dan Zola Big Band - 7:30 pm

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City News

Council Considers Financial Support For LakewoodAlive

by Christopher Bindel

The September 15, 2014 Council Meeting was called to order at 7:34 P.M. by Council president, and Ward IV Councilwoman, Mary Louise Madigan.

Starting off the meeting Councilman David Anderson (Ward 1) asked Council to consider direct financial contributions to LakewoodAlive in the amount of \$100,000 as part of the 2015 budget.

Anderson stated that, “Lakewood has been fortunate to have LakewoodAlive serve as our community development corporation which has strengthened our economy and improved the quality of life throughout neighborhoods.” Though he mentioned that the City has offered “indirect support in the form of staffing, auxiliary policing, and other key elements for many years,” he said he believes the time has come for the City to support its “vital partnership” with LakewoodAlive and take it to the next level.

He believes that the additional financial support will spur an exponential rise in LakewoodAlive's impact and vitality. Although he admitted it could be hard to determine the exact impact of any investment they make, and how much that investment should be, he said that he thought it was worth the conversation in advance of the 2015 budget process.

Council referred the item to the Finance Committee for discussion.

Next Councilwoman Cindy Marx (At-Large) read a communication to Council about the Lakewood Animal Safety and Welfare Board's recent activities. The board has been work-

ing hard to educate residents about the importance of spaying and neutering their pets. In addition they have organized “Lakewood Low Cost Spay and Neuter Day” which was held on Saturday, September 27th. They worked with PetFix Mobile Clinic to provide the service from their mobile clinic which was stationed at Madison Park. At the time of the council meeting, eight people had already signed up.

Councilwoman Madigan and Councilman Tom Bullock (At-Large) thanked the Board for all of their efforts and the good work they are doing.

The next item on the agenda was submitted by Planning and Development Director, Dru Siley, however he was at the School Board Meeting that night and therefore was not able to present it. The item was a report from the Citizens Advisory Committee regarding their recommendations for the City's CDBG, ESG, and HOME grants from the department of Housing and Urban Development.

Council decided to refer the matter to the Committee of the Whole for discussion.

Police Chief Malley then asked Council to pass a resolution that would allow the City to accept funds in the amount of \$50,287 from the Ohio Attorney General's office to pay for the salaries of the officers instructing the D.A.R.E. curriculum in the schools.

Council agreed and passed the resolution.

Coming to the end of a short Council Meeting, Council President Madigan adjourned the meeting at 8:00 P.M.

Lakewood Unveils New App For Downtown Parking Lots

by Colin McEwen

Visitors to Lakewood's downtown no longer have to visit a kiosk to pay for their parking spot. In fact, they don't even need to leave their seats at the restaurant.

The city of Lakewood and Parkmobile have unveiled a new mobile app that allows motorists to remotely pay for parking at the two municipal lots downtown.

No visit to the kiosk is needed and no printed ticket is required. And, motorists still get free 30 minutes to park in the parking lots.

Downloading the app is as simple as visiting the App Store on your smartphone, or from the company's website at us.parkmobile.com.

Once, you've signed up for the free app, punch in your zone (posted on the sign at the kiosk) and parking space numbers and select the duration of time you'd like to park. Pre-saved credit card and vehicle information help make the process quicker and more efficient.

“This service makes sense for our residents and visitors,” said Joe Beno, the city's director of public works. “The app

easy to use, saves time, and we believe adds to our vibrant downtown as a destination for diners and shoppers.”

The new service, recently made available to Lakewood, did not cost the city additional money. However, Parkmobile charges those paying for parking with the app an additional 35-cent charge per transaction.

Don't forget that parking is free after 6 p.m., and as well as on Saturdays, Sundays, and holidays.



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¹ Annual Percentage Yield (APY) = 1.05%. Minimum balance to open and to earn the promotional APY is \$1,000.00 and the maximum balance allowed to earn this promotional APY is \$2,000,000.00. The promotional rate is valid only for new money not currently on deposit. The promotional rate is locked for 270 days. After 270 days, the rate is subject to change based on the rate currently offered on the Select Money Market Account. These rates are subject to change without notice. The Select Money Market Account tiered rates as of July 15, 2014 are as follows: \$0-\$9,999 (.15% APY); \$10,000-\$24,999 (.25% APY); \$25,000-\$49,999 (.35% APY); \$50,000-\$99,999 (.45% APY); \$100,000+ (.55% APY). If the account is closed before 270 days, a \$50.00 fee may be assessed. A \$10.00 monthly fee may be assessed if the balance on the account drops below \$1,000.00. Fees could reduce earnings on this account. No more than a total of 6 pre-authorized telephone, ACH, check, POS or Internet transactions may be made from this account per month. The minimum check amount must be \$500.00. All rates quoted are accurate as of July 15, 2014. In order to qualify for the stated APY on the Money Market Account, you must have or open a Benefits Checking Account or other First Federal Lakewood checking account with recurring direct deposit of \$500 or more monthly. Offer expires October 31, 2014. Other restrictions may apply. Contact a branch representative for full details.

² A reward of \$10.00 will be added to the account monthly when recurring direct deposits of \$500.00 or more are made to your Benefits Checking Account each month. The total of the recurring Direct Deposits will be based on a calendar month. Maximum benefit paid is \$120.00.

³ You may also receive a \$10 reward per purchase transaction, up to \$10.00 per statement cycle, made with your Benefits Checking Account Debit Card. Maximum benefit paid is \$120.00.

⁴ Participation in the promotion requires you to enroll in Online banking and eStatements within 60 days of opening your new checking account. You will be awarded \$10.00 to your Benefits Checking Account after you receive your first eStatement.

Lakewood Public Library

compiled by Leana Donofrio-Milovan

Wednesday, October 1

The Lakewood Historical Society: The Cleveland Grand Prix:
An American Show Jumping First by Betty Weibel

Home to inventors of the first automobile, airplane and professional baseball team, Ohio is also the birthplace of the first show jumping grand prix in the Western Hemisphere... the Cleveland Grand Prix. Since that first grand prix in 1965, the sport has grown to nearly three-hundred-and-fifty American grand prix and a billion dollar industry. From early harness racing to fox hunting, saddle up with equestrian authority Betty Weibel as she explains how this picturesque corner of the Chagrin Valley grew into a world-class horse sport hub. Relive the exciting victories of some of the finest horses and riders in history, and enjoy the Cleveland Grand Prix's glory years as the premier summer social tradition.

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

Thursday, October 2

Meet the Author: “Take It Back: The Personal Power
You Give Away Everyday” by Dr. Kay Potetz

What if you could go home happy—every day? Imagine leaving work each day in a good mood. Envision not being irritated with those you contact daily, whether it's a co-worker, a boss, a spouse, an aging parent, a toddler or a teen. Imagine feeling like you're the driver in your own life, rather than a passenger hanging on for dear life. While modern life has most people by the tail, it doesn't have to be this way. Esteemed management consultant Dr. Kay Potetz offers a means of harnessing the power with which every human being is born to attain what she calls “lasting, resilient happiness.” She explains that this highly practical pathway to an entirely new way of seeing the world leads to greater satisfaction and well-being at work, among loved ones, and even while watching the none-too-comforting evening news. Dr. Potetz integrates well-documented science with real-life examples that give readers a wealth of simple, user-friendly tools and strategies for living happier lives. Through research and anecdote, Dr. Potetz demonstrates how perception is reality and how our sense of well-being is more a product of our beliefs and expectations than what is actually taking place in any given situation. In short, she reveals how personal power is an extremely valuable and readily accessible yet all too under-utilized resource. If you're feeling frustrated by those around you, and often believe you're at your wit's end, this program is for you. Please join us. Books will be available for sale and signing at the event.

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

Saturday, October 4

Lakewood Public Cinema: “The Palm Beach Story” (1942)
Directed by Preston Sturges

Screwball comedies are, of course, known for being screwy, but this one is downright deranged. So why does it leave us feeling so sunny and refreshed? Claudette Colbert loves her husband, Joel McCrea, but she'll divorce him if that's what she has to do to make a success out of him. She has this crazy idea that marrying a wealthy man and using the money to finance McCrea's invention is somehow her wifely duty. McCrea, of course, thinks this is hogwash, but he loves her. A madcap chase ensues. She heads down to Palm Beach, the divorce capitol of the world, and he follows despite her ingenious schemes to slow him down. We don't want to spoil any more of the delicious plot, but we will tell you that they end up as guests of an utterly decent millionaire played by the crooner Rudy Vallee (who knew he was so funny?) and his socialite sister, the inimitable Mary Astor. For those of you who will say that the happy ending comes out of left field, we say that you weren't paying close enough attention to the opening credits. Three cheers for Preston Sturges!

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

LPL Children/Youth Events

compiled by Eric Knapp

Saturday, October 11

Tail Waggin' Tutors - For school-age children

Bone up on your reading skills by reading to a dog. Drop in for a one-to-one session with one of our dogs and owners that have been certified through Therapy Dogs International.

11:00 a.m. – 12:30 p.m. in the Main Library Multipurpose Room.

Sunday, October 12

Sensory Story Time - For you and your 3-7 year old child

This story time program can be enjoyed by all children, but it is specifically designed for young children with special needs, autism or those with sensory processing challenges. Registration required.

3:00 p.m. – 4:00 p.m. in the Main Library Toddler Story Time Room.

Sunday, October 12

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.

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

Sunday, October 12, Saturday, October 18

Blind Date With A Book

Choose a new read, sight unseen, from our selection of cleverly disguised titles. Find your mystery book in either juvenile or teen fiction.

Sunday, October 5

Sunday with the Friends: Sommerfugl

Fall is here, but the summer is not forgotten. Bid a final adieu to the season of short sleeves and prepare your heart for the winter ahead. The butterfly is the summer fool. (That's both the literal translation and the pronunciation of the band's Danish name.) William Drake and Holly Overton bring alive the beauty of one particular butterfly on a summer's day with their eclectic mix of love songs, torch songs, duets, originals and other surprises. These veterans of the local music scene are two of the finest vocalists and instrumentalists around, coming together in a synergistic rainbow of sound. Rich and delicate harmonies and a joyous dance of guitar and violin will whisk you away on a captivating emotional journey that will leave you reminiscing about warm, lazy summer days.

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

Hands-On Help with eReaders

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

Thursday Nights at the Madison Branch—Call (216) 228-7428

Sunday Nights at the Main Library—Call (216) 226-8275, ext. 127

Tuesday, October 7

One-On-One Job Search

Spend thirty minutes with a staff member polishing your resume, brushing up on computer skills and exploring employment websites. Whether you need a new job or just want to explore your options, we want to get you started with personal attention.

Appointments are available Tuesdays between 7:00 p.m. and 8:00 p.m.

October 7, November 4, December 9, January 6 and February 3

Thursdays between 10:00 a.m. and 11:00 a.m.

October 9, November 6, December 11, January 8 and February 5

Wednesday, October 8

Meet the Author: “A Golden Thread: An Unofficial Critical
History of Wonder Woman” by Philip Sandifer

It all began when a famous psychologist was asked to write an article for Family Circle magazine, denouncing comic books and superheroes as dangerous influences on America's youth. But when William Moulton Marston did his research, he found, instead, a powerful tool for uplifting the human spirit and an outlet for his vision of a better world through the empowerment of women. He was both ahead of his time as a feminist and on the unacceptable fringe of his field for his unorthodox views on submission and domination. But he created Wonder Woman! For over seventy years, she has been one of the most popular and recognized comic book characters in the world. Philip Sandifer presents a detailed critical history of the character from her World War II origins to the present day, though comic books, TV shows and more. Undoubtedly the world's most popular feminist character, she has at times been used as a pawn against her own interests, but Sandifer unearths her triumphs, as well, and outlines her unfinished work in the world of men. “Change their minds and change the world!” Books will be available for sale and signing at the event.

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

Thursday, October 9

Meet the Author: “TARDIS Eruditorum: An Unofficial Critical
History of Doctor Who (Volumes 1 through 4)” by Philip Sandifer

It begins with a madman in a box—mad because he thinks he can combat all of the wickedness and injustice of creation with nothing more than a screwdriver. His box, the TARDIS, is a living machine that can take him anywhere in time and space. He is very old, very alien and he has changed his face more than once. For some reason, he really likes the earth, particularly the U.K. He is the Doctor.

Over the past fifty years, the story of Doctor Who (the name of the series, not the character) has been spread through television, movies, theater, books, comic books, riddles, songs and games. It is an integral part of British culture and a worldwide phenomenon. Production of the series has ranged from the practically live days of theater-in-front-of-a-camera to movie-style digital slickness and the acting methods have progressed from stiff classical to modern naturalism—although, like the series, that progression doesn't always happen in chronological order. Yet, after all this time, it is still remarkably the same story about the same man—no matter how many actors have played him.

Philip Sandifer's “TARDIS Eruditorum” seeks to make critical sense of both Doctor Who and the world that made it. This is not an episode guide—there are plenty of clever writers out there who have already tread that ground—nor is it a behind-the-scenes book. Instead, it is a mad attempt to treat every story as one big story, by making the brilliant assumption that it all makes sense somehow. One need not have an encyclopedic knowledge of the show to appreciate the evolving thesis. Sandifer provides all of the context the reader needs about each televised adventure as he draws on his own vast knowledge of pop culture, politics, world events, significant social movements, philosophy and whatever David Bowie was up to when each episode first aired. Interleaved essays comment on unrelated topics that somehow end up being part of the big picture. The final result is as entertaining as the show itself. Books will be available for sale and signing at the event.

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

Saturday, October 11

Lakewood Public Cinema: “Saboteur” (1942),
Directed by Alfred Hitchcock

When a fire breaks out at the airplane factory, Robert Cummings is handed a fire extinguisher filled with gasoline by a fellow named Fry. The authorities say that no one by that name has ever worked at the plant and point to Cummings as the culprit. Thus begins a classic Hitchcock triple chase: Cummings attempts to prove his innocence by tracking down Fry, while the Feds and the bad guys pursue him. Of course Hitchcock also works a woman like Priscilla Lane into the plot. Will she turn Cummings in, or will she help him? Professor Terry Meehan continues his series Hitchcock Goes to War, introducing each film with rare clips and original documentaries followed by audience reaction and a lively discussion.

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

Sunday, October 12

Sunday with the Friends: “WordStage: Bloomsbury and the Great War”

Our resident theatricals are back with a dramatic presentation featuring Virginia Woolf and the informal group of writers, philosophers and artists who met in the Bloomsbury district of London between 1907 and 1930 to search for the meaning of truth, goodness and beauty over small dinners and impromptu gatherings. WordStage director and playwright Tim Tavcar transports the audience back to Garsington, the country cottage of Lady Ottoline and Philip Morrell, just after the beginning of the First World War. The Morrells are visited by Leonard and Virginia Woolf, and the four of them discuss the ramifications of the war upon their artistic and pacifist friends.

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

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Teen Read Week

by Eric Knapp

Teen Read Week is approaching fast! October 12th through 18th has been designated Teen Read Week by the American Library Association, a week dedicated to the idea that teens should read for fun. I know, I know, you're in school, you have tons of assigned reading and mountains of homework... but what better way to relax during your downtime than to escape into an amazing book? We know you're out there teen readers, and that's why all of our most popular teen titles here at Lakewood Public Library spend more time off the shelf than on it!

We want you to help us celebrate the awesomeness of books, so we've got a whole week of events planned for Teen Read Week: Blind Date with a Book, where you can choose your read sight-unseen from a collection of disguised titles. Two awesome contests for you creative readers out there: first, the

Book Character Costume Gala. That's right, you get to dress up as your favorite book character... heroes, heroines, and villains are welcome! Games, activities, photo ops, and prizes abound! Second, the Video Book Trailer contest. It's your turn to be behind the camera calling the shots as director, editor, and maybe even actor... all in the name of gloriously promoting your favorite novel!

Registration deadlines for the contests are coming up soon, so check the teen tab of the Library's web page for important dates and submission guidelines. Registration is required for these programs, so please register online or call- space is limited and filling up fast. We can't wait to see what you come up with for all of our Teen Read Week events. See you at the Library!

Online registration and submission forms: <http://www.lake-woodpubliclibrary.org/youth/> or call us at (216) 226-8275 ext. 140.

Modernists Back From The Grave

by Alexander Lavrisha

"It is a curious fact that novelists have a way of making us believe that luncheon parties are invariably memorable for something very witty that was said, or for something very wise that was done."

-Virginia Woolf

The Friends of the Lakewood Public Library magnanimously invite you to ditch whatever banal obligations you may have been suckered into on Sunday, October 12th and instead join us in a dizzying display of thespian talent at 2 p.m. in the Main Library Auditorium. WordStage, a local collective of theatrical artists dedicated to historical and literary recreations, will resurrect that famously informal assembly of aesthetes and thinkers: the Bloomsbury group. Described by Leonard Woolf as “a largely imaginary group of persons with largely imaginary objects and characteristics,” the Bloomsbury group was an ever-changing who’s who of British Modernists, including: Virginia and Leonard Woolf, the economist John Keynes, whose economic theories enjoy frequent mention – if not comprehension– in popular politi-

cal discourse, artist Roger Fry, novelist E.M. Forster, and critic Clive Bell, among others. In addition to their crucial place in the aesthetic avant-garde of the early 20th century, the Bloomsbury group was also distinguished by their then-radical politics: their embrace of feminism, pacifism, homosexuality, and the Epicurean pursuit of pleasure.

This Sunday with the Friends performance is set in the stately Garsington Manor, site of many Bloomsbury gatherings, which was owned by Lady Ottoline and Phillip Morrell; these two are joined by feminist icon Virginia Woolf and her husband, Leonard Woolf. The foursome engages in a dialogue concerning the usual Platonic suspects: truth, beauty, and goodness, and the possibility of maintaining these idealistic concerns in the midst of the Great War.

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Arm and leg pain: tracking down the source.



Nerves in the neck and back may be responsible

Did you know that pain in the arms and legs can actually radiate from a source in the neck or back? In other cases, diabetes or carpal tunnel syndrome can damage nerves locally in the hand, or arthritis may be pinpointed as the cause of pain.

If the pain source is actually irritated or compressed nerves resulting from disc or spine degeneration, a procedure to treat this problem in the neck or lower back can ultimately bring pain relief in the affected hand, arm or leg.

When to seek help

How long should you put up with the pain? According to Emad Daoud, MD, PhD, a Cleveland Clinic pain management specialist who sees patients at Lutheran Hospital and Westlake Medical Campus, ideally pain should be evaluated early, before becoming chronic. He advises individuals experiencing pain not to delay reaching out to a physician. Pain is traditionally considered chronic if it lasts for more than three months.

"When an individual is experiencing pain for an extended period of time, or is under the care of a primary or specialty care physician and still experiencing pain, it's time to seek help from a pain management specialist," Dr. Daoud says. "It's important to see a pain physician before resorting to taking pain medications for a long time or undergoing multiple interventions."

Is it a pain in the neck?

Dr. Daoud works with patients, primary care physicians and other specialists to establish an accurate diagnosis—determining what is causing the problem so he can accurately treat the problem. This starts with a full history and physical exam, and possibly imaging, such as x-ray, MRI, or diagnostic nerve analysis or nerve blocks to see how well nerves are working and determine whether pain is actually originating in the neck or back, or the extremities.

Treating at the source

In a majority of cases, a combination physical or aquatic therapy, massage and anti-inflammatory or muscle relaxant medications will help, Dr. Daoud says. If not, nerve or spinal blocks in the neck or back often can help manage the pain. Integrative medicine approaches such as an anti-inflammatory diet, acupuncture or chiropractic therapy also can help when the pain is based in the leg, hand or shoulder, says Dr. Daoud.

"For every patient, the goal is to diagnose the problem, to restore and optimize function, and to decrease pain," he says. His team often refers to and coordinates with musculoskeletal and metabolic experts and other specialists to help address sources of arm and leg pain, including diabetes-induced neuropathy or a past traumatic injury.

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For more information, visit clevelandclinic.org/painmanagement.

To make an appointment with Dr. Daoud or another Cleveland Clinic Pain Management Center physician, call 216.444.PAIN (7246).

Pelvic Pain Clinic

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Lakewood Public Library

The Joy Of Wonder Woman And The Triumph Of Doctor Who: A Maverick Pop Culture Writer Visits LPL

by Ben Burdick

Three years ago, when Philip Sandifer first began blogging about Doctor Who, he was merely looking for a way to pass the time between receiving his PhD and landing his first academic post. But then something remarkable happened—people started reading his work. He had the mad idea to write about fifty years of the British series, not as individual episodes from different eras created by a multitude of people, but as one giant story. (Which, of course, it is.) And he drew deeply on his knowledge of history, philosophy, literature and David Bowie to reveal the profound and unsettling things that Doctor Who has to say about the human condition—but quite admirably never took himself too seriously. Today, he keeps busy refining his original TARDIS Eruditorum posts into a series of rewarding books and branching out into new pop culture frontiers, reinventing scholarship in a way that makes him the perfect guest for two special programs at the Lakewood Public Library.

On Wednesday, October 8 at 7 p.m., Sandifer will discuss his latest book, “A Golden Thread: An Unofficial Critical History of Wonder Woman,” with an illustrated lecture. The next day, Thursday, October 9, he will dare to confront fifty years of Doctor Who with “TARDIS

Eruditorum: An Unofficial Critical History of Doctor Who.” One need not have an encyclopedic knowledge of these topics to appreciate his compelling takes on why these two disposable pop culture characters have only grown more potent over the decades.

You can read more from Sandifer at www.philipsandifer.com and learn more about these books and other upcoming authors by visiting www.lakewoodpubliclibrary.org/literary. We decided to whet our appetites for the two-day affair by asking him a few questions, which he answered from his home in Connecticut.

Did your love of comic books lead you to a feminist examination of Wonder Woman or did your interest in feminism lead you to Wonder Woman?

I mean, at this point both have been passions of mine for decades, so the question of why I wrote a book about her is kinda chicken-and-egg. I’ve been a faithful Wonder Woman reader for over a decade now, ever since Greg Rucka’s run on the book started up, but the decision to write a book about it came out of an interest in her earliest days. The stories of how William Moulton Marston, her creator, had what we might euphemistically refer to as some interesting views on sex are pretty common within comics fandom, but over time I learned more and more

little details that painted an increasingly fascinating picture of what Marston was trying to do with Wonder Woman, which is absolutely unlike anything anyone else has ever tried to do in American comics.

And then there were some other bits, like the time in the 1970s when Gloria Steinem protested angrily about a change in editorial direction in Wonder Woman and got it reversed. Which, when I looked into it more, turned out to have been caused by Steinem being spectacularly misinformed, so much so that the book actually got dramatically less feminist after her intervention. And I’m just not the sort of person who can keep from writing a book that starts with kinky sex and has an epic battle between Gloria Steinem and some nerds in the middle.

Your books are full of serious questions with far-ranging philosophical implications, but you never seem to lose sight of the fun of reading comic books or watching TV cliffhangers. Isn’t that sort of thing frowned upon in academia?

These days many things are frowned upon in academia, most notably paying teachers a living wage, and so I’m pretty happy to be outside of academia and in the wide and terrifying world of freelance writing in the crowd-funding/self-publishing era.

Without wanting to get off onto too much of a tangent about the decline and fall of humanities academia, I think one of the many, many problems they face

is that there are a whole lot of incentives for a scholar to focus on as marginal and obscure a topic as possible, since if you pick something that literally nobody but you cares about, nobody is going to angrily denounce you. Which is a real help when defending a dissertation. But this hasn’t exactly done wonders for academia’s public reception, for obvious reasons.

But I think you’ve got a lot of things that rushed into fill the void, as it were - there’s tons of websites providing smart and accessible cultural commentary these days. I mean, a new episode of Doctor Who airs and within twelve hours there’s at least a dozen sites with really interesting and frankly must-read takes on the latest episode, ranging from newspapers to geek culture sites to stuff like the Onion’s AV Club. And I think what I do is probably a lot closer to that than to my misspent and peer-reviewed youth.

That’s not to say that having gone through a PhD program doesn’t inform what I do - I think it gives me a slightly different take on things. I think my decision to focus on going into extreme depth on a few topics like Doctor Who or Wonder Woman as opposed to firing off reviews and articles on a huge variety of topics is probably very much the decision of someone who spent two years in a windowless basement writing a book about the hermeneutics of new media for an audience of four middle aged professors,

continued on page 13



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Lakewood Schools

West Shore Career-Tech Shines In State Ratings

by Christine Gordillo

The West Shore Career-Technical District continues to shine with its state ratings. West Shore received all A's and one B across all measures for its 2013-2014 Report Card. Ohio career-technical districts are graded on Achievement, 4-Year Graduation Rate, 5-Year Graduation Rate, and Post-Program Outcomes.

The district also received data for a Prepared for Success category that measures how ready graduates are for college or career, but the state does not assign a grade letter for the category yet.

The Achievement category measures students' technical skill attainment and what proportion of students pass technical assessments. West Shore earned an A for its 90.1% passage rate. Graduation rates were 92.8% for four years and 95.8% for five years.

Post-Program Outcomes measures the proportion of graduates who are employed, in an apprenticeship, in the military or enrolled in postsecondary education or advanced training in the six months after leaving West Shore. West Shore received an A in this category with 95.4% placement rate.

Linda Thayer, Educational Coordinator of West Shore, is pleased with the state results.



Auto Tech is one of 14 programs offered through the West Shore Career-Technical District at Lakewood High.

"The West Shore staff does an excellent job educating our students each and every day," Thayer said. "As the report card indicates, our students leave West Shore with the technical skills and industry credentials they need to compete in the job market and/or to attain further education."

Thayer noted that although West Shore earned its only B with the 4-Year Graduation Rate, she feels that often times a student who stays for a fifth year gives that student the extra tools he needs to be successful in the real world.

"This extra year doesn't help us when the data is released, but we stay focused on what is best for the student. Empowering students for success in life is what is most important to West Shore," Thayer said.

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PATTERSON'S PERSPECTIVE

by Jeffery Patterson
Superintendent
Lakewood City Schools

Nine years ago, I came to Lakewood with my wife and youngest son, hoping that we were making the right decision for our careers. We had mixed emotions coming here. We could be closer to our beloved Indians and Browns, but farther away from our family, with our daughter in Columbus teaching at the Ohio School for the Blind and our oldest son working in Columbus at an international company. Our trepidation soon disappeared as we were welcomed with open arms by community and staff.

Lakewood is a wonderful community where parents and grandparents want something better for their children and grandchildren - the same as I would want for mine. Time and again this community has stepped forward and shown its support for the public schools, to the point where Lakewood is rated as one of the best communities in the State of Ohio for its local school support.

The future here is very bright. In partnership with the Ohio Facilities Construction Commission, we are beginning a one hundred million dollar reconstruction of four schools, the largest in the history of Lakewood. This will bring jobs and business to our community. Grant, Roosevelt and Lincoln Elementary Schools and half of Lakewood High School will be rebuilt. When the project is completed, all of the students of Lakewood will have updated classrooms and technology with environments that will help maximize student potential and fulfill the dreams of many parents and grandparents. At the same time the Board of Education has partnered with City Council to develop the McKinley property and create future homes. Another economic upturn for all of us.

With the recent passage of both an operating levy and a bond levy, we have shored up the finances of the school district for the immediate future. With these levies, we have been able to settle union contracts with three groups for the next four years. All of this allows us to concentrate and focus our efforts on improving student achievement and providing our students the very best educational program possible.

I enjoy telling everyone and anyone about the Lakewood Schools and the community. Recently we mailed home a booklet that highlights our collective successes. I proudly share this "Lakewood Story" with my colleagues across the state.

When I took over as superintendent in 2011, I asked our staff and community to share in a vision of being one of the top twenty school districts in the State by the year 2020. In that vision, I found myself asking what I would want for my own children and grandchildren. We are pursuing that vision with renewed spirit and enthusiasm, largely because of the support of our community. People here have embraced that vision.

Nine years ago, I thought I was making the right decision coming to Lakewood. Today, I know I did.

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Lakewood Schools

Come Enjoy LHS' Cardboard Arcade

by Christine Gordillo

Close to 180 Lakewood High freshmen will spend the next couple of weeks exploring and executing engineering design principles while using 21st century learning skills such as collaboration, communication and creativity to build an extensive Cardboard Arcade for the entire community to enjoy.

On October 11 from 10 a.m.–1 p.m. on the first floor of Lakewood High, teacher Ken Kozar and his Physical Science students will take part in the 2014 Cardboard Challenge, inspired by Caine's Arcade video on YouTube. The students' cardboard game creations will be on display for people of all ages to come and play and learn about the science behind them such as force of motion and energy.

As a digital literacy teacher last year, Kozar helped Roosevelt Elementary stage the district's first Cardboard Challenge. This year at the high school, he saw the Cardboard Challenge as a good opportunity to introduce engineering principles and a good way to "engage the kids in the process and learn science along the way."

Kozar has enlisted area businesses to be part of the Challenge as well. Tavens Packaging Solutions of Bedford Heights is providing the cardboard and Cardboard Helicopter, a product design firm in Lakewood founded by

LHS alum Tim Hayes, is advising the students on the design and problem-solving process.

Beyond the science of creating games of levers and pulleys and other mechanisms, the students will be meeting many of the Common Core Standards that focus on documenting and creating presentations as the students will be keeping self-reflection journals and are

Lakewood Ranger Marching Band alumni are encouraged to participate in the annual Alumni Night on Friday, October 3 at the Ranger football Homecoming game. This is the 35th anniversary of the band's trip to England and former Band Director Jim

The architect team from URS Corp. will be on hand to present preliminary design ideas for the eastern end of Lakewood High School at a community meeting on Tuesday, October 7 at 6 p.m. in the LHS L Room.

required to present documentaries that summarize their projects.

Joining the students at the Cardboard Challenge October 11 will be Ranger 360 and the Domestic Violence and Child Advocacy Center. Kozar invited these groups to be part of the day after students were discussing the recent assaults on women in or near Lakewood recently and kids were

asking "how can we continue the conversation in our community." All the proceeds from the Cardboard Challenge will be donated to these two groups that work to educate people about sexual assault.

Admission to the Cardboard Challenge is free, however donations are welcome. There will be food, prizes and fun for everyone.

Ranger Marching Band Alumni Night October 3

by Christine Gordillo

Warrick (1977-982) will be present to help conduct. There is a rehearsal on Tuesday, September 30 at 7:30 p.m. in the LHS Choir Room. Members will meet on game night at 5:30 p.m. for pre-game instructions. For more information, email lhsarmb@yahoo.com or call Sean Derenzo at 216-570-3019.

LHS Design Meeting Set For October 7

by Christine Gordillo

Fall Harvest Dinner

continued from page 1

of children and youth, to bring into closer relation the home and the school, that parents and teachers may cooperate intelligently in the education of children and youth, and to develop between educators and the general public such united efforts as will secure for all children and youth the highest advantages in physical, mental, social, and spiritual education.

The Lakewood Council of PTAs serves nine PTA/PTSAs; Lakewood Early Childhood PTA (0-6 years), Grant Elementary, Harrison Elementary, Horace Mann Elementary, Lincoln Elementary, Roosevelt Elementary, Garfield Middle School, Harding Middle School, and Lakewood High School.

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Sports

Ranger Soccer Soars This Season

by Christine Gordillo

While the Ranger football team has been drawing a lot of attention with its new coach, uniforms and improved play, the Ranger varsity soccer teams have been quietly putting together standout seasons.

The girls' team (9-2-1, 4-1 at press time) is having its best season in school history and has done a 180-degree turnaround from where they were just two years ago when the team finished 4-10-2. The turnaround began last season when the team improved to 10-7-2 and made it to the District semifinals for the first time in school history.

Coach Vlad Godosev attributes much of the girls' success to their determination to succeed. "Making it to the semi's wasn't good enough," Coach Godosev said. "We are good enough to compete, we deserve the respect, and the best way to prove it is by winning games."

One of the highlights of the season so far has been the team's third straight win over archrival St. Joseph Academy. Not far behind as a high point is the team's defeat of conference favorite and previously unbeaten Elyria Catholic. But beyond final scores and records, the true season high for Coach Godosev is "seeing this group of girls so united, so determined, so entrenched with the notion that anything is possible if you believe."

Leading this driven bunch of student-athletes are Mallory Shaw with 20 goals and 15 assists, which among the top 10 in the state, Madison Clause (11 goals, 6 assists), Halle Krebs (6 goals, 9 assists) and captain



Junio Mallory Shaw is the top scorer for the girls' team this season.

Maggie Kemp (4 goals, 8 assists). Coach Godosev also noted the strong defensive work of the Ranger back line of Christin Donahoe, Kelly White, Elena Mulready, Fiona Roberts and goalkeeper Laura Sharkin, who have worked together to string together eight shut-outs in a row.

"I'm extremely proud of these girls," Coach Godosev said. "It's a team game and we are Lakewood Girls' Soccer greatest team and we aren't even done yet."

Meanwhile, the boys' team has hit the 10-win mark (10-3, 3-2 at presstime) and was gearing up to face archrival St. Edward in the Community Cup match on Sept. 27.

"This is one of the most cohesive

teams Lakewood has fielded," said Coach Andrew Toth. "The bench is deep with players who bring the best



Rangers Fall To Bay 17-14

by Mike Deneen

After a 2-1 start in nonconference competition, the Lakewood football team traveled west for a pair of road games to begin their final West Shore Conference season. Avon beat Lakewood 35-0 on September 19, dropping the Rangers' record to 2-2 on the season. That set up a key game at Bay on September 26, where Lakewood hoped to knock off the 3-1 Rockets and take a winning record into the second half of the season.

The game started well for Lakewood. Bay received the opening kickoff, but started their first possession deep in their own territory. The Ranger defense forced a "three and out," and Lakewood got the ball at the Rocket 44 yard line. Lakewood went on an eleven play touchdown drive that took over five minutes. Every play was a run, and seven were from senior running back Michael Johnston. Quarterback Peyton Graham punched the ball in on a one-yard run with 4:47 left in the first quarter, putting Lakewood up 7-0.

Lakewood held the lead at the first quarter break, as both teams exchanged punts on the next two drives. On its

first possession of the second quarter, Bay drove the ball down to the Ranger 42 yard line, where the drive stalled on a 4th and 8. The Rockets punted, and pinned Lakewood all the way back at their own three yard line. On the second play of the ensuing drive, Graham was tackled in the end zone for a safety, cutting the Ranger lead to 7-2. That score held until halftime.

Lakewood received the second half kickoff, but the quarter started very poorly for the Rangers. Their first offensive drive was a "three and out" that included a procedure penalty. Bay responded with a quick five play, 46 yard touchdown drive, taking the lead 10-7 with 8:10 left in the third quarter. Bay quarterback John Koz, son of former Lakewood player John Koz Sr. (class of 1989), threw both the 13 yard touchdown and the successful two-point conversion pass.

The Rangers responded on the next possession, putting together their best drive of the second half. They went 80 yards on nine plays, scoring on a two yard Michael Johnston touchdown run with 3:42 left in the third quarter. As

with the first touchdown drive, Johnston had the bulk of the carries, with five runs totaling 52 yards. The Rangers carried their 14-10 lead into the fourth quarter.

Bay drove the ball deep into Ranger territory early the fourth quarter, with a second and goal at the Ranger four yard line. Junior defensive back Atticus Kenny intercepted a Koz pass into the endzone, preserving the Ranger lead with 10:46 left in the game. However, the offensive unit went "three and out" on the next drive, quickly giving the ball back to Bay. A bad bounce on the punt resulted in great field position for Bay, which started the next drive at the Lakewood 41 yard line. The Rockets scored on their third play, a 33 yard touchdown run by running back Nick Best.

Lakewood trailed 17-14 with 8:26 left in the game. On the next drive, they drove the ball to the Bay 33-yard line, but then stalled. After a pair of negative yardage plays, they faced a 4th and 17 at the Bay 40. Bay intercepted the 4th down pass, taking possession with 3:27 left in the game. They ran out most of the clock, and a desperate last second drive by Lakewood fell far short. Bay won 17-14, dropping Lakewood's record to 2-3.

The Rangers return home on Friday

out of each other."

Coach Toth said leading that tight-knit team are captains Grant Senger and Parker Kimes, who he cited as role models both on and off the field. The team's lead scorer, Alex Rosul is currently the second-highest scorer in the state for Division 1 teams.

The boys' team is a wonderful example of how the many different backgrounds of Lakewood High students create a school, classroom or team that is stronger together. The team is made up of players born in Albania, Burma, Democratic Republic of Congo, Hungary, Iraq, Nepal, Palestine, Thailand and Turkey.

"We value the intense work ethic, competitiveness and resolve our players have to leave everything on the field - every practice and every match - but our coaching team is most proud of the character, leadership, and lifelong friendships the boys in our program create for themselves," Coach Toth said.

for their annual Homecoming Game. The Spirit Parade will step off from Lakewood Park at 5:30 p.m., going from Clifton to Bunts Road to the Stadium. The Rangers will play Rocky River (3-2) at 7 p.m. at First Federal Lakewood Stadium. This is likely the final Lakewood/Rocky River game for the foreseeable future, since the schools are moving to different conferences next year.

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Lakewood Cares

An Evening All About Chocolate

by Paula Reed

Rich, smooth, satisfying, ahhhh. Decadent and delectable chocolate. On Thursday, October 23, from 6-9 p.m., throngs of people will fill the sidewalks along Detroit Avenue from Olivewood to Arthur in search of chocolate when the Downtown Lakewood Business Alliance presents the 6th annual Chocolate Walk.

The tour starts when the doors to Lakewood Center North's main lobby open for check-in from 6-7 p.m. There you'll receive your wristband, map, and bag. Each bag will already contain a treat from First Federal of Lakewood—a Sweet Designs chocolate bar—in and of itself a reward. Two of the general admission bags and one of the VIP bags will contain a very special bar wrapped in gold foil containing a golden ticket which can be exchanged during the Grand Finale for a \$25 Visa Gift Card. Use it for future shopping at any of the downtown businesses. On display at check-in and at the Grand Finale are raffle baskets for which you'll be able to buy tickets, \$1 each or 6 for \$5. Just drop in your ticket for a chance to win the item of your choice.

Guided by maps, signs and festive bows decorating participating merchants, you'll take to the streets to visit the Sweet Stops, collecting something chocolate at each location. Part of the adventure is getting into a business



Humble Wine Bar's 2013 mouthwatering treat.

you've never visited before—like Chino, the haute couture fashion designer, new to Lakewood since last year's walk.

Keep a sharp eye out on your walk so you can spot the golden eggs. A dozen golden eggs are scattered through the businesses. Record on your map the number of the egg next to the shop in which you saw it. Those who correctly mark them all will receive an extra raffle ticket at the Grand Finale. The Grand Finale, sponsored by First Federal of Lakewood in their newly-renovated lobby is open from 8-9 p.m. and will feature guitarist Cheryl Fitiak, champagne and, of course, more chocolate!

Lakewood's newest downtown business, Bacchanalia at 14717 Detroit, will host the VIP Party from 5:30–6:15

p.m. There you'll receive private check-in, a VIP nametag, one drink concocted especially for the occasion, a choice

appetizer, and the privilege of observing a special demo courtesy of Campbell's Sweets, title sponsor of the evening.

General admission tickets, limited to 250, are \$25. VIP tickets, limited to 50, are \$40, and include both the party at Bacchanalia and admission to the walk. VIP tickets are only available online at lakewoodchocolatwalk.com or at the LakewoodAlive office, 14701 Detroit, Lower Level, 216-521-0655.

General admission tickets can be purchased online at lakewoodchocolatwalk.com or in person at Rozi's Wine House.

Chocolate Walk proceeds sustain and enhance the vitality of Downtown Lakewood. Get your tickets quickly before they're gone!

North Coast Health's

Celebration Of Caring Gala

Raises Over \$145,000

by Elizabeth O'Brien

More than 300 people turned out for North Coast Health's annual Celebration of Caring gala on Thursday, August 28, 2014 at LaCentre in Westlake. Over \$145,000 was raised through the event, which represents ten percent of the organization's operating budget and will be used to continue the life-saving care that North Coast Health provides to the medically underserved.

"We are touched by the faithful support we have received through this event," says NCH Executive Director Lee Elmore. "Despite the many changes transforming our nation's health care system, the need for our services continues. With the financial help of our community, we are able to continue to see those who need us most."

The evening featured a cocktail hour with hors d'oeuvres, dinner and dessert, awards presentation, a live auction and raffles, including the summer long Vacation Raffle won by Michelle Grisik of Richfield. Honorary chairs for the event were Chris and Sandy Haas; and the event was co-chaired by Wendy Kieding, Kathe Serbin, and Carol Sterba.

At the event, awards were given to the following individuals and organizations for their work in helping the medically underserved to access care.

Community Champion Award: Theodore E. Wymyslo, MD, FAAFP

Partner Award: The Eva L. and Joseph M. Bruening Foundation

Hahn/Hoeffler/Sanders Memorial Award for Outstanding Medical Volunteers: Victor Strimbu, MD

Angel Volunteer Award: Mary Warren

North Coast Health is grateful to the support of our sponsors to ensure the success of this event. Returning for a second year, Parker Hannifin Corporation was the event's lead "Presenting" sponsor. Other sponsors include, as Supporting Sponsors: The Cleveland Clinic, Lee and Larry Elmore, First Federal Lakewood, Louise A. Fletcher, The Charles J. Nock Family, Rae-Ann Skilled Nursing and Rehabilitation Centers, Saint Peter's Episcopal Church, Sea-Land Chemical Company, and Wegman, Hessler & Vanderburg; as Helping Sponsors: Delphine Barrett, The Bergendahl Institute, Lakewood Presbyterian Church, The MetroHealth System, George W. Quil/FM Global, Carol Ann Rini, Walter[Haverfield, LLP, Mary Warren and Richard Watts, MD; and as Caring Sponsors: Curt Brosky, Milan "Mike" Busta, Connie and Hal Cooper, Fred and Nora DeGrandis, Sara and Jim Doan, Frantz Ward LLP, K.V. and Alayne Gopalakrishna, Ray and Mary Ann Griffiths, Hinkley Lighting, HW&Co, Wendy Kieding, John and Nancy Lupo, McManamon & Co., LLC, CPA's and St. John Medical Center.

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From left to right,
North Coast Health
Board Chair John
Griffiths, Angel
Award Winner
Mary Warren, NCH
Executive Director
Lee Elmore



Lakewood Cares

The Lakewood Women’s Club 10th Annual Pumpkin Fun Run

by Torey Worron

Come one, come all! Runners & Walkers! Youngsters & Oldsters! Serious Competitors & Just-for-the-FUN-of-it runners!

We would love to see you at our 10th Annual Fun Run on Sunday, October 26th at Lakewood Park. The 5K course

starts in the park, and goes out Lake Avenue and circles back to finish in the park; the one mile Fun Run goes through the park. This year’s run will raise money for The HUGS Foundation, a local Lakewood non-profit organization that helps families with chemically dependent adolescents find Hope, Understanding,

Gratitude and Serenity.

The run will also help the Lakewood Women’s Club to support a scholarship for a young women in Lakewood pursuing a college education. We have some amazing, talented young women in our community, and we take great pride in recognizing and acknowledging their achievements every year.

5th Annual Harvest Pork Chop Dinner & Raffle

by Kathy Corridoni

Transfiguration Parish will hold its 5th Annual Harvest Pork Chop Dinner & Raffle on Sunday, October 26, from noon to 4 p.m. in the parish hall at 12608 Madison Ave. in Lakewood. Dinner tickets are \$12 for adults and \$5 for children 12 and under. Reservations are recommended by Sunday, October 19. A limited number of dinners will be available at the door. Call 216-228-1134 or 216-269-9801 for tickets or reservations.

There will be a Grand Raffle with the top prize of \$1,000 and five prizes of \$100. Grand Raffle tickets are \$5 per ticket or 6 tickets for \$25. Also, there will be a Split-the-Pot drawing--60/40 split, church/winners. Split-the-Pot tickets are \$1 per ticket or 6 tickets for \$5. Winners do not need to be present. Grand Raffle and Split-the-Pot tickets will be available for purchase at the

event or can be purchased prior to the event by calling the Rectory at 216-521-7288 on Monday to Friday between 9 a.m. and 5 p.m.

In addition to home-cooked foods and raffles, this family event includes gift baskets, music, and more. This year our basket raffle is even bigger and better. There are more than 75 great prizes, including brunch for four at Pier W valued at \$145, Beck Center for the Arts theater tickets paired with Georgetown gift certificates valued at \$114, and an Ohio Clinic Skin Care hydra facial valued at \$149. Tickets for the basket raffle are \$1 each or six tickets for \$5. Admission is free. All are welcome. Hope to see you there!

NOTE: SS. Cyril & Methodius and St. Rose of Lima Parishes merged in March 2010 to form Transfiguration Parish.

This run is also a lot of fun! That’s why it called the Fun Run!

One of the many awards that is given out each year is for The Best Halloween Costume. It’s cool to see how creative participants get when they have to make a costume that is also easy to run in. We also serve up some yummy pumpkin treats at our bake sale, and will have a face painter, “Art by Ali” on site. And new this year, in honor of our recipient, The HUGS Foundation, we are selling HUGS for \$1.00!

So whether you’re gearing up to win or are just looking for a way to run in your Halloween costume, come and join in the fun and the run!

Runners that register by October 13th are guaranteed a commemorative race T-shirt.

Register at www.hermescleveland.com. Or, mail entries to: Hermes Sports & Events, 1624 St Clair Ave, Cleveland,



Ohio 44114. Make checks payable to Hermes Sports and Events. Pre-registration entries must be post marked by Wednesday, October 22, 2014. Race day registration starts at 7:45 a.m. on Sunday, October 26; the 5K goes off at 8:45 a.m. and the 1 Mile Run begins at 9:15 a.m.

To learn more info about our club, please visit lakewoodwomensclub.com. See you there!

The Joy Of Wonder Woman And The Triumph Of Doctor Who

continued from page 8

for instance. But I’m very consciously outside of academia at this point, and I have no regrets about that.

What’s next for you?

Well, I’m working pretty heavily on my latest blog project, The Last War in Albion, which is a critical history of British comic books focusing on the rivalry between Alan Moore and Grant Morrison. That stemmed partially out of a real love for the subject matter, and partially out of my fascination with the fact that the 1980s produced two hugely

influential British comic book writers who, in the 90s, both proclaimed themselves to be practicing magicians (in the Aleister Crowley sense, as opposed to the Penn and Teller sense), and that, furthermore, these two writers hate each other’s guts. So that’s a really interesting topic that’s proving to be even deeper and more complicated than Doctor Who. I’m most of the way through the first book of that, running it as a once-a-week feature on my blog, and it’ll graduate to being the main feature when TARDIS Eruditorum wraps up in January.

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Lakewood Is Art

The World Would Be A Better Place If...

by Ruthie Koenigsmark

The Annual PTA Reflections Competition is an opportunity to celebrate the artistic talents of Lakewood’s young people, ages Pre-School to High School. The PTA Reflections competition welcomes all grades and abilities to explore and be involved in the arts. Annually, hundreds of our students will reflect on a common theme and create original works of art in the categories of dance choreography, film production, literature, music composition, photography, visual arts and Special Artist. The Special Artist is a new category that we are all excited about seeing added this year. This is a non-graded category and is limited to students with physical, cognitive or mental health challenges.

This year’s theme is “The world would be a better Place if...”

Each student is encouraged to begin working on their submission. The due date for all submissions is Friday, November 21, 2014. This year helping students and parents along the way in this process is Lakewood’s Reflections Committee that includes Mona Atfield and Tonya Nanni (Lakewood HS), Danielle Patera (Garfield); Megan Nagel (Harding); Kelley King (Grant); Kristopher Payne (Harrison); Beth Kiraly-Bratko (Horace Mann); Sylvia Masek and Errin Wischhusen (Lincoln); Kelly Carroll (Roosevelt); Karina Robinson (Early Childhood PTA), and Ruth Koenigsmark, Council Chairperson. This year we are also inviting all



Lakewood schools public or private and Homeschoolers, even if a PTA/PTSA is not in place, to participate in the competition. There is a nominal entrance fee for non PTA/PTSA schools.

To jumpstart the PR for this year’s Competition, Karina Robinson, Chair for Early Childhood PTA, designed this year’s logo and posters to help in our promotion. Also, the Committee has been working together to organize upcoming Reflections events to get students excited about participating in this year’s competition. One of the first events was held recently at Harrison Elementary during Dad’s Walk to School Day. Kris Payne, the Reflections Chair for that school,

made large chalk drawings of the world with this year’s theme “The World Would be a Better Place if...” to get students thinking about the competition.

The Reflections Committee and Lakewood PTA is encouraging city-wide participation. We know that by having a wide range of supporters from parents, to local artists to Lakewood businesses promoting and encouraging our youth’s artistic abilities we will see our largest turnout to date. There are many ways to help and show support today. Begin by “liking” the Lakewood PTA Reflections Facebook page. Lakewood businesses can download one of our posters and display it on their business window to show support for our kids’ artistic abilities and the

Reflections Competition. You can get a poster by going to our facebook page and downloading or emailing us to request a copy. We would like to see a poster in every business window in Lakewood by October 15. Any artist wanting to hold a workshop or volunteer to judge the competition in coordination with this program contact the committee through Facebook or email.

To learn more about the Competition rules go to the Lakewood PTA Reflections page on Facebook or go to <http://www.ohiopta.org/PROGRAMS.aspx>. Participation in the Reflections competition is free to all students attending PTA/PTSA schools. Questions about the program can be referred to school chairs or you may email lakewoodptareflections@gmail.com.

Many thanks to the Lakewood Observer for supporting the Reflections Competition again this year!

CHANGE Fundraiser To Benefit LCSC

continued from page 1

program that empowers O’Neill family grandchildren to make their own decisions on programs that they would like to support. Immediately after being awarded funding, LCSC reached out to community partners for their participation in order to make this much more than just a lunch program.

“The unqualified support we received from the community is so typical of Lakewood,” says Rooney. “Lakewood Library said yes immediately as did H2O, with whom we partner on many programs. We needed a home for the summer and Grace Lutheran Church was on board in an instant.” So what might have been only a lunch program, albeit a very important service, became an enrichment program that included reading, physical activity and crafts Monday through Friday for 10 weeks. And importantly became a pilot for a summer program that will be funded by United Way for the summer of 2015.

This year LCSC’s event comes home to Lakewood and features Chef Chris Hodgson, chef/owner of Hodge’s Cleveland (and local food truck pioneer



LCSC Meals for Seniors.

– think Dim and Den Sum and Hodge Podge) as the celebrity chef. Food & Wine Magazine’s “Best New Chef for the Great Lakes Region,” Hodgson is preparing passed hors d’oeuvres and manning one of his famous action stations at the event. There’s also Great Lakes beer, wine pairings and signature cocktails created by Hodge’s Cleveland bartender, Nicole.

You will want to save room for dessert — specifically, a gorgeous buffet — prepared by Courtney Bonning, pastry chef and owner of Ohio City’s BonBon Pastry and Café.

It’s not all about food and drinks, though. One of the hottest bands in northeast Ohio, Wesley Bright and the Hi-Lites

continued on page 23

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Lakewood Is Art

Humor And Originality Shine In “[title of show]”

by Kathleen Caffrey

Beck Center for the Arts presents “[title of show]” – yes, that is the title – October 10 through November 16, 2014 in the intimate Studio Theater. Show times are 8 p.m. Fridays and Saturdays and 3 p.m. Sundays. Beck Center is located at 17801 Detroit Avenue in Lakewood. Tickets are now on sale. There is no show on Saturday, October 18.

“[title of show]” is an Obie Award-winning musical comedy that was also nominated for two Drama League Awards and a GLADD Award. Featuring a book by Hunter Bell with music and lyrics by Jeff Bowen, “[title of show]” is a musical comedy about two guys writing a musi-

cal about two guys writing a musical. The story is a semi-factual account about Bell and Bowen, who decide to enter a new musical theater festival with the deadline only three weeks away. Having nothing to lose, the pair decides to create something new with the help of their friends. According to the Daily News, their quirky journey is “wonderfully enjoyable! Smart, funny, and tuneful.”

“[title of show]” - taken from the space on the festival’s application form that asks for the “[title of show]” - follows the group of friends as they venture through the gauntlet of creative self-expression. “[title of show]” is really quite the amazing piece of theatre,” said Direc-

tor Scott Spence. “It deftly manages to appeal to both musical theatre aficionados as well as anyone who may be fascinated by how a new musical ascends the ranks.” In the span of 90 minutes, they write and perform their show while learning lessons about themselves as people, friends, and artists. “At the heart of it all, it is purely a story about four good friends who team together and overcome tremendous odds. The best musicals are about people, and “[title of show]’ does it brilliantly.”

With musical direction by Larry Goodpaster, [title of show] stars Will Sanborn and Pat Miller in the roles of Hunter and Jeff, and Amiee Collier and Caitlin Elizabeth Reilly as their friends Susan and Heidi. Equity actor Reilly appears courtesy of the Actors’ Equity Association (AEA), the union of actors and stage managers. This production contains adult humor and language and is recommended for mature audiences.

Tickets are \$29 for adults, \$25 for seniors (65 and older), \$12 for students

(with valid ID). An additional \$3 service fee per ticket is applied at the time of purchase. Preview Night on Thursday, October 9, is \$10 with general admission seating. Group discounts are available for parties of 13 or more. Purchase tickets online beckcenter.org or call Customer Service at 216.521.2540 x10. Beck Center is located at 17801 Detroit Avenue in Lakewood, just ten minutes west of downtown Cleveland. Free onsite parking is available.

Presented through special arrangement with R&H Theatricals, [title of show] is generously funded by Cuyahoga County residents through Cuyahoga Arts and Culture and the Ohio Arts Council.

Beck Center for the Arts is a not-for-profit 501(c)3 organization that offers 1 theater productions on two stages, arts education programming in dance, music, theater, visual arts, early childhood, and creative arts therapies for special needs students, and gallery exhibits featuring regional artists.

National Merit Scholars Lead List Of LHS Academic Honorees

continued from page 1

Scholarship competition, students named Commended Scholars have demonstrated outstanding academic potential by their strong performance in this highly competitive program.

In addition to LHS’ National Merit honorees, a number of members from the Classes of 2014, 2015 and 2016 have earned AP Scholar Awards in recognition of their exceptional achievement on the Advanced Placement Exams taken each spring.

National AP Scholar, an award earned by averaging at least a 4 on all AP Exams taken, and scores of 4 or higher on eight or more of these exams:

Class of 2014: Colin Levis, Zachary Sanderson and Irina Vatamanu

Class of 2015: Magdalene Pizzo

AP Scholars with Distinction, an award earned by averaging at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of these exams:

Class of 2014: Hayden Bish, Hugh Campbell, Jameson Foran, Aidan Howells, Nicholas LaCerva, Colin Levis, Maxwell Mulready, Sarah Neff, Edwin Rosic, Zachary Sanderson, Daniel Toner, Katilin Triesel and Irina Vatamanu

Class of 2015: Matthew Bango, Devon Chodzin, James Fesko, Renee Klann, Sarah Matthiesen and Magdalene Pizzo

AP Scholars with Honor earn their recognition by averaging at least 3.25 on

all AP Exams taken and grades of 3 or higher on four or more of these exams:

Class of 2014: Margaret Bour, Cooper Brown, Andrew Gordon, Joan Hoile, Kendall King, Amber Kraidich, Colin Lybarger, Alexander Ruplen, Mitchell Schneider, Nora Varcho, Frederick Wright

Class of 2015: Samuel Borick, Laert Fejzullari, Nicholas Guerin, Julia Houk, Benjamin McKinsey, Matthew Morgenstern, Paul Sangree, Grant Senger, Shawn Sovie, Bely Stockman, Kathryn Urban, Gregory Watson, Taylor Wohfeil

Class of 2016: Jonathan Pizzo

Finally, LHS had 38 AP Scholars, who earned the award by completing three or more AP Exams with grades of 3 or higher. The AP Scholars are:

Class of 2014: Mark Bednarski, Eleanor Blackman, Grace Bulchik, Hailey Davis, Luke DeBaltzo, Amy Garlesky, Bashar Harba, David Kemp, Charlotte Link, Aaron Morit, Caroline Reed, Anastasia Riddle, Elena Rotariu, Dobrica Sucevic, Marissa West, Eric Wonkovich

Class of 2015: Alexandra Belardo, Maren Bullock, Connor Cimino, Marcel Dunay, Callan Foran, Charlotte Hisel, Emily Marek, Emma McKeon, Simone McClendon, Kayla Sadeckas, Mark (Avery) Satayathum, Abigail Shuga, Parker Smith, Jonathan Solymos, Aaron Swartz, Hanna Szentkiralyi, Erin Turner, Kyle Wagner, Sean Weddell

Class of 2016: Emily Brown, Amanda Cabot, Zeke Dalisky

Quilts! Quilts! Quilts!

by Kim DiMarco

A feast for the eyes and shopping, too, can be found at the Quilter’s Legacy of Lakewood Quilt Show at the Don Umerley Civic Center, 21016 Hilliard Blvd. in Rocky River, on October 18th and 19th. Quilter’s Legacy is a non-profit group that makes quilts for veterans, and the NICU unit at Fairview Hospital as well as for friends and family. Come and

be amazed at what modern quilts look like, take a chance on a beautiful queen-sized raffle quilt (only \$1 per ticket), and shop at vendors’ booths. Baskets of quilting goodies will be raffled every half hour for only 25 cents per chance. Show hours are 10 a.m.–5 p.m. on Saturday and 11 a.m.–4 p.m. on Sunday. Admission is \$5 for adults, \$3 for ages 12 and under. We’ll see you there!

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Wellness Watch

Growth Lessons

by Cynthia Kessler

When I moved back to Lakewood last summer, after living as an ‘expatriate’ in San Francisco for 35 years, people were incredulous. As I set about putting down new roots and contributing to Lakewood’s economy during my first month back, I procured my Ohio driver’s license, Lakewood Public Library card, bank, hairstylist, veterinarian, dentist, optometrist, farmers market, tree trimmer, and car mechanic. Each time I was greeted by the same question: “Whatever made you move back HERE?!”

Moving from Cleveland to Lakewood as a young adult, and then to California in the 70’s, was driven by a need to broaden my horizons and grow up. Now, at age 65, the wise sage in me knows that one never stops growing, that there’s always more to learn and experience - both good times and bad, no guarantees - if one remains open to not knowing everything. Lakewood feels like a town that I can grow old in, where I can imagine myself aging-

in-place. I realized that even more fully when I noticed that nearly all of the Lakewood businesses and services that I support are located on a 1.5 mile stretch of Detroit Ave.

As a psychologist of many years, I have also had the humbling opportunity of witnessing other peoples growth and accompanying them on their journey. Today there is much more awareness and education in our society about the field of psychology and the practice of psychotherapy. There is much stigma as well - psychotherapy still gets equated with mental illness. Now, however, my field is also adopting more of a wellness model. What is that exactly?

Considering oneself to be ‘normal’ does not mean being ‘perfect’. Throughout our lifetimes we are likely to experience many challenges, changes and transitions - some welcome, some not - love, joy, celebrations, grief, loss, relationship or work-related stressors, illness, or some level of emotional distress. Sometimes we need addi-

tional support when life’s waters get too rough. So achieving mental health and wellness is not some fixed destination; it’s about navigating the waters through all life with some resiliency.

Cynthia Kessler, Ph.D. has been

a clinical psychologist and psychotherapist for the past 25 years. She has recently opened her new psychotherapy practice in the INA Building at 14701 Detroit Ave, Lakewood, OH. She can be contacted at (216)543-1695.

Reiki And Its Benefits

by Denise Kmetz

What Is Reiki?

Reiki is a Japanese word which means Universal life force energy; Rei - meaning life force or universal and Ki-meaning energy. Reiki is considered to be a complementary therapy that goes hand-in-hand with Western medicine. It is a safe, holistic and non-invasive approach to wellness. It is a practice used in many hospitals, clinics and wellness centers. Reiki is recognized by the Cleveland Clinic.

What Happens In a Reiki Session?

Each Reiki session is done in a calm, serene, private setting. Soft music, low lighting and aroma therapy enhances the session. Clients will be fully clothed, and asked to lie down on a comfortable massage table. During a typical session, the Reiki practitioner’s hands are placed on or hover over, a specific area of the body. These areas correspond to the 7 Major Chakras. The Reiki practitioner allows the Reiki energy to channel out through their hands and onto the client. There is no physical manipulation during a Reiki

session. Hand placement is usually 3 to 5 minutes per area or longer depending on the client’s concerns. After each session the effects of the Reiki will continue 3-4 days.

What are the Benefits of Reiki?

After each Reiki session, energy in the body circulates and opens up the Chakras (energy centers). Balancing of these centers begin. It helps to accelerate healing of the mind, body and spirit. Blocked and suppressed areas will become unblocked. There are many wellness benefits to receiving Reiki. Reiki is known to stimulate the immune system, accelerate healing, increase overall energy, help one to enjoy total relaxation, relieve various forms of chronic pain, and help with emotional stress and anxiety of daily life. Reiki can also help to ease side effects from cancer treatments as well. Women who are pregnant can receive Reiki. It helps with both the physical and emotional aspects of pregnancy. Reiki is not used to diagnose.

Denise Kmetz is a resident of Lakewood with an established business R&R Reiki Studio here. At the studio she does Reiki, Intuitive Readings, Guided Meditations & Relaxation Massage. She has been in this field for over 20 years. She and her husband have 5 children, six grandchildren, and many furry grand animals too. They absolutely love the city and are active with family, friends, & fully support the community.



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Wellness Watch

New technology aims to improve brain function for Alzheimer’s patients

Clinical Trial For Alzheimer’s Disease Underway At Lakewood Hospital

by Angela Smith

People aged 60 to 90 who are diagnosed with mild to moderate Alzheimer’s disease may benefit from something as simple as sitting in a chair – a state-of-the-art chair, that is.

Clinical trials for the new chair therapy began last fall at the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. This non-invasive therapeutic system uses cognitive training and transcranial magnetic stimulation (TMS) to targeted areas of the brain. The trial was expanded to Lakewood Hospital in early 2014.

“While there is no cure for Alzheimer’s, we are always looking for treatments to improve cognitive function for patients,” says Babak Tousi, MD, a geriatrician with special interest in neurodegenerative diseases. He is the principal investigator of the clinical trial at the Lou Ruvo Center for Brain Health at Lakewood Hospital (formerly the SeniorCare Assessment Center). “Until the introduction of this device, medication was the only approved option for treatment,” Dr. Tousi says. “The pilot trials suggest that this treatment may help provide patients with nine months of better brain function even after the treatment.”

Know the Symptoms

Alzheimer’s disease, the result of an increasing number of nerve cells deteriorating and dying, affects more than 5 million Americans, most older than 65. Symptoms include: memory loss, confusion, decline in executive functions (mental processes which connect past experience with present action), poor judgment Aphasia (language disorders), and apraxia (motor disorders).

How the trial and treatment works

Following an initial interview and consultation with the physician and a research coordinator, individuals approved for the trial must commit to participating in a 15-week program that consists of daily appointments

(lasting 1 to 1-1/2 hours) five days a week for six weeks and two screening visits.

Patients interested in participating in this trial or getting more information, may contact the study coordinator, Christine Whitman, RN, at 216.227.2438 or whitmac@ccf.org.

Additional support for older adults
The Lou Ruvo Center for Brain

Health offers comprehensive outpatient services for older adults experiencing a change in their physical, psychological or social well-being at four locations (Lakewood Hospital, Cleveland Clinic main campus, Las Vegas and Cleveland Clinic Florida). For more information or to schedule an appointment at Lakewood Hospital, call 216.521.2228.

In partnership with the Alzheimer’s

Association Cleveland Area Chapter, Lakewood Hospital presents Tuesdays Talk on Dementia. Held the first Tuesday of each month from 6 to 7 p.m. at the Lou Ruvo Center for Brain Health at Lakewood Hospital (Community Health Center, 1450 Belle Ave., 2nd floor). Topics of discussion vary each month. For more information or to reserve a spot, call 216.227.2273.

How Essential Oils Can Help You And Your Family In Every Way

by Selina Almodovar

Fever? Cold? Stressed out? Upset Stomach? Hyper Child? Pregnancy Problems? Baby teething? Wanna loose weight? Yup, there’s an oil for that! In fact, there is an oil for practically EVERY and ANY ailment out there...but what exactly are these “essential oils”?

Essential oils are the natural oils found in seeds, bark, leaves, stems, roots, flowers, and herbs...yes, they are oils from the earth! These natural oils

have been known since ancient times to lift moods, calm the senses, and provide therapeutic and/or medicinal care. Because of their purity, these oils can produce positive affects by smelling, applying onto your skin, or even adding them to your drink/food!

Want to learn more about them? More importantly, wanna know how you can get your hands on them?

Discover the many, many, MANY uses of pure therapeutic grade essential oils and how they

can enhance your life, health, and wellbeing at the FREE “Intro to Essential Oils” class Wednesday, October 1st, beginning at 7 p.m., at the Root Café.

This talk is the first talk of a 7-part wellness series, called “Rooted in Wellness” offered by Coach Selina M. Almodovar of Well Said Living and the Root Cafe. All talks are free and open to the public. A healthy dose of oil samples will be given to all those who attend.



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Business News

Lakewood's "Cotton" Wins Ohio's Best Commercial Rehab!

by Paula Reed

On September 23, David Stein was honored at Heritage Ohio's annual conference with an award for Ohio's Best Commercial Rehabilitation Project of 2013 for his store, Cotton. This award follows the preservation award he received in May from the Lakewood Heritage Advisory Board and resolutions from Lakewood City Council and State Representative Nickie Antonio commending him for his investment in Lakewood.

Cotton complements David's other store, Plantation Home, which specializes in design services, furniture, accessories and gift items. Named for its wares, Cotton specializes in bed linens and tabletop, women's bags, men's accessories and gifts, all beautifully displayed in a light, bright, airy space. The building that houses Cotton at 14400 Detroit Avenue was designed by architect Frank Cavanaugh and built in 1924 as Bailey Buick's showroom, remaining a car dealership until the early 1980s. It then served as the city's health department and a medical supply store before becoming Congressman Dennis Kucinich's headquarters. When Kucinich lost his election and abandoned his offices directly across the street from Plantation Home, David's interest was immediately piqued.

From his view from across the street,

David saw the beauty of the building, though it was masked by overgrown landscaping and tinted windows. Once inside, he discovered original interior walls, plasterwork, a staircase, and a loft office area with leaded and colored-glass casement windows opening to the showroom.

Most of the changes made over the years were cosmetic and reversible. David saw it as the perfect location for the store he had imagined, signed a lease, and set about returning the building to its 1924 configuration. He removed the dropped ceiling which raised the height almost 2 feet and exposed a beautiful coffered plaster ceiling adorned with Greek key, acanthus leaf and egg & dart motifs. He repaired the damaged ceiling; removed paint from the transom windows; and replaced the plate glass in all the exterior windows but maintained their original frames. He removed the 12

overgrown taxus and 2 large maple trees that obscured the beautiful architecture and created curbed planting areas flanking the new sidewalk to the restored front entrance. Establishing the gardens (which David did himself evenings and weekends) required digging out an extensive root system and filling the areas with 24 yards of soil. He then planted a variety of trees, shrubs and flowering species to set off an elegant monument sign.

David serves as president of the Downtown Lakewood Business Alliance and has invested not only money in his businesses, but his time, energy and creativity in enhancing the vitality of Downtown Lakewood. If you haven't already been there, stop in at Cotton. The friendly staff will be happy to show you around and describe the renovations. And you just might find something you can't live without!



David Stein (center) receives award for Ohio's Best Commercial Rehab 2013 from Heritage Ohio Executive Director Joyce Barrett and Board President Kevin Pape.

Happy Birthday STEM Handmade Soaps

by Steve Meka

STEM Handmade Soaps is turning one! It's hard to believe we've been keeping the greater Cleveland area clean for a whole year with all natural soap and other natural bath and body products. It has been a great year

and you have taught us many things to help us succeed in our little soap shop in Lakewood's Historic Birdtown neighborhood. Here are the top 5 things we learned from you in our first year.

5) You take pride in Lakewood and its continued growth. Next stop - Birdtown!

4) People are passionate about their favorite scents. Our soaps come in many scents, there is ultimately one you can't stop sniffing, you want to bathe with it, shower with it and eat it for dessert if you could. (You know who you are!)

3) You care about what goes in your body AND what goes on your body. Natural products made from sustainable resources are important to you and your family.

2) You love learning about new products and smelling new 'flavors' every time you stop by. This past year we introduced new scents including Sweet Bouquet, Pub Suds - made with Dortmunder from Great Lakes Brewery and Lavender-Lemon. We now carry all natural deodorant, massage

oil and roll-on aromatherapy made with essential oils. Keep reading for yet another exciting new product announcement.

1) Our best sales people don't work at the store. Locally made products are important to you and you like to share them with friends and family near and far. The biggest compliment you give us is when you bring out-of-town guests in to visit our little soap shop. You make us feel like a tourist attraction. Thank you, Lakewood!

We will be celebrating our 1st Birthday October 4th & 5th from 10 a.m.-5 p.m. Clean yourself up (with STEM soap of course!) and celebrate with us.

Witness the launch of our newest product made naturally for your best friend - Happy Hound Dog Shampoo.

Free gifts all weekend long and three lucky customers will win a year's supply of soap! Located at 12405 Madison Ave, you will know you've arrived by the bubbles floating all over Birdtown. See you there.

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New Business News

Lakewood Experiences The Flavor Of Fear October 4

by Elizabeth Langdon

Fear's Confections Grand Opening Brings Sweets, Family Fun and a Rockabilly Vibe to Madison Avenue; A Special Promotion Supports National Domestic Violence Awareness Month

Fear's Confections introduces its new West Side storefront with a Grand Opening and ribbon cutting on Saturday, October 4, 2014 at 11 a.m., 15208 Madison Avenue in Lakewood—plus a special, community-focused promotion.

Confection lovers from across Northeast Ohio are invited to drop in to experience the hand-made delectables and spirited rockabilly vibe that define Fear's Confections. The Grand Opening event offers goodie bags for the first 25 customers, a raffle, and a balloon twister, performing at noon.

Fear's Grand Opening features a special one-day-only promotion to support the Domestic Violence and Child Advocacy Center, a local non-

profit organization whose mission is to empower individuals, educate the community and advocate for justice to end domestic violence and child abuse. The shop will be collecting items from the Center's Wish List (available online at <http://tinyurl.com/DVCACWishList>). All donating customers will receive 10% off their purchase, in support of National Domestic Violence Awareness Month.

"We strive to be different than the typical sweet shop," said Cassandra Fear, owner and chief confectioner. "Everything we sell is small-batch, from-scratch desserts, made right here in the shop from pronounceable ingredients." Fear's menu features 15 flavors of gourmet brownies—including two seasonal, fall flavors (S'mores and White Chocolate Pumpkin) that will debut at the Grand Opening. Customers enjoy a variety of hand-dipped and hand-molded chocolates, from her signature caramels, peanut butter cups and sponge candy to seasonal creations such as caramel and candy apples. Specialty chocolates are available year-round, and feature themes including Star Wars, Doctor Who, gaming dice, coffins, tombstones, and barks. The store will hold its soft opening on Friday, October 3 for friends, family, media and area bloggers.

Fear's Confections officially



launched on March 2010 as an online, in-home brownie business that expanded into chocolates a year later. In 2013, Fear opened her first storefront, located on East 185 Street; the location closed in July 2014 as Fear prepared to open her permanent, West side shop. Fear's Confections gladly provides catering for wedding and events, as well as a mail order option. Reach Fear's Confections by phone (216-481-0888), online at www.fearsconfections.com, Facebook (www.facebook.com/fearsconfections), Twitter ([fearsconfection](https://twitter.com/fearsconfection)) or by email (fearsconfections@gmail.com).

For more information about the Domestic Violence and Child Advocacy Center, please visit www.dvcac.org.

Why Lakewood? Are You Kidding Me? Why Not?

by Jim Cox

I was asked to write why I would want to have a business in Lakewood. Well, I love this city. I grew up in Westlake, lived in about 15 to 20 different cities, and traveled the world. And through this I have learned what is important in life -- my wife Carole, my son Colin, my family, faith, friends, good business practices, and of course, my neighbors. Because in Lakewood you are living really close to your neighbors. Let's face it, in the summer there are more weird sounds in the quiet of the summer evening than we might care to hear.

But let's talk about business because that was the question I was asked. Why open a business in Lakewood? I hate to admit that I have worked since I care to remember, but that's ok. It has always been an adventure. I'm a Chef. I am a servant to people and I love it. From what my mother, Marian, told me, God rest her soul, I have cooked since the age of two. I don't know about you, but if you ask me, by today's standards, they would probably call that child abuse. Such a shame how some things are viewed these days.

So...blah-blah-blah....

I live on Northland Avenue, between Madison and Detroit. I have lived there for 12 years with Carole. We are involved in the community. Lakewood Presbyterian on Detroit is where I recharge. I do almost all my shopping in town and we definitely enjoy a busy social life visiting many of the Lakewood bars and restaurants. And why not? Lakewood has it all: great stores and restaurants from A-Z, along with great events, parks, and services from City Hall (and I mean that). Lakewood offers many eclectic social options. You know, like the BIG CITY LIFE without all that that can bring.

Ok, back to the business. One day I drove up to the Convenient Store on Madison Avenue, the one Neil and his son Terry run. I'm out of milk so it was convenient to go there. I pulled in and see that Tommy's Pizza & Chicken is closed so I asked the sales clerk in Convenient what happened. Short story, the owner was burning it at both ends with his main store in another city. And he couldn't keep up with them both. A common problem with restaur-



TV Chef, and entrepreneur, Jim Cox.

ant managers.

An opportunity arose. Great location, great demographics, and parking (Really-- FREE PARKING). Since I have thirty years of food entrepreneurship and I'm a Taurus, I thought, "Bring it on." I made some calls to friends who had expressed interest in the food business and wanted the adventure and so "Mama Lola's Pizzeria" was born.

I'm old, she's not. The food is fresh, tasty and priced to move in a market that welcomes local choices. The crew is young and eager to learn and grow. Good local people working hard in our city.

I did this venture to give back. Knowledge is good. I was able to help make this leap for the owner a little more secure. Mama Lola's supports local businesses in this city and they support us. But our primary goal is to give the community a really good pizza, great ribs, rotisserie chicken, fresh salads and smiles from the young adults who serve you.

I'm no one's "hero." I'm just a servant to the industry that I have dedicated my life and love to.

Enjoying good food with good people is priceless!

Come and try our food. We have free delivery in Lakewood or you can pick up your order. Mama Lola's Pizzeria is located at 16813 Madison Avenue in Lakewood. Our phone number is (216)227-9999. You can find out about the menu at mamalolaspizzeria.com. Mama Lola's also has a catering division; she can make any "Occasion" a special event. Call for more details.

Regards, Neighbor.
Chef Jim Cox

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Business News

First Federal Lakewood Debuts New Look

by Heidi Finniff

For generations, First Federal Lakewood Corporate Headquarters has called Downtown Lakewood home, and now a new era has begun with a completely revitalized Lakewood branch. As the largest independent mutual bank in Ohio, we have long been reinvesting our assets and customer deposits back into the Lakewood community in the form of small business loans, residential mortgages, and funding our neighbors' home improvement projects. We are eager to share the results of our own renovation with the entire Lakewood community!

Our branch remodel features a whole new look as well as extensive upgrades that provide customers with an improved approach to full-service banking that is faster and easier, yet still fully focused on delivering a personalized and satisfying banking experience. We have designed the space with both our customers and the entire community in mind. With the new space, we have the flexibility to invite the community in for events throughout the year. That is important to us because we are deeply rooted here in Lakewood—from hiring local residents to supporting community events and organizations—we are focused on working with our neighbors to continually build this

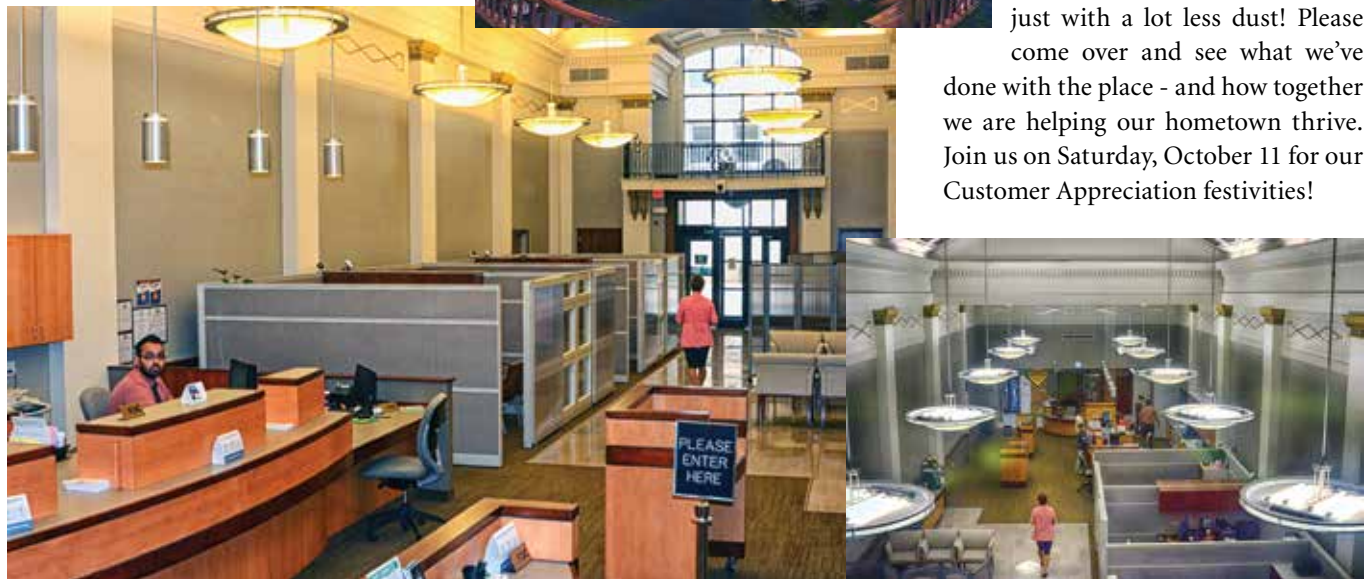
strong and vibrant community.

The First Federal Lakewood branch was recently featured on the Lakewood Historic Home Tour and we have restored the branch with a nod to our rich history, but with a fresh, modern approach. As an example, we discovered an unexpected treasure during construction. Our recently restored floor is made from quality Tennessee Marble, a material prized by architects and builders for its pinkish-grey color and ease of polishing. Widely used in several of Cleveland's historic

buildings constructed in the late 19th and early 20th centuries, it can also be found in some of the most notable buildings across the U.S., including the

National Gallery of Art, The National Air & Space Museum in Washington, D.C., Grand Central Terminal in New York, and sections of the United States Capitol building. Our Tennessee Marble floor was believed to have been covered over in the 1950s and nearly forgotten. We're thrilled to have restored it to its former luster.

Now that the renovation is complete we will continue the seamless service we provided throughout our renovation – just with a lot less dust! Please come over and see what we've done with the place - and how together we are helping our hometown thrive. Join us on Saturday, October 11 for our Customer Appreciation festivities!



First Federal Lakewood has finished their renovation/restoration, and the results are spectacular. Stop by the Lakewood offices October 11 and check it out during Customer Appreciation Day. Top, Old FFL, bottom New FFL!

Shelini's Treasures Fine Jewelry Grand Opening!

by Vera Sheline

My husband Christopher and I recently established Shelini's Treasures, a fine jewelry store, located at 17810 Detroit Avenue, directly across from Beck Center for the Arts, on the corner neighboring the parking lot where the former Eddie and Iggy's bar resided.

Through a variety of storybook circumstances, Christopher, originally from Columbus, and myself, a Russian native, were close friends for several years before finally confessing our love. In 2006, Christopher proposed and we took the journey back to Russia for a ceremony with my family. "I didn't understand a word if it," Christopher says. "Vera had to nudge me when I had to say 'Da.'"

Eight years later, we have a six-year-old son, a first-grader currently attending Emerson Elementary School, and we recently purchased our first

house together here in Lakewood. Our backgrounds in both the business world and personal struggles led us to develop our own unique system of business management. Like countless others, we have not exactly been treated kindly in our endeavors. It is important to understand the mentality we all have, especially when looking to make an important purchase. Our goal is to give quality back to the consumer. Many years ago, we founded Shelini's LLC, and worked behind the scenes to provide quality items at the lowest cost possible.

One of the most profound mark-ups in the country is within the jewelry industry. Thus, we established "Shelini's Treasures" in Western Lakewood specifically to reduce the extreme prices of jewelry. Mostly, we are concerned about the social stigma surrounding fine jewelry. Many people avoid it because their

instinct is to recall the shocking pricing of diamonds and gemstones. Until some traffic comes through our store, nobody will know that there is no need for such a stigma with us. The prices found in Shelini's Treasures are nothing short of remarkable. We have access to the same manufacturers and quality of items that are found in all of the major jewelry chains, but we simply do not mark the items up. We don't believe in over-pricing, it is everything that is wrong in the retail industry. We are here to provide a long overdue service to the community. Items that typically sell for nearly eight-hundred dollars are on the shelf in Shelini's Treasures for three hundred. This scenario goes for all items of all ranges, style, type, etc. Wait until you see what we'll do with personalized specially ordered engagement rings.

We took a unique approach in

developing our store. We do not carry a massive overhead, inventory is kept low, and there are merely a handful of items from a variety of manufacturers on display. This allows people to see what is obtainable, as well as how affordable items can be. Of course, this still means over ten shelves of items that are for sale. There is still plenty to choose from in the store, but the point is to keep the priorities where they should be. We don't want to pressure people into a decision, we want them to feel at ease. We will simply assist people in their search through the nearly unlimited inventory available, or, most importantly, allowing them to build the perfect ring. Per your description, we can electronically piece together a ring that matches everything you ever wanted, and, best of

continued on page 22

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Lakewood Living

College ID Will Get You A Discount At Nature's Bin On Tuesdays

by Mary Johnson

Any college student can tell you that college can be a stressful time on the budget and on efforts to make healthier food choices. Now students can let their college ID earn discounts when they head to Nature's Bin on Tuesdays. Beginning on Octo-

ber 7, students can present their own valid College ID when checking out at Nature's Bin and receive 10% off their purchases. The discount does not apply to alcohol or catering purchases and cannot be combined with any other discounts.

"The staff really brought up this

idea," commented Scott Duennes, Executive Director of Cornucopia/Nature's Bin. "They understand that many college students have a commitment to plant-based diets, sustainable/free trade products and other things we carry but their budgets are stressed with college costs. The staff really lobbied to give college students a chance to make these choices by offering them a discount. I think it's a great idea."

Nature's Bin, Lakewood's own independent natural and organic food store, is operated by the non-profit, Cornucopia, Inc. This natural foods market serves as a training site for a unique and successful program that provides vocational training

leading to employment for people with disabilities. Programs hosted at Nature's Bin serve people with a wide range of disabilities including developmental disabilities, autism, mental illness, visual, speech and hearing impairments, and injuries resulting from accident or illness. What distinguishes the programs at Nature's Bin from other training facilities is the real-work learning environment. Trainees work side-by-side with staff members in all aspects of retail service, facing the challenges and rewards of competitive employment in a caring, supportive atmosphere. Cornucopia/Nature's Bin has been serving people with disabilities since 1975.

New Candidate For Ohio's 9th Congressional District

by Cory Hoffman

In the spring of 2012 my wife and I moved to Lakewood after having lived downtown for the last several years. At the time we moved I was awaiting my bar exam results and I was unemployed. I felt like I had no purpose. I felt unwanted. Lucky for me, I got a community organizing job with the AFL-CIO after only a couple of months of being unemployed. But, on my rides down Detroit on the RTA I met many residents of Lakewood who weren't quite so lucky. Some folks were young recent graduates like me. Others were in their early 60's and had worked their whole lives and dreaded the prospect of their unemployment insurance ending. All they wanted was a job but nobody would give them a chance.

Contrary to what Speaker Boehner has to say, the overwhelming majority of unemployed workers just want an opportunity to contribute to their society. And, that is why I felt compelled to enter the race for Ohio's 9th Congressional District as an Independent, Write-In Candidate. Macroeconomists have known since the 1930's that Congress can always pass a budget that results in Full Employment but they refuse to do so. They allow our labor markets to permanently remain in disequilibrium with an oversupply of desperate unem-

ployed workers which drags down the wages for Working Americans as well. And, Lakewood's current representative from Toledo, Marcy Kaptur, despite being an honorable public servant, has been complicit in this disaster.

For example, on April 22nd at the BGSU Firelands Community Forum on Workforce Development and Education in my home town of Huron, Ohio, Ms. Kaptur was asked what Congress could do to spur job creation in our district. She declared that ideas for job creation do not come from the Federal Government, despite the fact that Congress can always pass a budget that generates full employment. Instead, she suggested the old "beggar thy neighbor" fallacy and encouraged local leaders to "market our strengths."

The working families and the unemployed citizens of Lakewood deserve a representative who knows this area and who will fight for Full Employment. If you're interested in being represented by somebody who has actual roots in the area, a New Candidate with New Ideas for returning our economy back to its potential, I hope you'll take the time to find out more about me and what I stand for at CoryHoffmanForCongress.com

Write-in Cory Hoffman for Ohio's 9th District on November 4th.

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Lakewood Living

League Of Women Voter’s Candidate’s Night

by Mary Osburn

The Lakewood Chapter of the League of Women Voters of Greater Cleveland will sponsor a candidate’s forum in the auditorium at Lakewood Public Library, 15425 Detroit Avenue, Monday, October 6 at 7 p.m. At that time, candidates for the Ohio State Senate District 23 and House District 13 will present their positions on issues and answer questions from the audience.

Candidates for Senate District 23 are Michael J. Skindell, Democrat and Tom Haren, Republican. Candidates for House District 13 are Nikki Antonio, Democrat and Maria Anderson,

Republican.

The privilege of voting is the hallmark of our democracy. No election is unimportant because we are a representative government and the people who represent us and the decisions they make influence the quality of our

lives. Everybody gets one vote and the strength of our democratic way of life rests with an informed and active electorate. This candidate’s forum is one way to give voters an opportunity to meet the candidates, learn their positions on issues and ask questions about

matters that are of concern to them.

The League of Women Voters is committed to providing information to voters about candidates and issues in preparation to casting their votes. We recommend visiting the League website at www.lwvcuyahogaarea.org.

Celebrating Lakewood Suffrage Legend Josephine Saxer Irwin

by Gloria Cipri-Kemer

On October 3rd, the 100th Anniversary of the 1914 Suffrage March in Cleveland, Gloria Cipri-Kemer and the Emerald Necklace Inn will host a gala tea in celebration of this event and in remembrance of suffragist legend Josephine Saxer Irwin who was in the parade seeking the vote for women.

Sporting flaming red hair, twenty-four year old Josephine Saxer, Lakewood resident and teacher, was one of five women escorts riding horses at the head of the parade of 7000 marchers attracting 200,000 spectators. It is for this act of courage and her continued advocacy for women’s rights and world peace that she is being honored.

The celebration being held at the Fairview Gemini Center beginning at 11:30 a.m. will be educational and entertaining. “Suffragists” will greet luncheon guests with songs and banners. An overview of the suffrage movement will be followed by a portrayal and a detailed

pictorial of Josephine’s life. In conclusion a proclamation will be issued honoring this long time Fairview Park resident.

On Saturday October 4th the celebration will continue with a “Greenhouse and Cemetery Tour” from 10 a.m. to 3 p.m. Both Fairview locations are significant to the life of Josephine Saxer Irwin. The greenhouse attached to the Irwin home is where Josephine and her husband John cultivated prize-winning orchids. An orchid expert will be on site to sell orchids and answer questions about growing them.

The day will also include a self-guided tour of the Fairview Park (Rockport) Cemetery which Josephine fought to preserve during her lifetime. Consequently, all money received after expenses will be donated to a cemetery fund.

The cost of these events are \$30 for



The young Lakewoodite Josephine Saxer the luncheon only, \$35 for the luncheon and the Saturday tours and \$15 for the tours alone. For more information and reservations call 440-333-9100 or email stay@emeraldnecklaceinn.com.



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Lakewood Living

Fall Real Estate News

by Chris Bergin

The Northern Ohio Regional Multiple Listing Service (NORMLS) recently released the August stats for our 15-County Region. It should come as no surprise as you look up and down the streets of Lakewood that New Listings are down this year. In turn, the number of Sold Listings is down as well. Regionally, sales thru August are down 2.4% compared to the same period last year. The good news is that the average sales price remains up, by 1.8%, over the first 8 months of 2013. Average Market Time remains steady at just over 90 days.

Locally, Lakewood is looking very solid. While there has been a modest increase in the number of sales this year thru August (12 more than 2013) the impressive result is that the Average Sales Price has increased from \$144,600 to \$153,400. It is looking like Lakewood will finish the year strong, with 72 properties currently under contract and an average list price of \$152,200.

The strong recovery, however, has caused some issues. Most notably we are finding that buyers and sellers are not on the same page. The recovery has caused some sellers to take an aggressive stance in the market, overpricing their homes. Many buyers are taking a strong, aggressive stance as well, refusing to get involved in bidding wars. A recent national survey indicates that 58% of sellers have an unrealistic opinion of the market value of their home. The survey also found that while buyers who have been in the market for a while are indeed making aggressive offers, new buyers in the market are more likely to sit on the fence than get stuck in a bidding war. Ultimately, as inventory increases, this will be healthier for a sus-

tained recovery in the housing market. You can keep track of neighborhood demographics at www.ClevelandsRealEstateSource.Info or Home Values at www.HomeValuesInLakewood.Info.

While it is important to stay in tune with regional and local real estate trends, it is also important to take care of your property, especially as winter approaches. These 10 steps will help ensure your home is not only prepared

for the winter but a step ahead of the competition for the spring housing market:

- Clean & Organize Your Garage/Storage Shed
- Store Your Hoses & Turn Off Outside Water
- Drain & Turn Off Sprinkler System
- Seal Cracks Around Doors & Windows
- Clean Your Gutters
- Inspect Your Roof & Chimney
- Direct Drainage Away From Your House

- Clean & Service Your Furnace or Boiler
- Prune Your Plants
- Check Your Chimney For Blockage, Ensure Damper Is Working, & Clean the Interior

Tackle these 10 steps in the next few weeks to help ensure a worry-free winter!

Chris Bergin is a licensed real estate agent with Berkshire Hathaway Lucien Realty in Lakewood and can be reached at Chris@ChrisBergin.com.

Local Food Fun For All At LEAF Harvest Festival

This year's celebration of the local fall bounty will be held on Thursday, October 23 from 5:30 to 8 p.m. on the front porch of the Main Library.

Food: Sample a delicious variety of food from LEAF vendors as well as from some of LEAF's very own home cooks. Get a delicious, healthy dinner for the whole family (with an at-will donation)!

Pie Bake-Off: Break out your best pie recipe to enter in our annual Pie Bake-Off! All pies should be dropped off at the Harvest Festival no later than 5:30 p.m. along with a list of ingredients. Or, just come ready to taste test from the best of our home bakers. Returning Celebrity Judges from WRUW's Maximum Consumption will select the winners.

Activities for the Whole Family : Local food themed arts and crafts for the kids (and adults) to help remind them of the bountiful harvest in the winter months ahead.

Vendors: All of your favorite LEAF Night vendors in one night! From vegetables, meats and cheeses, to jewelry, soap and other local crafts, be sure to get out and shop local!

Music: Listen (and dance) to some

of the best in local music with your friends and family on the front porch of the Library one last time this season!

LEAF Merchandise: Be sure to stop by the LEAF information table and pick up your official LEAF merchandise. All proceeds from the sales of these

official LEAF items, ranging from cook books to t-shirts to coffee mugs, benefit LEAF's local food programs!

Plus, be sure to save-the-date for the 2014 LEAF Holiday Markets on Tuesday, November 18 and December 16 at Garfield Middle School.

CHANGE Fundraiser To Benefit LCSC



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is slated to perform, bringing their northern soul style to the main stage. Dancing is expected. In addition, GroundWorks Dance Theater will perform Hindsight, an homage to Chrissie Hynde and the Pretenders, choreographed by Tony-nominee Lynne Taylor-Corbett.

Raffle prizes include packages that celebrate a few of Cleveland's most popular neighborhoods including Ohio City and Detroit Shoreway. The Lakewood basket is the one everyone will want to take home! Packed with gifts and gift certificates from dozens of Lakewood businesses, the basket is a virtual trip through Lakewood's

unique specialty shops and restaurants.

The marquee raffle items include dinner at the Chef's Table at Michael Symon's Lola; a Tour de Crop at Crop Bistro and Bar; a private shopping experience for 10 at Tremont's Evie Lou that includes wine and appetizers from Fat Cats; and a private cooking class with wine pairings at Dante.

But remember, you can't win anything unless you go to CHANGE on Friday, October 11. Purchase your tickets online at www.lcslakewood.org. You will have a great time while supporting a great organization that provides programs and services to literally thousands of individuals in the community every year.

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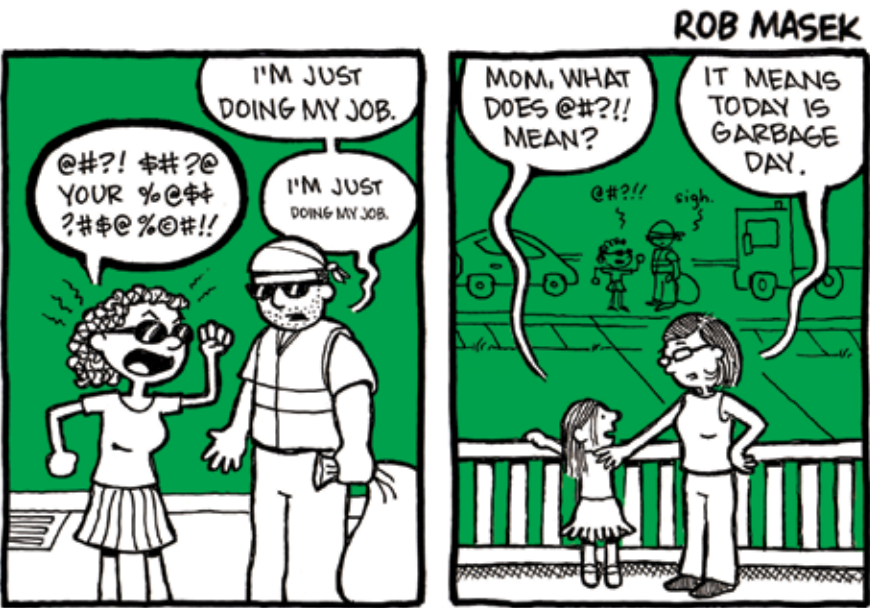
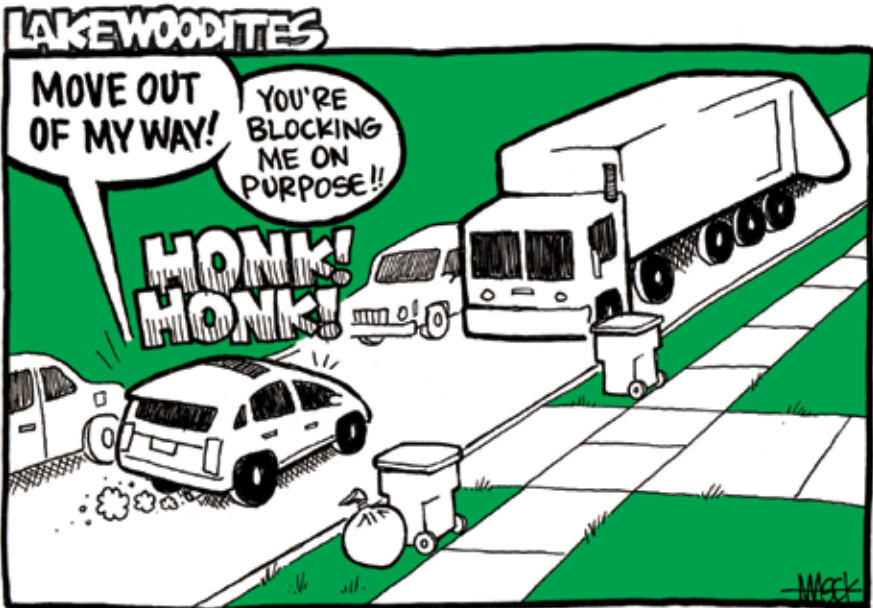
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