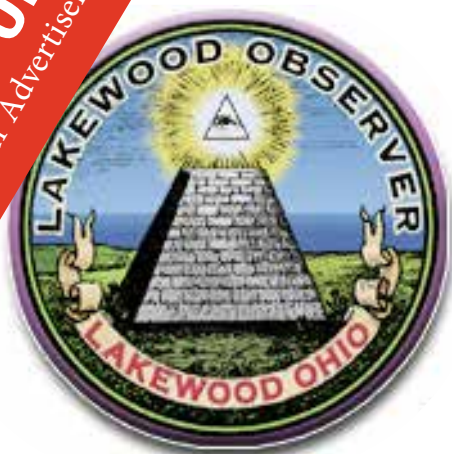


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Volume 12, Issue 23, November 9, 2016

2016 General Election Results Are In...

Donald Trump Upsets The Establishment To Become 45th President, Issue 64 Passes

by Margaret Brinich

In an unprecedented election cycle both nationally and locally, in terms of excitement, election night did not disappoint. From the start, as the results rolled in, the most controversial and most closely watched races were razor thin. At the top of the ticket, Lakewood and Cuyahoga County were unsurprisingly strongly for Clinton, but around 10:30 p.m. the state of Ohio was called for Trump. Locally, Issue 64 (the Lakewood Hospital issue) remained within a 4-6 percentage point spread throughout the night with less than 1,000 votes separating the "for" and "against" camps. Another statewide race worth noting is for Ohio Supreme Court Justice. Lakewoodite John P. O'Donnell ran a strong campaign, but ended up with a 0.6% difference between himself and Pat Fischer.

In addition, there were several other races impacting Lakewood that were never up in the air even from the moment the absentee votes started flowing in. As anticipated, the Senate race between Portman and Strickland went easily to Portman. The only other contested race was County Council, District 2, which incumbent Dale Miller won handily.

LHS Orchestra Director Named Grammy Educator Award Semifinalist

by Christine Gordillo

Lakewood High School Orchestra Director Elizabeth Hankins is one of only 25 teachers from a field of 3,300 from across the country to be named a semifinalist for the 2017 Music Educator Award presented by The Recording Academy and the Grammy Foundation. This is the second straight year Hankins has been considered for the award. In 2016, she advanced to the quarterfinalist round.

The Music Educator Award was established to recognize

Election Results

President*

Clinton (D): 43.5%
Trump (R): 52.1%
Johnson (I): 3.2%
Stein (G): 0.8%
Duncan: 0.4%

Senate*

Portman (R): 58.4%
Strickland (D): 36.9%
Connors: 1.7%
DeMare (G): 1.6%
Rupert: 1.4%

Ohio Supreme Court

Fischer: 50.3%
O'Donnell: 49.7%

Ohio State Rep. (13th District)

Antonio: 100%

County Council (District 2)

Corrigan (R): 37.5%
Miller (D): 62.5%

Issue 64

For: 51.5%
Against: 48.5%

* Ohio Board of Elections
99.4% of precincts reporting



Mayor Michael P. Summers working the polls down at the Lakewood Woman's Pavilion with Brian Essi at his side.

A Decade Of Dazzle:

10th Annual Downtown Light Up Lakewood Event To Spread Holiday Cheer On December 3

Festive, Family-Friendly Community Event Expected to Draw Thousands

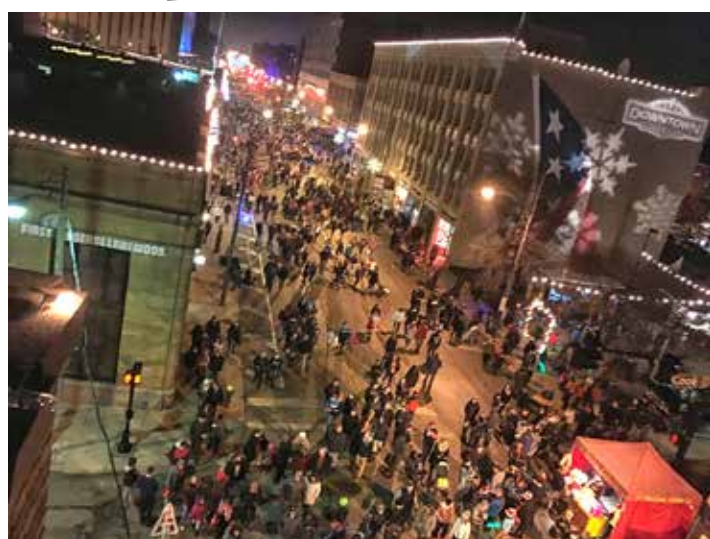
by Matt Bixenstine

It's a most joyous of Lakewood traditions and it's back in Downtown Lakewood for a 10th consecutive year. The spirit of the season will come to life with holiday cheer when Light Up Lakewood 2016 takes place on Saturday, December 3.

Presented by LakewoodAlive in conjunction with many generous businesses and organizations, Light Up Lakewood celebrates the season and the richness of the city's vibrancy. This free, family-friendly event in Downtown Lakewood features a holiday parade, lighting ceremony, winter fireworks, live music, ice carvings, hot chocolate, food trucks, children's games and much more.

Attendees are invited to stroll Lakewood's downtown district and visit local stores and restaurants while taking in the sights and sounds of one of Northeast Ohio's largest holiday celebrations. Light Up Lakewood serves as a marquee event for the entire region, having drawn an estimated 25,000 guests last year.

Light Up Lakewood represents a day-long celebration that starts with Lunch with Santa at Dewey's Pizza from 11 a.m. to 1 p.m. and doesn't end until the music stops playing at 8 p.m. Guests' sensory per-



Each year, this annual event has grown in size and number of attendees. Photo credit: Lakewood Observer

ceptions will be delighted by the twinkle of holiday lights, the cheerful sounds of carolers and the warmth exuded by the festive, friendly atmosphere.

Highlights include Vendor Village inside the historic Masonic Hall, the ever-popular Holiday Parade, live entertainment provided by bands, choirs and dancers, the Lighting Ceremony at 6:30 p.m. at the newly-located Main

Stage at City Center Park and a can't-miss fireworks show at 6:45 p.m. over the rooftops of Downtown Lakewood.

"Light Up Lakewood is our signature community event and we're thrilled to welcome thousands of Lakewoodites and visitors from across the region yet again," said Ian Andrews, Executive Director of LakewoodAlive. **continued on page 4**

continued on page 15

Lakewood Observer

Lakewood Fire Department's Junior Fire Chief 2016

by Jim O'Bryan

Every year the Lakewood Fire Department has an essay contest and the winner of the contest becomes Lakewood's Junior Fire Chief. Part of the deal is that they pick the winner up at home, drive them around the city, let them ring the bell, turn on the sirens and lights, and then deliver them to school.

I love this event!

8:50am, parents are dropping

off children, when suddenly all of the students start to pour out of the building, kids and parents asking, "What is going on?"

Suddenly coming around the corner and down the street is Lakewood Fire Department, sirens screaming, lights flashing, everyone asking what is going on.

Slows down and pulls into Grant School with everyone standing back. These students understand fire drills.

The truck pulls right up to the front door, and out pops Ally Bookman, Lakewood Junior Fire Chief 2016/2017!

Ally heads over to Grant Principal, Kaitlyn Turner, her classmates all cheering and chanting, "Ally! Ally! Ally!"



The mandatory VIP Photo left to right; Firefighter Matt Kopack, Firefighter James Coleman, Fire Inspector Tim Dunphy, Junior Fire Chief Ally Bookman, and Grant School Principal, Kaitlyn Turner.

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Upcoming Submission Deadline	Publish Date
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November 27, 2016	December 6, 2016

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City

Mobile Stroke Unit To “Go Live” To Help Save Lives In Lakewood

by Maureen Bach

During the October 17, 2016 meeting of Lakewood City Council’s Committee of the Whole, Council President Sam O’Leary toured Cleveland Clinic’s Mobile Stroke Treatment Unit and discussed how Lakewood residents will benefit from new advances in stroke care. Within the next several weeks, following the completion of protocols and training among Cleveland Clinic officials and Lakewood dispatchers and paramedics, the unit will help first responders save lives in Lakewood.

The unit is an ambulance equipped for on-site stroke diagnosis and treatment with a mobile CT scanner and a mobile lab so the crew can do lab tests on board. If appropriate, the crew will be able to administer tPA – a medication that can break up blood clots and give patients a better chance at survival and living without disabilities often associated with a stroke. Upon receiving treatment, patients are transported to the most appropriate hospital.

“Deployment of the Mobile Stroke Treatment Unit in Lakewood was negotiated as part of the master agreement

between the city, Cleveland Clinic, and the Lakewood Hospital Association, endorsed by City Council late last year,” says Council President O’Leary. “Now that the city and Cleveland Clinic have come to contractual terms on the use of this precious resource, we are proud to say that this life-saving technology reinforces the city’s status as a local leader in stroke care.”

“Stroke is the number one cause of serious long-term disability in the United States, and treating stroke patients faster both saves lives and reduces disability,” said Andrew Russman, D.O., Medical Director of the Mobile Stroke Treatment Unit at Cleveland Clinic. “In the fight against stroke, the mobile stroke treatment unit is at the forefront of our emergency response capability. We have seen tremendous success for patients in the last two years with the mobile stroke treatment unit, and we look forward to bringing mobile stroke care to the doorsteps of the residents of the City of Lakewood.” Since Cleveland Clinic began its Mobile Stroke Treatment Unit program two years ago, more than 2,500 patients have

been serviced by the unit crew. Of those, 91 have received tPA on site.

“Last year when City Council announced our approval of the master agreement, we reassured Lakewood residents that the fully-staffed emergency department would be open 24/7/365 at the old hospital site until it transitioned to the new Cleveland Clinic family health center,” said O’Leary. “We kept that promise. And now we can say that the most advanced emergency stroke care can actually come to your home, so life-saving treatment can be started even before you get to an emergency department.”



Members of city council and the administration tour the new mobile stroke unit during the October 17 COW meeting.

Citizen Academy Offers Unique Look ‘Inside’ Lakewood’s Police Department

by Colin McEwen

The Lakewood Division of Police is offering Lakewood residents a unique opportunity to gain some first-hand information about the role of Lakewood’s safety and law enforcement department.

The Lakewood Police Citizens’ Academy is a 12-week program that begins Wednesday, January 11, 2017, and continues each Wednesday through March 29, 2017 — taking place from 7 to 9 p.m. at the Lakewood Police Department, 12650 Detroit Avenue.

The Citizens’ Police Academy is a 12-week course for Lakewood residents or people who work in Lakewood, 21 years of age or older, who are interested in learning more about the Division of Police. Classes are held once a week for two hours. There is no fee to attend. During the sessions, students are presented with information from a number of speakers to familiarize them with a variety of policing issues in Lakewood. In addition to speakers from the Division of Police, Mayor Summers, the Department of Law, and Judge Carroll also address the class. At

the end of each session, the graduates are permitted to schedule a ride-along with a patrol officer for one evening.

“The Lakewood Police Department is committed to establishing close working ties with the members of the community we serve and establishing channels to be responsive to the needs and desires of our community,” said Lakewood Police Chief Tim Malley.

In addition to the Lakewood Police Citizens’ Academy, Chief Malley noted that the Lakewood Police Department develops and presents crime prevention seminars, personal safety programs, neighborhood block watch meetings, traffic and bicycle safety education programs, Autism Safety Roster, and child safety seminars. Lakewood’s Police Department also serves as a liaison with community organizations and groups through the use of foot patrol, community-oriented policing, shadowing programs and sponsoring and participating in special events designed to promote positive relationships between the police and school-age children.

Antonio Honored For Efforts To Improve Public Health, Combat Statewide Opioid Crisis

Cleveland lawmaker presented public service award by Center for Community Solutions

by Nickie Antonio

State Rep. Nickie Antonio(D-Lakewood) today received The Center for Community Solutions Award for Public Service in Honor of John A. Begala for her efforts to address Ohio’s opioid addiction crisis and her work on the Joint Medicaid Oversight Committee to improve the rate of spending and quality of Medicaid care.

“I am extremely honored to accept this award from The Center for Community Solutions, an organization known for their dedicated efforts to improve the quality of life for all Ohioans,” said Antonio. “I will continue to work diligently to expand treatment opportunities for those struggling with addiction, ensure local law enforcement have adequate resources, and increase prevention programs to combat the ongoing opioid crisis in Ohio.”

Rep. Antonio was recognized at the ceremony for her work on the Joint Medicaid Oversight Committee to improve quality of care and health outcomes for individuals enrolled in the state’s Medicaid program. The Lakewood lawmaker also played a key role in gaining legislative approval of language expanding access to syringe exchange programs that will help reduce the spread of disease and encourage more addicts to get needed

treatment.

“What is notable about Rep. Antonio is that she works in collaboration with colleagues on both sides of the aisle to get results,” said John R. Corlett, president and executive director of The Center for Community Solutions. “This award was created to honor those who have shown a great commitment to public service, especially as it relates to improving health and human services in Ohio. Rep. Antonio has certainly done that, but she has also literally saved the lives of countless Ohioans through their legislative work.”

The public service award is named after John A. Begala, former executive director of Community Solutions and a three-term member of the Ohio House of Representatives. Begala dedicated his career to public service and the human service field, with leadership positions at The MetroHealth System in Cleveland, the University of Cincinnati Medical Center, Greater Cincinnati Hospital Association, and the Ohio Department of Mental Retardation and Developmental Disabilities.

The Center for Community Solutions is a nonprofit, non-partisan think tank focusing on solutions to health, social and economic issues in Northeast Ohio. Established in 1913, the organization is a United Way agency.

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Lakewood Public Library

Calendar Of Events

compiled by Elaine Rosenberger

Wednesday November 9

Talk - Math Success: A Series for Parents with Struggling Students

Many students struggle with math. Come get advice, tips and tricks from teachers that will help your student succeed at math, school and beyond. Tonight’s topic is Finding Math Help for Your Children (Tutors, Online and More).

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

Saturday, November 12

Film - “The Candidate” (1972)

Democratic strategist Marvin Lucas (Peter Boyle) is trying to find a candidate to oppose U.S. Senator Crocker Jarmon (Don Porter), a popular California Republican. When none of the big-name Dems are interested because they feel the race would be unwinnable, Lucas considers Bill McKay (Robert Redford), the idealistic, charismatic son of a former governor. Terry Meehan continues his series on political movies, introducing each film with original documentaries, followed by audience reaction and a lively discussion.

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

Sunday, November 13

Performance - Accidental Comedy

Accidental Comedy is a collective of comics dedicated to enriching the arts in Cleveland through live comedy. For the last five years, the festival they’ve curated brings the best and brightest comedians to the area. Their event will feature a mix of Accidental artists and special guests.

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

Tuesday, November 15

Talk – Climate Change: Reading the Record

Satellites and temperature gauges are critical to measuring current global warming, but to really understand the magnitude, rate, and mechanisms of climate change we need records that go much farther back in time. How do we measure temperature hundreds, thousands or a hundred thousand years ago?

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

Tuesday November 15

Knit and Lit Book Club

Come share your passion for great literature and show off your knitting, crocheting, counted cross-stitch, embroidery and quilting works-in-progress. Tonight we will discuss “Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard” by Liz Murray.

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

Wednesday, November 16

Talk - The Past, Present and Future of Space Innovation in Ohio

The Glenn Research Center began as an aircraft flight propulsion laboratory in 1941. Jeff Woytach’s presentation highlights the contributions made in aircraft flight propulsion research, the contribution to the fledgling NASA, and the continued critical work that happens daily at Glenn.

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

Thursday, November 17

Talk - The Rebellion of Poets and Playwrights

Some of the key players of the 1916 Easter Rising, which eventually led to Irish independence, were poets and playwrights. Claire Cullerton’s presentation will cover the events of the Easter Rebellion, as well as the key role Irish literature played in the rise of Irish Nationalism.

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

Booked For Murder: A Who’s Who of Mystery Novels

Identity can be a curious thing. Join us, and explore how these mystery novels grapple with one of life’s most disturbing predicaments: an identity crisis. Tonight we will discuss “The Chill” by Ross MacDonald.

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

Saturday, November 19

Film - “The House of Flying Daggers” (2004)

Mighty as the corrupt Tang dynasty once was, in 850 A.D. it is being undermined by an organization operating in the shadows known as The House of Flying Daggers. Members are superbly skilled in the use of sword, knives and bow. Barbara Steffek-Hill presents a series of classic and contemporary films from her personal favorites. Chinese with English subtitles

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

Sunday, November 20

The Gage Brothers

The Gage boys come from a large family in rural northeast Ohio. This high-energy roots band got their start in 2014 and they soon released their first album, “Take It Back.” These days, brothers Ben and Zach are joined by honorary siblings Brendan O’Malley on mandolin and Chris Volpe on banjo.

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

Tuesday, November 22

Film - “Food Patriots” (2014)

A Midwestern mother whose son nearly died from contaminated food embarks on a rollercoaster journey to understand the food industry and improve her family’s eating habits. Surprising, funny and poignant, this film unfolds from one family’s story into a powerful consumer movement.

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

Children & Youth Events

compiled by Eric Knapp

Wednesday, November 16

Brick Building Fun

For students in first through eighth grade

A specially designed LEGO® program for young children with special needs, autism, or sensory processing challenges. Registration required.

4:30 p.m. – 5:30 p.m. in the Main Library First Floor Multipurpose Room.

Sunday, December 4

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.

Thursday, December 8 through December 29

Comic Crash Course

For students in fifth through eighth grade

Join us for a four-week crash course in writing, illustrating, and publishing comic books. Registration required.

4:00 p.m. – 5:00 p.m. in the Main Library Activity Room.

A Decade Of Dazzle:

10th Annual Downtown Light Up Lakewood Event To Spread Holiday Cheer On December 3

continued from page 1

“Whether you’re feeling the spirit of the holiday season or simply wish to enjoy a festive urban atmosphere, perhaps no event better showcases our city’s vibrancy than this long-standing Lakewood tradition.”

For more information and continued updates, please visit LightUpLakewood.com.

Schedule of Events for Light Up Lakewood 2016:

11 am – 1 pm – Lunch with Santa at Dewey’s Pizza

11 am – 4:30 pm – Ongoing performances at Barton Center with a surprise visitor

3 pm – King and Queen Ceremony at Plantation Home

4 pm – Festival Kickoff with Vendor Village and Food Court opening

5 pm – Start of Parade at Manor Park and Detroit Avenue, headed west-bound on Detroit

5 pm – 8:30 pm – Santa visits Lakewood Public Library

5:30 pm – 8 pm – Ongoing performances at Lakewood Public Library

6:30 pm – Lighting Ceremony at Main Stage at City Center Park (in front of the Marc’s Plaza)

6:45 pm – Fireworks Show
LakewoodAlive is currently seeking volunteers to assist with Light Up Lakewood 2016. Enthusiastic volunteers are needed for:

- Setup (2- or 4-hour session)
- Tear Down (2-hour session)
- Greeting (2- or 4-hour session)
- Day of Event Festivity (2-hour session)

If interested in volunteering your time for this fun, family-friendly event, please contact Lisa at 216-521-0655 or LLaRochelle@lakewoodalive.org.

Light Up Lakewood 2016 is generously supported by the following sponsors: First Federal Lakewood, City of Lakewood, Phillips Edison & Company, Convey360, Discount Drug Mart, Lakewood Anglican Church, Plantation Home, Roundstone Insurance, The University of Akron Lakewood, Dewey’s Pizza, IMCD US, Lakewood Hardware, Lakewood Masonic Temple and Lakewood Public Library.

Matt Bixenstine is the Marketing & Development Manager for LakewoodAlive. He enjoys all things Lakewood, especially walking his basset hound through Madison Park.

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Lakewood Public Library

The Rebellion Of Poets And Playwrights

by Amy Kloss

“All changed, changed utterly: A terrible beauty is born.”

William Butler Yeats wrote those words to commemorate the Easter Rising, the Irish rebellion which began on Easter Monday, April 24, 1916. Lakewood Public Library continues its year-long centennial

celebration with an examination of this rebellion and the poets and playwrights who led the revolt against British rule. Claire Culleton, professor of English at Kent State University specializing in 20th century Irish, British, and American literature and culture, will present the story of the Easter Rebellion and the cultural

visionaries who planned it on Thursday, November 17 at 7 p.m. in the Main Library Auditorium.

Yeats wrote his famous poem “Easter 1916” after the Easter Rising, but poetry and theater also played a role in the formation of the rebellion. Among its leaders were the writer Patrick Pearse, poet Thomas MacDonagh and Maire Nic Shiubhlaigh, a central figure in the shaping of the Irish theatre movement. At that time, Dublin was a city filled with experimental art and theatre and a new appreciation for the Irish language. In this rich cultural ferment, Irish Nationalism arose. The violent rebellion led by these cultural visionaries began on April 24, but the British military quickly squashed it. Within a week, almost 500 people were dead, 2,600 wounded and parts of



Claire Culleton, professor of English at Kent State University

Dublin were in ruins. Irish rebels were forced to surrender and martial law was instituted. Most of the leaders were eventually executed.

Join Claire Culleton on November 17 at Lakewood Main Library to learn about the Easter Rising and the key role Irish literature played in the rise of Irish Nationalism.



The Gage Brothers

The Library Welcomes The Gage Brothers

by Elaine Rosenberger

The Gage Brothers got their start in 2014 when brothers Ben and Zach Gage were students at the University of Akron. Their first album, Take It Back, was released in August of 2015 and was voted one of Cleveland’s top albums of the year. Ben Gage plays the harmonica and the cajón, a box-shaped drum, while Zach plays the guitar.

These days, brothers Ben and Zach

Gage are joined by friends and honorary siblings Brendan O’Malley on mandolin and Chris Volpe on banjo. Their sound is earth roots Americana with tight harmonies and toe-tapping melodies.

Join us on Sunday, November 20 at 2 p.m. to see The Gage Brothers in concert. Their performance will take place in the Main Library Auditorium and is one of the Library’s Sunday with the Friends programs.



This happy group of uke players create joyful music.

Ukin’ It Up!

by Fran Storch

What did actress Marilyn Monroe and astronaut Neil Armstrong have in common? They both played the ukulele! This popular Hawaiian instrument got its name, the ukulele or “jumping flea” from the way the musician’s fingers jump like fleas across the fingerboard when playing it.

The Cleveland Fleaharmonics Ukulele Ensemble brings their merry music to Lakewood Public Library on Saturday, November 19, 2016 from 7 to 8 p.m. in the Main Library Multipurpose Room. This concert is part of the Library’s Family Music & More series that offers fun, entertaining performances suitable for the entire family. No registration is required and this performance is free and open to the public.

The evening’s ensemble will include six ukulele players and one bass player, and musicians will perform on

several other small instruments to create delightful music. Concert goers will enjoy toe-tapping tunes including popular songs such as “If You’re Happy and You Know It,” “Do Your Ears Hang Low?” and “I’ve Been Working on the Railroad.” The songs’ lyrics will be projected on a screen so the audience can singalong.

For more information about the Family Music & More series and other youth programs at Lakewood Public Library, please call (216) 226-8275, ext.140 or visit www.lakewoodpubliclibrary.org/youth. The Cleveland Fleaharmonics Ukulele Ensemble is a nonprofit group that supports the following charities: Music & MemorySM for the elderly and infirmed and the Ukulele Kids’ Club, Inc. for children. To learn more about this merry band of players who are spreading ukulele joy, go to <https://clevelandfleaharmonics.wordpress.com>.

Strokes Of Genius Concludes With Art Show

by Marge Foley

The seven week fall session of Strokes of Genius at the Lakewood Public Library came to a close in November as participating second, third, and fourth graders proudly showcased their talent at an Art Show for family and friends. Each week students learned about the life and work of a different artist and then completed an art project motivated by the style of that artist. Artwork created by Paul Klee, Alexander Calder, Marcel Duchamp, Wassily Kandinsky, and M. C. Escher provided the inspiration for the students’ creative efforts. Oil pas-

tels, wire and paper, markers, clay, and cut paper were some of the mediums used. One project involved painting with string. The young artists dipped long pieces of string into tempera paint and placed the string on paper. This resulted in beautiful works of art! In addition, public art and sculptures in Cleveland and Lakewood were studied. Each participant took home their creative work and a certificate.

Look for information about the spring session of Strokes of Genius in the Lakewood Public Library’s Spring/Summer mailer!



Learning about famous artists and viewing their works sparked these children to produce their own masterpieces during the Strokes of Genius program.

Fall Fun With Teen Crafts

by Nicka Petruccio

Craft savvy teens can come have a bit of fun at The Lakewood Public Library this month and walk away with their own handmade fall themed tabletop display. With just a bit of pretty patterned paper and a little creativity they will create an impressive centerpiece to decorate any table. Teens will learn how to craft two styles of paper flowers and paper-strip pumpkins out of tissue, crepe, and scrapbooking paper, then assemble them into a centerpiece

that that will have everyone saying, “Wow! You made that?!”

Supplies are provided, but registration is required.

Students in the sixth through twelfth grade are invited to join us at the Main Library on Sunday, November 13 from 6:30 to 8:30 to learn these cool craft techniques and take home their displays.

Please call (216) 226-8275 ext. 140 to register, or stop in to the Children & Youth Services area of the Main Library to register in person.

Lakewood Schools

Eagles Defeat Euclid 42-7 In Playoff Opener

by Mike Deneen

St. Edward eliminated Euclid High School from the OHSAA football playoffs Friday night at First Federal Stadium. A 48 yard touchdown pass from Eagle quarterback Kevin Kramer to wide receiver Damerisse Freeman broke open a close 14-7 game in the final minute of the first half. St. Edward went on to win 42-7, and advances to play Stow-Munroe Falls next Friday.

Euclid entered the game winning four of its last five games, and fiery head coach Jeff Rotsky had his team ready to go. They took the opening kickoff and went on a ten play drive into St. Edward territory. However, a batted pass was intercepted by Eagle linebacker Mitchell O'Hara, stopping the drive at the St. Edward 24 yard line. The Panther defense came out with intensity, forcing a "three and out" on the first St. Edward possession. The Eagles seemed flustered in the early going, reminiscent of their season-ending loss to St. Ignatius at First Energy Stadium.

St. Edward settled down midway through the first period, forcing a Euclid punt and then driving 67 yards for the go-ahead touchdown. Running back Curtis Szelesta keyed the drive, with carries of 20 and 15 yards. He scored the touchdown via a 15 yard pass reception with 2:02 left in the first quarter, giving the Eagles a 7-0 lead. After Euclid punted on the ensuing drive, the Eagles struck quickly, as Kramer hit senior wide receiver Kordell Hoover to



Eagles celebrate their 42-7 win over Euclid.

make the score 14-0 with 9:20 left in the second quarter.

Euclid got some traction midway in the second quarter, forcing a St. Edward fumble at the Eagles 30 yard line. They cashed in the opportunity with a 10 yard touchdown pass from quarterback Noah Mitchell to wide receiver Ramone Collins. The touchdown cut the lead to 14-7 with 4:18 left in the first half. The Panthers forced a "three and out" on the next Eagle possession, grabbing the game's momentum. They had the ball at their own 40 yard line with 2:28 left in the second quarter, and had hopes of further cutting into the lead. The St. Edward

defense rose to the occasion, forcing a quick "three and out" with two incomplete passes. This forced a Euclid punt back to the Eagles with 1:33 left on the clock. The Eagles went to work, and the Kramer to Freeman touchdown made the score 21-7 at the half.

St. Edward pulled away during the

second half, using running backs Jordan Castleberry and Seth Burke to wear down the Panthers defense. The Eagle defense was able to contain Euclid's dynamic playmaker De'Quan Pruitt, keeping him out of the endzone for the entire game. The final 42-7 margin came on a one yard Kevin Kramer touchdown run with 8:59 left in the fourth quarter. They play was set up on an interception by Eagle linebacker Kevin Dever at the Panther 17 yard line.

St. Edward (now 8-2 on the season) will face Stow-Munroe Falls next Friday at a site to be determined. The Bulldogs, who went 9-1 in the regular season, advanced by defeating Canton McKinley 35-10 in a first-round game at Stow.



Eagle cheerleaders enjoy some hot chocolate at halftime.

High School Cross Country Seasons End At Regional Meet

by Mike Deneen

Lakewood's successful boys cross country season ended October 29 at the OHSAA Div. 1 Regional Meet at Boardman HS. The meet, deemed "The Mini State Meet" by many coaches, included most of the best cross country teams in the state of Ohio. The Lakewood boys, who won the Southwest Conference Championship this year, finished 22nd amongst the field of 25 teams.

"They raced hard, strong, and confident," said Ranger Head Coach Stephanie Toole. Henry Bish led the Rangers with his 45th place finish, narrowly missing an individual bid to the state meet. (Top 32 individuals qualified on to the OHSAA State Meet). Evan Budzar was the second



Ranger runners Micah Swartz and Gunnar Stockman at the 1 mile mark of the Regional meet.

Ranger in finishing 71st place with an outstanding race. Evan was followed closely by Ty'Saun Blevins, Gunnar Stockman, and Micah Swartz. Max Budzar and Joe Burtzlaff rounded out the team.

St. Edward, which won the district championship the week previous at Lorain County Community College, was also eliminated. The Eagles finished 14th out of 25 teams, led by Alex Hauptman who finished 46th overall. On the girls' side, Leonie Klein raced individually for the Rangers. She finished 104th out of 192, missing the cut to make the state finals.



Ranger runners Micah Swartz and Henry Bish hug after the regional race.

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Lakewood Schools

Music Marathon To Raise Funds For LHS Orchestras

by Christine Gordillo

While their peers will be relaxing and having fun on a school-free Saturday on November 12, members of the Lakewood High School Orchestra Program will be spending 13 hours at school playing music – in their

pajamas! The event is the Orchestra Program’s annual Music Marathon fundraiser that runs from 6 a.m. – 7 p.m. at the Civic Auditorium. Members of the Chamber, Symphonic, Philharmonia, String and Camarata orchestras as well as The

Lakewood Project will spend the day practicing and performing. In between their time on stage, orchestra members are free to practice some more, do homework, eat, sleep or socialize. They raise money by soliciting sponsorships from family, friends, teachers and the

community. The day caps off with a free concert for the public at 6 p.m. Those who donate above a certain level can have their chosen songs performed at the concert or conduct one of the orchestra groups. The public is invited to a pre-concert Dessert with the Arts at 5:30 pm in the Civic as well.

The goal for the event is to raise \$10,000, which will go toward providing professional musicians for sectionals, private lesson scholarships, transportation to field trips, guest clinicians for all six orchestras, and the ability to purchase more new music. All the money raised goes to support all six orchestras at Lakewood High School. Last year’s money helped the program purchase 20 cellos.

If you would like to contribute to Music Marathon, contact Lakewood High Orchestra Director Beth Hankins at Elizabeth.hankins@lakewoodcityschools.org or an LHS orchestra member for a sponsorship form.

LHS Model UN Team Takes Top Awards At Conference

by Christine Gordillo

The Lakewood High School Model United Nations Club performed very well at the Cleveland Council on World Affairs Conference November 2nd and 3rd at the Cleveland Metropolitan Bar Association. Senior Zach Dudzik, representing the United Kingdom, won the “Gavel” as the most outstanding delegate in the UN World Health Organization Committee.

Senior Rachel Daso and sophomore Elizabeth Halko, representing Russia, won an Excellent Award in the UN Economic and Social Council as did junior Kevin Cush and freshman Evan Bell, representing Mexico, in the UN Educational, Scientific and

Cultural Organization Committee. Seniors Ian Bell and Evan Sutell, representing the United States, won an Excellent Award in the highly competitive Security Council. Seniors Albert Foster and Erica Farr-Miralia, representing Thailand, won an Honorable Mention Award in the World Health Organization as did sophomore Mia Boland and freshman Tully Worron in the UN High Commission on Refugees.

All 26 students who participated this fall contributed through strong research, conference preparation and a positive attitude, according to Dr. Chuck Greanoff, club advisor. Special recognition should go to senior Tri-Presidents Ian Bell, Rachel Daso

and Evan Suttel for creating a positive, focused working environment within the club. Training Director Zach Dudzik and Vice-Presidents Kevin Cush, Abe Dalisky and Elizabeth Halko were also instrumental in helping the club prepare for the conference.

Finally, Dr. G would like to thank the Lakewood Rangers Education Foundation for financial support through the Margaret Warner Educational Grants fund.

District Invites Senior Citizens To Holiday Breakfast

by Christine Gordillo

Are you curious about what’s happening in our public schools? Would you like to see how our new elementary buildings look? How about hearing some fantastic music from some very talented students? If so, and you are a senior citizen, then this free event is for you! Senior citizens of the community are invited to a holiday breakfast hosted by Super-

intendent Jeff Patterson on Wednesday, December 7 at 9:30 am at Grant Elementary School, 1470 Victoria Ave. The event will feature music by Grant and Lakewood High ensembles and an update on district activities, including school construction. Please RSVP by November 29 by calling 216-529-4074 or sending an email to christine.gordillo@lakewoodcityschools.org.



The seniors standing outside of their clinical site.

West Shore Health Careers Health Careers Students Are Active This Fall!

by Josh January, Senior

The Health Careers students from West Shore Career Tech at Lakewood High School had a very busy first quarter of school. The students conducted many events including a Hand Washing Campaign, a fundraiser at Cedar Point, vision screenings at many of the elementary schools, and nurse aide clinicals at O’Neill Healthcare. In September, senior students joined school district Nurse Corrigan at various elementary schools to assist with testing sight and color deficiency. Our senior State Tested Nursing Aides are getting patient care experience at the clinical site.

The junior students completed

a career project and Hand Washing Campaign to observe how many students actually washed their hands at Lakewood High School. After analyzing the results, they set up displays showing the importance of good hand-washing practice. Junior students are now in nurse aide training to earn the credential “STNA”. Next on our schedule, we are planning a blood pressure screening event in early December for the Lakewood High School staff. We will educate and inform about the importance of maintaining good blood pressure. We are looking forward to continuing our community outreach in the upcoming months.

West Shore Career-Tech Book Drive

by Christine Gordillo

The West Shore Career-Technical District is collecting gently used or new books for children ages 6 months to 5 years to donate to Reach Out and Read, an organization that gives young children a foundation for success by

incorporating books into pediatric care. The books will be given to doctors’ offices to hand out at wellness visits. You can drop off your books through Dec. 16 at the West Shore offices, located in the front of Lakewood High School, 14100 Franklin Blvd.



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Lakewood Cares

The Lakewood Animal Shelter - Another Option For Pet Adoption

by Michael Samulak

Let's be honest...Lakewoodites loves their pets! The companionship, the love, the fun...more and more people are choosing to have a pet become a part of their family. If you are thinking about a new pet you are probably thinking about such things as having enough space for their needs, the time commitment, maybe adopt; the variables are endless but a necessary and important part of the decision making process. If you have been considering bringing in a new addition to your family, hopefully this article with aide you in that process.

The Lakewood Animal Shelter is another place that families can keep in mind if they have decided on adopting a dog or cat. The Shelter is a bit of a hidden resource to our community; hence this article is aimed at raising awareness of the services that they do provide in regard to rescuing and recovering stray or abandoned animals in the city of Lakewood in 1985. If a stray animal, mostly cats and dogs, is recovered or has been rescued due to abandonment in the city of Lakewood, generally speaking, it will end up in the Lakewood Animal Shelter.

When the animals come to the shelter they first go through an incubation or "watch" period, of 24 hours for



One of the cats currently up for adoption at the shelter.

cats or 72 hours for dogs, where they are observed for temperament and health. Once they are determined to be healthy and safe for adoption they are given additional medical attention, a flea bath, and even spayed or neutered. Then, and here is where you would come in, they wait.

Then they wait for a new owner or family that will come and take them home!

The Lakewood Animal Shelter is actually a division of the Lakewood

Police Department. The officers on hand do a wonderful job with the rescue and recovery part, but need help in the area of fostering or adopting out the animals that they eventually house at the shelter for as long as time and space allow. The recently remodeled and expanded Lakewood Animal Shelter can now hold up to 18 cats and 6 dogs at a time. Fostering and adopting the cats and dogs that come into the shelter to loving homes is important to ensure that there is the continual space and resources for all the animals that would be rescued or recovered throughout the year.

By now you might be saying, "Great, I'm interested! What's the next step?" One extremely helpful organization that aids the Lakewood

Animal Shelter with the animals that are available for fostering or adopting is the CCLAS (pronounced "claws") - Citizens Committee for the Lakewood Animal Shelter. They are the driving force behind so much of the care, volunteering, finding foster homes, showcasing pets for adopting, and all the fundraising that is necessary for the support of the animals that are housed at the Lakewood Animal Shelter.

Visit www.CCLAS.org for a current look at pictures of the animals that are up for adoption or call the shelter directly at 216.529.5020. The cost to adopt is only \$35 and a little paperwork. Making the decision to own a pet is definitely life-changing and an important one. Please consider choosing adopting an abandoned or rescued animal to make that life-changing decision positively affect one of these well-deserving animals as well.

The Lakewood Animal Shelter is located at 1699 Metropark Drive. Take a left (south) onto Valley Park Way off of Detroit Ave into the Metro Park. They are the next drive on the left just past the Lakewood Dog Park. They are opened Tues-Sat, Noon-4pm with extended hours on Tues and Thurs till 6pm. They are closed Mon. and Sun.

A few things to keep in mind: 1) If you have lost a pet in the city of Lakewood you should check with the shelter to see if they were picked up and brought in. 2) Due to limited resources and responsibilities of the shelter they will NOT take in animals whose current owners no longer desire them and want to drop off or surrender them at the door.



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Child And Adult Care Food Program Fiscal Year 2017

by Patrick Mayo

The Lakewood Child Care Center (1450 Belle Avenue, Lakewood, Ohio, 44107) announces sponsorship of the USDA-funded Child and Adult Care Food Program.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at

(800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202)690-7442; or (3) email: program.intake@usda.gov.

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Lakewood Cares

Love Trumps Fear

by Paula Maeder Connor

What’s next? Are you wandering well beyond your spiritual upbringing? Might the realities of our current violent culture and war orientation be bringing you pain, suffering, and questioning? Are you energized by efforts of healing, peacemaking and art? There are myriad ways to move into a future for yourself (and because of your-

self) in cooperation, peacemaking, art, imagination, and wonder. Have faith, avoid certainty. The world has already been saved. These are days to be heroic in waging creativity and healing with the same intensity as those who seek to divide us and keep us afraid of each other.
Tyrian is an inter-spiritual network created to awaken the artist, healer and peacemaker in each of us.

Founded in 2000, the network offers liturgical gatherings, study groups, retreats, yoga, life coaching, and inter-faith spiritual direction in the Cleveland area and on Kelleys Island. Also retreats can be scheduled with the direction of the Rev Dagmar Celeste, Roman Catholic Woman Priest. (See <http://www.tyrian.net/tyrian>)
Tyrian supports the formation of a U.S. Department of Peace, the Ohio Commission of Conflict Resolution and periodically hosts Peace Forums with Nobel Peace Prize winners. Tyrian’s latest efforts have been to tend and upgrade the Cleveland Cultural Gardens’ Peace Garden of the Nations.
In early December Tyrian will celebrate their Artist of the Year award. Christopher Reynolds is this artist. Christopher Reynolds is a troubadour, singer/song writer,

teacher, and shaman. On Reynolds’ website, www.urrealist.com, it states this as his mission: “to de-colonize and to re-indigenize through music, ritual, house concerts and workshops where we ‘wage creativity’”. Ours is an Age of Magnification, a time between world views, between the late-modern world view and the emerging participatory world view. It is a crucial time because to collectively and unconsciously continue in the late-modern world view is to degrade the life-sustaining capacity of the Earth for future generations.”
Do you need a leader for a healing concert, workshop and/or peace forum? Contact Tyrian through the website mentioned above. There are ways and people who are working for peace, love, healing through creativity and contemplation, art, and song. Tyrian can direct you to its network members. Love trumps fear.

LEAF Holiday Markets

by Margaret Brinich

Buy Local for the holidays with LEAF starting with our Holiday Market on Tuesday, November 15 from 5:30-8 p.m. at Garfield Middle School.
Vendors will be selling local produce, handmade soaps, handspun yarns, pasta, sauces & salsas, upcycled bags, baked goods, handmade toys &

pillows, crochet crafts, local honey, knit accessories, cookbooks and more!
Plus: Pick up a CSA share of seasonal produce. Order online at least a week in advance at cityfresh.org.
Save the date for LEAF’s second and final Holiday Market of the season on December 20, a perfect time to pick up a few last minute gifts!

Here are lyrics from Reynolds’ song, Creation.

Some people say that this world was made
dividing the darkness from the light

Others disagree and they claim that you and me
were the accident waiting to strike

...In the Beginning, a Lonesome Singer
became The Creator because He (sic) was in Love with You.

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Lakewood Is Art

Do Green Day Fans Find Me Attractive? A Panel Discussion In Three Parts:

Reviews Of Recent Releases By Local Bands, Pt. 36

by Buzz Kompier

Obligatory Disclaimer: Record reviews are a tricky business. It's one thing to enjoy music, but to, like, pick out what you like about it? That being said, if I review your thing and I didn't like something, don't feel too bad. My opinion doesn't matter all that much.

Acoustic Tuma - Lights Down Low - Acoustic Tuma Music - 11 songs - CD

Let's see, what do we have here besides an absolutely unappealing band name--sounds like acoustic tumor. The credits list reveals only one familiar name (Mike Kearns of DePrator/Kearns), though it does clue us in that the heart of this project is named Chris Tuma, so I guess that explains the name. For the most part, this is acceptable poppy acoustic rock. The thing is, it kinda seems like a collection of unfinished demos and goofs. I think this was probably a well-intentioned move to make it sound "live and loose," but it makes it seem messy. It's perfectly competent, but not all that compelling, ya know? If it just had a bit more...something. Some people probably will like this, but probably not the same kind of people who like most of the other stuff I review here. 2.5/5

(contact them through Facebook at Acoustic Tuma Music or you can stream it at reverbNation.com/acoustic-tictuma)

Diva Cup - Overflow - Saucepan Records / Minimal Care - 8 songs - 7", download

I guess I would describe this as hardcore of a very grind nature. There's no guitarist (it's a power trio), but 4NR (you may remember him as the squawky guy from Rubber Mate) holds down the groove on the bass aptly. I'm not the hugest fan of the vocal style, but I'm also not the hugest fan of the music style either, so what do I know? The vocals do go well with the general abrasive qualities of the record in general, though. Side 1 has its moments, but the three songs that make up Side B form a more coherent statement for me. I like the slow parts on the record (which, while slow here, are still faster than most of what I review here) when they come up. And the nice, poster-sized, double-sided insert is an especially nice touch. I can't imagine that that's a Saucepan idea, so it must be Min-



A selection of cover art from this issue's review.

imal Care (who I've not taken notice of before, but apparently this is their third release-- or maybe they're just ripping off My Mind's Eye's numbering scheme). Full lyrics, goofy drawings of the band members, and a map of East Cleveland? Sounds alright. 3.35/5

(saucepanrecords.bigcartel.com for the 7", divacupclevo.bandcamp.com to download)

DuValby Bros. - Eph.od - self-released - 9 songs - CD

So, of the two DuValby Bros. CDs that came out at some point in the last 12 months, this is the one of brand new recordings (for the other one, "Unhearduv," see my reviews from a month and a half ago or so). I actually kinda prefer it to the other one. It's an indie rock/alt rock sound that doesn't really do anything for me, but they're clearly into it and have a set style. My favorites were the ones where the singer (I'm not sure who that is, there's seven different people with vocals credits on the back

cover) gets somewhat operatic. It has its moments, but it all kinda starts to sound the same to me after a while. The last two tracks, "October" and "Pears Like Us (Will Rot)" I did actually kinda like, though. You might like even more, if this is your type of thing. 3.2/5

(available at duvalbybros.com or sold, apparently exclusively, at My Mind's Eye)

Messrs - Messrs - Heel Turn Records - 10 songs - 12"

The press release sheet whatever thing I got with this tells me that this band includes members of Necropolis, Guinea Worms, Unholy Two, and a few other Columbus favorites. Apparently their only past release was a self-titled 7", though I thought I'd heard something about a cassette at some point, too. I love getting this Heel Turn stuff because the fine folks at that label always put some good lines in the press sheet. This time around, it's the prediction that this record "will be solely responsible for a mild winter," whatever that means, I like it! This same press release that I'm so enamored with also tells me that this record is reminiscent of Touch & Go and AmRep stuff. And by golly, it's quite correct! If you like that stuff, you'll like this. Loud, fast, noisy. All that good stuff. Side 1 does it for me more than Side 2, especially with the delightful "Lonesome Cowboy Bo" (woo!). Side 2's still pretty good, too. Something about a few of these songs reminds me of Homostupids for whatever reason. Yeah, you figure that one out. Overall, I like the record. Definitely a throwback sound, but a well done throwback sound. 4.14/5

(heelturnrecords.com)

Mossom - Mossom - self-released - 6 songs - CD, download

First of all, I'll say that it's fortunate that this band isn't what I thought they'd

be like based on their iffy name and their even iffier band photo. They describe themselves as indie rock mixed with progressive rock, and I suppose that's accurate enough. It's just bass and drums for the music, but both members are pretty decent musicians. There's some "groove" aspects that remind me of a 90s/2000s sound. The lyrics never quite succeed in grabbing me, and all the songs have a certain sameness to them. I'm not the biggest fan of the indie rock/prog/groove whatever mix myself, but at least it's something I don't hear often. It's recorded and mixed pretty well, too. Not bad. Not my cup of tea at all, really, but not bad. 3/5

(mossom.band to find all the places you can download it. Catch them live if you'd like a CD.)

Party Plates - Eye To Eye - Non-commercial Records / Saucepan Records - 4 songs - 7"

I talked to the owner/operator of Saucepan Records recently, and he mentioned something about already having 17 releases. I thought, wait, that can't be right, but sure enough, this is SP-16, and that catalog number-lacking Bulsch cassette would indeed make 17. Boy howdy! Wait a minute, wasn't that Diva Cup 7" also numbered SP-16? Someone make sense of this for me. This is the same four tracks as their "Southern Tour Tape Of Inappropriate Language" (or whatever it was) back from last December, but I did play this back to back with that tape and it does sound different. Muddier! Take that as you will. New mix? Different recordings? Mastering for vinyl? I don't know, these Party Plate guys sure are wacky! I liked it better than the tape even though it's essentially the same thing, and I know exactly why: this has lyrics. Sorry, but sometimes I just find Richard's growls and salivations a bit too unintelligible. Knowing what he's saying is half the fun. Anyway, onto the main review, and I'll try not to say too much that I've already said. Four tracks of good hardcore/metal cross stuff. I have to assume the Richard briefly mentioned in the lyrics to "1,000 Lifetimes" is the same Richard that sings the track, plus a reference to that one guy from Bad Noids. "F.P.F." marks a return of the Spanish yelling that was the trademark of Richard's earlier band, Lucha Eterna, though he's bilingual for this one. Political views are espoused in "Backseat Chapo," but I'm writing this before the results of the election, so I can't make any jokes here. And our closer, "Short Bedroom Performance" is open to your interpretation. Maybe you won't like it. Maybe you will. I did. 4/5

(not available anywhere besides from the band currently, but they're currently on tour, so if you wait a week or two, it'll probably be available at saucepanrecords.bigcartel.com)

Are you a local-ish band? Do you have a record out? Email vaguelythreatening@gmail.com or send it directly to Observer headquarters: The Lakewood Observer, c/o Buzz Kompier, 14900 Detroit Avenue, Suite 205, Lakewood, OH 44107.



Lakewood Is Art

WordStage Literary Concerts Presents -

Paris 1860 - Wagner's Visit To Rossini

by Tim Tavcar

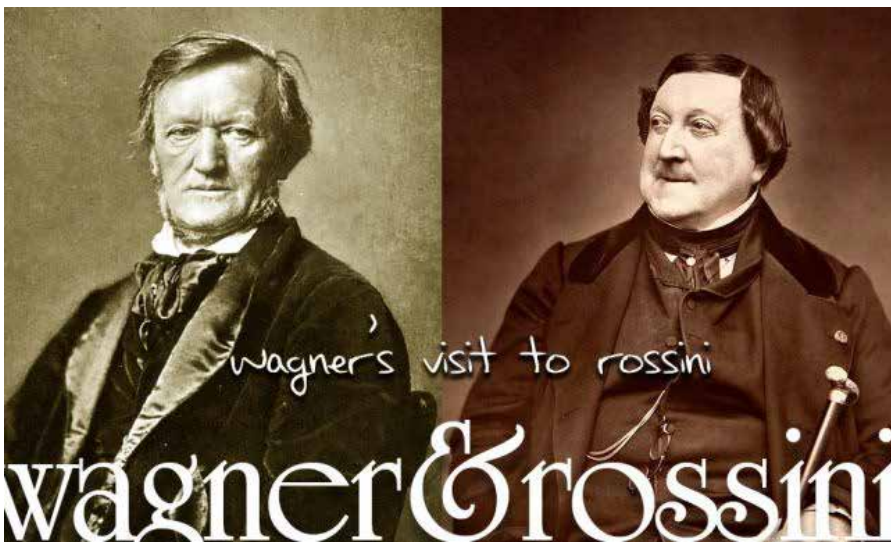
In 1860, Richard Wagner went to Paris to negotiate with the Opéra to mount a production of his new opera, Tannhäuser. While there, he made the obligatory visits to the great composers living in and around the city. His visit to Gioachino Rossini, arranged by the Parisian musician, critic and journalist Edmond Michotte, (who was present the historic meeting), was memorable, as the older Bel Canto school composer had reportedly made some very discouraging remarks about Wagner's music, so Wagner went with more than a bit of trepidation. These rumors proved to be false and what ensued was an afternoon of an exchange of musical ideas and reminiscences about their careers and accomplishments, in which they shared opinions and stories of some of the great composers of their era,

as well as the future of music in the years to come. This historic meeting was extensively noted in Michotte's eyewitness account, which he subsequently self-published in a pamphlet some 46 years later.

Adapted from Michotte's notes, the conversation between these two musical giants yields a treasure trove of humor, sagacity and mutual admiration. Their lively exchange of opinion, ideas and reminiscences will be underscored by transcriptions for solo piano of some of the works composed by the two of them and their contemporaries.

The performance will be given at the Wright Chapel in the Lakewood Presbyterian Church, 14502 Detroit Ave. at Marlowe in Downtown Lakewood on Friday, November 18, at 7:30 p.m.

Admission is by a suggested donation of \$10, but WordStage



This WordStage Literary production takes place on Friday, November 18.

maintains a "Pay What You Can" policy in order to make our performances accessible to anyone interested in attending them.

For more information visit www.wordstageoh.com or call 216-712-6926.



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Business News

Premier Physicians

by Jim O'Bryan

When you walk into the new Premier Physicians at 15800 Detroit Ave., you are whisked back in time to a kinder, gentler time. Back when Lakewood was a bustling trolley city, but healthcare was on a warm, family-friendly level.

That is what Dr. Khuri was thinking when the longtime Lakewood resident stepped up and bought and firmed up the historic structure.

The building, constructed in 1921, was designed by James W. Chrisford, and represents the changing period as Detroit Avenue went from farms and homes into commercial structures. This building celebrates all of it. The feel of an English Tudor, with a mish mosh of other styles at the time. As you walk up you get the feel of an English carriage house with entries on both sides, and a courtyard in the back.

As you walk into the office, you are transported directly back to 1921. When was the last time you were in a doctor's lobby with perfectly detailed and textured stucco, spectacular wood floors, and a large fireplace? All of it creates a warmth that is unlike most doctor's offices in which I have had the pleasure of sitting.

As I walked through the building I noticed how wonderfully they had

merged 21st century medicine, with homestyle welcome and warmth.

You could tell this was a true labor of love from Dr. Khuri. "As you know I was one of the doctors that worked on the Metro Health proposal for Lakewood Hospital, so I knew firsthand what Lakewoodites would need in both the immediate future, and long term family medical needs."

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Internal Medicine, right here on bustling Detroit Avenue, with doctors who not only live here, but have proven time and time again that they care about the health and well-being of all of us.



Historical and renovated 15800 Detroit Ave., now Premier Physicians. Right: Carole Rojas MD, George Khuri MD, and Angelo Barile, MD, relax in front of the fire in their wonderful waiting room. Like waiting at home for the doctor to stop by. Well almost!



Year-End Tips for Financial Housekeeping

by Michael Bentley

As we enter the end of the year, there are many things on people's minds. Sure, there are the upcoming holidays, but there are many financial decisions that must be addressed. I've put together just a few for you to consider:

1) Make sure your tax payments are done

Believe it or not, if you have to pay estimated income tax, many communities will penalize you if it's not paid by December 31st.

2) Review your wills, trusts, and beneficiaries on accounts

You want your money going to the people or organizations you want, right? This is also important, because if you have children under the age of 18, you want to make sure money and belongings you leave for them isn't caught up in the courts. In a trust or will, you can also make sure the money is spent the way you want it spent and when you want it spent.

3) Make sure to take Required Minimum Distribution

If you are 70½ or older, you're required by the IRS to take distributions from your traditional IRA, 401(k), 403(b), and 457 plans. Work with your financial advisor, or find one, to find out how much you need to take before the year-end and what effect it will have on your taxes. If you turn 70½ this year, you do have a one-time exemption to be able to take it by April 15. Just remember, in that scenario, you will pay tax the following year. You should always take this into account, so that you don't get a surprise when you file your taxes.

4) Tax Harvest

You can claim up to \$3000 in investment losses, within your non-retirement accounts, each year to help maximize tax advantages. This can also help offset any gains you may have on other holdings. Talk to your financial advisor, or find one, to review this.

5) Consider an IRA or Roth IRA

This isn't just a year-end tip. You really have until April 15th to make contributions to either of these accounts for 2016. Traditional IRAs give you the tax benefit now in reducing your taxable income, Roth IRAs give you the tax benefit later by paying the tax now, with tax-free distributions once you reach eligibility requirements.

While, I included a few tips that I feel are at the top of mind for most, work with your financial advisor, or get a referral from someone you trust (i.e. friend, accountant, etc.), to discuss what other things may be of concern to you.

The opinions expressed are those of the writer, but not necessarily those of Raymond James and Associates, and subject to change at any time. Material is provided for informational purposes only. While we are familiar with the tax provisions of the issues presented herein, as Financial Advisors of Raymond James & Associates we are not qualified to render advice on tax or legal matters.

Michael Bentley, Vice President, Investments of Raymond James & Associates, Inc. Member New York Stock Exchange/SIPC 159 Crocker Park Blvd, Suite 390, Westlake, OH 44145. He may be reached at 440.801.1629 or Michael.Bentley@raymondjames.com.

Revelations
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Business News

Nature's Oasis Brings Together Local And Healthy

by Margaret Brinich

Over the past several years Lakewood has become a key player in both the local food movement and the independent restaurant scene here in Northeast Ohio. As of just last week, there is now a new kid in town that brings together the best of both of those worlds under one roof - Nature's Oasis. The double storefront on Detroit Road just west of downtown Lakewood is one part cafe, one part marketplace, both with the aim of supporting local purveyors and producers of all natural, healthy food.

Owner Elliott Endsley has created a bright, inviting space that can be seen from the street through the large picture windows spanning the width of the cafe. The industrial modern decor is punctuated with cheerful green metal chairs, copious amounts of reclaimed wood, and metal caged edison bulb light fixtures. The cafe feels spacious,

offering patrons plenty of room to sit and enjoy anything from a cup of coffee (roasted locally and available as drip or pour-over) with a (locally baked) pastry to hot soup (which you can also sometimes buy and take home with you from the freezer section) to a sandwich (made on Breadsmith bread). As one might expect based on my description thus far, the cafe menu, as well as the market, take into account a variety of dietary restrictions, making it easy to find something for everyone to eat. That includes, as my omniverous husband was glad to hear, meat.

The market itself fills out the back quarter of the space and stays true to the industrial modern theme with distressed open wood and metal shelving units, which on my visit only days after their official opening, were remarkably well stocked. Signs on the relatively few empty shelves encouraged customers



The market continues with the industrial modern theme.

to share any suggestions for additional products they would like to see made available in the future. Again focused on small businesses, primarily in Northeast Ohio, many of the brands will be familiar to those that frequent local farmer's markets in the summer months. And for those brands that are less well known to Lakewoodites, detailed signage about the locally made products and their origins are clearly displayed with the aim of not only selling more product, but also strengthening these small businesses in the area.

One name that many Lakewoodites will be particularly excited to see

shortly is that of Nature's Bin/Cornucopia. With the recently annouced closing of Nature's Bin's retail location, Nature's Oasis has already secured a partnership with the catering side of the Bin's operation to continue to provide an outlet for some of their most popular pre-made items that had previously been available behind the deli/bakery counter.

Nature's Oasis is located at 15613 Detroit Avenue, next to Jammy Bugars, and is open Monday-Friday from 7 a.m. to 8:30 p.m., Saturday from 8 a.m. to 8:30 p.m., and Sunday from 9 a.m. to 7 p.m.



Order from the cafe on the right or check out from the market on the left.

Beauty And The Box Hair Color At Home

by Bonnie Fencil

It is sold everywhere - food store, drug store - hair color in a box. Our salon is unusual in that if you really like that box color, we will apply it for you. Just to make it easy at home, color is applied all over the head, roots to ends. If you have never ever colored your hair, issues that occur include your not being able to see, so some spots can be missed. Also, the body temperature from scalp to about 1/2 of an inch down your hair will change, causing the color to change. The issue of how porous your hair is affects the degree to which the color will be absorbed.

A professional who works on many hair types knows porosity and can adjust the strength of the developer for the best results. Do you record the date and product used? Are you buying the same brand every time? This all makes a difference. The amount of home hair product that is used all over and the amount of time hair is exposed to the color will add a denser pigment load so ends can dry, tangle, and be dull. So this is also not good if a color change is desired. Reducing color on hair color in that way takes a much longer time

where the shaft of hair has actually had hours of application.

But if the salon applies your color we can see the condition of your hair and scalp. Reading the directions on the color box should be reviewed as they can change.

Have you noticed that most boxes ask you to not color eyelashes and brows? We try to educate and remind customers what a dangerous practice this is. Before the F.D.A. was in existence, a hair dresser applied hair color to her mother's brows, an allergic reation caused the eyebrow to swell and split, causing blindness.

If you use the salon's color we can mix custom hair color. Reasons to do this can include better grey coverage and eliminating tones a client is getting that they don't want. Every person is unique and often it takes more than one visit to create a perfect color. The record is reviewed to add comments to ever improve. Changing color is easier also when we can see what has been done in the past. Remember that when we color your hair, your present natual color affects the outcome, which is why you need a professional.

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Honoring Lakewood's Veterans

Telah's Friend

by Maryann Liguore

Sometimes we look at what is right before us, yet we do not see. It is easier, less painful, to look away. This is the story of a soldier who courageously chose not to look away.

To those of us who watched Tim Budzar grow from child to man as part of a large loving family in Lakewood, the decisions he made in 2008 came as no surprise. Tim was taught the value of family and friendship. Like his parents and siblings, he was always willing to give. A product of Lakewood City Schools, Tim graduated from LHS in 1998.

Tim joined the Air Force after graduating from the prestigious Citadel Military College of South Carolina in 2002. His new job on the Air Force Base paired him with a soldier who recently returned from a one-year assignment in Iraq. Tim's new colleague talked openly of the toll this separation had taken on his wife and three children. There was dread in the soldier's voice when he spoke about the possibility of having to leave his family once again. Another deployment was always a possibility. When the announcement of new assignments was made, Tim was scheduled to be deployed, but not to Iraq. He would be out of harm's way, as much as one can be in the military. Tim's friend and colleague was ordered to deploy to Iraq for a second tour of duty. It was devastating news to receive for his friend with a wife and small children. Tim, unmarried and without children, stepped forward and made an unthinkable proposal. He bestowed upon his friend the precious gift of time with his young family by offering to go in his place. The soldier was speechless and grateful. Tim expected no thanks. Friendship, after all, demands no measurement.

What kind of man volunteers to take another man's place in war? I don't presume to know the answer, but

I suspect it has something to do with profound compassion and selflessness. Tim's family and friends were both fearful for his safety and respectful of his decision. Those of us who knew him, understood.

Tim quickly learned what deployment to Iraq encompassed. It meant preparedness, acceptance and endurance. Of the 140 Air Force security forces with whom Tim trained, thirteen were selected to engage in highly dangerous off base patrols. Tim was one of them. They were charged with traversing supply routes to find and eliminate IEDs (roadside bombs), the culprit in so many Iraqi and American casualties. Some IEDs were found the hard way. Tim called home to thank his mother for the prayers. It was clear in his mind that they were working. Thankfully all thirteen survived 125 combat patrols.

The military mission was coupled with a humanitarian mission: to assist the Iraqi citizens. In the cities and countryside, the troops and their interpreter stopped at each house and handed out supplies to Iraqi families. They gave food, clothes, toys, books and writing materials to families. Sometimes, the Iraqi people would make special requests, leaving the soldiers to decide how to proceed.

It was in this way that Tim met 8 year old Telah (pronounced tayLA). To the young Iraqi boy with a sick sister, Tim showed that friendship could transcend language and nationality. Telah is the son of a shepherd. He had seen other soldiers come and go, but none worked so hard to change the future for Telah's family as the soldiers before him now. Though primitive in its loose stony structure, the farm was tidy and appeared to have escaped the ravages of war. It was just off the supply routes, so Tim knew this was likely not the case. He was sure Telah and his family must have run from the sound of bombs planted

by insurgents on nearby roads. He guessed they might have lost friends and relatives amidst the chaos. But there was another problem looming in Telah's future. There was the possibility that he would lose his little sister to her illness, and this prospect made the little boy very tired and sad. He leaned on the wall of the farmhouse as Tim approached. Tim handed him a soccer ball, and for what may have been the first time in a long time, the tired little boy looked up and smiled. Tim pointed to himself and said his name over and over. Finally, Telah pointed to himself and said, "Telah." He then pointed to the soldier and carefully formed his first English word, "Tim."

Hearing the soldiers, Telah's father emerged from the tiny farmhouse. He was grateful, thanked them for the food and clothes, and hoped they would grant him another wish. He asked for medicine for his six year old daughter who was very ill. The soldiers were invited in to see the little girl, and what they saw gave them pause. She was a waif of a child, smaller than Telah, her hair matted from tossing and turning in the night. Her appearance strained. She was otherwise ordinary looking, except for the large tumor protruding from her abdomen. The tumor gave her the appearance of a child carrying a child. The soldiers contained their shock at the sight. They knew then that their Commander must be told and all agreed it would be their special mission to help this child.

The soldiers came weekly, first with the requested medicine, then with the doctor. With each trip the trust of the shepherd, the children and the soldiers grew stronger. Telah began to wait for Tim to visit. Each time, Tim would urge the boy to run and get the soccer ball so they could play together. For a moment, the war and the illness surrounding them vanished. They were replaced by laughter and relief. Perhaps Telah

imagined himself in a "football" stadium, crowds cheering, as he sent the ball hurtling toward the goal. Tim and Telah looked forward to each visit. While the doctor worked, Telah could play and have a chance, briefly, to forget. For Tim, it was a taste of the family back home in Lakewood that he loved and missed. Tim brought the doctor to heal the little boy's sister. Tim came to heal Telah's soul. Telah's family insisted on sharing what little they had with the soldiers, during each visit, even if it was just a cup of tea. Friendship, after all, demands no measurement.

In the final months of Tim's deployment, he would arrive at the shepherd's farm to find Telah waiting for him, soccer ball in hand. Finally, after cutting through much red tape, the soldiers and the doctor came to transport the young girl to a military hospital where her tumor was removed and her life was saved. Telah could now rest. His sister was not going to leave him.

Today, Tim wonders aloud, "Who has Telah become now that he is grown?" Of course we cannot know. Perhaps he will be a political figure helping to shape the future of Iraq, or military leader with a compassionate heart. Perhaps he will become a doctor so he can help people like his sister. Tim hopes that whatever Telah becomes, he will realize that one person can make a difference, and in doing so, make the world a better place. The soldiers are proud, as well they should be, that they made a difference in the lives of this Iraqi family. My wish for Telah is that he will remember the kindness of a soldier named Tim who helped him through a troubled time. I hope Telah will be blessed with the ability to see what is before him, and will someday choose, courageously, not to look away.

Timothy R. Budzar, was awarded AMC Security Forces, Airman of the Year 2008, USAF.

On May 1, 2010 he was assigned to Admiral Michael Mullin's office at the Pentagon. Tim remains at the Pentagon today.

The Lakewood Observer Digital Subscription Pilot

The Lakewood Observer is committed to the continuation of the print edition available around town, the PDF edition online and respecting your inbox. But now in our 11th year, with digital lives taking over, it is time to revisit electronic distribution with our readers.

Throughout 2016 we will be conducting a digital subscription pilot.

If you would like to receive a message and link to the online edition via email on publication dates throughout the year, please send a request to thelakewoodobserver.digital@gmail.com so as not to miss the hyper local news, events and opinions that impact you most.

Otherwise you can continue to pick up the print edition around town or visit <http://lakewoodobserver.com/download-issues/> of your own initiative to access issues in PDF.

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Forum

It's Beginning To Look A Lot Like Paris

by Bob Soltys

Everywhere you go, take a look before you go steppin, the tree lawns are glistenen ...

While we don't have an Eiffel Tower, we do rival the City of Light's blighted sidewalks. And as Paris doesn't

have tree lawns, the inconsiderate few who won't clean up after their dogs are giving Lakewood a lead on Paris when it comes to fouled sidewalks and lawns.

But as my Navy superiors taught me, I'm not just identifying a problem, I'm offering a solution.

To realign our public depositors' attitude - and borrowing an idea from the Parisian gendarmerie -I suggest the Lakewood Police deploy plainclothes officers to surveil and cite the slothful dog walkers. The department's black cars and penchant for hiding in

the Toledo Edison substation on Bunts Road and the parking lot of Cove Methodist Church prove that its up to this task.

Mr. Malley could even assign as head of this detail a certain detective whose selection of songs inappropriate to the occasion generated more support for the police a couple of years ago. Can you imagine the chagrin that hearing Cheech and Chong's "Che-borneck" while being questioned will cause among the sidewalk foulers?

To the responsible majority who clean up after their dogs, thank you. To the rest of you, clean up your act. Thank you.

Bob Soltys is a campus radical, former Navy officer, and the co author of A Lucky Life.

Netflix Review

by Jonas Evans

Netflix is a domain that features many shows that are popular on cable without having to pay lots of money for cable. I have some reviews on some of the shows that they have picked to put on Netflix.

I am going to start with the new show "Stranger Things" which became quite popular. "Stranger Things" is a "horror" show though it is not very creepy unless you think about it deeply. It is action packed yet very emotional so it definitely appeals to most people. It is a very interesting show and kind of hard not to finish, though it is not really a show that you re-watch.

Now I am going to review "Fuller House." Though many people watch and enjoy it I personally hate this show. Most of the views of this show come from 10-13 year-olds which should show just how bad it is, but the fact of how childish it is should also sum it up. It seems like all the characters including the adults are kids. Although lots of people will tell you otherwise, I strongly encourage you not to watch this show.

Lastly I am going to review "Unbreakable Kimmy Schmidt." I know I nagged on "Fuller House" for being childish, but this show practically is the ruler of childish, yet it

is one of my favorite shows. Unlike "Fuller House" it has a reason to be childish. The main character Kimmy was kidnapped in the 8th grade and held into her late 20s until located by a police task force. She practically was a child. This show is so ridiculously hilarious that I can't say anything, but I strongly encourage you to watch this show.

LHS Orchestra Director Named Grammy Educator Award Semifinalist

continued from page 1

Grammy Foundation for my creative approach to secondary music instruction. It is wonderful to work and reside in a community that supports and encourages innovation."

Hankins has been with Lakewood City Schools for 27 years and leads a program that boasts of six orchestras plus a string quartet. She is the founder of the country's first high school electric rock orchestra, The Lakewood Project. She has twice been honored with a Distinguished Music Educator Award from the Yale University School of Music (2013 & 2015), and was named Ohio String Teacher of the Year in 2002-2003, among other top honors she has received for her commitment to music education and her students.

"We are proud to have such a dedi-

cated and passionate champion for music education on our staff," said Superintendent Jeff Patterson. "Beth certainly embodies the qualities the Grammy Foundation seeks for its award as she has left a lasting imprint both on the Lakewood City Schools and beyond or District as well."

Ten finalists will be chosen in December. The winner of the Music Educator Award will be recognized during Grammy Week 2017. The winner will be flown to California to accept the award, attend the Grammy Awards ceremony, and receive a \$10,000 honorarium. The nine other finalists will each receive a \$1,000 honorarium, and the schools of all 10 finalists will receive matching grants. The remaining 15 semifinalists will each receive \$500.

Still Time To Register For The CWRCC Fall Classic

by Mark Brinich

Join all the fun for the Fall Classic Half Marathon & 5K on November 20th.

Join the Cleveland West Road Runners on November 20th in beautiful Bonnie Park Reservation inside the Cleveland Metroparks for the 41st running of the Fall Classic 1/2 marathon and 5K. Over the past 4 decades, thousands of runners have enjoyed this fast scenic course run entirely in the beautiful Cleveland Metroparks. This late autumn race will be the highlight of your Fall running season so sign up now for this great tradition. Full details

and registration through the Cleveland West Road Runners website: CleWest-RunningClub.

1st 800 registrants receive long sleeve tech shirt featuring Fox race logo. The 2015 event sold out so be sure to register ASAP to assure your place and shirt. They are going fast - just like you will on this flat fast course!

Great spread of food & drinks on race day to restore your energy and fill you up. Nooma will be there to rehydrate you; fresh fruit from Whole Foods; hot chocolate and more.

continued on page 19

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Lakewood Living

LCRAC's 'Welcome To Lakewood' Event - Another Success!

by Bernadette Elston

The City of Lakewood's Community Relations Advisory Commission (LCRAC) is grateful for all those who braved a beautiful autumn day, with competing events such as the Indian's game as well as the presidential debate, to join their neighbors in LCRAC's annual Welcome to Lakewood Event! It was a fine evening. Those who live, work, and/or play in Lakewood had the opportunity to connect with some of the local non-profit organizations that service our community - and vice versa! More than 40 local organizations including The Beck Center, Lakewood's YMCA, and Lakewood's Women's Club represent a few of the organizations that were present, prepared, and ready to involve community members who want to learn and do more! It's really something to learn about all the programs these organizations offer to involve community members.

Extra special thanks to our wonderful Mayor Summers and Council Person Cindy Marx who cleared their busy schedules to connect, talk with, and answer questions from community members. Delicious treats (and like the best tea you've ever had) were provided by India Garden, KB Confectioners, The Tea Lab, and Root Cafe!

This is a great event for established residents to connect with newcomers and any persons with some interest in Lakewood. Don't worry if you missed it, LCRAC will have other fun, fascinating, important events in 2017 such as the Diversity Potluck, and LCRAC's Community Conversation. We've got some awesome ideas!

The Lakewood Community

Relations Advisory Commission (LCRAC) is "charged to advise, educate, and promote community relations. The mission of the Commission is to foster participation in the community; to encourage and promote respectful conversations and collaborative efforts among and between residents and city officials; and to promote equity, respect, and

diversity within the city." Participation on the commission is voluntary and contingent upon appointment by the mayor and city council. There are no seats currently available. The commission sponsors three annual events including the Diversity Potluck, Welcome to Lakewood Meet and Greet, and the Community Conversation.

Go Make A Memory

by Michael Samulak

I can't remember if it was last week or a month ago -- honestly the days and weeks seem to blur and blend together lately since we have been eagerly expecting the birth of our fifth child: Whenever the exact day is inconsequential to the story.

Recently I was in the kitchen doing some dishes (yes, some of us men actually do dishes) when I had that sudden parental urge to go check on a kid. Which child, I did not know in the moment, but I had that definite 6th sense wash over me and I was compelled from the sink to the living room in search of a possible mischief-in-progress.

Carefully poking my head around the corner so as to not disturb any possible violation that was currently taking place and thus missing the golden opportunity us parents love to be able to take full advantage -- capitalizing on a "learning moment" if indeed said mischief was already underway.

I was surprised to see -- not a whole lot of much going on.

The room was empty, which is as rare as a solar eclipse or better yet, a full night's sleep these days in our house. The only thing to speak of was my three-year-old daughter peacefully watching something on a laptop. She was curled up cozy on the coach mesmerized with a look of anticipation brought on by a pretty accent and floating hands with even prettier nails opening yet another "surprise" egg. Her undivided attention and warm

smile confirmed the joy she received from the awe and wonderful of it all -- at least for her innocent world reference.

I stood there for a moment and took in the scene from my own vantage. I love that look on her face. I love the way she giggles softly but still so pronounced like her mother. If you know my daughter, you know that she is the sweetest little something you will ever have the pleasure of knowing. Her undivided attention and gaze are highly sought after by most. And that's when it hit me...

My smile froze, turned upside down, and then inside out when I realized that I wanted, no needed, that gaze. I was more than a bit jealous of not having it fixed on me. Sounds a little selfish? Maybe, but in that moment I realized that I hadn't spent nearly enough time with her, just her, since I honestly care to admit. I stood there in the doorway that day a little ashamed that hadn't fought to make room, to make time, for her recently.

I came to from my own blank

stare, quickly shook off the lingering guilt, and gingerly called to her from across the room.

"Baby Girl!," I started, "Do you want to go for a ride with daddy?" I had nothing planned. I only knew I wanted to do something, anything, with my daughter.

To my delight, she immediately turned away from the production on the screen and even closed the laptop. "YES Daddy!" she sang out with a joy and anticipation that had this grown man fighting back the tears. She jumped from the coach into my arms and gave the biggest little hug her arms could muster. My angel didn't even ask me where we were going; she too was content knowing only that we were going to be together.

Take what you will from this little experience. I personally felt that day that my parental 6th sense was not activated by any of the usual shenanigans but indeed something far more important: I was constrained in the most loving way to stop, drop, and go make a memory -- The dishes can wait.

Achieve Peace And Simplicity By Decluttering And Organizing

by Kerry Miles

Organizing. Decluttering. For some people these words can be motivating and lead to a sense of peace and better functioning day to day, due to things being easy to find and use. But these words may also bring a feeling of being overwhelmed, not knowing where to start, not having time to do it, and not having the motivation to do it for various reasons.

Most people can identify with at least one or more of these feelings, and to some people, these feelings can spill into other aspects of their lives. Sometimes it may be hard to function and complete everyday tasks due to having too much clutter and just not knowing where to start.

It's important to remember one thing when it comes to clutter and excess things: it did not take two hours to get to a point where you can't find things, so it won't take two hours to completely declutter your home either. It will be a process and it will take patience. You will first need to part with things you don't need

and things you don't love, then find a home for each item that is left. After that process is complete, you are surrounded by things that are meaningful to you and things that make you happy as well as items you need.

It is also important to have a vision for the space you are decluttering and organizing. How do you want it to look after it is complete? How would you like it to function? How is this space going to affect the flow of the rest of the home as well as the daily activities of the family? Is it reasonable to have this space function like it is intended to, or does it make sense to transform the space into something that will benefit you and allows you and your family to be more productive in this space? The possibilities are endless, but you know best what will work in your home.

Having a space that you love to come home to and that is clutter-free allows some people to feel a sense of

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Lakewood Living

Recipes: A Tale Of Two Carrots

by Michael Crowdes

We’re coming up on holiday time and for me that means Thanksgiving dinner, Christmas cookies, the works. It’s a perfect time for kids and parents to be in the kitchen together, not only making food for each other, but also to give away as gifts to friends and loved ones. With the prospect of spending extra time with kiddos in the kitchen in the next couple of months, it’s a good time to revisit some of what helps keep cooking and baking lower-stress.

One of the things that adults who have been cooking for a while can forget, is how frustrating recipe instructions can be sometimes. Just how big is a large onion compared to a small onion? Or carrot, or potato? What does season to taste mean and how do I know? When a recipe calls for a half a cup of chopped parsley does that mean I stuff a half cup full of sprigs and chop them, or do I chop as many sprigs as I need to until I have a half cup?

Recipes and cookbooks have been around for a very long time. One of the older ones that we know about comes from the fourth or fifth century and is a book of Roman cooking called “On the Subject of Cooking” also commonly referred to as Apicius. Here’s one of the simpler recipes:

And pumpkin pie is made thus. Stewed and mashed pumpkin is placed in the pan, seasoned with a little cumin essence. add a little oil; heat and serve.

So, the ancient Romans made pumpkin pie, that’s pretty cool. But where are the measurements? How long do you cook it? What the heck is cumin essence?

By early American times things had gotten better. Here’s a cake recipe from The White House Cookbook, which is a collection of recipes that first came out in around 1887.

One cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs. Rub well together and add one cupful of sweet milk or cream, nutmeg to taste, and three teaspoonfuls baking powder or one teaspoonful of soda with two teaspoonfuls cream of tartar. Bake carefully in a quick oven.

We at least have some ingredients with this one, although all I can tell you about a “quick oven” is that it means that it was relatively hot and so things cooked in it would be done quickly.

The fact is that most recipes were more reminders of ingredients for dishes that cooks already knew how to make. Learning how to cook used to be an incredibly important part of a girl’s education and they started learning early. They would begin with simple biscuits and boiled vegetables and make their way up to cakes and bread and more complex dishes. Boys would have spent little or no time being taught how to cook, but even a lot of bachelors would be able to make their daily bread. Another interesting thing to know, is that standard measures didn’t always exist, so your “cup” could be a different size than your neighbor’s.

The first cookbook that really

*She measured out the butter with a very solemn air,
The milk and sugar also; she took the greatest care
To count the eggs correctly and to add a little bit
Of baking power which, you know, beginners oft omit, Then she
stirred it all together and she baked it full an hour,
But she never quite forgave herself for leaving out the flour.*



starts to look like the recipes we use today was “The Boston Cooking School Cookbook” by Fannie Farmer. Ingredients are listed first, the instructions are in order, and the measurements are exact. Fannie Farmer is also credited with inventing the measuring cup; a cup with markings on it to indicate different amounts.

So where are we today and how do we figure out those things that still seems a little unclear? In general, here’s what you can expect from a well-written modern recipe:

- 1) The name and sometimes the origin of the dish. Origin meaning “French, Italian” etc. If the recipe is one adapted from an already existing recipe, the original source may be mentioned too.
- 2) How much time it will take to prepare the dish from start to finish. Sometimes this is broken into two parts:
 - Active time is the time you’ll spend actually working on the dish hands-on.
 - Inactive time is time that is needed for baking, dough to rise, something to soak or anything else where you may be free to do something else.
- 3) The required ingredients along with their quantities or proportions. The ingredients will always be listed in the order that they are used in the instructions.
 - So let’s answer one of those questions from the start of this article. If a recipe calls for “one small onion, chopped” it means you start with a small onion and chop it. If the recipe

calls for “one cup of chopped onion” it means you need exactly that amount no matter what size onion you start with, just look for a comma.

- 4) Necessary equipment and environment needed to prepare the dish. This means things like what size pans or bowls you might need and also special instructions like having a cool surface to roll dough out on. Usually these things are included as part of the instructions.
- 5) An ordered list of preparation steps and techniques. Good instructions will always give you an idea of how long things will take, what texture or thickness things should be and an idea of what they should look like. So look for words like “glossy”, “translucent”, “browned”.
- 6) The number of servings that the recipe makes (sometimes called the “yield”)
- 7) A photograph of the finished dish is always nice to have as a reference, but books with a lot of recipes in them will usually only have a picture for a small percentage of the total number of recipes.

Some other tips for reading and using recipes

- Read the recipe the whole way through before you start. You might notice that one of the instructions calls for soaking something overnight, or chilling in the fridge for an hour or preheating the oven. Make sure you take note of how much time will be needed overall.
- Read the recipe again.
- Take note of techniques that will

be used in the instructions portion. If you don’t know what it means to cream something, or rub butter into flour, definitely find that out before starting.

- Gather all the equipment you will need.
- Gather all the ingredients you will need, in the way they are listed in the ingredients list. That means measuring and prepping all the ingredients before you actually “start” the recipe so that when you get to a step, you don’t have to break your stride. (This is why professional chefs have all those crazy little bowls hanging around, they’re for holding tablespoons of this and cups of that).
- Read the recipe again!

And now we go all the way back to the beginning. How large is large? Fortunately, as recipe writing has evolved, professional cooks have landed on some good standards for otherwise vague terms.

For onions, potatoes, carrots and other root vegetables here is a good guideline:

- Small = 4 ounces by weight or about ½ cup chopped
- Medium = 8 ounces, or about 1 cup chopped
- Large = 12 ounces, or about 1½ cups chopped

Now what in the world is “a dash” or “a pinch”? Well, when you see these it’s really just another way of saying “season to taste”. When you add a pinch or a dash of salt or any other seasoning what you’re doing is adding a very little amount (and pinching some between your fingers is perfectly fine) then tasting the food and deciding if you want to add a little bit more, then repeating that until you are happy with the taste. You’ll never see baking recipes call for pinches or dashes of anything because you can’t taste the recipe until it’s baked and then it’s too late to adjust. You’ll only use pinches and dashes at the end of a cooked dish. One exception might be when you are doing something like sprinkling cookie dough with sugar. That will usually be called sprinkling, and it’s fine to just eyeball it.

What about everything else? How much juice is the juice of one lemon? How many zucchini do I need to buy to end up with a grated cup? There are too many possibilities to answer here, but there are some websites that you can visit to look up most of the ingredients that you will have questions about:

http://www.howmuchisin.com/produce_converters

<http://startcooking.com/measurement-and-conversion-charts>

<http://www.goodhousekeeping.com/food-recipes/cooking/tips/a1636/kitchen-equivalents/>

Michael Crowdes is a Lakewood resident, former restaurant owner, who loves to cook and loves teaching kids. His favorite students are his two god-kids; one of whom is incredibly fussy and mostly likes mac and cheese, and the other who was eating blue cheese stuffed olives and brie almost as soon as she could chew. There are more articles and recipes at sproutsculinary.com

Lakewood Living

Lakewood Chocolate Walk Draws Sellout Crowd For Delightful Evening Of Sweets

300 Attendees, 24 Merchants Participate in Popular Autumn Tradition

by Matt Bixenstine

For one evening each year, Downtown Lakewood turns downright chocolatey, and even those with a discerning sweet tooth go home happy.

A sellout crowd of 300 attendees from across Northeast Ohio participated in the 8th Annual Lakewood Chocolate Walk last Thursday evening, Oct. 27. In an arrangement that would make the late Gene Wilder of “Willy Wonka” fame flash his trademark smile, a large contingent of chocoholics descended upon Detroit Avenue to visit more than 20 merchants in Downtown Lakewood serving as “Sweet Spots” by each offering a unique chocolate treat.

Hosted by LakewoodAlive and the Downtown Lakewood Business Alliance (DLBA), the Chocolate Walk has developed into a highly-anticipated Lakewood tradition. Tickets went on sale to the general public Oct. 1 and sold out within eight hours.

The evening kicked off with the Pre-Walk VIP Reception at Fear’s Confections and Ice Cream Joy in Uptown Lakewood, where 50 lucky guests enjoyed collaborative chocolatey concoctions from the neighboring Madison Avenue businesses. These

pairings included beer floats with chocolate ice cream and chocolate-covered cherry garnish, and brownies with either caramel coffee ice cream or raspberry white chocolate balsamic ice cream.

“Welcome to the Lakewood Chocolate Walk, here’s a chocolate appetizer!” said “Charlie Chonka” – played by volunteer Jim Ptacek – in greeting guests who arrived at First Federal Lakewood to commence the walk. Attendees were furnished with a map of Sweet Spots and ventured out to delight their taste buds by visiting participating merchants. In addition to being rewarded with delectable treats, attendees sought to find 12 hidden golden eggs.

“My wife loves chocolate so we decided to see what the Lakewood Chocolate Walk was all about,” said Jeremy Betsa, 30, a first-time attendee from Medina along with his wife Heather. “We weren’t really familiar



Tequila Wagon performed during the Grand Finale at First Federal Lakewood.

with Lakewood before tonight, but we came away really impressed with the walkable downtown.”

The evening concluded with the Grand Finale Sundae Bar, hosted by First Federal Lakewood and sponsored by Discount Drug Mart. Guests enjoyed music from country duo Tequila Wagon while partaking in one last round of libations and chocolatey treats. Raffle winners were announced and longtime Lakewood resident Jayne Gaydos – who has attended every Chocolate Walk but one and who three years ago achieved a personal goal by recovering from major surgery in time to attend – received a certificate to honor of her dedication to this community event.

“Our annual Chocolate Walk represents a unique opportunity to showcase Lakewood’s vibrancy while raising proceeds to support the Downtown Lakewood Business Alliance and our Downtown Lakewood Program,” said Ian Andrews, Executive Director of LakewoodAlive. “We’re truly grateful to all attendees and merchants who participated in this memorable evening, as well as volunteer Paula Reed who spearheaded organizing this com-

munity event.”

LakewoodAlive and the DLBA thank the following merchants for their participation in the 8th Annual Lakewood Chocolate Walk: Aladdin’s Eatery, Barton Senior Center, Burgers 2 Beer, Campbell’s Sweets, Cricket Wireless, Cotton, Discount Drug Mart, Edible Arrangements, First Federal Lakewood, Geiger’s, Gianna Jewelers, Lakewood Baptist Church, lion & blue, Melt Bar & Grilled, Paisley Monkey, Pizza BOGO, Plantation Home, Rozi’s Wine House, SouperMarket, The Tea Lab, Tease Hair + Body Parlor and Voodoo Tuna.

Achieve Peace And Simplicity By Decluttering And Organizing

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calm and feel less stressed and overwhelmed. Most importantly, it allows you more time to do the things you love in life, like spending more time with your family, doing something nice for yourself, picking up a good book that you have been putting off for months or even years, taking a class in something you are interested in, or finally finishing that craft project!

Life is stressful and busy for most families these days, so taking steps to diminish the effects of added stress is important. Surrounding yourself with things you love and things you need will help create a sense of calm and ultimately allow you to live a simpler life and enjoy the important aspects of your life even more.



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“Charlie Chonka” greets guests arriving for the 8th Annual Lakewood Chocolate Walk.

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Lakewood Living

Five Key Takeaways From LakewoodAlive’s “Knowing Your Home: Bathroom Remodeling” Workshop

by Matt Bixenstine

Longtime contractor Gary Lack glanced at the assembly of people before posing the question: “How many of you are living in a house built prior to 1940?”

When nearly every hand shot up, Lack immediately knew his audience. “This must be a Lakewood crowd.”

It was a packed house and a Lakewood group indeed when 40 attendees gathered for LakewoodAlive’s “Knowing Your Home: Bathroom Remodeling” workshop on Saturday morning, October 22, at Cleveland Lumber Company. Lack led an insightful discussion regarding best practices for upgrading a residential bathroom.

Now in its third year, LakewoodAlive’s “Knowing Your Home” workshop series draws hundreds of attendees annually to learn home maintenance best practices. Our workshop series is generously supported by: Citizens Bank, City of Lakewood, Cleveland Lumber Company, Fifth Third Bank, First Federal Lakewood, PNC, Remax Beyond 2000, The University of Akron Lakewood and Third Federal Savings & Loan.

If you happened to miss this particular workshop, we’ve got you



There was a packed house at Cleveland Lumber Company for LakewoodAlive’s “Knowing Your Home: Bathroom Remodeling” workshop.

covered. Here are five key takeaways from “Knowing Your Home: Bathroom Remodeling:”

1. Play the waiting game.

It’s been said that patience is a virtue, and this famous proverb often applies to remodeling. Lack recommends new homeowners refrain from undertaking a major project, bathroom-related or otherwise, during their first year within their residence

and instead take that time to learn about the house.

2. Plan ahead.

When it comes to your bathroom remodeling project, planning is incredibly important. The average bathroom project takes 18 business days to complete, according to Lack, but adequate planning must occur prior to that. Whether hiring a contractor or embarking upon a DIY project, be sure your

design plan is drawn out in advance.

3. Be prepared for additional costs.

There are unknowns involved with a bathroom remodeling project. As such, it’s necessary to plan for unexpected costs. This is especially true when you opt to demo rather than maintain the existing framework of your bathroom, as you simply don’t know what awaits behind walls and under flooring.

4. Seek expert help when necessary.

Design accuracy is particularly important in small spaces like bathrooms, where there is little margin for error. If your project involves altering the footprint of your existing bathroom, it’s probably worthwhile to seek guidance from a design builder or architect.

5. It’s okay to take a gradual approach.

Sometimes you need to complete a bathroom remodeling project piecemeal due to budget constraints. This approach typically works fine – so long as you plan ahead and map out the project in appropriate phases. By taking a gradual approach, you can stay on budget and ultimately enjoy a much-improved bathroom.

Still Time To Register For The CWRCC Fall Classic

continued from page 15

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cate your availability to help by sending an email to Mark Breudigam via the the special race email address of CleWestFallClassic@gmail.com.

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