# LAKEWOOD

# BSERVER

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# Healthy Lakewood Foundation Elects New Board Member

by Kate Ingersoll

The Healthy Lakewood Foundation (HLF) is pleased to announce the appointment of Warren Coleman to its Board of Directors. Warren was appointed at the Foundation's November 2022 Meeting. He has been a Lakewood resident for thirty-one years and was nominated after a specific call for applicants with portfolio management and investment analysis experience.

HLF is entrusted to oversee the assets designated to advance the health and wellbeing of Lakewood residents. Individuals with backgrounds in investment portfolio analysis and compliance with IRS and other financial regulations are important competencies for the organization.

Currently, Warren serves as the Vice President and Senior Portfolio Manager at Fifth Third Private Bank. He brings



Warren Coleman

a range of experience managing investment portfolios of endowments, foundations, and individuals.

Warren holds an MBA from Case Western Reserve University, an MA in Accounting from Cleveland State University, and a BS in Mechanical Engineering from the Georgia Institute of Technology.

Warren has served in a variety of board and volunteer roles to support the commu-

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## The Doughnut "Pantry" Not "Kitchen"!



As I was making my rounds last Wednesday early I pulled into The Doughnut Pantry, and Jim Pohorence of Pohorence Hauling was outside saying, "The owner is mad, it's 'PANTRY' not 'Kitchen,' it hasn't been 'Kitchen' for decades!" He was talking about a photo caption on the front page a couple of issues ago in which I referred to the donut shop as Donut Kitchen. Walking in to get a maple creme, one of the few weak spots in my life, I saw the owner look over and shake his head. Then some of the regulars looked over the divider and said in unison. "PANTRY, O'Bryan!" The Lakewood Observer has a policy of making corrections in the same spot the mistake was made. No mistake on page one, correction on page 23. So here we have the owner, "Lucky" explaining to me that it hasn't been "The Doughnut Kitchen" since he bought it 38 years ago. Please accept my sincere apology and congratulations on the 38+ years!



## Mayor George Brainstorms With Horace Mann's Diverse Universe Club

by Christine Gordillo

Mayor Meghan George paid a visit to Horace Mann's Diverse Universe Club on Monday to help students brainstorm about how they can help bring about change in their community and school. The students were very actively engaged with the mayor sharing their concerns about the homeless, stray cats, sidewalk repairs and more swing sets on playgrounds! Thank you, Mayor, for always willing to give our students your time and attention!



## Cops And Kids

On Saturday, December 3rd, several Lakewood Police Officers participated in the Cops and Kids event in North Olmsted. Our officers escorted selected Lakewood fifth-grade students for a special day of fun, including breakfast, a shopping trip to Walmart, and lunch. The day was an amazing success and helped create a special memory for all!

## Lakewood City Council Seeks To Fill Upcoming Board Vacancies

City of Lakewood

Lakewood City Council is seeking new members to join the city's active roster of volunteer boards. A successful applicant should be ready to engage with the community and advise their local government. All boards meet monthly at City Hall. One position on each of the following

boards is available beginning January 1, 2023:

Tree Advisory & Education Board

The Tree Advisory & Education Board collaborates with the City on refining its urban forestry practices and educates fellow residents on responsible tree stewardship and the benefits

of private property tree planting. Special consideration will be given to applicants with knowledge of and interest in trees.

Architectural Board of Review

The Architectural Board of Review reviews applications

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## THE MAYOR'S

## **Happy Holidays**

by Mayor Meghan George



## Happy Holidays

From our family to yours, wishing all a safe and happy holiday season.

Matt, Meghan and Maggie.

#### **Lakewood City Council Seeks To Fill Upcoming Board Vacancies**

#### continued from page 1

for variances to the city's Building Code, considers architectural proposals for commercial and residential properties and reviews all sign proposals. Applicant must demonstrate qualifications of a design professional.

Council President John Litten encourages qualified residents to consider applying for one of these positions. "Volunteer service on a city board is a great way to grow your network, understand your local government and build leadership skills. It is how I, and countless other councilmembers got started on our paths to public service," he said.

Additional information about the city's boards is located in the Lakewood Codified Ordinances, the Third Amended Charter of the City of Lakewood, and on the City's website at: https://www.lakewoodoh.gov/ apply-register/boardscommissions/

Applicants may email a résumé and cover letter OR application for consideration to Lakewood City Council c/o the Clerk of Council at council@lakewoodoh.net. Positions will remain open until filled.

## **Healthy Lakewood Foundation Elects New Board Member**

#### continued from page 1

nity. He was a member of the Finance Committee of the Lakewood Hospital Foundation, served as a board member of the West Side Community House, and was the Finance and Stewardship Chair for the Church of the Ascension.

HLF's Board Secretary and Chair of the Governance Committee, Melissa Federman, notes, "The stewardship of HLF's assets is a fundamental priority

of the Board. Warren's depth of experience in aligning vision-driven strategy with an investment approach will be of great benefit to HLF."

For more information on all of HLF's Board members, please visit: https://healthylakewoodfoundation. org/board/.

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

Happy Holidays from all of us at City Hall! I have enjoyed seeing the fantastic lights and decorations that so many of you have displayed on your homes to celebrate the season. Lakewood is a place that truly embraces the holiday spirit. Once again, it was a pleasure to encounter so many out and about for Light Up Lakewood recently. This family-friendly event is another way our city comes together to build community, and Lakewood turned out again in force to bring our downtown to life this winter.

I'm also proud of the efforts of our team here at City Hall to make December a special time and to give back. That includes our public works team decorating the city with our signature snowflakes along Detroit and Madison Avenues. It also includes our safety forces who make a point to provide for those in need. The Lakewood Police Department held a "No Shave

November" drive to gather funds that they donated to local kids in need this December. Our Lakewood Firefighters recently held their annual kids Christmas party and a food drive to collect nonperishable goods for those facing a hungry holiday season. I'm grateful for all of these generous acts and others made by city staff to embrace the holiday spirit and give back.

Another way to celebrate the holidays in Lakewood is to shop local as you pick up gifts for your loved ones. Lakewood is home to hundreds of small businesses that have a vast array of unique creations that would bring a smile to friends and family. One of my favorite stocking stuffers has always been to pick up a gift card to a local business or restaurant. I hope you will consider our local Lakewood merchants as you shop for the season.

I wish you and your loved ones all a wonderful holiday season!

## LAKEWOOD OBSERVER

#### Your Independent Source for Lakewood News & Opinion

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## **HOLIDAY GREETINGS**



#### **Holiday Greetings From The Raders**

Dear Lakewood,

From our family to yours, we would like to wish everyone a warm and happy holiday season. May this time be filled with joy, love, family and friends. We are so grateful to be a part of such a wonderful community and look forward to another year of building connections and creating lasting memories together.

Tristan and Caitlin Rader



## Holiday Greetings

Happy Holidays! Wishing you and your loved ones a safe and happy holiday season.

Sincerely, The Shachner Family Jason, Michelle, & Olivia Jason Shachner, Lakewood City Council, Ward 2



### Seasons Greetings From The Bakers!

I wish you all the hope, wonder, and joy that the season can bring! It has been a tremendous privilege and honor to serve as the Ward 1 representative on Lakewood City Council. Please accept the warmest of holiday wishes from me and my family.

Kyle Baker, Lakewood City Council Ward 1

## Holiday Cheers From Judge Tess Neff & The Lakewood Municipal Court Team



We are never too old to believe in the holiday spirit! Traditions blossom and sometimes change from year to year. A few of my most cherished traditions were wrapping gifts on Christmas eve night, being awakened in the wee hours of Christmas morning by my three kids, and spending Christmas day at my mom's house. Although they are no longer, new traditions evolve from our changing lives. May all your new and old traditions bring you joy, love and happiness. Wishing our Lakewood community, a wondrous holiday season!

Judge Tess Neff



 $L\ to\ R: (A\ camera\ shy)\ William,\ Tom,\ Tommy,\ Molly,\ and\ Bridget$ 

# Happy Holidays From Tom Bullock And Family!

To our neighbors in this wonderful community we call home— With gratitude for the chance to serve you in 2022, we wish you a joyful holiday season, peace and good health, and a happy new year!

Love,

The Bullock Family,

## SPORTS WITH DR. G

## Lakewood Wrestling On The Rise

#### by Dr. Charles Greanoff

Of all high school sports, wrestling offers the most intense one-on-one matchups, a competition in which mistakes are amplified and mental and physical toughness are at a premium. Wrestling is commonly regarded as the oldest sport in the world-- the famous cave paintings in Lascaux, France, dating back 15,300 years, depict wrestlers. When a Lakewood Ranger steps onto the mat, they are walking into history and into a crucible of sorts. It is high stakes winner take all with no ambiguity, and it can be painful.

Thanks to the efforts of Head Coaches Gray Cooper (Boys) and Doug Thomas (Girls), the Lakewood Rangers Wrestling program is on the rise. Kate Borkowski (Assistant Coach: Girls) and Ino Gjermeni (Assistant Coach: Boys) are also invaluable to the program. Last Thursday, the boys defeated Valley Forge while the girls program continues to grow and improve. There are great things ahead for the Rangers, and here is why.

Guided by dedicated coaches, the student athletes that comprise our present teams are committing themselves to their techniques, conditioning and competitiveness. The girls are pioneers, laying down a standard and setting an example for those to follow (middle school girls wrestling is growing in



Lakewood). Last season, Captain Jillian Coulson and Zayna Muntaser were state qualified (Zanya is currently 7-0 on the season). Also competing for the Ranger

Girls are Alex Horton, Savanah Tate (notched her first win last Thursday), Olivia Demery and Danika Patera. They are getting better with every practice.

The boys are led by senior Captain Mui Salti, a returning district qualifier. Mui won both his matches Thursday night by pin (Buckeye and Valley Forge). Coach Cooper described

Mui as "a future wrestling coach if I ever saw one." Despite not wrestling last year, Gavin Huntington, Donnie Mikuluk, Garrett Schweter, and Ed Horton are winning matches and, according to Cooper, are emerging as leaders on the team. Ed Horton wrestled up two weight classes against Valley Forge, and won his match by pin. Other Rangers stepping up to the challenge are Ler Lah, Nicholas Abderrazzaq, Farhad Ali Shah, Aeld Allkushi, Derrick Blanchard, Angel Shepherd, Nick Marinai, Titus McAlvery, Devyn Whitlock, Dylan Wilson, Quincy Vales and Henry Mossman.

The great things ahead will hopefully include multiple district and state qualifiers, but there are no guarantees. But, according to Cooper, there is one sure thing—wrestlers will be happier and more successful in life for taking up the challenge. I agree. Wrestling requires so many of those qualities that we want to help nurture in our students/ emerging citizens-mental toughness, persistence (especially in the face of adversity), and above all, a growth mindset. Your wins offer an opportunity to reflect and get better, just as your losses do. Winning is fun, losing can be agonizing, but you live and learn.

Our coaches have set in motion plans to grow the youth program, to build upon our momentum and increase participation at all levels. It will be a treat to watch the oldest sport in the world grow in Lakewood.

## Dr. G's Ranger Round Up - Basketball

#### by Dr. Charles Greanoff

The end results were different, but both the Lakewood Rangers Basketball teams put forth tremendous effort vs Holy Name this weekend, the Boys dropping a double overtime (61-59) thriller last night, and the girls decisively defeating the Green Wave (49-20) this afternoon. Senior Jacquie Hudak (pictured), in just her second game of the season, scored 13 to lead the Rangers today. Both teams are missing a key player, and the boys never backed down from the undefeated Holy Name squad. The girls bounced back from a tough 4-point loss on Thursday and controlled the game from the start.

Of course, it's more fun to win than to lose, but both teams represented LHS well this weekend. Long Live Lakewood.



# **Kindergarten Information Night January 19**

by Christine Gordillo

Lakewood City Schools' Kindergarten Parent Information Night will be held Thursday, Jan. 19, 2023, at 6:30 pm at Grant Elementary School. Students must be 5 years old on or before Sept. 30, 2023 in order to be eligible to enter kindergarten in Fall 2023. The program will include a presentation by Director of Teaching & Learning Steven Ast, who will share details about the curriculum and the registration process. Registration for next school year begins on Monday, Jan. 23. Call 216-529-4203 for more information.

# District To Host A Literacy Night January 11

by Christine Gordillo

The Lakewood City Schools will host a Literacy Night on Jan. 11 from 6-7 pm in the LHS cafeteria. This will be an opportunity to learn more about our literacy programming and hear an overview of research from the Science of Reading and recent legislation that impacts our practices from the departments of Teaching and Learning and Student Services. Learn more about reading instruction, our multitiered systems of support and the new dyslexia law. Pizza and child care provided. RSVP at https://tinyurl.com/vkc44ama.



## **EDUCATION**



### Lincoln Elementary Students Learn Compassion Through Socks+ Project

by Maria Estes

When Mandy Fleming started teaching at Lincoln Elementary School in Lakewood as an Interventional Specialist six years ago, she suggested the idea to her principal of starting a student group that focused on giving back to the community. After brainstorming ideas, the pair came up with what is now called the Leaders of Community Service group. Each grade selects a service project for the school to adopt for a month out of the school year. It is up to the students in the Leaders of Community Service group to set a goal for the project and build awareness. Students in Kindergarten to 5th grade rotate monthly to champion a new project. So far this year, volunteers from 4th and 5th grade totaled 27 students.

For the month of October, the students led a 'Socktober' sock drive benefitting Socks+, an initiative of Community West Foundation. They successfully collected 302 pairs of socks that will be given to the Northeast Ohio Coalition for the Homeless for distribution to people experiencing homelessness in Greater Cleveland. Many of the socks collected also included inspiring messages intended





Mandy Fleming

to give the recipient of the socks a posi-

"Building empathy is the goal of this program," explained Mandy. "Kids don't know the impact they can have until they are able to pause from tasks to think about others." She explained that the group will come up with creative ideas on how to get the word out about their projects. Whether it's posters around the school or speaking to students in other grades, they carry out the tasks as a team. "Kids naturally want to help others, and just need a little guidance or opportunity on how to get started. Sometimes they think helping needs result in big changes, but tiny acts of kindness make a huge difference. It's an amazing process to see them carry out ideas and see the results of their efforts," said Mandy.

Mandy finds inspiration in fostering an environment which creates community and compassion through the simplest acts, like donating a pair of socks. This effort allows even elementary students to learn early on that they can make a difference in someone else's life.

To learn more about how you can get involved with Socks+, visit SocksPlus.org.

Maria Estes is the Community West Foundation, Marketing & Communications Director.

# Holiday Greetings From The Superintendent

I want to wish this wonderful Lakewood community the best this holiday season. I am so grateful to work in a community that cherishes its schools and is always willing to step up to offer support whether that is a sponsorship, a donation, volunteering your time in a building, or even attending a performance or athletic event. Your support is never taken for granted! Hoping your holidays are relaxing and fun and the new year brings you health and happiness.







# Learn to be stigma free.



adamhscc.org/stigmafree



## **LAKEWOOD CARES**

## Horace Mann's Diverse Universe Club Donates To Homeless Hookup

#### by Christine Gordillo

Last week, students in Horace Mann's Diverse Universe Club had the privilege to meet Dean Roff, founder of Homeless Hookup CLE, an organization dedicated to helping those affected by poverty and homelessness.

Dean led a discussion with the club about human rights, dignity and giving back to one's community before he took them on a tour of his Mobile Homeless Hygiene Unit RV. The club was able to provide Homeless Hookup

with donations of toiletries and other necessities collected by school staff and students.

The Diverse Universe Club, led by Allison Martzolf and Delaney Gilliland, offers a safe place where self-expression is celebrated and welcome. Meetings are spent exploring, and discussing issues related to diversity, identity, justice, action, and inclusivity. Such a great project for displaying empathy, collaboration, global awareness and growth mindset competencies!



Dean Roff with the students.



#### by Jim O'Bryan

Now that we have selected some of the finely decorated homes in Lakewood, it's time to figure out the top ten, and hand out some prizes!

**STEP 1** - Go to the front page of Lakewood Observer's website (*lakewood-observer.com*), select "Photo Galleries," then click on "LO Holiday Contest 2022." Take your time, look through the photos, and pick your 5 favorite ones. Write down their catalog numbers.

**STEP 2** - From the front page, go to Question of the Day, click on it.

You will be asked to list five (5) homes. You must list 5, any less or any more will nullify the vote. Your final vote will look something like this: 050, 013, 109, 066, 021 Click enter. You can vote once a day.

You can also follow the QR codes at the right, by aiming your smart phone or pad at them. The top code is the catalog, the bottom code is voting.

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## **LAKEWOOD CARES**

# Grace Presbyterian Church And The City Honor Dr. H. Leslie Adams

#### by Nancy Sanders

The year was 1997. Grace Presbyterian Church, Lakewood, was beginning to prepare for the most important season on the church calendar, Lent. Special programs were being planned; special music was being rehearsed. The choir was learning some new pieces to be sung during Holy Week. Then disaster hit: the choir director, Roland Wyatt, was told by his doctor that he could no longer remain conducting. Wyatt, much distressed (as was the choir), asked to speak to the congregation on the following Sunday, tending his resignation.

At the very same time, Dr. H. Leslie Adams, internationally renowned composer, decided to leave his larger church and seek employment at a much smaller congregation. He wanted to leave room on his schedule so that he might have more time to complete some of his compositions. He began to flip through the yellow pages and his eye landed on Grace. He decided to "check it out." As he tells us later, he told no one of his mission; he was just a "stranger off the street."



He was struck by the warmth of the congregation's welcome to the service. And then Mr. Wyatt announced his leaving...That was twenty-seven years ago. Now Dr. Adams has been, and still is, a cherished member of the Grace Family. "I don't know how we ever deserved his music, and even more, the friendship of Leslie Adams," said Elder Cindy Friedmann. "He has often said that we are his family, and we feel the same about him. We feel that it was (and this we believe) a

match made in Heaven."

This year Dr. Adams is celebrating his ninetieth birthday. His Grace Family decided to give him a birthday party of a lifetime. On December tenth, the celebration began with a public concert of a few of his works. First on the program was the Grace Church Choir singing, "The Christmas Lullaby." This was followed by violinist, Karisa Chiu and pianist Daniel Overley (both from the Cleveland Institute of Music) performing "iii Allegro," from "Sonata for Vio-

lin and Piano," Reverend Lou Will then introduced Joette MacDonald, a local published poet whose poetry was often set to music by Dr. Adams. After reading one of her poems, Ms. Macdonald introduced Soprano Brandy Birdsong who sang, "Coming Back to Cleveland" and "Daybirth."

To honor Dr. Adams and all his many achievements Grace Church presented Adams with a plaque to be hung, naming the choir room after him. In addition, a proclamation and trophy were delivered by the City of Lakewood. Many greetings from all over the country were sent to Dr. Adams over the internet and these were displayed on a large screen. The concert concluded with a piece for flute and piccolo called, "Danzo di Tre Bambolo" played by Katherine Calvey and Tamara Kagy. Nicole di Paolo was the accompanist.

After many standing ovations, the Grace Family and the many friends of Dr. H. Leslie Adams adjourned to the social hall where all enjoyed what church folks do best: they sat down to a great meal and spent the rest of the evening visiting with Leslie and each other.







## LAKEWOOD SERIALS

## Serials And Cliffhangers: Everything Old Is New Again

by Don O'Malley

Return with us now to those thrilling days of yesteryear...

Long before Marvel and DC comics started churning out one superhero blockbuster movie after another, the theaters of the 1940s - 1950s were jampacked with comic book and comic strip heroes.

Did you know many heroes such as Superman, Batman, Captain Marvel and Captain America had cinematic adventures, filmed in glorious black-and-white, called Serials or Cliffhangers long ago?

Week after week, chapter after chapter moviegoers could sit in a movie house and be entertained on the big screen by the likes of The Lone Ranger, Flash Gordon, Spy Smasher, The Spider, The Shadow, Zorro, Tarzan and the list goes on.

Due to the popularity of radio, pulp magazines, and comic books, the heroes of those stories soon leaped from the radio airwaves and printed pages to live-action movie screens.

Serials and Cliffhangers were chapter plays that played in movie theatres. Telling a filmed story over a series of weekly adventures, usually told between fifteen-minute and thirty-minute installments. Action, adventure and mystery all for one thin dime.

At the close of each week's chapters, we would find the hero or heroine in a dire state hanging off a cliff or captured in a villain's death trap. Have no fear, by the last chapter the hero always won out.

On an unimposing street in the heart of Lakewood, Ohio, Don O'Malley has for the past three years hosted Don's Breakfast Serial Show. A weekly show, showing old movie serials and cartoons.

My brother Ed O'Malley and friend, Christine Yohn, had pitched a show to air on Cleveland Cuyahoga Community Television. The powers that be, at that time, liked the show idea and gave the project the green light.

Ed later called me the same day, to ask what I thought. I was billed at the time as a "Host-In-Training" on The



Don O'Malley as Hop Hopkins is menaced by a killer Republic Serial Robot.

Midnight Movie here in Cleveland. I thought it was a great idea to show old movie serials and cliffhangers especially because of how well superhero movies were doing in theaters. My brother said "Great, you start in two weeks!" Talk about a cliffhanger!"

"I had grown up in Lakewood watching Ghoulardi, Hoolihan, Big Chuck and Lil John, SuperHost, The Ghoul, as well as The Frank and Drac Show. I could not picture myself dressing up in an elaborate costume to film a weekly show.

So going with the inspiration of the old serials, and the time period they were set in, I grabbed one of my Dad's old suits and my father-in-law's fedora and we filmed The Adventures of Captain Marvel, our first show. The show never aired on Tri-C TV! Due to Covid, the college shut down its television station. Talk about the luck of the Irish!

I quickly set up a YouTube channel and started airing weekly shows on The Monster Channel, The Vortexx Chanel, Beta Max TV, Otherworlds TV, Bat TV out of Brunswick, Tingler TV, ALCTV Avon Lake Community TV, Access Fort Wayne County Cable, Galaxy Global TV, Spectrum, WOW Channel and on VIMEO. I hope I have not forgotten anyone.

Don's Breakfast Serial airs weekly adventures that can be viewed across the United States and as far away as Japan and Australia. Being a retired FireFighter from Maple Hts, I have plenty of time to put into the show. On average, we film 62 weekly shows and eight-holiday specials along with anniversary shows per year.

I have to locate and view old serials, pick the best copy I can find, then break the chapters down to fit into a two-hour show. On average, serials ran 12 to 15 chapters. Most of my shows run several chapters and we add cartoons and shorts to fill out the time slot. A full serial can run from two to three hours on its own.

I film in my Lakewood home and send the show over to my brother Ed who edits and adds skits, cartoons, comedy shorts, and my opening and closing. Then back to me to send out to the different channels.

Hop Hopkins, a character created for our show, is featured in skits set in Cleveland in the late 1930s pitted against The Crimson Ghost from the old serial of the same name and the killer robot from the serial Mysterious Doctor Satan. Yes, we even have a seven-foot robot. Traffic has stopped several times on my street to watch the filming.

In the past couple of years, fans of old serials have colorized several cliffhangers, gathering more viewers. With the newly colorized public domain

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## **LAKEWOOD CARES**

## Start 2023 Right With Help From Legal Aid

#### by Tonya Sams

It's time to enjoy the holiday season! 2022 is almost over, but it's never too early to start getting your affairs in order for the new year and The Legal Aid Society of Cleveland can help!

Legal Aid has been offering free civil legal services to those with low incomes (up to 200% federal poverty guideline) since 1905 - the fifth oldest legal aid organization in the United States. Legal Aid not only serves residents in Cuyahoga but also in Ashtabula, Geauga, Lake, and Lorain counties.

Call Legal Aid if you need help

Housing: foreclosure; eviction; landlord/tenant issues; utilities; public

Work: unemployment compensation; IRS tax issues; sealing criminal records; securing a valid ID or professional license

Money: loans (school, payday, auto, debt); public benefits (food stamps, energy assistance, cash assistance, supplemental security income); bankruptcy

violence; Family: domestic divorce; custody; immigration; education; estate planning

Health: medical bill collection; access to medical records; Medicare and Medicaid; marketplace tax credits and penalties

Legal Aid provides assistance with civil legal issues and cannot assist with applications for benefits or criminal cases.

Legal Aid attorneys provide oneon-one consultation at Brief Advice Clinics and represent clients at court and administrative hearings. Attorneys also go into the community to educate residents regarding their rights and the services that are available to prospec-

Legal Aid helps clients like Deja (name changed to protect privacy). Deja made her rental payments on time each month - until the pandemic hit. She had to change jobs and lost a significant amount of income as she struggled to find childcare for her daughter, who was no longer going to school in-person.

She fell behind in her rent and soon received an eviction notice. She

also owed increasing late fees which were snowballing at \$25 per day.

Once connected with Legal Aid, an attorney helped Deja apply for rent assistance through CHN Housing Partners, and her application was approved. Deja's attorney was then able to negotiate with her landlord to

accept that money as back pay plus three months of future rent payments.

Need help? Call Legal Aid at 888-817-3777 during normal business hours or apply online 24/7 at lasclev.org/contact/. When speaking with a Legal Aid intake specialist be sure to have income information and necessary documentation related to your legal issue on hand.

To request an outreach/education event or materials for your community group, email: outreach@lasclev.org.

Tonya Sams is Development and Communications Assistant at The Legal Aid Society of Cleveland.

## How To Manage Stress This Holiday Season

#### by Erin Troy

Many people are gearing up for the winter holidays. And while the impending activities are exciting and can bring a sense of joy, the season can also become overwhelming and stressful. Stress is unavoidable, but for some, it can be debilitating. According to the World Health Organization, stress is the body's response to anything that requires attention or action. Everyone experiences stress to some degree, but the way we respond to stress makes a big difference to our overall well-being.

To help those coping with stress during the holiday season, here are some of the best strategies for destressing during this holiday season:

 Move your body. You can stretch, go for a walk, or even jump up and down. Whatever you can do to get your body moving to increase blood flow.

•Take time for yourself. We all need a little time to ourselves to do something we like to do. Having the opportunity to step away will allow us to be more present, focused and relaxed when we come back.

•Delegate tasks. You do not have to wrap all the presents, organize every holiday activity, or cook the whole holiday meal. Seek help from those around you to help take some of the responsibility off your plate.

•Prioritize exercise and eating right. Exercise has been proven to relieve stress and boost your mood. A nutrient-dense diet has been associated with lower stress. However, caffeine has been shown to increase cortisol and, therefore aid in moving your body toward a stressed state.

 Connect with friends and family. Pick up the phone and meet someone for lunch.

·Work on reframing your problems. Reframing is a strategy that people can use, either on their own or in therapy, to help adjust their mindset. It often involves focusing on more positive thoughts, but it can also be centered on changing excessively high expectations to be more realistic.

•Visit healthy stress-relieving atmospheres. For many people, a place to go like the YMCA provides many stress relievers, from exercise, to socialization, to community engagement and more. To learn more about our local Y, visit www.clevelandymca.org.

In situations in which the stressor is overwhelming and cannot be resolved, stress becomes chronic. If you have felt in a heightened state of stress for a prolonged time, don't be afraid to speak up and ask for help. Talk to your loved ones and let them know that there is too much on your plate and you need some relief or help. And don't be afraid or ashamed to seek professional help if your symptoms worsen.

Listen to your body to acknowledge when you're under stress, use these tips to help lessen the effects and enjoy the holidays!

Erin Tory is a wellness director and personal training specialist for the YMCA of Greater Cleveland.

## **Serials And Cliffhangers: Everything Old Is New Again**

#### continued from page 8

shows, we have even more serials to air in the future.

Good or bad, the movies might not have gotten the hero 100% right, with poor special effects, stock footage reused from other serials and films, (watch closely, the same car is seen over and over again driving off a cliff in several serials), always entertaining, it's all good family fun to watch.

The Hero always wins, evil will



ture starts up again!

Be forewarned, as a classic TV show would open with "There is nothing wrong with your television set. Do not attempt to adjust the picture." Don's show is in black and white at times. Tune in and stay tuned to Don's Breakfast Serial Show ... someone queue The William Tell Overture!

#### **Hop Hopkins**

https://www.youtube.com/ watch?v=i195IEd1 B8

#### **Show Promo Railroad**

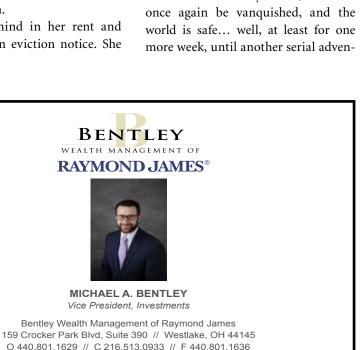
https://www.youtube.com/ watch?v=XxReOH5lAsM

#### Halloween Skit

https://www.youtube.com/ watch?v=JMm1F69lV5U

#### **Robot Tea Promo**

https://www.youtube.com/ watch?v=EUWBNawDMpw



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## **LAKEWOOD**

## The Bistro At Cove **Grand Opening**



#### by Laura Jaissle

Cove Community Center Celebrates Partnership with HELP by Opening the HELP Harvest Bistro

The official opening of the HELP Harvest Bistro at Cove Community Center in Lakewood will be held on Wednesday, December 21st at 10:00 a.m.

HELP is also honored to partner with Cove Community Center in Lakewood to operate their café, which opened in November 2022 at 12525 Lake Avenue, Lakewood. These unique partnerships are a natural extension of our long history of serving healthy and savory food options to the community. Both sites offer a stepping-stone for individuals with intellectual and/or developmental disabilities (IDD) who are eager to learn "front of the house" operations and for persons who are ready to "graduate" into community employment. HELP's expansion in Lakewood will provide an opportunity to share our mission with a different audience, highlighting the idea of cultivating an inclusive community where we all people can thrive.

"We are excited and grateful that the City of Lakewood sees the value of inviting HELP to expand our vocational and community employment programs by operating the new Bistro. The Lakewood community has consistently welcomed HELP and supported our mission," stated Tamara S. Honkala, President & CEO of HELP. Lakewood Mayor, Meghan George, views Cove as a gathering place to build community. "I cannot think of a more productive way to build community than to offer healthy food while providing opportunities for individuals with IDD to have meaningful community employment."

The Ribbon Cutting is free and open to the public.

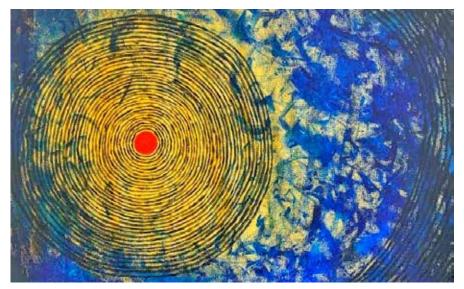
#### **About Cove**

Cove Community Center is home to the Department of Human Services for the City of Lakewood Ohio. The Lakewood Department of Human Services provides a continuum of responsive programs and services that enhance and promote the health and well-being of individuals, families and the community.

#### **About HELP**

HELP Foundation has been a leading provider of services for children and adults with intellectual and development disabilities (IDD) since 1965. Our mission is to empower individuals with intellectual and developmental disabilities through residential, day support, vocational, and summer education programs to choose services and opportunities as respected and valued members of the community. Beginning with a few dedicated families and one home for children, HELP has grown to care for more than 700 individuals annually in nearly 20 locations in Cuyahoga and Summit counties.





Lila Wright's "Encircled."

## **Seniors' Art Work Chosen** For Otterbein Exhibition

#### by Christine Gordillo

Congratulations to Lakewood High seniors Bee Rohrs and Lila Wright on having their artwork selected for Otterbein University's 4th Annual Juried Art Exhibit! Bee and Lila's pieces

were two of 65 chosen from more than 250 submissions. The exhibit will take place in December. Bee and Lila are also eligible now for a \$2,000 scholarship if they choose to attend Otterbein.



Bee Rohr's piece, "Fly High."







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## **LAKEWOOD NON-PROFITS**

Three Arches Foundation Announces \$2 Million In Grants To 20 Greater Cleveland Nonprofits -

# Funding To Help Improve Access And Remove Barriers To Behavioral And Physical Health Care

#### by Kristin Broadbent

Three Arches Foundation, a community-focused grant making foundation, announced \$2 million in annual grant funding to benefit twenty nonprofit partners working to transform people's health in Lakewood and surrounding communities. Each grant reflects the Foundation's priority to make it easier for people to navigate, understand, and use information and services to take care of their behavioral and physical health.

This marks the third consecutive year the Foundation has heightened its giving pattern with a commitment to an amplified level of philanthropic funding through 2023. Initially intended to help local nonprofits with pandemic resilience and recovery efforts, this grantmaking philosophy means even more given the current economic climate. "Like all of us, our nonprofit partners are experiencing the effects of inflation and once again face uncertainties at a time when their programs and services are needed by the com-

munity more than ever," said Kristin Broadbent, president and CEO of the Foundation. "Continuing our elevated funding level is the best way the Foundation can support these organizations in carrying out their mission during this unsettling period."

This year's grant recipients reflect several common themes including youth, seniors, refugees and immigrants, and substance use and addiction. "We are proud to partner with these organizations and we are inspired by the incredible work they do every day to help people take care of their health – including the wellbeing of their own teams who deliver impactful programs and services,"

shared Mary Anne Crampton, board chair of the Foundation. "Their efforts improve lives and create more equitable access for individuals and families across our community."

Highlights of 2022 grants approved by the Foundation's board of directors include:

B. Riley Sober House - \$120,000 (over two years) to support behavioral health equity for the LGBTQ+ community through funding of direct care programs and services for those seeking alcohol and drug treatment without the ability to pay.

Building Hope in the City - \$67,000 (over two years) to expand culturally tailored mental health care

education and access for refugee and immigrant communities, as well as trauma informed care training for staff

Eliza Jennings - \$150,000 (over two years) for the pilot launch of trauma informed care programming and coordinated staff training to improve health outcomes and mitigate triggers that cause re-traumatization. With a shared interest in supporting brain health and cognitive function in older adults, this grant is funded through the generosity of Three Arches Foundation's Harold C. Schott Foundation Endowment Fund.

Read all of this article online at: lakewoodobserver.com

## Be SMART Lakewood

by Patricia Neligan Barley

Be SMART Lakewood is a grassroots organization developed under the Moms Demand Action organization. Its focus is a non-political

**HOME ALONE** 

message about gun storage not based on opinions, but based on facts. The Be SMART framework is designed to help parents and adults normalize conversations about gun safety and take responsible actions that can prevent child gun deaths and injuries. Our goal is to remove the stigma associated with

Our small group met with Mayor George and Capt. William Albrecht last spring and after our meeting, the police department purchased 200 gun locks that are available to Lakewood residents free of charge.

talking about gun safety.

As we build our team and resources in this hyper-local endeavor we hope to bring our presentation and messaging materials to local schools, PTA & PTO meetings, and tabling at various citywide events.

Superintendent Maggie Niedzwiecki and Asst. Superintendent Dr. Christine Palumbo were also gracious enough to meet with us at the end of the school year last year in an effort to make a partnership to get the word out to our schools. This past fall Stacie Ross and I presented at the Lakewood Council of PTA's meeting and in front of the Board of Education.

I will never forget when my now junior at LHS came home to tell me about his first ALICE experience. ALICE is an acronym for active shooter response. Our children are being taught to survive an active shooter in our schools. If these children can endure this very scary and jarring drill, then we as adults in the community can have an open conversation about safe gun storage.

Secure firearm storage is an essential part of home safety. With more guns in more homes due to an unprecedented surge in gun sales over the past two years, it's more important than ever for parents and caregivers to

Read all of this article online at: lakewoodobserver.com









## The Back Page











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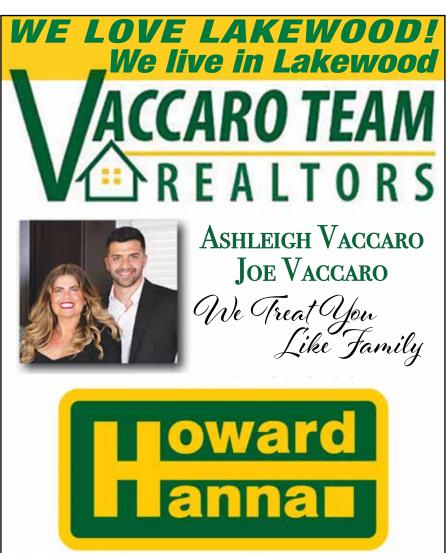
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