The Housing Market Remains Strong in West Park!
Homes are Selling the First Week Listed!
Contact me for your FREE Home Evaluation Now!

“Kevin helped us both sell and buy a home this year and is amazing at what he does. His knowledge and experience put us at ease during this stressful time. We definitely recommend Kevin!”
– Jenny & Mark M.

Kevin O’Malley
216.496.8862
Kevin@OmalleysHomes.com

Visit WestParkHomes.com for details on these homes and more!

Dine, Shop, Enjoy!
Kamms Plaza Shopping Center is home to retail shops, restaurants, lifestyle venues and health services. Anchored by Marc's. Live your life well!

A Caring Dental Group  Dragon Towers  Kamm's Corners Ice Cream Co.
ACE Hardware  Electric Beach  Kamms Plaza Pet & Supply
Al Wilhelm Flowers  Fitness 19  Mobility City of Greater Cleveland
Carol & John's Comic Shop  GameStop  Mr. Hero
Chase Bank  Gene's Place Restaurant  Peace, Love & Little Donuts
City Star Nails  H & R Block  Red Lantern Kitchen & Bar
Dollar Tree  Kamms Barber Shop  Romeo's Pizza

Space Available
440.892.4900

Kamms Plaza
Located at Lorain Ave. & Rocky River Dr.

Sherwin-Williams
Subway Sandwiches
Sunshine Dry Cleaners
Supercuts
West Park Vision Clinic
Westpark Nutrition
Working Class Brewery

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Dear Neighbors,

The challenges of the last two months have reinforced the importance of community and support networks. West Parkers have stepped up to the challenge; daily we are in awe of the dedication and love this community has for one another. One of the most tremendous examples is the response to our “Make a Day Brighter” campaign. We hoped for 350 letters or notes to brighten the day of our residents in senior living facilities, but West Park responded with more than 500! The extra letters were included in the groceries delivered weekly to our most vulnerable residents through the West Park UCC Emergency Food Delivery Program. But this is not the only way you have supported each other; residents have helped keep our small businesses going by shopping local and getting takeout, checked-in on elderly neighbors, chalked the sidewalk with messages of support, and organized street-wide, social distancing-style happy hours. Businesses have, in turn, supported frontline workers by donating meals or helping residents in need.

The realities of our world require that community building look different right now, and the West Park Kamm’s Neighborhood Development staff has worked hard during the last two months to adapt our summer programming in ways we hope will continue to serve residents, bring people together, and celebrate our neighborhood’s vibrancy. We invite you to Hooley at Home with us this year on June 20th with neighborhood apron parties, online performances by Hooley bands, and specials from local restaurants and businesses. Check out page 9 for more information and stay tuned as we unveil more details in the weeks leading up to the big day!

Besides the Hooley™, the Kamm’s Corners Farmers Market is one of our favorite West Park summer traditions. For more than a decade, residents have enjoyed access to great local produce, artisan food vendors, live music, chef demos, and the chance to catch up with neighbors and friends. This year, we carry on the tradition with carefully revised protocols designed to keep both vendors and patrons safe. Thanks to resident participation in our farmers market survey, we learned more about what kinds of programming the community wants. We are thrilled to be able to deliver on that request through the launch of highly requested sustainability programming, recently reimagined in a hybrid format to allow for safe delivery in a combination of in-person and virtual formats. Learn more about sustainability initiatives, our vendors, and updated safety measures on pages 14-15 of the magazine.

Finally, as our world continues to evolve, we hope you will follow state and local health guidelines that encourage us to maintain safe distances, wash hands frequently, and wear masks while exploring parks, supporting local businesses, and enjoying the summer weather.

Be safe and stay healthy!

Rosemary Mudry | Executive Director
Todd Sheppard | Board President

West Park Magazine is published by West Park Kamm’s Neighborhood Development, a non-profit, neighborhood-based planning and development organization serving the Kamm’s Corners/West Park community of Cleveland, Ohio. West Park Magazine, West Park Kamm’s Neighborhood Development management and staff are not responsible for any representations and/or warranties, oral or written, made by its advertisers. It is our policy to neither endorse political candidates, nor take a stand on ballot issues. 17407 Lorain Avenue, Suite 200, Cleveland, Ohio 44111-5538 ©2020

Cover: Kamm’s Corners Farmers Market | Photo by: Todd Sheppard
Shop Local West Park

By Ben Campbell

In West Park, we are fortunate to have a robust mix of retail stores, dining, and service options. And, while our commercial districts cannot serve every shopping need, we have ample options so that we hardly ever have to leave the neighborhood!

We appreciate all the businesses located in West Park who invest in our neighborhood and provide needed jobs, tax revenue, products, and services. We do, however, have a special place in our hearts for our independent and mom and pop businesses. As you may have read in these pages before, we are strong advocates of the Shop Local philosophy that encourages everyday consumers, like all of us, to patronize independent businesses whenever the option is possible. Shopping local has many positive outcomes for our lives and economy. Shopping local was important before the COVID-19 pandemic; it is even more critical now that the crisis is upon us.

Why shop locally from independent businesses? Shopping locally creates more local wealth and jobs. An important economic outcome is called the multiplier effect or “local premium.” Put simply, shopping locally recirculates a far greater percentage of revenue compared to shopping from national chains and franchises. According to the American Independent Business Alliance, for each dollar spent on local businesses, an average of 48 cents is recirculated in our local economy. For each dollar spent on non-local businesses, the amount that stays in the local economy drops to 13.6 cents.

When you shop local, you embrace businesses that make our community unique and, in some cases, make our community a destination. According to the Small Business Administration, in some sectors, independent businesses provide higher wages and benefits than national chains. The benefits of having mom and pop businesses goes well beyond what the numbers can capture. They are contributing members of our community. Many live here. They know us. They donate to local charities, events, and sponsor our kids’ baseball teams. And, they need us more than ever right now.

This is a difficult time. As you are able, we hope you will consider doing your part in supporting our local, independent businesses. Call in for a take-out meal. Have a pizza delivered to your house. Buy a gift card. Purchase online from our independent and sometimes home-based businesses. In doing so, you will help preserve and strengthen our neighborhood.

To stay up to date on retail and food based businesses open during the public health crisis, visit the Support West Park page of our website at bit.ly/SHOPWestParkKamms.

Photo: Eric Tischler
NEW BUSINESS MOBILITY CITY HELPS KEEP PEOPLE MOVING

By Ben Campbell

Paul and Marsha Adair, photo right, owners of Mobility City, worked hard towards opening their new business at 17472 Lorain Avenue in Kamms Plaza this past May. Mobility City is a mobile repair, cleaning, and maintenance company for wheelchairs, power chairs, mobility scooters, and other mobility products. The company’s goal is to sell “quality products at competitive prices.” For maintenance and repairs, service calls are made wherever they are needed. For new products, most are delivered to the customer’s home and include setup and instructions for use.

Both Paul and Marsha have transitioned from corporate careers to a new calling. Marsha said they chose the Kamm’s location due to the vibrancy of the West Park community, proximity to Cleveland Clinic Fairview Hospital, and its central location with good access to highways given that they will service a customer base stretching from Lake to Lorain Counties.

For more info visit mobilitycity.com

IMAGINE THAT DESIGNS SHIFTS GEARS DURING CORONAVIRUS CRISIS

By Ben Campbell

Last year, West Park Magazine featured an article on Megan Sorn’s - owner of Imagine That Designs - dream journey from a home-based quilt design and production business to an expanded retail business in a renovated storefront at 15708 Lorain Avenue.

What a difference a few months can make. Like many other small businesses, the onset of the COVID-19 crisis meant a drastic reduction in her business’s revenue stream. Confronted with this unfortunate circumstance, she quickly shifted her business model to the full-time production of washable protective masks. Motivated by the bottom line, she knew she needed a new revenue stream to survive in the short term as well as a strategy to ensure her quilt business would be ready as the economy reopens. Beyond the bottom line, Megan saw the opportunity to create jobs that would provide income for people struggling in this crisis.

In just a few short weeks in April, Megan went from sewing her first mask to producing over 700 protective masks every week. She plans to continue to increase her weekly production. In addition to Megan and the shop’s one employee, she has hired five contract seamstresses who work from home to produce the masks. She expects hiring to continue into the near future. As to her goal of creating employment opportunities during this crisis, she was able to hire unemployed workers, including a laid-off school teacher and a masotherapist.

Megan is pursuing a client mix that includes larger businesses, small businesses, and individual and charitable organizations. Imagine That Designs offers a variety of protective masks in categories such as men’s, women’s, kids, and outdoor themes. Focusing on local clients and needs, Megan will take orders via her Facebook page @megansorn or email imaginethatdesignsllc1@gmail.com.
West Park Kamm’s Neighborhood Development (WPKND) met (virtually) with the education team at the Home Repair Resource Center recently to discuss bringing home repair classes to West Park. WPKND is excited to partner with them to offer hands-on workshops on a range of popular do-it-yourself projects and on solving common home-maintenance challenges. While the timeline on when in-person classes can be offered remains up in the air due to the current public health crisis, below are some tips on projects around the house that require little experience, are low-to-no cost, and can make a big impact to get you started.

GUTTERS

To prevent water from seeping into your basement, which it inevitably wants to do, the easiest first step in prevention is to inspect your gutters. Wait until one of those rainy Cleveland days, then grab an umbrella and head outside. Walking the entire exterior of your home, pay close attention to the gutters and make note of any spots where water is getting out between the gutter and the house. Look for water running over the top of the gutters. Make sure your downspouts drain properly into the ground or at least six feet from the foundation of your house. You can add an extension to the end of your downspout or a splash pad to carry the excess water away from your home.

It is also important to clean your gutters out twice per year, once in the spring and once in mid-to-late autumn. A plastic gutter scoop or even a garden trowel can be used to scoop out leaves, dirt, and debris. Since this can be a tricky balancing act - and six months’ worth of wet leaves can be heavy - make sure your ladder, and body, are secure. While cleaning the gutters, it is also a good idea to examine the fascia boards and soffits (running along and below the trusses of the roofing) to ensure they’re securely connected to the edge of the roof just above the gutters. If they are not secure, a couple of galvanized nails or screws may secure it. If not, you may need new fascia boards or to reinforce the edges of the rafters which may necessitate contacting an expert.

LAWN CARE

Follow these five rules to keep your grass healthy all year long.

1. To keep your lawn healthy in the summer heat, water it early in the morning, before heavy sunlight no more than twice per week; avoid night watering as it invites mold and critters.
2. For grass cutting, use a mulching mower as it returns the nutrients of the grass back to the soil. Set your lawn mower at a height that cuts 1/3 off the blades leaving your blades about 2.5-3 inches tall.
3. Fertilize 3-4 times per year including twice in the fall (early and late), and consider using organic fertilizers.
4. The most important season for ensuring the durability of your lawn is autumn to rehab grass’s exposure to the warm summer months and prepare for the freeze of winter.
5. Fertilize twice and cut the grass a little shorter, giving it better exposure to the sun and water. For areas that need extra work, autumn is a good time to plant new seeds or re-seed damaged areas.
6. To control weeds or pests, consider using organic products. Organic may take twice as many passes, but they are safer for children, pets, and Mother Earth herself. For weed control, corn-gluten products are a great substitute for standard weed killers.

CAULKING

While caulking work may not be the most exciting project, proper caulking can save a lot of misery, and even money, in the long haul. Caulking the areas around your showers and sinks is easy and quite inexpensive. Use a scraper or razor blade to remove all old caulk, clean with a household cleaner, and then wipe down with alcohol to remove any soap residue. Cut the tip of your caulk tube at a 45-degree angle, then load it into your caulk gun. For this task, make sure you use caulk that is specifically designed for the kitchen and bathroom, and usually silicone-based. After a run of caulk is set, immediately run a clean wet sponge - or a gloved finger - along the bead of caulk to remove any excess. This pushes the caulk into the small crevices. Rinse sponge regularly. Let caulking dry for 24 hours before using the sink or shower. You should be able to caulk your tubs and sinks for under twenty dollars.
In the fall, when prepping your home for the cold winter months, caulk the areas around windows and doors. A good caulk job can help save money on home heating costs. The biggest difference in caulking bathtubs and windows will be the type of caulk used. For energy efficiency, choose caulks with a polyurethane or acrylic-silicone base. For first-timers, one tip is to practice on the interior seams of a cardboard box. Once you get the hang of it, your house will be weather-ready in no time.

For more information on Home Repair Resource Center, including their tool library, visit hrrc-ch.org. And, stay tuned for dates and topics of home repair classes in West Park!

RESOURCES FOR WEST PARK HOMEOWNERS

Contact Franchesca Bodnar at 216-252-6559 x 1700/franchesca@westparkkamms.org for more information.

<table>
<thead>
<tr>
<th>Program</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>West Park Sherwin Williams Paint Program</td>
<td>Discounts on paint and painting supplies. All those living in Ward 17 are eligible. Limit one per household.</td>
</tr>
<tr>
<td>Cleveland Restoration Society</td>
<td>Offers a low-interest (under 2%), fixed-rate, equity-based loan for maintaining &amp; improving homes 50+ years. Interior &amp; exterior projects qualify. No income limits apply. CRS also offers free technical assistance on questions related to home conditions or repair.</td>
</tr>
<tr>
<td>Water Affordability Program</td>
<td>Offers a 40% discount on all standard water charges. This includes both the monthly fixed charge &amp; consumption charge. To qualify, customers must meet income guidelines and own/live at the applying service address.</td>
</tr>
<tr>
<td>Lead Hazard Control Program (LHC)</td>
<td>The LHC program provides lead risk assessments, identifies lead–based paint and provides grants to control lead-based paint hazards.</td>
</tr>
<tr>
<td>Home Weatherization Assistance Program (HWAP)</td>
<td>HWAP offers low or fixed-income residents energy efficient measures designed to decrease utility bills &amp; improve energy deficiencies. Provides grants and education through the State of Ohio for homeowners &amp; tenants who meet income guidelines.</td>
</tr>
<tr>
<td>Home Energy Assistance Program (HEAP)</td>
<td>HEAP assists eligible low-income residents with their winter home heating costs using natural gas, electric, oil, kerosene, or wood.</td>
</tr>
<tr>
<td>Delinquent Tax Payment Plan</td>
<td>Behind on your property taxes? Payment plans are available for homeowners who live in their homes. Landlords may be eligible for installment plans (up to 24 months), at the discretion of the Cuyahoga County Treasurer.</td>
</tr>
<tr>
<td>Housing Enhancement Loan Program (HELP)</td>
<td>Provides home improvement loans, at 3 percentage points below normal bank rates, for home repair/renovation projects for homeowners of occupied or investment properties. HELP has no restrictions on a borrower’s income and few limitations on what improvements can be made to a property.</td>
</tr>
<tr>
<td>Cleveland 50/50 Sidewalk Residential Replacement</td>
<td>Repair/replacement of unsafe sidewalks through a partnership between the city and its residents where each party pays 50% of the cost. Eligible repairs include sidewalks, driveway aprons, &amp; curbs at the end of driveways.</td>
</tr>
<tr>
<td>Contractor List</td>
<td>Looking for help with a project at home? We have a list of local contractors and tips for hiring one.</td>
</tr>
</tbody>
</table>

HOMEOWNER PROGRAMS FOR SENIORS AND DISABLED RESIDENTS

For assistance, please contact JD Smith at 216-252-6559 x 1300/jd@westparkkamms.org.

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<tr>
<td>Homestead Water/ Sewer Discount</td>
<td>Homestead Water/ Sewer Discount. The Homestead Water/Sewer Discount Program offers a lower fixed charge and consumption rate for seniors and/or permanent disabled individuals.</td>
</tr>
<tr>
<td>Senior Homeowner Assistance Program (SHAP)</td>
<td>SHAP provides grants to Cleveland residents age 60+ or disabled adults who meet income eligibility guidelines and own single or two family homes in need of critical, health, safety and maintenance repairs.</td>
</tr>
<tr>
<td>Senior Service Program (Ward 16 &amp;17)</td>
<td>For seniors and disabled residents in Ward 16 &amp; 17 that have no one to help them, or no one close by to help them. Some service examples: lawn care, gutter cleaning, railing installations, etc. Senior and Disabled residents that need help will have to fill out an application and return it with proof of income.</td>
</tr>
</tbody>
</table>
**2020 WALK ON WEDNESDAYS ROUTES**

**NORTH TOUR- WARREN VILLAGE AREA**  
Experience one of the neighborhood’s largest city parks and learn about Warren Village area businesses

**KAMM’S CORNERS**  
Celebrate and support small businesses while stretching your legs

**EAST TOUR**  
Enjoy seeing a section of Lorain Avenue and its historical buildings

**WEST TOUR**  
Explore the edge of the Cleveland Metroparks Rocky River Reservation

**SOUTHWEST TOUR**  
Features destinations like Puritas Nursery along Puritas Avenue

**INTERFAITH WALK**  
Learn more about the diverse religious groups that call West Park home

**ROCKY RIVER DRIVE TOUR**  
Explore some of West Park’s oldest institutions and neighborhoods

**HALLOWEEN TOUR**  
A spooky walk featuring Alger Cemetery lead by the West Park Historical Society

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**DETAILS WILL BE AVAILABLE AT WESTPARKKAMMS.ORG/WOWWALKS AS WE GET CLOSER TO JULY 1ST**
WEST PARK LET’S HOOLEY AT HOME!

WPKND knows how special The Hooley on Kamm’s Corners™ is to our community. While we’re disappointed we can’t hold the Hooley that we all know and love this year, we’re bringing the event to your house! The Hooley at Home is a safe socially distant event to get neighbors together, enjoy West Park fare, and livestream Hooley music!

HOOLEY TO GO!

Friday, June 19 - Sunday, June 21
Get the Hooley food you love to go, from participating West Park businesses and bars. They will be offering an entire weekend of Hooley-themed specials and party packs!

TRY SIGNATURE HOOLEY SPECIALTIES
Working Class Brewery is brewing up limited-time beer!
Enjoy a one-of-a-kind ice cream flavor from Kamm’s Corners Ice Cream Co.
5 Points Coffee & Tea is using their mixology skills on a special coffee drink.

HOOLEY AT HOME SOCIAL HOUR 5:00-6:00PM
Join neighbors in celebrating summer with an Apron Party! Grab lawn chairs, chalk, drinks, your musical instruments, and head out to your driveway for block party social distancing style!

HOOLEY LIVESTREAM MUSIC 6:00-9:00PM
Keep the party going while you tune into special performances in your own home or yard by:
The Boys from the County Hell
Cats on Holiday
Taylor Lamborn

OUR PROUD SPONSORS

westparkkamms.org/hooley | @WestParkKamms | #HooleyAtHome
What a year to celebrate 30 years in business! Carol and John’s Comic Book Shop, like many other businesses, have been required to think creatively and adapt quickly in response to the global health crisis. John Dudas, owner of Carol and John’s, explained how the shop has shifted inventory to get their fans new reading material. For the last couple of months, there have been no new comic books released, so they have added their staff’s favorite graphic novels to encourage customers to explore new works and authors.

What is a graphic novel? A graphic novel is a subgenre of comic books meaning they are written and illustrated in the format of a comic book. It uses text, images, and word balloons to tell the story. Graphic novels have always been around, think back to the days of Archie Comics, Garfield, Calvin & Hobbes, and Peanuts.

For decades parents, educators, and librarians shied away from encouraging or purchasing comic books or graphic novels to help aid in reading. Luckily, there has been a shift. Graphic novels are now accepted and encouraged as reading material. Jamie Laurver, the librarian at the West Park branch of the Cleveland Public Library (CPL), agrees that early readers love the graphic novels. For those who may be looking for new reading materials for their children, Jamie has shared some of the most popular series. Disney stories, Disney Princesses, Lego Friends, and Star Wars fly off the shelves. Grade school readers check out DC Superhero Girls, Minecraft, Pokémon, Star Wars, Baby Mouse, Dork Diaries, and Manga (Japanese comic books). Riverdale, Harley Quinn, and Marvel Avengers are series that junior high and high schoolers check out frequently. John Dudas has established a strong reputation in the comics and graphic novel community, so much so that the shop serves as the vendor for the periodicals division for CPL and Cuyahoga County Library Systems and advises in ordering their comic publications.

Why think about checking out graphic novels? Graphic novels can motivate kids and adults to read, encouraging the unmotivated, apprehensive reader to pick up a book that is colorful with simple text block, and even includes their favorite characters. Those challenged with learning disabilities or delays find the illustrations helpful to match the words to the story unfolding. Graphic novels are also helpful to those learning English and can help sharpen their proficiency.

Just like many great comics, Carol and John’s has its own origin story. John’s grandfather, a Polish immigrant, lived in the Slavic Neighborhood and used comic books to learn English. John remembers vividly their family visits and reading from his grandfather’s collection. The true turning point in John’s obsession of comics was in 1976, when four-year-old John’s mom, Carol, took him to the Super Friends Water Show at Sea World. He was hooked and purchased Superfriends Treasury Edition. A 12 foot mural, created by local artists, of the Sea World show hangs in the shop. After his grandfather passed away, John received his comic book collection. Using his lunch money to add to his collection, John became a frequent customer at the comic book shops in his Parma neighborhood. At the time, Pearl Road was home to several stores. With his knowledge, he landed a part-time job at North Coast Nostalgia, one of the comic book shops in Parma. Four years later, his mom Carol was hired as the bookkeeper in the shop. At the age of 11 years old, John was traveling out of state to assist the owner with comic book conventions. In 1984, John traveled out of the country for the first time to Toronto (see photo) for a large comic book convention. In 1990, both he and Carol were laid off. With a collection of 56 boxes of comics, they decided that John’s collection could serve as start-up inventory for their own shop that opened on October 28, 1990. Easy access to all major highways and Lorain Avenue made Kamms Plaza a prime location. The store was named Carol’s Comic Book Shop - since John was so young when they opened. In 1992 when they updated the name to Carol and John’s Comic Book Shop adapts as they celebrate 30 years
Carol and John’s Comic Book Shop.
The shop’s annual Free Comic Book Day in May has historically brought thousands of followers to West Park for a weekend of events. Carol’s strongest memory of being a shop owner is of the first Comic Book Day in 2002. She explained, John, like anyone hosting a large event, said out loud, “I wonder if anyone will show up?” Carol said she walked out of the store followed the line of people all the way to Gene’s Place, turned left and then headed north up Rocky River Drive, where the line stopped at Oxford Avenue. Carol went back to the store after talking and chatting with the frequent shoppers and new customers and told John, “Don’t worry, I think people will show up.”

This year, because of the impact of the coronavirus pandemic, the day is postponed, but true to spirit Carol and John’s will not let the tradition pass without notice. With any purchase, customers will receive a Free Comic Book Day Cancelled Until Further Notice print.

For up-to-date information on store hours and inventory at the shop visit cnjcomics.com, 17462 Lorain Avenue, 216-252-0606.

THANK YOU TO OUR MOST RECENT 2020 BUSINESS MEMBERS:

Beth Israel - The West Temple
14308 Triskett Rd, Cleveland, OH 44111
216-941-8882 • thewesttemple.com

Carol and John’s Comic Book Shop
17462 Lorain Ave, Cleveland, OH 44111
216-252-0606 • cnjcomics.com

Chambers Funeral Home
4420 Rocky River Dr, Cleveland, OH 44135
216-251-6566 • chambersfuneral.com

Cleveland Bed and Biscuit
18200 Brookpark Rd, Cleveland, OH 44135
216-400-7150
cleveland-bed-biscuit-inc.business.site

Horizon Education Centers
13850 Triskett Rd, Cleveland, OH 44111
216-230-4432
horizoneducationcenters.org/triskett-station-child-care

Kamm’s Corners Ice Cream Co.
3764 Rocky River Dr, Cleveland, OH 44111
216-417-4382
kammscornersicecream.com

Kiwanis Club of West Park
westparkkiwanis.org

Public House
17219 Lorain Ave, Cleveland, OH 44111
216-252-6608 • publichousecleveland.com

Riveredge Dentistry
3865 Rocky River Dr, Cleveland, OH 44111
216-941-4900 • rivergedentistry.com

St. Joseph Academy
3470 Rocky River Dr, Cleveland, OH 44111
216-251-6788 • sjaw890.org

State Farm - Justin Ragor
3878 Rocky River Dr Suite 4
Cleveland, OH 44111
216-251-5300 • ragorinsurance.com

West Park Discovery World
3909 Rocky River Dr, Cleveland, OH 44111
216-671-7229 • discoveryworldwp.com

Photos by: John Dudas
LIFE

SELF CARE: SHINING A LIGHT ON OURSELVES

by Claire Campbell

Okay. So you have undoubtedly read or been given lots of sage advice right now about what or how to be in this new, COVID-19 world order. The policy makers and doctors are encouraging us to stay at home, practice social distancing, wear a mask, and wash our hands with great care. For those of you who are essential workers - whether keeping our city clean, stocked with fresh food, or providing medical care - this experience may be quite different for you than for your friends and family who are at home. In both scenarios and countless others, we are by in large, following the orders. We are doing what we are being told, and we are all playing a part in flattening the curve. These efforts are saving lives!

What we may not be doing or talking about with one another is how challenging it is to experience such sweeping change and persistent uncertainty with little to no control of our own. This feeling of persistent uncertainty and helplessness we may experience is a strong foundation for building anxiety within us. Depressive thoughts may creep into our days leaving us hopeless, exhausted, angry, alone, and afraid. What are we to do? And ... how do we do it?

Perhaps a key to answering these questions is through an individual approach, rather than a one size fits all prescription. In my work as a therapist over the past 22 years, creating an affirming and non-judgmental environment for my clients to share openly and honestly is critical. In order to focus on the unique strengths we may have long forgotten or to develop new skills, we need a safe space if we want to illuminate our inner resources and build resilience. Shining a light on the strengths that have always been within us and yet currently may be difficult, if not impossible to access, is our most important job right now.

Now is a time to take back control by shining a light on our own unique strengths and creating the space to allow ourselves to be okay one day, and not so great the next. No judgment, no blame. We are best to look at our own dark thoughts and feelings with the same understanding and compassion we would offer to someone we love dearly. We all will be better if we can take the time to just be with our thoughts and feelings...because they too, will change with each passing day.

Some ideas to consider: (not in any particular order)

Wake up. Get dressed. Eat breakfast. Do your work whether at home or at your place of employment. Take a break. BREATHE.

Take a walk. Get outside. Listen to the birds. Dig in the dirt. Plant some seeds. BREATHE.

Take a day off if possible. Stay home if you are not feeling well, mentally or physically. BREATHE.


Turn off the news. Turn off social media. Move away from the screens. BREATHE.

Laugh often. Cry when needed. Be quiet. You do not have to solve anything. BREATHE.

Talk with a friend. Call a colleague. Spend time playing. Check on a neighbor. BREATHE.

Remember that despite feeling alone there are places to receive support, and you are not alone. Most importantly, be kind to yourself now more than ever, and ask for help when you need it.

Claire is a Visiting Clinical Professor in the Graduate Counselor Education Program at Cleveland State University where she serves as Director of the Counseling & Academic Success Clinic. The Clinic serves as both a training laboratory for Graduate Mental Health Counseling Interns while providing free and confidential supportive counseling to hundreds of currently enrolled CSU students. Claire also has a private practice, Serendipity Cleveland, in West Park and can be reached at 216-206-8889.

Photo: Mollie Wirtz
AN UPDATE ON GUNNING RECREATION CENTER
FROM COUNCILMAN SLIFE

by Charles Slife

The Gunning Recreation Center on Puritas Avenue is one of Cleveland’s 22 free recreation centers and one of the city’s most visited recreation facilities. Heavy use will naturally cause any building to experience some wear and tear. Recognizing the importance of Gunning to the West Park neighborhood, the City of Cleveland has begun significant capital repairs on the center.

As part of the project, the building’s roof will be removed and replaced over the gym, pool, locker rooms, meeting rooms, offices, and workout area. Cracked masonry will be repaired and windows will be re-caulked. Additionally, a new dehumidification system will be installed for the pool area. In total, Gunning will receive more than $2.77 million in repairs and updates.

A recurring issue at Gunning is related to the indoor pool. Cracks in the pool deck have caused water to leak. During the winter, leaks have resulted in the water becoming too cold for swimming. This has forced the cancellation of classes and the closure of the pool for open swims. An architectural and engineering firm is designing capital repairs and upgrades that will allow the pool to be put back into use.

Gunning Recreation Center is currently closed to the public due to the Coronavirus pandemic. As work proceeds at Gunning, and when the recreation center reopens, information will be made available to let residents know how construction may affect the use of the facility.

WEST PARK UCC STEPS UP TO SUPPORT COMMUNITY

by Rosemary Mudry

Leadership at West Park United Church of Christ had already put plans in motion to expand their small food pantry that served roughly 25 households per month in order to better serve those who might lose food stamp benefits under new regulations when COVID-19 hit. Instead of slowly ramping up, Pastor Jason Thompson and his team of volunteers at the church acted quickly by expanding their program tenfold to include both weekly grocery delivery and a walk-up pantry. West Park UCC is serving roughly 250 households per month and supporting the neighborhood’s most vulnerable residents through emergency food delivery. And, a true team player, Pastor Jason worked closely with Councilman Slife, who was able to identify nearly 500 seniors over the age of 80 in Ward 17 living independently. Working with volunteers and the staff at West Park Kamm’s Neighborhood Development, letters with information on resources including the church’s food delivery program were distributed.

The West Park community as a whole has stepped up their support by providing thousands of dollars in donations to help sustain the pantry. Contributions can be made by check directly to the church, or through a partnership with WPKND, contributions to be made via credit card at westparkkamms.org/emergencyfood.
Kamm’s Corners
Farmers Market
Sundays • 10am-1pm
June 14-October 11

FRESH PRODUCE • HANDCRAFTED FOODS
LOCAL MAKERS & ARTISANS • SUSTAINABILITY PROGRAMS

West 168 & Albers Avenue
westparkkamms.org/market | @KammsMarket | @WestParkKamms

WPKNID is excited to begin our 14th season joining the community together in our open-air market every Sunday providing the best source for locally grown produce. The Kamm’s Corners Farmers Market has adapted its layout and policies as well as implemented new procedures because the safety of vendors and customers is our first priority.

GET HELP WITH FRESH PRODUCE AT THE MARKET

Nutritional Assistance
The Supplemental Nutrition Assistance Program (SNAP) is part of the state’s suite of programs to provide dollars for food and nutritional assistance for low-income families and individuals.

Double Your Money for Produce with Produce Perks
Those who qualify for Ohio Direction Cards can participate in the Produce Perks program at farmers markets like the Kamm’s Corners Farmers Market, which matches dollar-for-dollar amounts for produce at the market. So, you spend $10 on your direction card, and you receive $10 to spend on produce at the market! There is currently no limit on the match amount for the Produce Perks program in the month of June!

WIC and TANF
WIC and TANF offices will be at select market dates throughout the season, distributing WIC Coupons, bonus produce dollars for WIC families, and small kitchen tools. Check the market schedule for WIC Dates!

For More Information
To see if you and your family qualify for any of these benefits, visit the Ohio Department of Jobs & Family Services website at jfs.ohio.gov or call the Cuyahoga County Jobs & Family Services at 216-987-6640.
NEW Sustainability Programming
Throughout the summer stay tuned for the following new virtual or in-person programs at the farmers market.

**Seed Week**
Native plant education and seed giveaway in partnership with the Cleveland Seed Bank

**Green Cleaning**
Get the steps on how to make eco-friendly cleaning products from the comfort of your home with WPKND’s very own Community Engagement Specialist Franchesca Bodnar

**Composting & Recycling**
Tune in for a workshop on composting, with West Park resident, Master Recycler Danielle Doza

**Protecting Pollinators**
Discover more about the important role pollinators like bees and butterflies have in our world along with tips and tutorials for planting your own pollinator garden.

**Tree Week**
Learn the importance of West Park’s tree canopy and proper tree planting with Western Reserve Land Conservancy

**Rain Barrels & Gardens**
Hear the benefits of rain barrels and rain gardens including how both can help manage runoff. Participants will have the opportunity to win a rain barrel! Limited Quantities

**Kitchen Gardens**
Find out how to plant a simple garden that can help feed you with tutorials from Kelly’s Creations in the CLE

Meet the 2020 KCFM Team

**JD Smith | Kamm’s Corners Farmers Market Manager**
JD is the Kamm’s Corners Farmers Market Manager and is responsible for housing, community events, and engagement as WPKND’s Neighborhood Engagement Coordinator.

**Lauren Williams | Health, Food & Sustainability Intern**
Lauren is completing a graduate degree in Environmental Studies and will begin pursuing her law degree this fall. She has a passion for local food systems and experience working with the Muskingham Soil and Water Conservation District in establishing community gardens.

**Nic Binfield | AmeriCorps Summer Vista**
Originally from Lakewood, Nic recently graduated from Ohio University with a degree in Urban Planning and Sustainability. He has a passion for transportation planning and working with people.
Ellen McCafferty and the Cleveland Police and Firefighter Memorial

By Mollie Wirtz

Ellen Wood McCafferty shows her dedication to West Park through her thoughtful care of the Police and Firefighter Memorial, where she has served as the curator since 2013. Ellen, her husband Denny - a Cleveland Firefighter - and her family take great pride in the upkeep of the space, which overlooks the Cleveland Metroparks and the Rocky River Valley on the western edge of West Park. The memorial, built in 2002, honors the brave officers who lived in or died in the line of duty in West Park and sought to serve their community. For families of those fallen officers, it is a place of remembrance.

Ellen heads the effort to maintain the beautiful memorial that requires great care and generous time by volunteers. The memorial features a scenic walkway, protected with sculpted ironworks of police and firefighter rescuer scenes, created by award-winning artist, Brinsely Tyrrell. The focal point of the walkway is a memorial bronze sculpture with names of police officers and firefighters who died in the line of duty that are from or worked in the West Park area etched into the granite column.

With funding from the Heroes Run, held every September, the flags are replaced by Ellen and husband Denny every spring along with continuous cleanup and maintenance of the memorial and walkway. Since the flags are flown all year round, they must be replaced annually. The Cleveland Heroes Run, sponsored by Cleveland Clinic Fairview Hospital, is a 5-mile or 2-mile race/walk through the West Park community and the Cleveland MetroParks that starts at Saint Joseph Academy.

Ellen, who grew up in West Park, on Harley Avenue, near St. Mel’s Parish, is the 10th out of 12 siblings. She was the first to be baptized at the newly built church. Ellen remembers that her neighborhood was nicknamed GI Village since most of the homes were owned by discharged veterans from World War II. Ellen and her 11 siblings all graduated from St. Mel’s School, then attended high schools around the area including John Marshall, St. Edward, St. Ignatius, St. Joseph Academy, and Magnificat. Five of the siblings still reside in West Park.

In addition to her involvement in the memorial, Ellen also serves as the Musical Director for Our Lady of Angels School (OLA). Ellen has directed the spring musical since 2010 and assisted with the production of the musical since 2005. Ellen, a Cleveland City Schools Speech Therapist, works with the drama program at OLA to direct and instruct 50+ grade school children to entertain the parish, parents, and community every spring. To pull off the shows takes coordinating volunteers for computer artwork, lights, costumes, and getting young performers ready for the show. The shows have gotten so elaborate they needed to hire a sound engineer. This year, the children were ready to perform Mary Poppins.

Thank you, Ellen, for making West Park a community where people want to grow and thrive!
The Cleveland Public Library offers many free download and streaming services using your library card. Services like OverDrive, Hoopla Digital, and Flipster allow you to read eBooks, Audiobooks, Comics, and Magazines online. Kanopy, Hoopla, and OverDrive allow you to watch Movies, TV Series, and more online. Hoopla, Naxos Music, and Freegal allow you to listen to music online.

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On the homepage, you will see the Featured page, which will display curated content for you to enjoy. You can use the navigation bar to explore music in different ways, via the Search bar or through the Browse page. You can search by artists, genre, song, etc. There are thousands of artists, tens of thousands of albums, and millions of songs available. The Freegal Music website has hundreds of genres of music and is rich in many of them. The content is based upon agreements with over 28,000 music labels, including the labels of Sony Music Entertainment.

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The Freegal Music Service has free mobile apps, which are currently available in the Apple App Store, the Google Play Store, and on Amazon.

Find out more at cpl.org, go to the Books, Movies & More tab, select Freegal under the Listen section. While you are there, check out the other streaming and download options available for free with your library card. Please contact the West Park Branch at 216-623-7102 if you need assistance accessing or using Freegal Music or any of our other online services. Happy listening!
West Park is well known for a variety of reasons – its historic churches, tree-lined residential streets, restaurants, and watering holes – but it is also home to some of the most interesting and accomplished people in Cleveland. The globe-trotting, world-renowned blues harmonica player, Wallace Coleman is one of them.

Born in the small town of Morristown, an hour from Knoxville in the hills of Eastern Tennessee, Wallace spent his formative years not only in the segregated south, but in hard-scrabble Appalachia, where his love of blues music was formed by the late-night broadcasts of distant Nashville radio. After graduating from high school in 1955, Wallace bounced around the South before joining his mother and stepfather in Cleveland, where they helped him get a job at Hough Bakery. He spent the next 30 years working at the famed Cleveland bakery.

Wallace, settling in the Hough neighborhood during that time, still felt blues calling. He would play harmonica during his breaks at the bakery, and spends his evenings in the blues clubs. He would often see blues legends like Sonny Boy Williamson II play, which would inspire Wallace to perfect his craft.

As the years passed and Wallace was nearing retirement at Hough Bakery, his second career was beginning. In 1985, he gathered up the courage to join Guitar Slim, another local bluesman, on stage at The Cascade Lounge. Wallace’s performance impressed the bluesman so much that he began to play with him regularly. Then, Wallace caught the ear of band leader and blues icon Robert Lockwood Jr.

Robert Lockwood Jr. and Wallace became friends, and Lockwood invited Wallace to join his band, which he did following his retirement from Hough Bakery. As the band’s featured harmonica player, Wallace had the opportunity to play across the globe. The band played festivals and clubs in the United States, Canada, Japan, and Europe, as well as recorded a number of albums.

In the late 1990’s, Wallace played on Lockwood’s Grammy Nominated Album “I Got to Find Me a Woman.” Soon after, with Lockwood’s blessing, Wallace became a bandleader himself. He continued to tour both regionally and internationally, playing festivals and clubs in South America, Europe, and the U.S. He also spent time in the recording studio, putting out five albums on Wallace’s Ella Mae Music Label. In touring and recording, Wallace played with some of the finest blues musicians around the world.

Wallace found his way to West Park through his wife, musician Jody Getz, who has been a West Park resident since 1990. Wallace moved to the neighborhood in 1998 and, in 2010, the couple happily purchased their current home in the neighborhood. Like many others in West Park, they chose the neighborhood for its good neighbors, walkability, and its great small businesses and restaurants.

When they are not traveling, Wallace and Jody enjoy their quiet life in West Park. They can be found walking the neighborhood and enjoying some of their favorite spots, like Gene’s Place and Hatfield’s Goode Grub. You can catch Wallace and his band playing at area venues like Hatfield’s, the Lakewood Library, Rocky River Library, The Rush Inn – Avon with Walkin’ Cane, and the Kamm’s Corners Farmers Market among many others.

A special thanks to Wallace for taking the time to sit down for an interview. Wallace performs at the Kamm’s Corners Farmers Market every season. The market schedule can be found at westparkkamms.org/market.

Photos by: Wallace Coleman
LOVING SOCIAL
WEST PARK SHOWING GENEROSITY
FOLLOW/LIKE US @WESTPARKKAMMS
#WESTPARKSTRONG #WESTPARKKAMMS #WEAREINTHISTOGETHER

@treehouse_provision @puritasnurserygarden @westparkUCC
Have a nice day! @westparkkamms

@erictischler @washhouseandcafe @patcornell

@westparkkamms @mariaholmes @westparkUCC

@westparkYMCA @Lizard502 @westshorerotary

WEST PARK SHOWING GENEROSITY

The West Park Kamm's Neighborhood supports seniors.

#WESTPARKSTRONG #WESTPARKKAMMS #WEAREINTHISTOGETHER
Traveling down Lorain Avenue, a modern, hip and inviting business catches your eye on the south side of the street. A cozy patio, glass block walls, and artisan sculptures have you slow the car to find out more. Signs for Caribou Coffee, fresh pastries, and Mitchell’s Ice Cream has you lured into the parking lot! After you figure out all the clues, your brain registers: this is the coolest laundromat ever. When you enter the building, the space is light and airy, and smells like fresh laundry. You wonder, why didn’t anyone think of this before?

Sophia and Eli Fernadez, owners and managers of The Wash House and Café shared their adventure of how two kids from California took root in Cleveland. 28 years, three children, one grandchild, and three businesses later, you can find them both, along with their family working and helping customers. Sophia and Eli have a huge stake in West Park where three of their businesses are located. The Wash House and Café can be found at 15149 Lorain Avenue with Glass Block Headquarters and Fernandez Property Group adjacent at 3781 West 152 Street.

Their story starts 30 years ago at Verdugo High School in Los Angeles, California, a high school with such little safety that it needed a police station inside. Eli and Sophia decided that they wanted more out of their life when they found out they were going to be parents. Where could they go to make a change? Eli had a sister in Nebraska and family friends in Cleveland, so the decision was made that Cleveland was the place to start a new life together. They lived on the border of Lakewood and Cleveland, both working two full-time jobs. Eli worked in the construction trades and, after 8 years, he broke out on his own with Sophia to begin their own business focusing on his area of expertise, glass block. Started in 2001, The Glass Block Headquarters was originally located in Westlake.

After renting in Westlake for ten years, the vacant West Park Central High School caught Eli’s eye, but he still needed to convince Sophia that the location in West Park would be ideal for their business. Sophia explained, “Eli would bring me by the property every other week and share his dream of the potential of the property.” The building was in disrepair after being vacant for decades; the second-story roof had caved in and had extensive water damage. The building would require tremendous work and time to become functional.

Eli’s persistence of bringing Sophia to the property paid off and the couple moved forward in 2013, negotiating a land contract over three years with Bill Lake for the 30,000 square foot building and land.

The original plan was to convert the old school on West 152 Street into modern loft apartments with the top-level a home for the Fernadez family. Knowing that apartments needed laundry facilities and that laundromats in the West Park area were scarce, they envisioned establishing a laundry facility that would be open to the community. They spent time researching what was essential for a laundromat; “We wanted to give our customers what we would want and expect,” Sophia shared. “Laundromats are normally viewed as dirty, old, and uncomfortable. Somewhere women avoid at night. We wanted a place to relax, bring kids, and have a positive experience.”

When plans for the modern loft apartments fell through, Sophia and Eli, renting in Westlake, decided to turn the old school into space for their company, Glass Block Headquarters. The company specializes in selling and installing glass block, shower systems, glass block vents, and vinyl windows. Although the apartments did not move forward, the concept of a community laundromat was still in motion.

In 2018, 5,500 square feet of street-facing commercial space on Lorain Avenue, was transformed into an upscale laundry experience consisting of 34 washers and 36 dryers with a mission to change the reputation of the laundromat. The Wash House features five sizes of machines to fit every laundry need. Their largest machine can handle three king size comforters! Each machine also has a credit or debit card reader attached to the washers and dryers and customers can pay with smartphones. For cash customers, machines can be coin-operated with change machines on site.

Take advantage of the many unique perks of the Wash House and Café, where you can start your clothes in the washer and they will transfer your clothes from the washer to the dryer, and then text you when your clothes
are ready for pickup. Or have the Wash House complete all the steps from wash/dry/fold. Enjoy Caribou Coffee, homemade pastries, or Cleveland's own Mitchell's Ice Cream while you take advantage of free WiFi. Helpful staff can help you with curbside assistance.

Great businesses give back, so when COVID-19 reached Cleveland, the Fernandezes stepped up to help seniors in the community by offering free delivered care packages. They also provided no charge drying for an extended period of time to help those who were affected by the shutdowns with expenses. The Wash House also partnered with WPKND as the collection site for “Make a Day Brighter” – a card and letter-writing campaign to give a boost to West Park residents living in senior facilities – and by encouraging donations by giving out a free cup of Caribou coffee as a thank you.

The Wash House and Café 15149 Lorain Avenue, is open from 7 am-11 pm, with last wash at 10 pm, open 7 days a week. An attendant is always on hand. For more information: 216-941-9274, washhouseandcafe.com.

### West Park Central High School

**John Marshall High School**

In 1899, West Park Central High School was built for the cost of $8,000, and is the current site of the Glass Block and the Wash House. The school was two stories with 2 classrooms per floor. The only student to graduate that year was Henry Reitz. Henry later became West Park’s first mayor.

When West Park became annexed by the City of Cleveland, the Cleveland Metropolitan School District already had a Central High School. So, the West Park Central High School became John Marshall High School. John Marshall was a former Cleveland city councilman for 12 years and the mayor of Cleveland under the City Manager from 1925-1933.

The West Park Kiwanis helped lead a campaign in 1929 to raise funds for a new school because of extreme overcrowding in the school. Because the site lacked room for expansion, and due to congestion on Lorain Avenue, the school board selected a site at Viola Avenue and West 140 Street for the new school. The ground breaking took place on November 21, 1930, and the school was completed in 1932.

George M. Hopkinson, a British born architect, designed the relocated John Marshall High School. The new school accommodated 2,500 students. The original John Marshall High School on West 152 became a junior high school before closing.

Once the original school closed, the building became home to Leopold Brothers Furniture in 1946. The classrooms served as display rooms until the store closed in 1987. The school sat vacant for over 25 years until purchased and brought back to life by Sophia and Eli Fernandez.

From: *The History of John Marshall* by Ralph Pfingsten, West Park Historical Society and clevelandmetroschools.org
Irritable Bowel Syndrome (IBS) is a common disorder of the colon or lower bowel. While the basic cause of IBS is unknown, researchers have found that the colon muscle in people with IBS contracts more readily, causing people to “sense or feel” food moving through their digestive tract.

“While intestinal, or bowel, problems are a trademark of IBS, symptoms can occur in any part of the digestive tract, including the esophagus, stomach, gallbladder and bile ducts, and small and/or large intestine (colon),” says David Rosen, MD.

Symptoms range from abdominal pain, bloating, constipation, diarrhea, gas, heartburn, nausea, or vomiting. IBS “triggers” are not always consistent and can even vary for the same person. For example, you may eat a salad one day and feel fine, but the next time, the greens can cause a flare-up. Stress and anxiety can also exacerbate symptoms.

“Diagnosing IBS can be difficult because symptoms are the same as many other digestive diseases,” explains Dr. Rosen. “We conduct tests of the digestive system to help rule out other conditions, and help make a definitive IBS diagnosis.”

Although it can be uncomfortable and frustrating, IBS is not a life-threatening condition. It can be managed with a healthy lifestyle - including a low-fat diet, exercise and avoidance of alcohol and cigarettes - or a special diet of easily digestible foods (a low-FODMAP diet).

Dr. Rosen sees patients at Cleveland Clinic Fairview and Lutheran hospitals, Richard E. Jacobs Health Center, and West Valley Medical Building. To make an appointment with Dr. Rosen or another Cleveland Clinic physician on the West Side, call 216-476-6961.
Slavic Village native Valerie Jerome went to Ohio University, served as a Peace Corps volunteer in Dominica, and lived in San Antonio, Texas before returning to Cleveland. In 2014, she and her husband along with their two daughters settled in West Park.

Valerie enjoys living in West Park with its green spaces, coffee shops, quality healthcare facilities, sense of community, and easy access to major modes of transportation, including the rapid transit system, highways, and airport. One of her favorite parts of living here is Neighbor Night.

As one of the founding members of the resident-led community group, Valerie attended her first Network Night hosted by local non-profit Neighborhood Connections in University Circle. She had a desire to see one in West Park, but it wasn’t until she met fellow residents Danielle Doza and Melanie Sklarz, who were also looking to build community and increase civic engagement, that the idea took off.

The three participated in a Neighborhood Connections sponsored training and then wrote a grant to sustain the new endeavor. West Park Neighbor Night launched in October 2017 and has since been holding monthly meetings in the basement of West Park United Church of Christ.

Making meaningful connections with other neighbors has been one of Valerie’s most memorable experiences since being involved with Neighbor Night. Last fall, after she completed writing and publishing her own children’s book, Q Goes to Curly Land, Valerie turned to the Network for ideas on how to promote it locally. One of the suggestions led her to host a reading and book signing at 5 Points Coffee & Tea.

Q Goes to Curly Land tells the endearing story of Q, who is self-conscious of her curls. She does everything she can to hide them, while her sister wants her to enjoy and have fun with her curly hair. Together they imagine a place where they care for and celebrate their curls. Along the way, they build their own self-confidence.

The book is for sale online at Amazon, Barnes and Noble and Target. You can also purchase copies directly from Valerie by sending her an email at curlylandbooks@gmail.com.

Photos: Valerie Jerome

WEST PARK NEIGHBOR NIGHT

West Park Neighbor Night is a lively and interactive monthly gathering that brings neighbors together to plan action in the community. The group typically meets the second Wednesday of each month at 6:30 pm at West Park United Church of Christ, 3809 Rocky River Drive.

West Park Neighbor Night is currently on hiatus. Follow them on Facebook and Instagram @westparkneighbornight to stay connected and learn about virtual happenings and when the group will resume meeting in person. Please contact Danielle Doza at Danielle.Doza@gmail.com or reach out at 216-536-6122 for more details.
Honor Cleveland’s rich agricultural history. Grow your own garden!

by Franchesca Bodnar

Cleveland has deep roots in urban agriculture. An excerpt from the Cleveland Memory Project’s web exhibit “Feeding Cleveland” explains how Clevelanders have used gardening in times of difficulty: “A recurring theme in 20th century Cleveland that continues to the present day is that during difficult economic periods communities of people have come together to raise food crops on city land. The working men’s farms during the Great Depression, the victory gardens during World War II, community gardens established during the years of urban renewal, and the present-day market gardeners of the local food movement, all provide examples of revivals of urban agriculture as a response to economic difficulties.”

What better way to honor Cleveland’s legacy of resilience during challenging times than building your own garden? An activity that promotes social distancing, gardening can also reduce stress and improve emotional well-being. Whether you raise a few plants in a container or a large plot, the joy of eating something you grew will nourish body and spirit.

A few suggestions to get your started:

1. Try raised beds or container gardens.
2. If you decide to plant directly in the ground get your soil tested for lead and be sure the lawn has been organic for at least three years, or you risk contaminating your vegetables.
3. Choose a location that gets 6 hours of sun per day.
4. Layer compost on top of organic potting mix.
5. Some vegetables grow better together, try these pairings:
   a. Tomatoes and Basil
   b. Cucumber and Beans/Peas
   c. Radishes and Spinach
6. Try growing vegetables from scraps like, celery, chives, garlic, potatoes, romaine, and ginger. A quick Google search will show easy tutorials on how to propagate these from your fridge.
7. At the end of your growing season, consider small batch freezing or canning to ensure a supply of hearty food through the winter months.
8. When in doubt, get help! Call Horticultural Diagnostics Telephone Hot Line staffed by Master Gardener volunteers to answer call-in questions. The Hotline is available by calling 330-599-7728 on Thursdays and Saturdays, 10:00 am - 1:00 pm.

Photo: Cleveland Memory Project

Photo: Salad Planter by Kelly’s Creations in the CLE

Kelly’s Creations in the CLE
West Park Historical Society Spotlight

By: Ross Bassett

West Park Historical Society (WPHS) has some interesting projects in the works. WPHS has located the grave of an escaped slave in Alger Cemetery. Research has found that he spent several years after the end of the Civil War as a farmhand on the historic “West” family farm on West 138th Street off Lorain Avenue. WPHS is currently working on a partnership to raise funds to place a marker on his unmarked grave.

WPHS is also working with the Masons of North Star Lodge to hold an event for members only at their Lorain and Triskett location. This iconic building, which was called the Sherman House, was built around 1866. It functioned as a hotel, saloon, and stagecoach stop. It is one of the most historic commercial buildings between the Near West Side of Cleveland and Elyria.

Four Reasons to Become a Member of WPHS

1. Being a member of West Park Historical Society supports the mission of keeping the history of West Park and Cleveland alive through the activities and research work of the organization. West Park Historical Society is proud to be one of the largest non-profit groups in West Park and membership is growing every day.
2. If you love history, becoming a member is a great way to learn more about the roots of our community as well as the local history of Cleveland and Northeast Ohio as a whole.
3. The historians of this organization are committed and welcoming to all.
4. Membership only perks! Receive discounts on publications and hall rental as well as a members-only quarterly mailed newsletter about West Park history. Members also enjoy exclusive access to certain popular historical presentations.

WPHS’s future presentations are currently on hold due to current events. To stay connected, the organization has started the process of reaching out to members with emails that feature “Blast from the Past” vintage articles from WPHS’s newspaper issues. For more information visit westparkhistory.org

Joseph F. Rutkowski
Real Estate Professional
(216) 337-6656
Email: joerul2342@sbcglobal.net
www.joerutkowski.com

“Things work out best for those who make the best of how things work out.”
– John Wooden
Friends of West Park Kamm’s Neighborhood Development Membership Application

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