

# Kamm's Corners

Magazine



**Kamm's Corners Development Corporation**  
Volume 19, Number 1 ❖ Winter 2019

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# Kamm's Corners

## Magazine



### From the Director

I have been especially proud of our West Park neighborhood lately after reading several social media posts about neighbors helping neighbors during our snow storms. Stories about shoveling each other's driveways and walks, and folks with snow blowers tackling the whole block around them, make me proud to be a West Park resident. I read a couple of stories written by new residents marveling at how kind and helpful their new neighbors are. But we know that, and it's a primary reason we choose to stay, and often boomerang back after leaving!

The year ahead promises the completion of a project that has been hanging out there for some time: the redevelopment of the municipal parking lot at Albers Avenue and West 168th Street that supports our commercial district. As the article on page 26 explains, the lot will be completely re-paved, and green infrastructure will be installed this spring, diverting nearly 1,000,000 gallons of storm water from our sewer system. And, just as importantly, this will give us a safe and inviting parking facility! Thanks to the Northeast Ohio Regional Sewer District and the City of Cleveland for the funding for this long-anticipated improvement.

The date for The Hooley on Kamm's Corners™ is now the third Saturday in June, this year June 15! Many have lamented the cold weather we have sometimes endured in May, so when the opportunity arose to move it to June, we jumped on it! We appreciate the support of the City of Cleveland and Councilman Marty Keane in the production of our neighborhood homecoming celebration.

The Cleveland State University Capstone Project will be focused on West Park this year, bringing the keen minds of the CSU Masters Program students to bear on a critical part of our neighborhood. See page 11 for details.

And finally, KCDC is embarking on some changes this year. Our Board of Trustees is working diligently to revise our bylaws and change our name to more accurately reflect our mission and service area. Stay tuned for important details on how this will positively impact our residents, businesses, and visitors.

There are lots of other great developments to read about in the pages that follow. Stay warm—I promise spring is coming! Until then, as always, let us know how we're doing.

*On the cover: Slick, a nine-year-old American Quarter Horse who is boarded at Rocky River Stables, is feeling groovy and saying hello with a leaf in his forelock and blanket awry after a romp in the snow. Eric Tischler, amateur photographer and Kamm's Corners resident, took the photo.*

Steve Lorenz  
Executive Director

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### Mission Statement

*"To facilitate the development and promotion of the West Park neighborhood. In coordination with our partners, we will engage with residents, businesses, institutions, and visitors in elevating the quality of life in our community."*

• Memberships are tax deductible •



# Around the Corners

**The Hooley on Kamm's Corners™** happens this year on Saturday, June 15, so save the date to enjoy music, food, and fun for all ages from noon to 8 p.m. Businesses, organizations, and artists may apply now to be a vendor. See the the article on page 6 or visit [kammscorners.com](http://kammscorners.com).

**Cleveland Housing Court**, in partnership with the **City of Cleveland** and **KCDC**, will host a housing clinic on Wednesday, April 24, from 6 to 8 p.m. at **Bethany English Lutheran Church**, 15460 Triskett Road. If you are dealing with landlord/tenant issues, code violations on your property, or a nuisance property next door, this event is for you. Drop in and speak with people who can help. See details on page 27.

The **Wash House and Cafe**, 15149 Lorain Avenue, holds a grand opening celebration on Friday, March 1, at 9 a.m. There are 34 washers, 36 dryers, and 6 televisions, along with free WIFI and a kids play zone. **Six Bean Cafe** serves Caribou Coffee, Mitchell's Ice Cream, and fresh pastries. Call 216-941-9274 for more information.

**Fairview Hospital's** new state-of-the-art hybrid operating room opened in October, allowing vascular surgeons to perform surgeries on the entire spectrum of interventions. See the details on page XX.

The **West Park United Church of Christ**, 3909 Rocky River Drive, offers warm weather items on their mitten line. These include not only mittens, but gloves, hats, scarves, and socks. Fortunately, people have been generous with donations so there are plenty of items for those in need.

**Si Senor Mexican Restaurant** celebrates its 9th Anniversary at 16800 Lorain Avenue, on Saturday, March 30. Enjoy specials and your favorite authentic Mexican dish while sipping a beverage of choice. The festivities include a live Mariachi band from 6 to 9 p.m. Call 216-941-4424 for details. See the ad on page 31.

The **Cleveland International Film Festival** runs from March 27 through April 7 at **Tower City Cinemas** and two additional locations. KCDC is proud to be a community outreach sponsor again this year. For details, including how to get \$1 off your ticket see page 7. See the ad on page 31.

Seniors in need of a ride to a doctor appointment or to make a shopping trip may call **Senior Transportation Connections**. Simply call 800-983-4782 to find out the ride rates and how to register for this service.

**Cuyahoga County** and the **Earned Income Tax Credit Coalition** offer free tax preparation services for low and middle income residents through April 15. Call **United Way** at 2-1-1 to get an appointment at one of the 25 sites offering this tax service free of charge.

**GardenWalk Cleveland** returns this summer and will feature West Park gardens as well as outstanding and interesting gardens across Cleveland, both east and west. The walk takes place in West Park on Saturday, July 13. See the article on page 10 for details about locations and how to get involved.

**West Park Neighbor Night** is an initiative that brings neighbors together every second Wednesday of the month, from 6 to 8 p.m. at **West Park United Church of Christ**, 3909 Rocky River Drive. Snacks are provided and all are welcome to join in conversations about things that matter to neighbors. For more information, email [Danielle.Doza@gmail.com](mailto:Danielle.Doza@gmail.com).

The **Ohio Rockers**, a senior women's Olympic softball team, is seeking players for the upcoming season. Players must be 55 years old before December 31, 2019. An associated club is also looking for female players 18 years and older to play on Friday nights in Fairview Park. Call 216-941-4815 to join or for more information.

Looking for events in Cuyahoga County? Visit the website of **Cuyahoga Arts and Culture** at [cacgrants.org](http://cacgrants.org). Since 2007, they have invested more than \$125 million in local arts programming and **KCDC's Summer Arts and Entertainment Series** has benefitted.

**West Park Historical Society** offers their newly renovated community room for rental on weekdays after 5 p.m. and on weekends. It is ideal for parties, showers, craft shows, meetings, and other small gatherings. It is at 17401 Lorain Avenue, just west of Kamm's Corners with off-street parking (behind Citizens Bank). Call Elaine Staley at 216-267-3857 for details.

The **5th Annual West Park Pizza Bake-Off**, an annual fundraising event for **Saint Patrick West Park Church** attracted a large crowd that consumed well over 200 half-sheet pizzas of all types and cast more than 400 votes in total. See the details on page 24.

**Iron Maidens** women's rugby is looking for new members. No experience is required, but some athletic background is helpful. Practice is held at **Impett Park**, 3207 West 153rd Street from 6 to 8 p.m. on Tuesdays and Thursdays. To apply, send a message on their their Facebook page at [facebook.com/ironmaidensrugby](https://facebook.com/ironmaidensrugby).

**River's Edge**, 3430 Rocky River Drive, has moved to a newly constructed building adjacent to their previous location. Do you want to be a better you in 2019? Check out the schedule of programs being offered by visiting [riversedgecleveland.com](http://riversedgecleveland.com).

The **First District Police Community Relations Board** welcomes residents to their monthly meetings on the first Thursday of each month at 7 p.m. at **Saint Ignatius of Antioch Church**, 10205 Lorain Avenue. Meet and talk with the officers who serve West Park.

Would you like to learn more about police work? Join the **Cleveland Police Citizens Academy**. It's a course of seven classes taking place on Wednesday evenings, starting March 27. See the article on page 11.

Members of the West Park based starship **USS Challenger**, Cleveland chapter of **The Federation**, an international Star Trek fan organization, invites everyone to celebrate **Cleveland Star Trek Day**. The annual event raises funds for many local charities and takes place on Tuesday, March 26, at P.J. McIntyre's Irish Pub, 17119 Lorain Avenue, from 11 a.m. to 8 p.m. Enjoy raffles and

fun! For details, see [facebook.com/clevelandstartrek](https://facebook.com/clevelandstartrek).

Spring is around the corner, and program sign-up is underway at the **West Park Family YMCA** for aquatics, wellness programs, group exercises, and more. Membership is reasonable and pays for itself in improved health benefits. Visit the YMCA at 15501 Lorain Avenue or call 216-941-5410 for more information.

Shoo away the chill! Did you know well-seasoned fire wood is available all year round at **Puritas Nursery**? One fifteenth of a cord will fill up your trunk. See Dale Heyink at Puritas Nursery, 19201 Puritas Avenue.

A block club is composed of neighbors who come together to share information, identify concerns, and act collectively to address the concerns. Members also develop friendships and hold social events. If you are interested in starting a block club, call JD Smith at 216-252-6559, ext. 1300 for assistance.

**Kamm's Corners Farmers Market** returns every Sunday from 10 a.m. to 1 p.m., starting June 9. Entering its 13th summer, the market features high quality, locally grown produce, live music, a cooking demo, art, healthy living help, and more. Join the many who make visiting our market a Sunday tradition. See more on page 14.

**Red Lantern Kitchen & Bar in Kamms Plaza** is marking its 5th anniversary rebirth with a fabulous five course dinner and bourbon pairings on Wednesday, March 27, from 7 to 10 p.m. See the menu and make your \$50 reservation at [eventbrite.com](https://eventbrite.com).

The **U.S. Census Bureau** is conducting early recruiting for the 2020 census with part-time positions paying \$15 to \$18 per hour, many with flexible schedules. Interested? Check out their employment opportunities by visiting [census.gov/jobs](https://census.gov/jobs).

Keep informed about neighborhood events by following KCDC on social media. Find us on Facebook, Twitter @KammsCorners, and Instagram by searching Kamm's Corners Development Corporation. To subscribe to our e-newsletter, join our mailing list by entering your email address in the box at the bottom of our homepage at [kammscorners.com](https://kammscorners.com).

# Councilman's Corner

... by Councilman Marty Keane

News from Ward 17 and City Hall



## Dear Neighbor:

After a mild start in 2019, Mother Nature brought us frigid cold and record snowfalls. Thankfully, West Park's neighbors and friends pushed through. Literally. Some of the Ward went without adequate snow removal. It wasn't a lack of city staffing or equipment this time. The City worked hard to clear the snow. But certain sections, my house included, pushed through longer than others.

For the dead-end and cul-de-sac streets, it was a different story. With small snow removal equipment versus substantial drifts, it was rough sledding to say the least. I have met and will continue to meet with representatives of the Division of Streets to highlight the positives, but to also work on the deficiencies.

With February comes Budget Hearings. The 2019 Mayor's Budget Estimate was delivered on February 1, and now we are in overdrive at City Hall until mid-March. This year's General Fund operating budget is more than \$645 million, and the total budget, including enterprise funds like Utilities and Port Control, is more than \$1.8 billion. There is a lot in there but much to be improved.

The General Fund budget for 2019 supports daily municipal operations and enhancements in Public Safety and Public Works. Those two Divisions alone account for more than 70% of the entire budget. Public Works includes Parks and Recreation, Waste, Streets, and cemeteries to name a few. Of course, Public Safety continues to be a primary focus of Council and the Administration.

Those basic City services are the core of the budget and exhaust significant resources. The delivery of services within the budget is a daily

struggle. By law, we must maintain a balanced budget. For example, since 2016, the City of Cleveland has graduated nine police academy classes. That added 350 more police officers to this budget and on our streets.

As a result of the passage of Issue 32, staffing increased to historical levels in some Divisions within budget. This meant our annual revenue did not exceed our annual expenses. Previously, through the recession and State-imposed cuts, we had to carry over balances to meet deficits. That meant unfilled positions, a depleted workforce, and underperforming services.

While we are now seeing the light at the end of the tunnel, our budget remains tight. Our aging infrastructure, streets, parks, and facilities are in desperate need of attention. Maintenance costs are high, but further neglect renders these assets worthless. Our civic soul requires us to address the lead issue, infant mortality, abandoned properties, and the opioid epidemic. So many issues need our attention, but we must make choices.

All this budget talk has me looking for spring. With that comes my appeal to increase awareness and safety. Talk to your neighbors, start a block watch, and go for a walk. These acts make our neighborhoods fun and safe. We need everyone to keep their eyes on the street, and call the police if you see something out of place.

With that, stay warm and muscle through these last few weeks of winter. Shop locally when possible and always be proud to call West Park home.

*Marty Keane*



# Calling All Vendors! Apply to be a Part of The Hooley on Kamm's Corners™

West Park's Homecoming Celebration, The Hooley on Kamm's Corners™, returns on a later (and hopefully warmer) day this year: Saturday, June 15! Join us for great food, live music, children's shows and activities, Irish dancers, pipes and drums, and handmade arts, crafts, and gifts.



Vendor applications are being accepted for this one-day outdoor FREE admission festival. Be a part of the fun and showcase your business to 30,000 people from West Park and surrounding communities.

Vendor space is available on a first-come first-served basis with priority given to vendors based in West Park. Vendor tents will line Lorain Avenue between Rocky River Drive and West 165th Street.

Vendors will bring their own tent, tables, chairs, signage, and inventory. Electricity is available for an additional fee of \$25 for food vendors only. For details on vendor fees, visit [kammscorners.com/TheHooley](http://kammscorners.com/TheHooley).

For more information, email [TheHooley@kammscorners.com](mailto:TheHooley@kammscorners.com) or call 216-252-6559, ext. 1000.



## West Park Holiday Cheer Brightened the Night!

Thanks to all who joined us for our sold-out fundraiser, West Park Holiday Cheer! Special thanks goes to our sponsors: Fifth Third Bank, Amp 150, Only in Clev, The Public House, Puritas Nursery, and Working Class Brewery.

As DJ Clint Holley spun holiday tunes, guests explored the action of twelve train sets traveling on three layouts through the live greenery at the adults-only evening. Saint Joseph Academy students sang again this year.

Here are a few photos looking back on the magical evening.



# Fairview Hospital Opens New Hybrid Operating Room

...by Marilyn Osborne

“Brave new world stuff is alive and well at Fairview Hospital,” said Dr. Neil Smith, President of Fairview Hospital, describing the new vascular Hybrid Operating Room (OR) that opened in October. It brings next generation care to Fairview Hospital, combining the durability of open surgery with the minimal invasiveness of endovascular surgery.

The Hybrid OR allows the vascular surgeons at Fairview Hospital to tailor the treatment plan to each individual patient. Intricate surgeries to treat aneurisms and blockages take place helped by 3-D images of the patient’s unique anatomy while on the operating table.

This 3-D vessel navigation creates a map that allows guided therapy for the repair of diseased blood vessels in the body. As a result, minimally invasive procedures can be performed safer and better.

But, if it is decided that open surgical intervention is needed, the option to immediately switch over happens right on the spot. There is no need to move the surgical patient to another operating room. This provides the highest safety and allows flexibility regarding the type of procedure being offered, especially in the field of vascular surgery.

“The trickier cases can now be done right here, not only at the Cleveland Clinic’s main campus downtown,” said Dr. Smith.

For example, a patient from Medina now has the option of going to the Fairview Hospital Hybrid OR. And others who need vascular treatment and interventions may become new patients.

“In addition, we can attract phenomenal vascular surgeons who are now being trained to use a Hybrid OR,” explained Dr. Smith with a keen eye towards a future that has already begun.



*In the new Hybrid OR, minimally invasive procedures can be performed safer and better with less radiation and improved image quality at Fairview Hospital.*

# Cleveland International Film Festival Returns



The 43rd Cleveland International Film Festival (CIFF) will be held March 27 through April 7, 2019 at Tower City Cinemas in downtown Cleveland, as well as at west side and east side locations.

The new locations will expand the CIFF’s presence in our city and showcase two of Cleveland’s thriving arts districts: University Circle on the east side and Gordon Square Arts District in the Detroit Shoreway neighborhood on the west side.

**43 WELCOME**  
MARCH 27–APRIL 7, 2019  
TOWER CITY CINEMAS

More than 500 screenings will take place during the 12 days of the Festival, with over 300 guest filmmakers from around the world who will be visiting our city for the festival. CIFF43 program details will be available at [clevelandfilm.org](http://clevelandfilm.org) on Friday, March 1, with Program Guides hitting the streets the week of March 4.

Tickets will go on sale to CIFF members on Friday, March 8, and to the public on Friday, March 15. For more information, please visit [clevelandfilm.org](http://clevelandfilm.org).

If you are interested in attending the festival this year, become our Facebook friend and follow us on Twitter @KammsCorners. A limited number of film vouchers will be offered from our office on a first come, first served basis.

Vouchers are to be exchanged over the phone or in-person for tickets to specific screenings. We will also be posting a special code on our website that will provide a savings of \$1 per ticket purchased.



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## Love at First Fright

...by Marilyn Osborne

Many fondly recall a favorite horror host from their teen years. Depending on your age, for Clevelanders that may be Ghoulardi, The Ghoul, or Big Chuck and Hoolihan – and later – Big Chuck and Little John, or Super Host. What they all have in common is a program where horror films and low-budget B movies are shown on television or the internet. Usually, the host assumes a horror-themed persona, often a campy or humorous one. Many also perform skits throughout the film or interact with the story line.

Right here in West Park live internationally known hosts Janet and James – AKA Janet Decay and Grimm Gorri of The Mummy and The Monkey Show. Janet is Cleveland's first horror hostess in local television history. She got her start on a local access cable television program, Daughter of the Ghoul.

She and that show's camera operator developed a romance – (Yes, it was love at first fright!) – and a new act, The Mummy and the Monkey, where Janet plays the mummy. "That character evolved from my participation in Lakewood's Zombie Walk for Hunger drives. Everyone dresses as a zombie and I became a decaying mummy."

For their act, James dons a monkey suit for some comic relief and to make sound effects. Despite the monkey mask's stiffness, he manages to make his character, Grim Gorri, very expressive. You can see for yourself every Friday night at 10 p.m. on their Facebook channel. If you miss the live-stream, it is available on the video tab. "We have followers from all over the world," said Janet. "It's Facebook's first interactive horror film!" The duo may also be viewed on their YouTube channel at *themummy-andthemonkey.com*.

If you're wondering how to make a living doing campy horror show hosting, it is more a labor of love. "We sell merchandise based on our shows," said Janet. They also own the Thrift Crypt, an eclectic thrift shop at 13349 Madison Avenue in Lakewood, featuring vintage goods, antiques, and quirky oddities. "We love West Park, and would like to find a place for our shop right here," said Janet. James is a free-lance graphic designer.

To see The Mummy and the Monkey in person, come to Cleveland Star Trek Day, a fundraiser on Tuesday, March 26, at P.J. McIntyre's Irish Pub, 17119 Lorain Avenue. They will be hosting the event that runs from 11 p.m. to 8 p.m.



The Mummy and the Monkey are pictured with Captain Outlaw. All will host Cleveland Star Trek Day on Tuesday, March 26, at P.J. McIntyre's Irish Pub.



# Biz Bits

...by Ben Campbell

Several years ago, KCDC worked with Cleveland City Council and the City Planning Commission to designate the neighborhood's commercial arteries as Design Review Districts. The districts include all of Lorain Avenue, Rocky River Drive from Lorain Avenue to Brookpark Road, and sections of West 150th Street, Warren Road, and Triskett Road. This means that all City permits for new construction, exterior renovations/changes, and demolitions are reviewed by a committee of local professionals (most from design-related professions) and by the City Planning Commission. The goal of a design review district is to maintain community design standards and improve the visual appearance of the neighborhood. Staff of KCDC often works closely with businesses, institutions, and property owners to assist in the process and attain the best decision possible.

While I have reported on some of the projects approved in the past, I thought readers would appreciate a more thorough listing of approved projects dating back to last summer to provide a clearer picture of some of the investments occurring in our neighborhood:

- Shell, 14910 Lorain Avenue. Replace existing signage and graphics
- West Park Animal Hospital, 4087 Rocky River Drive. Demolish vacant house and build new employee parking lot with ornamental fencing and landscaping
- Glass Block Headquarters/Wash House and Cafe, 15149 Lorain Avenue. Building renovations and new signage related to the relocation of Glass Block HQ business to the rear, two-story vacant building and new laundromat and cafe in front building

- Hurricane Brazilian Ju-Jitsu, 3328 Warren Road. Business expansion, new signage
- Church in Cleveland, 3186 Warren Road. Building addition
- Verizon, 15234 Triskett Road. Replace existing signage and awnings
- CMHA, 18161 Fairville Avenue. Repair fire damaged house
- Saint Patrick Cemetery, 4427 Rocky River Drive. Signage and fencing upgrades
- Holy Cross Lutheran Church, 4260 Rocky River Drive. New sign
- Prime Gas Station, 4142 Rocky River Drive. Building addition, new landscaping, removal of temporary signs

We have a new company that is calling West Park home. EMC IT Solutions, an IT service provider, has relocated from Lakewood to the second floor of the KeyBank Building at 17138 Lorain Avenue. With a history going back 15 years, the company has

built a portfolio of clients that focuses on for-profit firms and non-profit organizations with employment levels ranging from 10 to 100 employees. EMC IT Solutions offers clients access to business expertise with a staff that has a combined 50 years of experience, a reasonable monthly fee, and services catered to individual customers. Most of their work is done remotely, and they provide 24/7 emergency services. For more information, contact the firm by email at [support@emcits.com](mailto:support@emcits.com).

The Wash House and Cafe will hold their grand opening event at 9 a.m. on March 1, at 15149 Lorain Avenue. The new laundromat will have state-of-the-art equipment including 34 washers, 36 dryers, and 6 TVs, as well as a drop-off wash and fold service for customers and business clients. More than just a laundromat, it will also offer free WIFI, a kids play zone, and a cafe that serves fresh pastries, Caribou Coffee, and Mitchell's Ice Cream. For more information, call 216-941-9274 or go to [washhouseandcafe.com](http://washhouseandcafe.com).



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# Emerald Necklace Inn Continues to Shine

...by Marilyn Osborne

Popular in our Irish community is a place right over the bridge from West Park. It beckons, "Come here to stay overnight when you visit The Hooley™ on June 15." Don't delay in reserving a room for yourself or a guest that weekend! The Kamm's Corners Farmers Market is the very next day!

Set in a 156-year-old former general store, this Victorian-style bed and breakfast at 18840 Lorain Avenue is also only one mile from the Big Met Golf course and just up the hill from the Rocky River Reservation.

Its three suites feature Victorian beds and period decor. All have soaking tubs and two include decks overlooking the park, featuring French doors leading to the vistas. A complimentary dessert tray is delivered to the rooms every day.

Breakfast is free of charge, and a vintage tea room offers afternoon tea events. Some guests come for wedding and baby showers booked ahead and held there. Others enjoy the "Best Birthday Ever" tea party (for two to 20 people!), featuring a complimentary birthday cake.



*The Emerald Necklace Inn is undergoing a change in ownership while maintaining the same high-quality hospitality.*

The building was constructed in 1863 during the Civil War and has a long history. It was the first general store in Fairview Park. Many in our community know or have met owner Gloria Cipri-Kemer, who brought the inn back to life 20 years ago. She transformed the inn into a place to slow down and get away from it all, whether spending the night or simply enjoying one of the many relaxing old fashioned afternoon tea packages, complete with

freshly baked scones, tea sandwiches, and an elegant assortment of desserts.

These days, Gloria is busy turning the Emerald Necklace over to her long-time inn keeper, Anna Lytvyn, who has been with her for 14 years. "When Anna started, she was only 17 years old working summers and during college," said Gloria. "She fell in love with the inn and the hospitality business, and she has excelled at it!" Anna has helped the inn earn their fifth excellence rating in a row from *booking.com*. as recently as January of 2019.

Gloria wants to assure everyone that the Emerald Necklace Inn is in good hands and will continue to shine for a long time. For more information, call 440-333-9100 or visit [emeralnecklaceinn.com](http://emeralnecklaceinn.com).

## GardenWalk Cleveland Returns to West Park

...by David Horneck

Perfect July weather and everyone's love of gardens helped create a successful GardenWalk Cleveland (GWC) 2018, which brought out droves of curious garden-seekers for the free two-day event. For the first time, the neighborhoods were split, with half the participating gardens showing on Saturday and the other half on Sunday.

Most people seemed to like it as some gardeners recorded upwards of 500+ guests, higher totals than previous years. There were also refreshment stations set up in a few gardens in each neighborhood, which were well received by participants. On Saturday afternoon, one of the major TV stations visited West Park gardens to film a news segment! They ran it twice that day, so you may have seen it.

Participating neighborhoods last year were: Detroit-Shoreway, North Collinwood, Broadway Slavic Village, Little Italy, and West Park. GWC appreciates the kind and wonderful folks who open up their private spaces for this event. It really represents Cleveland communities coming together. Historically, the busiest gardens are those that are near other gardens, since people like to park and walk to as many gardens as they can



*David Horneck created an enchanting feature with a wide variety of plants and flowers around his backyard garden clubhouse.*

before driving to a new area. That is why GWC encourages participants to reach out to neighbors and block clubs to get a cluster of gardeners involved in each area. This year, GWC takes place on July 13 and 14. Participating neighborhoods on Saturday, July 13, are: Detroit-Shoreway, West Park, and Old Brooklyn. Then on Sunday, July 14, participating neighborhoods are Little Italy, Broadway Slavic Village, Fairfax, and Collinwood.

Having had my garden on the walk, I know first hand what a truly rewarding experience it is. Everyone was so pleasant to talk to, even if it was just a smile and a "hello." I felt they appreciated all the gardeners who opened up their yards to visitors, and I enjoyed answering their questions about my plants and flowers. Gardens are made for sharing, and they bring people and communities together. Think about afternoon teas, picnics, weddings, and restaurant patio gardens.

The neighborhoods that are chosen each year does vary. So West Park may not be on the tour in 2020, but we know for sure that we will be included this year on Saturday, July 13, from 10 a.m. to 5 p.m.

We need more gardens! If you want to participate, check out last year's map online at [gardenwalkcleveland.org](http://gardenwalkcleveland.org) to see whether there is a garden near you. Or start your own cluster by getting your friends and neighbors involved. Email me at: [dhorneck1@gmail.com](mailto:dhorneck1@gmail.com) or call 216-543-4277 for details or questions. Please consider volunteering and donating! This is a free public event, but it still takes many thousands of dollars to produce. Thank you in advance. Happy gardening!



# New Planning Project Underway in Kamm's Corners

A section of the Kamm's Corners neighborhood has been selected for a planning study conducted by graduate students at Cleveland State University (CSU). Twenty students, guided by faculty members Wendy Kellogg and Jim Kastelic, will collect and analyze data in the area bounded by Triskett Road on the north, West 140th Street on the east, the RTA Rapid Transit railroad tracks to the south, and West 150th Street to the west.

Based on concerns voiced by the community, the area was nominated by KCDC for further study to address conditions, trends, and opportunities for improvement, particularly for large scale vacancies such as Kmart. This part of the neighborhood was last studied in 2011—although the study was limited to Lorain Avenue and the West Park Rapid Station—and needs to be updated to reflect current data and market conditions as well as future development opportunities. At the time of the 2011 study, Kmart, Harley Davidson, Ohio Pipe, and Cleveland Die were still operating.

As part of CSU's Masters of Urban Planning, Design, and Development program, this project will be the students' final class before completing their graduate degree. Their entire spring semester will be devoted to the planning project.

Beginning in mid-January and continuing until spring break, the students are concentrating their efforts on data collection and analysis (e.g., demographics, housing, commercial, and industrial data). This includes vacancy, building conditions, property values, and lease rates, etc., as well as hearing from visiting class speakers and interviewing local stakeholders.

In March, the students will be conducting surveys of local residents and RTA transit riders to obtain their thoughts, ideas, and perceptions about the neighborhood. Stay tuned for details in our e-newsletter and social media regarding opportunities for comments and input for the project.

The students' focus during the second half of the semester will be on recommendations for improvements, development opportunities,

and identifying implementation and funding strategies. The final report will address three sub-areas:

- A housing improvement plan for the residential neighborhood between Triskett Road and Lorain Avenue.
- Redevelopment opportunities for the retail and industrial properties fronting on Lorain Avenue and West 150th Street.
- Transit oriented development opportunities (e.g., housing) in and around RTA's West Park Rapid Station.

The students are scheduled to make a public presentation of the final plan on May 6.

For more information about the project, please contact Ben Campbell of KCDC at 216-252-6559 ext. 1200 or [ben.campbell@kammscorners.com](mailto:ben.campbell@kammscorners.com).

## Citizens Police Academy Starts March 27



Here's a chance to get acquainted with the activities of your local police department. Sign up for a seven-week course called Citizens Police Academy, which will meet weekly from 6 to 9 p.m. on Wednesdays, starting March 27. Officer Tim Riley will conduct five of the classes in our Community Room on the second floor of 17407 Lorain Avenue. Topics will include:

- Human Trafficking
- The Opioid Crisis
- Community Policing
- What to Do When Stopped by the Police

The final two classes will be conducted off site and include a tour of the police radio room and shooting range. Those who successfully complete the free course will have the option to ride along with a police officer for a shift to witness police work in action.

The course, sponsored by the City of Cleveland, provides insight into the nature of police work. Don't delay! Class size is limited to 25.

Apply by calling Officer Riley at 216-623-3335. Or email your request to [triley@city.cleveland.oh.us](mailto:triley@city.cleveland.oh.us).

# Say Yes to Education Comes to Cleveland

Say Yes to Education is a nationwide nonprofit organization that works in communities to enhance public school systems with support services for students and works to make college affordable and possible. Cleveland Metropolitan School District (CMSD) students who meet the residency requirements and who attend a CMSD High School for four years will be eligible for scholarships up to the value of tuition and other mandatory school fees for public universities and participating private colleges. Yes, this means free college for CMSD students!

Congratulations to our school officials who worked so hard to be awarded this program! KCDC is excited to have this amazing new opportunity come to Cleveland. For more information, visit [sayyestoeducation.org](http://sayyestoeducation.org).

## Keep in Touch with Your Neighbors Through NextDoor.com

A helpful website for keeping neighbors abreast of issues and events is *NextDoor.com*. This private social networking site is useful for learning about a host of items from lost dogs to petty crimes, or garage sales. But, it can be particularly useful for staying in touch with people in your immediate vicinity during the winter months when people don't see each other as often.

Every member is a verified resident, so the messaging is hyper-local. For example, posts may be about a nearby construction project that could disrupt local traffic. And, it is a great way to encourage civic participation in local meetings, fundraisers, volunteer events, and recreation activities.

More than 1,500 of your West Park neighbors are already using this site.

## Fill Your Fridays with Fish

Beginning on Ash Wednesday March 6, and every Friday in Lent through April 12, you can count on enjoying a variety of local Friday fish fries and meatless offerings in West Park. For example, Der Braumeister, 13046 Lorain Avenue, will serve sustainably-caught white fish, à la meunière or Lenten beer battered, with fries and slaw.



Owner Jenn will feature a seasonal brew, Aecht Schlenkerla Fastenbier, the original smoked lentbeer, brewed in accordance with the Bavarian Purity Law of 1516. It is bottom-fermented with a natural red-brown color and slight cloudiness, a strong malt flavor, and slight bitterness. The unfiltered yeast provides “Brotzeit,” the German word for snack, to provide nourishment during a time of religious fasting.

Here are a several more meatless Friday dining options:

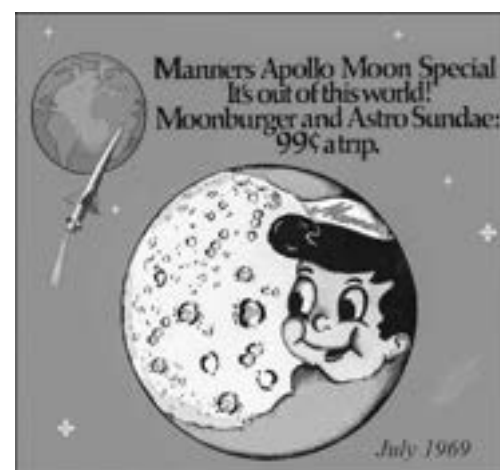
Dante's Pizza, 4176 Rocky River Drive, 216-251-0744  
 Gene's Place, 3730 Rocky River Drive, 216-252-1741  
 Hatfield's Goode Grub, 16700 Lorain Avenue, 440-263-5221  
 K&K Portage Market, 3364-A Warren Road, 216-941-8029  
 Our Lady of Angels Church, 3644 Rocky River Drive, 216-252-2332.  
 P.J. McIntyre's Irish Pub, 17119 Lorain Avenue, 216-941-9311  
 Public House, 17219 Lorain Avenue, 216-252-6608  
 Red Lantern Kitchen & Bar, 17446 Lorain Avenue (Kamms Plaza), 216-331-1458  
 West Park Station, 17015 Lorain Avenue, 216-476-2000  
 Saint Mary Romanian Orthodox Cathedral 3256 Warren Road, 216-941-5550  
 Saint Mel Church, 14436 Triskett Road, 216-671-9833  
 Seven Seas Seafood, 15725 Lorain Avenue, 216-941-1359  
 VFW Hall, 3791 West 150th Street, 216-671-5849

## Moonburger Lands in West Park

...by Gary Swilik

West Park had three Manners Restaurants – one at the intersection of Berea and Triskett, another at Kamm's Corners, and a third on the north side of Brookpark Road. Almost everyone remembers Manners' Big Boy hamburgers. Very few recall the Manners' Moonburger.

The Moonburger was part of Manners' Apollo Moon Special, commemorating U.S. Astronaut Neil Armstrong's historic walk on the moon in July, 1969. It consisted of a Moonburger and an Astro Sundae.



*In 1969, Manner's featured a Moonburger and Astro Sundae to commemorate U.S. Astronaut Neil Armstrong's historic walk on the moon.*

“Nobody’s ever had a Moonburger before!” proclaimed Manners’ newspaper ads. “It’s a quarter-pound of lean, ground meat with Manners special Lunar Cheese Sauce, lettuce, and pickle, too. All on a toasted bun topped with Old Glory. Ninety-nine cents a trip.”

The accompanying Astro Sundae was a frosty frozen ice cream treat covered with delicious little “moonbeams” and decorated with an American flag.

The Moonburger promotion didn’t last long – perhaps no more than a week – so virtually no one remembers what it tasted like. At the time, however, Manners insisted the flavor was “Out of this world!”

In 1969, Manner’s featured a Moonburger and Astro Sundae to commemorate U.S. Astronaut Neil Armstrong’s historic walk on the moon.



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# St. Patrick's Day Features Food & Fun



Grab Gaelic grub starting with early morning kegs and eggs, or a big Saint Patrick's Day breakfast, then head downtown for Cleveland's 176th Anniversary Saint Patrick's Day Parade. Yes, Clevelanders have been parading downtown annually since 1842! This year, the parade is on Sunday, March 17, with a 2:05 p.m. kickoff, and hour later than usual to give parade-goers time to return from church. The theme is "Irish Churches of the Diocese of Cleveland." Traditionally, the route begins at the intersection of Superior Avenue and East 18th Street and travels south to Rockwell Avenue but as of this writing, the route had not been finalized.

If you attend the parade, return to Kamm's Corners for more fun – or simply spend the entire day here enjoying authentic made-from-scratch Irish fare. Of course, one great place for celebrating will be at our own authentic Irish-run 5 Points Coffee and Tea, 3600 West Park Road, where owner Conor Boylan brings a bit of Ireland to us every day. On Saturday, March 16, from 10 a.m. to 2 p.m., there's a pre-Saint Patrick's Day warm up with Irish musician Andrew McManus. Then on Sunday from 9 a.m. to noon, direct from Ireland will be "Shindig the Band!"

Said Conor, "We will have numerous food specials for the weekend, including Irish breakfast rolls with rashers (Irish bacon), sausages and eggs on toasted baguette, Irishtown Bend (Our dark roast coffee with Irish crème, Nitro Cold Brew (cold brewed coffee that looks just like a Guinness), Dublin Fog (The Irish version of the London Fog Tea Latte), and much more!"

The establishments up and down Lorain Avenue will be bustling with entertainment such as roving pipes and drums. Many open early for the pre-parade crowd, offering "Kegs and Eggs."

If you drive, be sure to park in the municipal parking lot at West 168th Street and Albers Avenue or at specially designated areas. Cars will be towed from Kamms Plaza by Marc's if their drivers are not shopping at Marc's. As always, drink responsibly and stay safe!

## Here are some other great places to visit:

Backstage Bar, 17007 Lorain Avenue  
 Hatfield's Goode Grub, 16700 Lorain Avenue  
 P.J. McIntyre's Irish Pub, 17119 Lorain Avenue  
 Public House, 17219 Lorain Avenue  
 Red Lantern Kitchen & Bar, 17446 Lorain Avenue  
 Smedley's Bar & Grill, 17004 Lorain Avenue  
 West Park Station, 17015 Lorain Avenue



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# A New Option for Educating Youngsters

Horizon Education is opening its tenth care and education center. This one is called Triskett Station Horizon Education Centers at 13700 Triskett Road, and is easily accessible by rapid transit. The new facility will provide care and education for children 18 months to 12 years of age.

Horizon provides programming for toddlers and preschoolers. It also offers after-school care and summer camp programming. The Triskett Station Center will be open from 6 a.m. to 6:30 p.m. from Monday through Friday.

It will offer scholarship programs for free high-quality full day preschool for families that qualify. Along with preschool, Horizon offers a high quality Kindergarten readiness curriculum and instruction – and excellent early care and afterschool educational programs.

Horizon has formed partnerships and collaborations that have flourished with Cleveland Metropolitan School District, Pre4Cle, Universal Pre-Kindergarten, PNC Bank, Starting Point, Art House, Music Settlement, Cleveland Public Library, and the Cleveland Food Pantry. These programs focus on Horizon's core mission, and bring in many other organizations in a united effort for children and youth.

Horizon Education Centers also has afterschool programming in two local Cleveland schools for the 2018-19 school year: Global Ambassadors Language Academy and Wilbur Wright Elementary School.

For more information, visit [horizeducationcenters.org](http://horizeducationcenters.org) or call 440-779-1930. See the ad on page 9.



*The new Horizon Education Center at 13700 Triskett Road will provide care and education for kids 18 months to 12 years of age.*

## Kamm's Corners Farmers Market

Looking ahead to our 13th Season

### *On the Corner of Fresh and Fun!*

Our market growers are already busy planning for spring by selecting what kinds of high quality crops they'll be growing for our Kamm's Corners Farmers Market!

This summer, see the fruits of their labor! You know your doctor, your mechanic, your favorite barista or bartender. Shouldn't farmers be in this important category as well? While not every booth will be staffed by a farmer (after all, they have plants to attend to!), chances are you'll meet plenty of bona fide producers at our farmers market or members of their family.

So make it a point to drive or walk to our market as part of your Sunday tradition. There you will feast on the sights, sounds, and flavors available to you every Sunday from June 9 through October 13, from 10 a.m. to 1 p.m.

Bring your canvas bags to fill with the freshest produce around, straight from the growers themselves! Ask about prep tips and for recommendations. Who knows? You may decide to try an unfamiliar vegetable or two and develop new favorites.

In addition, you will also find meats, cheeses, bakery, spices, and goods produced locally. Make sure to keep your eyes peeled for the best deals. It's a good idea to take a loop around the market before making your purchases. Look at everything available, and then go back to select what you like the best.

Other market features include at least one artist and a wide variety of live musical performances, such as jazz, rock, pop, blues, bluegrass, folk, and classical. Catch the chef demo that takes place starting at 11:30 a.m. It's a great chance to learn a cooking tip or two, often using produce available at the market.

Again, this year, those who shop with an Ohio Direction Card can double their purchase up to \$20 in shopping dollars for fresh fruits and vegetables. Credit, debit, and EBT cards are accepted. For more information about the market, visit our website at [kc-fm.org](http://kc-fm.org), call market manager Bill Markowitz at 216-252-6559, ext. 1700, or email him at [kcfarmersmarket@gmail.com](mailto:kcfarmersmarket@gmail.com).

The bottom line: If you don't grow your own food, come to our market and get to know the people who do – and have fun! Visit our web site, [kc-fm.org](http://kc-fm.org), for full market info.



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# **Community West Foundation**

## **Homeless Stand Down Demonstrates Caring in our City**

The true spirit of caring in our city was on display at the 28th Annual Homeless Stand Down on Saturday, January 12. Many organizations and volunteers joined forces at the event to help people facing real hardships.

HandsOn Northeast Ohio coordinated the event that served over 1,500 people at Cleveland Public Auditorium. Community West Foundation was a proud sponsor of this important event for our community. Thank you to everyone who participated and provided resources for those in need.

"The Homeless Stand Down is a significant part of the homeless community," said Chris Knestrick, Director of Northeast Ohio Coalition for the Homeless (NEOCH). "For some, it is their chance to meet their basic needs. For others, it is an opportunity to fill their spirits and reclaim their dignity. This caring environment tells people struggling in our community that we see you and we love you."

"We are thankful for the Community West Foundation, who is a leader in caring for the homeless," added Knestrick. "Through their SocksPLUS program, they have sustained homeless outreach efforts in Cleveland by providing winter gear and housing for so many. Every winter, I am so thankful for them because they are literally saving lives in our community."

"Over the span of five hours, a total of 398 valuable volunteers served hundreds of homeless veterans, families, and individuals," said Lauren Penkala, Executive Director, HandsOn Northeast Ohio. HandsOn Northeast Ohio partners with more than 100 local organizations to provide a variety of services to guests. "Seven of these agencies are funded by Community West Foundation," said Penkala. Services at the event included medical care, warm breakfast and lunch, haircuts, legal consultation, distribution of warm winter clothing items and personal hygiene kits, family portraits,

and more. "HandsOn Northeast Ohio is incredibly fortunate to have the support of Community West Foundation, not only at the Homeless Stand Down but also on an annual basis," added Penkala. "Over the past year, the funding from the Foundation has allowed us to develop new volunteer opportunities for youth and create a brand new Youth Opportunity Calendar, provide outreach to support SocksPLUS, and continue to grow the Homeless Stand Down. We love that our funding enables us to partner with other organizations supported by Community West Foundation, especially as it pertains to our work with the hungry and the homeless."

Please continue to help our neighbors whose hearts are weary from their struggles with homelessness or other desperate situations. The need is urgent and ongoing in our community. Learn more about SocksPLUS at [communitywestfoundation.org/events/socksplus](http://communitywestfoundation.org/events/socksplus).

## **First District Community Relations Offers Spring Events**

Designed to inform residents of safety information and improve police community relations, the First District Community Relations organization invites you to two spring events.

A Pancake Breakfast Fundraiser on Sunday, March 31, in the cafeteria of Saint Ignatius of Antioch Church, 10205 Lorain Avenue. Breakfast will be served from 10 a.m. to 1 p.m. For \$5 you get three pancakes, two sausage links, and coffee or orange juice.

The Annual Egg Hunt, Safety, & Resource Fair takes place at Blessed Trinity Church, 14140 Puritas Avenue, on Saturday, April 13 from noon to 2 p.m. Free of charge!



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## Westpark Community Elementary earns State's Overall "A" Award



Constellation Schools:  
Westpark Community

Elementary, a distinguished elementary charter school in Ohio, is one of two charter schools in Cuyahoga County to receive the Overall "A" Award from the Ohio Department of Education! As an Overall "A" award winner, Constellation Schools: Westpark Community Elementary students demonstrated high academic performance on the 2017/2018 State Report Card.

"I am proud to be recognized by the Ohio Department of Education and to receive this award on behalf of the outstanding educators, families and students of Constellation Schools: Westpark Community Elementary. It is an honor to be the leader of an organization with such an outstanding educational staff that takes pride and responsibility in teaching the whole student," states Sheila Delzani, principal of Constellation Schools: Westpark Community Elementary. She goes on by saying, "Thank you to all the families, and students who choose to receive their education at Constellation Schools: Westpark Community Elementary. Working together, our 'Westpark Family' plays a critical part in this success!"

As an important member of the Kamm's Corners community for 18 years, Constellation Schools: Westpark Community Elementary takes great pride in offering families a high quality choice as a tuition-free, public school close to home. The school provides a safe, nurturing learning environments that focuses on social emotional development and academic rigor.

"While our highly qualified teachers engage the specific educational needs of our students, getting to know the whole child is a responsibility every employee takes seriously. The relationships built with our families support an educational environment in which children thrive and is evident throughout our buildings," states Rebecca Keeney, Executive Director of Constellation Schools. She adds, "Partnering with our parents in the education of their child is essential in ensuring their success in college, career, and life. Students are made to feel welcomed and the collaborative and creative approach to our individualized instruction seeks to challenge students through interactive lessons in technology rich classrooms."

To learn more about Constellation Schools: Westpark Community Elementary and Middle, call the school office at 216-688-0271 or stop in for a tour at the elementary and middle school located at 16210 Lorain Avenue. They look forward to meeting you and becoming partners in the education of your child.



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## Second Annual Passport Program Drew Increased Participation

During December, many neighbors completed their holiday shopping locally while using their Kamm's Corners Holiday Passport. Pictured is Conor Boylan, proprietor of 5 Points Coffee and Tea, 3600 West Park Road. He pulled the winning names for his donated gift at the drawing that took place at Kamm's Corners Ice Cream Company. Several winners were notified via email. Their prizes were picked up at Kamm's Corners Ice Cream Company in Kamms Plaza. Many thanks to the following participating merchants for donating prizes!

5 Points Coffee and Tea

Dante's Pizza

Fireside Candles & More

Hatfield's Goode Grub

K & K Portage Market

Kamm's Corners Ice Cream Co.

Only in Clev

Puritas Nursery

Red Lantern Kitchen & Bar

Style Mutt Dog Boutique & Daycare

West Park Beauty Salon

West Park Barber Shop

Working Class Brewery

Congratulations to the winners!



*Conor Boylan of 5 Points Coffee and Tea pulls a winning Passport at Kamm's Corners Ice Cream Company!*

## Cleveland Public Theatre Offers Summer Art Jobs

Now in its 25th summer, Cleveland Public Theatre (CPT) is calling all teens to participate in their Student Theatre Enrichment Program (STEP). Open to Cleveland teens ages 14 to 19, the 8-week program offers an opportunity to work with professional theatre artists-mentors in the following areas: acting, singing, dance, writing, performance creation, set design, and costume design.

Teens receive bus tickets, healthy snacks, paid stipend, (or Youth Opportunities Unlimited employment if registered per the note at right). Performances will be given in city parks all over Cleveland.



*Performances are given in city parks all over Cleveland.*

Auditions will be held on three dates:

- Saturday, March 2, 2 to 5 p.m.
- Saturday, March 9, 2 to 5 p.m.
- Sunday, March 10, 1 to 4 p.m.

Teens are to attend only one audition and will stay all three hours. Dates and times are subject to change.

To audition, applicants must:

- Be a 14-19 year old Cleveland resident
- Reside in a low or moderate income family
- Be open to working with 25-50 peers of diverse cultural and ethnic backgrounds
- Have little to no performing experience
- Seek new skills in self-expression, goal setting, timeliness, self-discipline, and project follow-through

- Want to meet new people, be part of a team, have fun, and have a chance to shine
- Perform a one-minute piece (dance, monologue, or song) to audition for the cast
- Prepare to work creatively to design and create structures to audition for tech

RSVP by calling Adam Seeholzer, CPT Education Manager, at 216-631-2727 ext. 219. Leave a name, phone number, and preferred audition date.

The program runs from June 17 through August 9, and includes a two-week Cleveland tour.

STEP is a Youth Opportunities Unlimited (Y.O.U.), worksite associated with their Summer Youth Employment Program (SYEP). Register for Y.O.U. at [youthopportunities.org](http://youthopportunities.org). Registration for Y.O.U. is not required, but is recommended.

## Discover Rocky River Stables

West Park community gems include our 100+ year-old Cleveland Metroparks Rocky Reservation, where Rocky River Stables is nestled at 19901 Puritas Avenue against the Rocky River, across from Valley Parkway. Valley Riding, Inc. manages the stable and provides English riding lessons, pony and horse camps, therapeutic riding/equine assisted activities for individuals with disabilities, tours, events, and horse boarding. Our cover photo was taken there.

Valley Riding, Inc. is a non-profit corporation established in 1988. It employs professional and certified riding instructors to provide lessons. The backbone of many of their programs are their volunteers. From side walking with the Therapeutic Riding Program, to helping the pony campers saddle their ponies, volunteers are a critical part of Valley Riding.

More information on all of the above activities and programs can be found on their website, [valleyriding.org](http://valleyriding.org), and they would be happy to answer any additional questions by phone or email. Their main office phone number is 216-267-2525. Their email address is [valleyriding@sbcglobal.net](mailto:valleyriding@sbcglobal.net).



*Preschoolers at the YMCA are all smiles while reading the books donated by the Kiwanis Club of West Park.*

## The Kiwanis Club Events Support West Park

The Kiwanis Club of West Park was founded in 1927. Throughout the club's rich history, it has held events to raise funds to support numerous community projects. Perhaps best known for its sponsorship of the Kamm's Corners Independence Day parade for the past 31 years, the club also raises money to support the following local endeavors:

- Meals on Wheels
- Saint Joseph Academy Key Club
- Riverside Elementary School's Builders Club
- The Cleveland Heroes Run
- Kamm's Corners' Development Corporation
- West Park YMCA
- Cleveland Clinic Fairview Hospital
- West Park Historical Society
- Books for kids at the YMCA and West Park Barber Shop

Recently, the club has donated books for children by filling up a bookcase at the YMCA and at the West Park Barber Shop. They have also donated one hundred books to the children's pediatric ward at Cleveland Clinic Fairview Hospital. And, they donated a treadmill to the hospital's special rehabilitation program.

Coming up this year are the following events. Mark your calendars now, and details will be provided ahead of each of these events:

- April 7, Pancake Breakfast
- June 22, Rib Roast
- July 4, Independence Day Parade
- September 21, Spaghetti Dinner
- October (TBD), Clambake

The Kiwanis Club of West Park meets at the Cretan Center located at 3853 West 168th Street, just south of Lorain Avenue, on the first and third Tuesday of the month at 6 p.m. Everyone is welcome. For information about joining the club, please contact them at [kiwanisofwestpark-club@yahoo.com](mailto:kiwanisofwestpark-club@yahoo.com) or visit [westparkkiwanis.org](http://westparkkiwanis.org).

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# Three Basic Lifestyle Changes to Help Lower Blood Pressure and Improve Heart Health

If you're one of the 76 million Americans diagnosed with high blood pressure or hypertension, weight management, diet, and exercise can help lower your blood pressure and improve your heart health.

Optimal blood pressure is defined as 120/80; however, it may vary from one person to the next. The top number (systolic) refers to the pressure as your heart beats; the bottom number (diastolic) refers to the pressure as your heart relaxes. Your physician can help determine what is "normal" for you.

Hypertension is diagnosed when your blood pressure is greater than 140/90 on two or more office visits after an initial screening.

"High blood pressure is the leading cause of heart disease and heart-related deaths in the United States and worldwide," says Mark Angel, MD, who sees patients at Cleveland Clinic Fairview Hospital. "That's why it's important to see a doctor regularly to monitor your blood pressure, assess your risk factors, and develop a treatment plan to lower your blood pressure, if necessary."

## Change your diet

The DASH (Dietary Approaches to Stop Hypertension) diet is often recommended for people with high blood pressure because it limits red meat, sugar, and sodium and is rich in whole grains, fruits, vegetables, and low-fat dairy products.

Reducing your sodium intake will help make an impact on your blood pressure. Cook with fresh and frozen ingredients. Become an avid label-reader; choose low-sodium soups, meats, cheese, and condiments, and use salt-free seasonings such as basil, oregano, parsley, and turmeric.



*Mark Angel, MD*

## Lose weight

Losing as little as five to ten pounds can lower blood pressure and improve the overall functioning of your body by easing digestion, increasing energy level, reducing strain on joints, and more. Because losing weight also decreases strain on your heart and arteries, it's a huge bonus to your heart health.

## Get moving

Regular physical activity strengthens your heart and helps it work more efficiently. As a result, your heart doesn't have to work as hard to pump, so the force on your arteries decreases and your blood pressure lowers.

Current recommendations call for 75 minutes of vigorous exercise a week or 150 minutes of moderate exercise a week.

"In addition to these lifestyle changes, continue to take any blood pressure medication your physician has prescribed, and avoid smoking, manage stress, and limit alcohol consumption," says Dr. Angel.

To make an appointment with Dr. Angel or another Cleveland Clinic cardiovascular medicine specialist, please call 440-695-4000. To learn more, visit [clevelandclinic.org/loveyourheart](http://clevelandclinic.org/loveyourheart).

# Fairview Hospital Receives ACC Chest Pain Center with Primary PCI Accreditation

Fairview Hospital has been recognized by The American College of Cardiology for its demonstrated expertise and commitment in treating patients with chest pain.

Fairview Hospital was awarded the Chest Pain Center Accreditation with Primary PCI (Percutaneous coronary intervention) in 2018 based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose, and treat patients who may be experiencing a heart attack.

## 7th Annual Minority Men's Health Fair

Thursday, April 11, 2019  
5:30 to 8:30 p.m.

**FREE screenings and health information for all members of the public.**

Screenings for blood pressure, cholesterol, diabetes, heart disease, kidney function, prostate cancer, and more.

### Locations:

Cleveland Clinic  
Lutheran Hospital  
1730 West 25th St., Cleveland

Cleveland Clinic  
Lorain Family Health Center  
5700 Cooper Foster Park Road,  
Lorain

Cleveland Clinic  
Main Campus  
9500 Euclid Ave., Cleveland  
Visit [clevelandclinic.org/mmhf](http://clevelandclinic.org/mmhf)  
to register. Registration is also  
available in person at the event.

Screenings offered vary by location and may be subject to change.

# Jack Mulhall Center for Sober Living to Hold Spaghetti Dinner Fundraiser

Inside the former convent of Saint Patrick Church, the Jack Mulhall Center for Sober Living opened in September, 2018, at 4395 Rocky River Drive. Director Jack Patton discovered the location in 2016 after the building sat vacant for many years. It was in need of renovation, which was completed prior to its opening on September 1, 2018.

The in-house program gives adult men a key step in recovering from addiction by providing a structured living environment and services for the 40 men there who have completed detoxification from substance abuse. The goal is to help residents break the cycle of addiction and enable them to become productive members of society.



The center is holding a spaghetti dinner fundraiser on Sunday, April 7, at Saint Patrick Church, 4395 Rocky River Drive, in Thorpe Hall. Spaghetti dinners will be served to go or to dine in. The donation is \$10 per person. There will be side boards, a 50/50 raffle, and a bake sale. The winners need not be present.

Dress casually and enjoy good food for a worthy cause. For tickets contact Margie Walters at 216-835-6540 or Pat Patton at 216-548-2249.

## 5th Annual Pizza Bake-off a Success



Overflow parking was needed and available at Chambers Funeral Home and the Family Dollar Store for the West Park Pizza Bake-Off, a fundraiser for Saint Patrick Church. Despite the cold temperatures, the gym filled up with folks ready for all-you-can eat pizza and a drink to vote for West Park's Best Pizza.

## The winners:

### West Park's Best Pepperoni Pizza:

- 1 – Brother's Pizza
- 2 – Athens Pizzeria
- 3 – Happy's Pizza

### West Park's People's Choice

- 1 – Athens Pizzeria
- 2 – Brothers Pizza Co.
- 3 – Happy's Pizza

Said event organizer Jeff Quin, "A big thank you goes out to our pizza bakers Athens, Bella, Brothers, Happy's, Mr. Patino's, and Romeo's. Without their generosity, none of this would be possible."

Adding to the fun were celebrity judges Patty Harken and Todd Meany of FOX 8 in the Morning and Carmen Angelo and Seth Williams of WTAM's Mike Trivisonno show.

A raffle was also held for an ultra high definition television and an autographed Bernie Kosar football. Look for the event once again next January.

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# How to Comply with Waste Pick-Up and Recycling Rules

To avoid citations for improper waste and recycling practices, be sure to follow these rules.

Place all waste in the carts provided by the city:

- Use the blue cart for ALL recyclables (glass, metal, plastic, paper, and cardboard). Place loose items in the cart. Don't bag or use "blue bags"
- No recyclables should be placed outside of the blue cart
- Use the black city issued cart for household trash and yard waste
- No trash should be placed outside of the black cart

Place carts out no earlier than noon the day before your regular pick-up day. Remove carts by noon the day after waste pick-up. If possible, use off street parking on your collection day.

Bulk item disposal happens on the first FULL week of each month, but on your regular collection day. This year, those full weeks begin on the following Mondays: March 4, April 1, May 6, June 3, July 1, August 5, September 2 (no pick up on Labor Day, but on the rest of the week), October 7, November 4, and December 2

The city will collect yard waste with regular waste. All leaves and grass clippings must be contained in bags, and there is a limit of no more than 20 bags per week. Branches must be cut and bundled. Each bundle cannot exceed three feet in length and two feet in diameter.

The city encourages composting at home to reduce waste. For the compost clinic schedule, visit [cleveland-oh.gov](http://cleveland-oh.gov).

Additional city-issued carts may be obtained for \$50 each by calling the Division of Waste at 216-664-3717.

Find additional tips on proper waste disposal and recycling by visiting [city.cleveland.oh.us](http://city.cleveland.oh.us) or calling the Cleveland Division of Waste at 216-664-3711.

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Monday - Saturday 7am-1am  
Sunday 8am-1am

\*Emergency services 5pm-1am daily



# The Latest from the West Park Branch of the Cleveland Public Library

To override the winter blues, slip into brighter worlds using your library card! Visit the West Park Branch of the Cleveland Public Library, 3805 West 157th Street. There you may borrow books, CD's, and DVD's – or use their computers.

## **Bouncing Babies Story Time**

Tuesday at 10:30 a.m.

## **Wee Read and Play**

Tuesday at 11:30 a.m.

## **Kids Cafe**

Monday through Friday from 3:30 to 4:30 p.m. After school meals for children are available daily while supplies last.

## **PS4 or Wii Gaming for Kids**

Monday through Friday from 3:30 to 5:30 p.m. Saturdays as staffing allows. Restrictions apply based upon the waiting list.

## **Virtual Reality for Kids**

Monday through Friday from 3:30 to 4:30 p.m. Saturdays as staffing allows. Restrictions apply based upon the waiting list.

## **Board Games.**

Monday through Friday from 3:30 to 5:30 p.m.

## **Express Yourself Youth Art**

Workshops Tuesdays and Thursdays from 4:30 to 5:30 p.m. Registration not required.

## **Adults Page Turner Book Club**

Second Wednesday of every month at 2 p.m. March 13 features Gentleman in Moscow, by Amor Towles.

## **Ongoing Book Sale**

Stop by and visit the perpetual book sale cart located near the circulation desk. Items are priced from \$0.05 to \$3. Cash purchases only.

Call 216-623-7102 for more information, including computer training class schedules. Registration is required for computer classes. Classes and programs may be cancelled if the minimum registration is not met.



# Free Film Screening of Documentary About Refugees in Cleveland

The focal point of José Carlos Teixeira's documentary film *On Exile* are the stories of refugees living in Cleveland. You can view the film at a free public screening on March 9, at 1 p.m., at The Hope Center, 15135 Triskett Road.

This is a joint program sponsored by KCDC, The Hope Center, and the Cleveland Public Library – West Park Branch. Registration required at [kammscorners.com/event/film](http://kammscorners.com/event/film).

# Municipal Parking Lot Upgrade Coming Soon

Soon after St. Patrick's Day, the municipal parking lot at W. 168 and Albers Avenue will receive a major facelift!

Plans call for all new asphalt and striping, and the addition of "green infrastructure" that will divert nearly 1,000,000 gallons of storm water from our sewers. This will be principally be accomplished through the use of "bioswales," a natural way to absorb the storm water with a combination of plants, stones, and soil mixes. Even with the new elements, due to improved striping, only one parking space will be lost!

This project was made possible by a grant from the Northeast Ohio Regional Sewer District, secured by KCDC with the help of Councilman Marty Keane. Additional funding from the City of Cleveland rounded out the package. The bioswales will be maintained by the Kamm's Area Special Improvement District.

Additionally, thanks to a grant KCDC secured from Cuyahoga County, new LED lighting around the perimeter of the parking lot has already been installed, and a new video surveillance system is being installed by the end of February.

Thanks to our partners for coming together to improve this crucial neighborhood asset!

# YMCA Offers 5 Tips to Get into Shape

Planning to get into better shape? Check out these five tips from the YMCA for beginning an exercise routine.



## **1. SLOW IS GOOD**

Start out slow with something that's comfortable and enjoyable for you. (Go on a walk, play with your kids, take a beginners yoga class.)

## **2. MAKE A PLAN**

Plan and write exactly when you are going to exercise and stick to it. The more detailed, the better!

## **3. EVERYTHING IS BETTER WITH A BUDDY**

The buddy system? It works! Tell a family member or friend to help hold you accountable.

## **4. START DIET CHANGES**

Make one small diet change and stick to it for two days. (Drink only water, eat your veggies, or cut down on snacking.) Start adding in additional healthy changes as time passes.

## **5. DON'T EXPECT PERFECTION**

If you make good choices 80% of the time, understand that it's okay to treat yourself in the other 20%. If you slip up, get back on track the next day.

The West Park Family YMCA, 15501 Lorain Avenue, offers fitness programs year round to build a healthy spirit, mind, and body for all its members. Call 216-941-5410 for more information.



# Free Neighborhood Housing Clinic Answers Common Questions

Cleveland Housing Court, in partnership with the City of Cleveland and KCDC, will host a housing clinic on Wednesday, April 24, from 6 to 8 p.m. at Bethany English Lutheran Church, 15460 Triskett Road. If you are dealing with landlord/tenant issues, code violations on your property, or a nuisance property next door, this event is for you.



*Bethany English Lutheran Church*

Bring your housing issues such as landlord rights, tenant rights, eviction procedures, landlords in foreclosure, programs/assistance for home owners, purchasing lots/vacant houses, bed bugs, unsafe/illegal utilities/ nuisance neighbors, health conditions, and lead issues.

Drop in and speak with people who can help. Participants may include:

- City of Cleveland Departments
- Community Development
- Building and Housing
- Department of Aging
- Public Health
- Energy Services
- Water Pollution Control
- Cleveland Clerk of Courts
- Cuyahoga County Land Bank
- CHN Housing Partners
- Cleveland Restoration Society
- Court Community Service
- Cuyahoga County Land Bank
- ESOP
- Fair Housing Center for Rights and Research
- Greater Cleveland Habitat for Humanity
- Greater Cleveland Food Bank
- Legal Aid Society
- Maximum Accessible Housing of Ohio
- Neighborhood Housing Services
- Neighborhood Pets Outreach and Resource Center
- Northeast Ohio Voter Advocates

Plan to take advantage of all these resources in one convenient place in the neighborhood. For additional information about the free housing clinic, visit [clevelandhousingcourt.org](http://clevelandhousingcourt.org), contact Jolisa Gonzalez at 216-664-6927, or email [gonzalezj@cmcoh.org](mailto:gonzalezj@cmcoh.org).

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## KCDC Offers Assistance in Weatherization Programs

With winter upon us, it may be time to think about replacing that unreliable furnace or financing those much-needed weatherizing home improvements. Cleveland Housing Partners offers programs for income-qualifying households that can replace that furnace, insulate your home, or replace that rickety, old hot water tank at no cost to the homeowner. KCDC can walk you through the program!

It's only one of the variety of residential programs through which KCDC provides assistance. Other programs include referrals to local services and loans and a small grant program for low-to-moderate income seniors and adults with disabilities who need to make necessary home repairs or improvements.

For information about weatherization programs or KCDC's other residential improvement programs, call J.D. Smith at 216-252-6559, ext. 1300.

## Office Space Available in KCDC Building

The KCDC Building, 17407 Lorain Avenue, has an office suite available April 1, featuring three large offices and a spacious kitchenette overlooking Kamms Plaza. Carpeted and air conditioned, it rents for \$695 per month. Free parking is in the lot to the rear.

A smaller professional office suite with three rooms and a kitchenette is also available for only \$595/month. Call Steve Lorenz to see the suite at 216-252-6559, ext. 1100.



## Kamm's Calendar

Keep the following dates circled on your social calendars!

### The Hooley on Kamm's Corners™

Saturday, June 15

Noon to 8 p.m. Lorain Avenue between Rocky River Drive and West 165th Street.

### Kamm's Corners Farmers Market

The market re-opens on Sunday, June 9 in the Municipal Lot at West 168th Street & Albers Avenue, behind Walgreens.

For information regarding events visit

[kammscorners.com](http://kammscorners.com)

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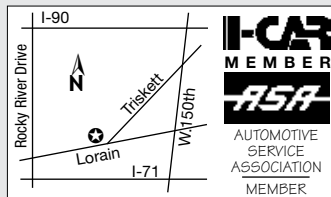
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to Quality Repairs"



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Call: 216 **671-6600**

## Storefront Renovation!

Rebate grant dollars are available to renovate commercial properties via the Storefront Renovation Program. In order to determine if your building is eligible, please contact Ben Campbell of KCDC at 216-252-6559 ext. 1200 or [ben.campbell@kammscorners.com](mailto:ben.campbell@kammscorners.com).

# Dear Reader:

We appreciate your contributions to KCDC as a Friend of Kamm's Corners, a business member, or as someone who wants to help West Park remain one of the most desirable places to live, work, and play.

Your gift dollars in any amount to KCDC help us in our mission to make our great community even better. Right here, right now! And, we are a 501(c)(3), so your donation is tax deductible.

Simply send in the form at the right with your donation of \$20 or more. You will receive a Friend of Kamm's Corners membership card with our thanks. Businesses in the box below offer discounts on goods or services to our Friends. Simply ask them for the details.

For more than 40 years, KCDC has been working for you and your community. We administer the Storefront Renovation program, bring new businesses to the community, renovate houses, assist seniors, produce Kamm's Corners Magazine, and conduct neighborhood events such as Kamm's Corners Farmers Market, Asphalt Cinema, and The Hooley on Kamm's Corners™.

Thanks for your support.

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Kamm's Corners Chiropractic  
Kamms Plaza Pet & Supply  
Landscaping Ideas  
OLA Federal Credit Union  
Puritas Nursery  
Style Mutt



## Friends of Kamm's Corners Membership Application

Your donation supports KCDC's mission to facilitate the development and promotion of the West Park neighborhood.

Enclosed is my tax-deductible donation in the amount of:

☐ \$20 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1,000 ☐ Other \_\_\_\_\_

All amounts are greatly appreciated. Please use "Other" for amounts less than \$20. Donations of \$20 or more receive a Friend of Kamm's Corners Discount Card good at participating neighborhood merchants.

☐ My check is enclosed

☐ I prefer to pay by credit card:

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☐ Yes, please sign me up for the Kamm's Corners Development Corp. e-newsletter.

E-mail: \_\_\_\_\_

We will never release your name, address or e-mail address to any other organization, without your permission.

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Phone: (216) 252-6559 Fax: (216) 252-6500

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## NEIGHBORHOOD SPOTLIGHT!

## Students Collect Caps to Fund Buddy Benches



Students at Douglas MacArthur Girls' Leadership Academy, 4401 Valleyside Road, collected plastic bottle caps for nearly two years with the goal of recycling the caps into three buddy benches. Kids feeling lonely can sit on a bench and others know to go up and ask them to play. The goal is to help reduce social isolation in their school.



The school's Lady Leaders in grades pre-K through eight asked for community help and received it! From individuals to groups such as the Kiwanis Club of West Park, more than 600 pounds of bottle caps will be recycled into three "Buddy Benches." The 8-foot benches each cost \$300, resulting in a need for \$900 before making the bottle-cap benches a reality.

Congratulations to all who are helping to make this such a successful project!

Top photo: An 8' "Buddy Bench" made from recycled aluminum. Bottom photo from left: Nell Byrd, Westpark Kiwanis President; Lacey Riedl, parent/fundraiser; Maureen Anderson, Physical Education Teacher, Project Leader; and Valerie Jerome, parent/fundraiser.

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Riveredge Dentistry  
Westpark Dental Associates

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Mary Boyer, CPA  
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Saint Mark School  
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West Park Discovery World  
West Park Lutheran School

### SENIOR LIVING

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Seniors Helping Seniors

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Kamms Plaza

### SOCIAL SERVICE & NON-PROFIT ORGANIZATIONS

Cleveland Public Library, West Park Branch  
Colleen DeCrane Family Foundation  
Greater Cleveland Peace Officers Memorial Society  
John Marshall Alumni Association  
Kiwanis Club of West Park  
Laura's Home  
NHS of Greater Cleveland  
USS Challenger Star Trek Fan Club  
West Park VFW Post 2533  
West Shore Rotary Club

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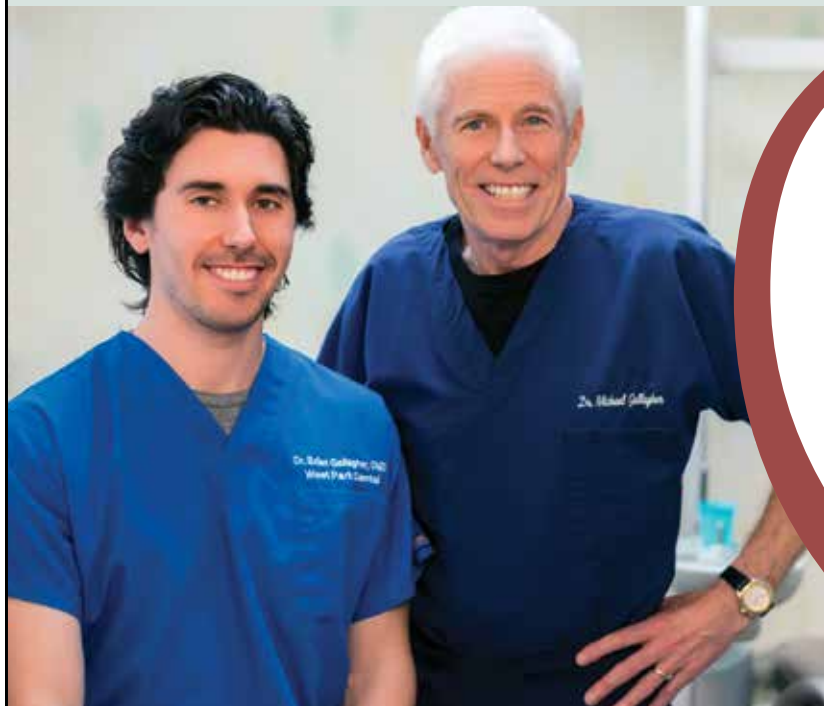
Setta Trophy

### WORSHIP

Beth Israel West Temple  
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Holy Cross Lutheran  
Our Lady of Angels Church  
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