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MAGAZINE

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The mission of West Park Kamm's Neighborhood Development is to cultivate a neighborhood where the diverse needs of its people are met through community-building, stewardship, and development initiatives.

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FROM THE DIRECTOR AND PRESIDENT

Dear Neighbors,

It has been a pleasure spending the summer with so many of you – from Explore West Park walks to Lawn Chair Cinema, we've loved seeing the vibrancy in our neighborhood. Keeping our community beautiful is a team effort; we are grateful to the many neighbors who volunteered their time to help us at the three Clean-Up the Corners days, and to our small businesses - Treehouse Provisions and PJ McIntyre's - that provided food and refreshments.

We'll keep the fun going this fall with an exciting line-up of activities. Celebrations continue for 15 years of the Kamm's Corners Farmers Market with St. Paddy's Day in September on September 19th and Halloween at KCFM on October 17th. Get the details on page 4-5.

We know many of you missed The Hooley on Kamm's Corners™ this summer, so we're gearing up for next year with a special Halfway to the Hooley party at the Winter Market on Lorain Avenue on Saturday, December 11th from 12:00 pm to 5:00 pm. Expect live performances from local bands, dozens of artisan and food vendors, along with fun for the whole family.

Join us in thanking outgoing Board of Directors members Therese Chambers Arth, Kyle Baker, and Melanie Sklarz for their many years of service to WPKND and the West Park neighborhood. We invite you to meet new board members, celebrate community awards and organizational achievements, and learn more about our new strategic plan at the Town Hall on October 21st at 6:30pm. For more information on how to register and attend, see page 17.

Cheers!

Rosemary Mudry | Executive Director

Todd Sheppard | Board President

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All working and attending the market will need to follow safety protocols established in conjunction with local, state, and federal guidance/regulations.



EVERY SUNDAY THROUGH OCTOBER 17



SUNDAY
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OCTOBER 17



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- HALLOWEEN CRAFT
- ALL AGES WEAR YOUR COSTUME TO ENTER WIN
18+ win a pair of Browns tickets and kid win a prize bag of fun donated by Councilman Slife

SATURDAY
DECEMBER 11

Celebrate Halfway To The Hooley At The Kamm's Winter Market

12:00 - 5:00 PM

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WORK TO SUPPORT OTHERS

By Triniti West, Intern- Summer on the Cuyahoga and Emily Pikturna, Intern-Americorps VISTA | Photos: Tomesha Walker, West Park -Fairview YMCA

West Park resident Tomesha Walker supports other mothers as doula and advocate

Tomesha Walker is a West Park resident, mother, business owner, and an internationally recognized doula specializing in premature pregnancies. She has practiced for 14 years, finishing her extensive training in 2010, all while nursing and caring for her six-month-old daughter. A doula is a professional trained in childbirth who provides emotional, physical, and educational support to a mother who is expecting, experiencing labor, or has recently given birth. Their purpose is to help women have a safe, memorable, and empowering birthing experience.



Tomesha's interest in supporting women during pregnancy began in her middle school health class. She was mesmerized by the posters depicting childbirth, and immediately wanted to learn more. She quizzed her health teacher on what exactly an OBGYN did; it was then that she decided she also wanted to support mothers in the same way. Although Tomesha took an interest in being an OBGYN as a teen, when it came time for college, she decided to follow her other passion - the arts. She spent time as a dance major at University of Akron, and after she had her first child, she felt that "something clicked," working with mothers and children was where she was supposed to be. So,

she decided to leave the dance program and pursue her training through doula classes. Now, Tomesha serves the community as a "Baby Birthing GodMother."

Tomesha is a mother of four by birth and four by marriage as well as a successful author of multiple books, including *Purpose in Pain*, which details her and five other families' struggles during delivery and in the Neonatal Intensive Care Unit (NICU). Her youngest son was born at 34 weeks with kidney issues that would eventually require a transplant. Her involvement with mothers experiencing high-risk pregnancies stemmed from her own personal experiences in the NICU with her youngest son.

Walker was recently crowned Mrs. Cleveland by the Mrs. Ohio America pageant on the platform of reducing the local infant and maternal mortalities while increasing family vitality. Infant and maternal mortality are especially important issues here because Cuyahoga County has one of the highest infant mortality rates in the country: 0.75% of babies born Cuyahoga County in 2020 did not make it past their 1st birthday.

Furthermore, there are staggering inequities between Black and white babies in Cuyahoga County: for every white infant that dies, 6 Black infants die. Through her pageant campaign, Tomesha hopes to spread awareness on the severity of this problem in Cleveland.

Now, she is campaigning to become Mrs. Ohio, where she continues to spread this message. Tomesha plans to use her local stardom and her role as a public figure to create more awareness about the needs of women and children.

When working, Tomesha's biggest concern is supporting the mother

in whatever decisions they make during their pregnancy. Whether home birth or hospital, breastfeeding or formula, Tomesha listens to the mother and puts trust in their judgment throughout every stage of their motherhood journey. This is especially important for Black mothers, as they are less likely to be listened to by medical professionals as reported here: bit.ly/doctorfailtolisten.

In talking about the dangers that Black mothers face, Tomesha's aim is to dispel many medical myths that are not just harmful to Black mothers but to mothers everywhere. Tomesha advocates for every mother to make their own informed decisions that feel the best for their bodies and their baby; important decisions that all mothers, regardless of race, should have the opportunity of making for their delivery and pregnancy.

Tomesha explains that most of her work is advocacy. She tries to provide support for mothers to make their own informed decisions. Tomesha says, "I love having the opportunity to educate, and help them [mothers] to formulate what it is they want to do. And then see it actually activate, and then do the things that they want and be excited about that process." Tome-





sha's work centers around holistic care for mothers, which places emphasis on every aspect of the motherhood journey, including their interpersonal

relationships and advocacy in the delivery room. Not only does she work on the physical aspects of pregnancy, but also the mental and emotional ones by creating an environment that is healthy and productive for the mothers. Tomesha has taken that mission of holistic maternal care and brought it right to West Park. She has worked with Bellaire Puritas Development Corporation to organize a small drive that gave expectant mothers self-care baskets.

Tomesha and her family moved to West Park in 2010. After searching for homes for over a year, Tomesha and her husband toured a home on Larchwood and fell in love immediately. They were impressed by the style of the 1920s home and the attention to detail. All four of Tomesha's children have attended school in the West Park neighborhood and Tomesha continues to channel her community involvement through her Mrs. Cleveland campaign.

Tomesha's favorite parts of West Park include the walkability, the annual Kamm's Corners Greek Festival, and Savor the Moment. She actually received the call from the hospital confirming that there was a match for her son's kidney transplant while waiting in line at Savor the Moment. Needless to say, West Park has interwoven itself into Tomesha's life and family. Tomesha is the owner of Birthing Destiny Maternal Services located in the nearby Fairview Shopping Center on Lorain Road.

Additionally, she is the head of the nonprofit Heart for the Hopeless. As soon as Tomesha moved to West Park, she set out to make a difference and uplift the mothers around her. Recently, she created an award called the Home Award through her nonprofit that honors local mothers. This year allowed her to select the inaugural



honoree for the award, which is named for her mother.

Tomesha plans to create more programs for local mothers through her nonprofit in the near future, including more birthing centers in local medical deserts.

West Park is lucky to have residents like Tomesha and her family who are involved in the community and committed to making Cleveland stronger.

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HOW IT WORKS:

1. Post your pics in West Park Kamm's
2. Tag WPKND on Instagram Or Facebook @WestParkKamms and/or #WestParkCLE
3. For each post, WPKND will put the names in the drawing. Winner will be randomly chosen to receive West Park prize package on October 17 at the Kamm's Corner's Farmers Market. See all the details at westparkkamms.org!

PAINT DISCOUNT

WPKND has teamed with our local Sherwin Williams store in Kamms Plaza to offer discounts on paint and painting supplies. All residents of Ward 17 are eligible for the discount. Contact WPKND at 216-252-6559 with questions or to receive a voucher. Limit one per household



"You can never solve a problem with the same kind of thinking that created the problem in the first place."
— Albert Einstein



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INTERESTED IN HELPING IN YOUR NEIGHBORHOOD?

WPKND has various volunteer positions available for individuals, families, or groups.

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Ward 17 Resident Resources

** indicates income qualifying programs*

Homestead Water/ Sewer Discount *	Secure a lower fixed charge and consumption rate for seniors and/or permanent disabled individuals.
Senior Service Program (Ward 16 & 17) *	Schedule services such as gutter cleaning and lawn care for senior and disabled residents.
Water Affordability Program *	Offers a 40% discount on all standard water charges.
Home Energy Assistance Program (HEAP)	HEAP assists eligible low-income residents with their winter home heating costs using natural gas, electric, oil, kerosene, or wood.
Lead Hazard Control Program (LHC)	Provides lead risk assessments, identifies lead-based paint and provides grants to control lead-based paint hazards.
Delinquent Tax Payment Plan	Payment plans are available for homeowners who live in their homes. Landlords may be eligible for installment plans (up to 24 months).
Home Weatherization Assistance Program (HWAP) *	Offers energy efficient measures designed to decrease utility bills & improve energy deficiencies.
Cleveland 50/50 Sidewalk Residential Replacement	Partnership between the city and residents. Eligible repairs include sidewalks, driveway aprons, & curbs at the end of driveways.
Cleveland Restoration Society (CRS)	A low-interest (under 2%), fixed-rate, equity-based loan for maintaining & improving homes 50+ years. Interior & exterior projects qualify. Plus, free technical assistance on questions related to home conditions or repair.
Housing Enhancement Loan Program (HELP)	Provides home improvement loans, at 3% points below normal bank rates, for homeowners. <i>No restrictions on a borrower's income and few limitations on what improvements can be made to a property.</i>
West Park Sherwin Williams Paint Program	Discounts on paint and painting supplies. All those living in Ward 17 are eligible. <i>Limit one per household.</i>
Senior Home Repair	Small exterior repair grants of up to \$500 for seniors and adults with disabilities. <i>Grants and grant size are income-qualifying.</i>
CHN Energy Efficiency Services	Services include insulation, LED bulb installation, and Energy Star refrigeration replacement.
Contractor List	Looking for help with a project at home? WPKND has a list of local contractors and tips for hiring one.

What is the Healthy Homes Initiative?

The Healthy Homes Initiative is a partnership between the City of Cleveland and community development corporations to improve the quality of life for residents and the City's housing stock. Through the program, West Park Kamm's Neighborhood Development (WPKND) works closely with residents and landlords in Ward 17 to connect them with resources, education, and training to help support safe and quality housing for all.

An exterior repair supported by West Park Kamm's Neighborhood Development this year!



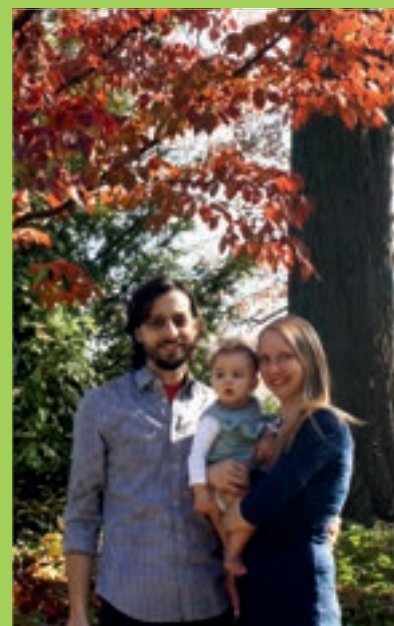
NEW TO WPKND: Welcome Hannah

Meet Hannah Gall, Healthy Homes Community Engagement Specialist

Hannah joined West Park Kamm's Neighborhood Development in July and will focus on strengthening the housing stock in Ward 17. As the Healthy Homes Community Engagement Specialist, Hannah will help preserve the high quality of life in West Park by providing residents access to support, education, and resources to maintain and improve their homes. Hannah is new to the area, but is excited to soak in the neighborhood, saying, "I love meeting our neighbors and learning why they are proud to call West Park home. I am passionate about helping residents find opportunities and solutions to critical issues in their community."

Prior to joining WPKND, Hannah worked for the NYC Parks Department where she supported volunteers, stewards, and advocates in taking ownership of and improving their local park. She is excited to apply this experience by building relationships and creating a healthy and safe community together.

Reach Hannah at 216-252-6559 x1700 or hannah@westparkkamms.org.



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Summer Notes from Councilman Slife

By Charles Slife

There is no better place than Cleveland, Ohio in summertime! I have enjoyed seeing everyone out and about this season, especially at our great Ward 17 events like the weekly Kamm's Corners Farmers Market, Lawn Chair Cinema at Impett Park, and the classic car show at St. Pat's. Block parties are also back on in Ward 17 and every weekend residents are having parties on their streets. Block parties are a fun way for neighbors to get together and celebrate summer. If your street is interested in holding a block party this fall, my office is happy to help you through the permitting process with the City of Cleveland.

Ward 17 is a neighborhood full of committed Clevelanders who are always ready to lend a helping hand. In 2020, Edgely Avenue resident Danny Reichel (aka Danny Cleveland) organized a Browns fans food drive to benefit the Greater Cleveland Food Bank. This year, Danny and I collaborated on an event that took place on August 8th that raised over \$3,000 and collected 4437# of food for Clevelanders in need. Thank you to everyone who came to the event, ate food, met Browns players, and donated.

One more important item to note, the City of Cleveland plans to reimplement curbside recycling as an opt-in program this year. The new program will require residents to opt in. You can do this online at clevelandohio.gov or by calling 216-664-3030. Households that do not opt in may have their blue recycling can removed by the city. As additional details on recycling become available, I will share them with the neighborhood.

If you do not already, follow me on Facebook: @CouncilmanCharlesSlife. And as always, please don't hesitate to reach out to my office, 216-664-4239!

I'll see you in the neighborhood!



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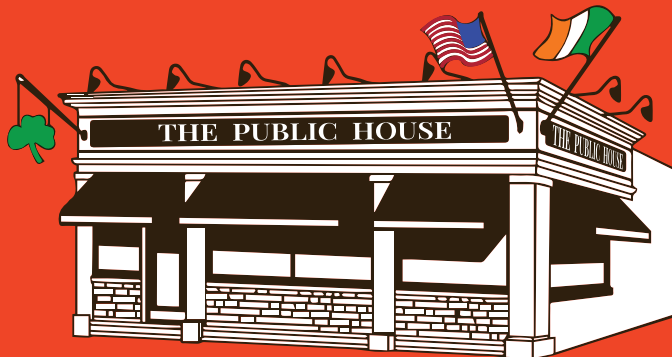
Save the Date

Thursday, December 2, 2021

Funds raised help continue our work with residents and businesses as well as programs like Senior Home Repair, the Kamm's Corners Farmers Market, the Hooley, Lawn Chair Cinema and others.

Stay tuned for details

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Elaine Staley and her husband, Charles, representing the West Park Historical Society at The Hooley on Kamm's Corners™

A West Park Story

By JD Smith | Photo: Elaine Staley

Elaine Staley is a lifelong West Parker, who many might recognize from her volunteer roles throughout the neighborhood. From schools and hospitals to alumni associations and the West Park Historical society, it seems like Elaine has played a role with every type of West Park volunteer organization.

Elaine's West Park story, though, goes beyond her volunteerism. She grew up at West 150th and Puritas Avenue, where she attended RG Jones Elementary School, Shuler Middle School, and John Marshall High School. After graduating, Elaine found a secretary job at a company on West Park's Industrial Parkway.

It was at that job she met her husband, Charles. Wanting to stay in the neighborhood, Elaine and Charles purchased a ranch on West 192nd Street, the place where they would raise their three children and would call home for the next 47 years.

As her family was growing, Elaine continued to volunteer in the neighborhood. She volunteered at Fairview Hospital, which she did for 13 years between graduating high school and the birth of her third child. Her dedication to community service continued as she became involved in her children's school, St. Patrick West Park School, and took on leadership roles in the John Marshall Alumni Association, which she still holds to this day.

In 2005, Elaine and fellow John Marshall Alumni Association members founded the West Park Historical Society (WPHS) to preserve, study, and appreciate the history of West Park. Since their founding, WPHS has hosted dozens of talks and tours, advocated for historical landmarks, and published many books on the history of the neighborhood.

These days, when not fulfilling her responsibilities as an officer at the West Park Historical Society and the John Marshall High School Alumni Association, or in her red coat at Playhouse Square, Elaine enjoys taking in the tastes and sounds of West Park. She especially enjoys going down to the Metroparks and having a scoop of ice cream from Kamm's Corners Ice Cream Co.



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Sunday 8am-1am

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ARE YOU INTERESTED IN HISTORY?

Do you have any interest in the history of West Park? Would you like to be a member of the historical society? Serve as a Trustee? The West Park Historical Society's Community Room is available for parties, showers, meetings, and other small gatherings.

For more info, call Elaine Staley at 216-267-3857 or visit westparkhistory.org.



Remembering a Local Legend

By Elaine Staley | Photo: Elaine Staley

Ralph A. Pfingsten

November 22, 1939 - March 25, 2021

Ralph A. Pfingsten was a founding member of the West Park Historical Society and well known in the West Park area as the author of many books and articles.

Ralph was a retired science teacher, author, and historian. Several local organizations asked him to present his many different talks and slide shows, as he was an excellent speaker. His sense of humor, friendly chatter, and vast knowledge kept his audience attentive. Many talks went way beyond their time frame, so that questions could be answered, and memories shared.

He taught science for 25 years at his Alma Mater, John Marshall High School (Class of January 1958 and Hall of Fame Inductee, 2005), and was

responsible for establishing their Alumni Association in 1985. Ralph was also highly active with the Northern Ohio Railway Museum, where he spent many hours volunteering his time.

His first publication stemmed from his interest in reptiles, called *Salamanders of Ohio*. He then wrote the history of West Park, *From Rockport to West Park* in 2004, before penning *The History of John Marshall High School* in 2007. Many other publications followed, the most recent being *Christmas As We Remember, Cleveland, Ohio 1900-1980 Volume I* and *The Berea Sandstone Quarries of Ohio, The Real "True Grit"*. His publications can be purchased at the West Park Historical Society or at Puritas Nursery at 19201 Puritas Avenue.

He was a mentor to many, a friend to all, and will be deeply missed.



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A Family Legacy from Greenhouses to Chestnut Fields

By Mollie Wirtz | Photos: Alan and Diane Apelt Family, Mollie Wirtz



This June, WPKND's Explore West Park walkers received a behind-the-scenes tour from owner Alan Apelt of the RO Apelt Sons property on Grayton Road. Alan, born, raised, and current resident of West Park, reminisces about growing up on his family farm, living on Grayton Road, and having Puritas Springs Amusement Park down the street.

Unlike Grayton Road today, Alan shared that growing up, "If a car was driving down our road, they were lost." Today, it's hard to imagine this busy thoroughway as a dirt road and farmland. Alan's family farm was one of many in West Park and throughout the City of Cleveland.

Alan and his wife Diane, both John Marshall grads and high school sweethearts, shared their family's history in West Park. The Apelt farm began in the early 1920s, when August Apelt and his wife Pauline, German immigrants, rented and then purchased the land at 4555 Grayton Road. They, along with their children, Gertrude, Reinholt, and Rudolph (Rudy) used the land to farm vegetables and to sell wholesale to nurseries.

August's son Rudy purchased his father's business and became the 2nd generation to farm the land in the late '30s. In 1948, Rudy built the first green-

house while continuing to farm outside as well. From the 1920s through the 1960s, Cleveland was home to over 50 businesses that farmed using greenhouses. During that time over 100 acres of greenhouses grew mostly tomatoes, leaf lettuce, and cucumbers within the city limits. Produce was sold throughout the northeastern United States through commission houses in the Northern Ohio Food Terminal, roadside stands, and the Central and West Side Markets.

Rudy expanded the first greenhouse several times ending in 1959, with a total of 3.5 acres under glass. Rudy's business was aligned with the booming greenhouse industry in Cleveland as citywide 400 acres were then under glass. Cleveland earned the title of "Greenhouse Capital of the Americas" during the 1950s.

Rudy and Mildred had three children, Ronald, Alan, and Elaine. Ronald and Alan worked the greenhouse and farm with their father, primarily growing tomatoes. Rudy Apelt passed away in 1959. His oldest son, Ronald, took over the business and was later joined by his younger brother Alan.

In 1985, Alan and Ronald started growing English seedless cucumbers in the greenhouse after having grown tomatoes for many years. The brothers

continued to run the business until Ronald passed away in 1987; Alan continued as the sole business operator. In 2000, Alan turned the greenhouses into a hydroponic cucumber operation to keep the business updated with the latest greenhouse technology. Following 16 years in the hydroponic cucumber business, the greenhouses were dismantled and taken down in 2016.

Alan and Diane were married in 1964; they have three sons, Ronald, Douglas, and Mark. Each son chose a career path away from the greenhouse industry; however, in the later years, after the greenhouses were taken down, Alan, Diane, and their three sons decided to continue to use the land for farming by planting 400 Chinese Chestnut trees, and in 2017 started what is now known as Buckeye Chestnut, LLC. Why chestnuts? Alan explains that "the chestnut trees are the easiest to manage on a day-to-day basis by himself."



Due to the maturity of the chestnut trees, last year, 2020, was the first year that Buckeye Chestnut had a successful harvest. Approximately 100 pounds of chestnuts went to market. This year, they expect to double the harvest with continued growth. Chestnuts are harvested from the ground after falling from the trees, with many of them still enclosed in spiny burrs that require gloves to pick up off the ground. Once harvested and cleaned, the nut's sweet flavor can be enjoyed by roasting, baking, frying, boiling, or braising. With their potato-like consistency, they also can be used as a substitute for potatoes or pasta or added to stuffing, soups, or desserts. The use of

chestnuts is a rising trend in cooking.

The Apelt family's vision for Buckeye Chestnuts is for the local community to be able to enjoy this land that has been used for over a century. The family is working to farm the land and to host a chestnut "self-pick" each year during the harvest, which is typically mid-September to October. The family is planning special dates for those who would like to "pick" and enjoy locally grown chestnuts beginning this year. Stay tuned for details, and they hope to see you out in the field!

Find more photos from the Apelt family at westparkkamms.org.



Groundbreaking to Restore and Improve

By Mollie Wirtz | Photos: Cleveland Public Library



Cleveland Public Library (CPL) representatives, community leaders, library patrons, West Park Branch staff, and their children, gathered on July 17 for a groundbreaking to celebrate the start of construction that will renovate the West Park Branch Library as part of CPL's work to complete their Facilities Master Plan.

Based on information gathered at community meetings, the exciting plans will restore the library to its former glory. The renovations will include removal of the dropped ceilings, restoration of the original vaulted ceilings, and opening dormers to allow the natural sunlight into the library. The original entrance on West 157th Street will be reopened to offer better access to pedestrian and transit

users. The rear of the building will feature a new book drop plus improved ADA accessibility. A grand staircase and elevator will connect all floors to allow patrons to better utilize the building. Book pick-up lockers will be available for off-hours checkouts.

Construction fences are now up and work has begun inside the building. CPL shared the slate roof will be replaced with all new slate. Reopening is expected to be in 2022.

To follow the renovations go to: courbanize.com/projects/cpl_west_park_branch/information.



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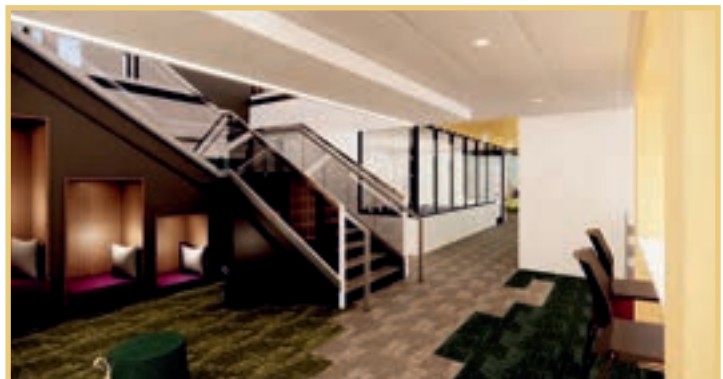


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Charles Slife, Cleveland City Councilman Ward 17 and Felton Thomas, Jr., Executive Director, CEO of Cleveland Public Library.

the West Park Branch of CPL



Rosemary Mudry, WPKND Executive Director; Michael Dalby, CPL West Park Branch Manager and Regional Director; Charles Slife, Cleveland City Councilman Ward 17; Felton Thomas, Jr., Executive Director, CEO of Cleveland Public Library; Dale Miller, County Councilperson at Cuyahoga County; Tom Dewey, Board Member and President, Cleveland Public Library Foundation; Greg Stefani, Board Member Cleveland Public Library Foundation; Bob Pincus, Board Member Cleveland Public Library Foundation.



Cleveland Public Library West Park Branch Staff's Children.



Staff of the CPL West Park Branch

From L-R, Jeanna Sauls, Library Assistant; Gerard Saunders, Page; Phil Creter, Clerk; Libby McCuan, Children's Librarian; Seth Wheelis, Custodian; Michael Dalby, Branch Manager and Regional Director; Katie Power (and child), Library Assistant. Not pictured: Jennifer Draeger, Page; Nina Rivera, Library Assistant; Kathy Tankersley, Clerk; Jamie Lauver, Assistant Manager.



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Stephanie Valente, DO

Many women delayed their annual mammogram due to COVID-19 concerns. Now that the COVID-19 vaccine is widely available, it's time to schedule a screening mammogram.

Cleveland Clinic offers screening mammograms at 30 locations, some offering walk-in screening mammograms for women without any breast symptoms (breast pain, a new lump, or nipple discharge).

"Mammography will detect different densities in the breast, including masses that may be tumors," explains Stephanie Valente, DO, Medical Director of the Breast Center at Fairview Hospital. "Depending on your medical history and risk factors, options may include: screening mammograms, 3D mammography (known as digital breast tomosynthesis), breast magnetic resonance imaging (MRI) and breast ultrasound. Your provider can help determine which option is best for you."

"If breast cancer is identified, you will be scheduled to see a multidisciplinary team of breast specialists who will help you to develop a treatment plan best designed for your individual tumor," adds Dr. Debra Pratt, breast surgeon at Fairview Hospital.

After many years as the Medical Director of the Fairview Breast Program, Dr. Pratt recently transitioned the role to Dr. Valente, who grew up on the west side of Cleveland, ensuring continuity of strong leadership devoted to providing the west side exceptional breast care. Dr. Pratt will continue patient care and devote time to academic research to advance breast cancer treatment.

For an appointment at Cleveland Clinic's Breast Health Center at Fairview Hospital, call 216.476.7000. Visit ClevelandClinic.org/WalkinMammo to view hours and all locations.



Debra Pratt, MD

Help Identify Your Risk For Coronary Artery Disease

Despite significant advances, coronary artery disease still today occurs at a very high rate. So the focus for many people is prevention, being proactive rather than reactive. For those who haven't been diagnosed with coronary artery disease, one prevention tool may be to know your coronary calcium score.

A calcium score screening heart test or coronary calcium scan is a non-invasive test that uses a low dose CAT scan of the chest and heart to measure the buildup of calcium deposits in the coronary arteries.

"These screening tests are typically recommended for those age 40 to 70 and at increased risk for heart disease, but do not have symptoms," says Cleveland Clinic cardiologist Gautam Shah, MD, who sees patients at West Valley Medical Building.

The test detects calcified plaque, helping identify those at higher risk. A small portion of patients tested may have non-calcified plaque, but for the majority, a higher coronary calcium score suggests a higher risk of significant narrowing of the coronary arteries and a future heart attack.

"Calcium scores can range from zero to 400, or even into the thousands depending on the patient," says Dr. Shah. "A score of zero downgrades the risk of a future heart attack or cardiac event, with retesting recommended in five years. Higher scores signal that it may be time to see a cardiologist to begin addressing prevention tactics including risk factor modification."

Talk to your doctor or visit ClevelandClinic.org/CoronaryCalciumScoring to learn more.

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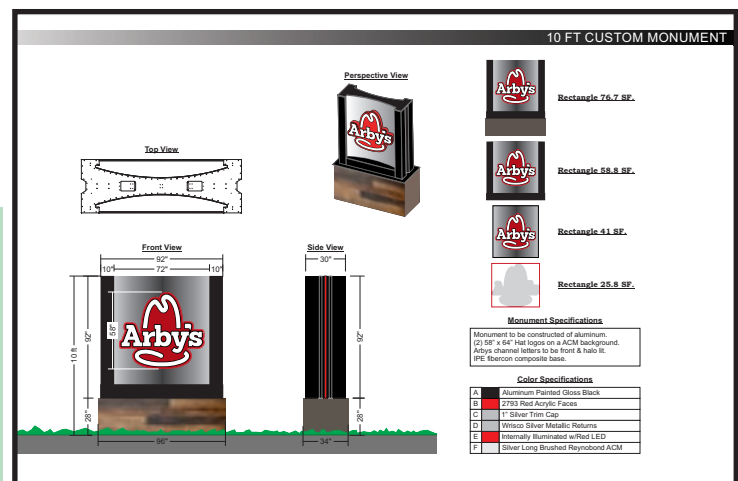
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Renovations Plans Approved for Arby's

By Ben Campbell | Renderings: Far West Design Review Committee

Arby's is coming soon to the former Steak 'n Shake - which was closed along with several other stores as part of broader corporate restructuring - at 17325 Lorain Avenue. Renovation plans include recladding the existing building with new materials, adding a new front outdoor patio, building a pedestrian pathway from Lorain Avenue to the main entrance, and substantially enhancing the landscaping.

The plans have been approved by the Far West Design Review Committee and the Cleveland City Planning Commission. Next, Arby's will prepare and submit construction documents to the City's Building Department to obtain the proper permits to move forward. The opening date is yet to be determined so stay tuned for updates.



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EXPLORE WITH US!

October 27 | Walk the Albers Cemetery

Explore West Park



By Devon Chodzin | Photos: Mollie Wirtz

Have you ever been curious about what you see when you drive through West Park every day? Have you ever wondered why there appears to be a farm on the way to I-480, or why a Tudor-style office building sits right in the middle of a residential neighborhood?

At Explore West Park, formerly Walk On Wednesdays, we answered those questions and so much more on our first three guided tours of 2021. After being unable to gather for tours in 2020, it was felt incredible to bring inquisitive neighbors together to explore West Park's diverse neighborhood corners and visit unique landmarks throughout.



On Wednesday, June 2nd, a group of 10 residents met up at the Firefighter's Community Credit Union at the corner of Grayton and Emerald for a walking tour up of the historic Grayton Road corridor. We braved the weather as we visited the elaborate gardens of neighbor Richard J. Whitt, the historic McGinty-Jowett House, and the solar-powered offices of Douglass & Associates. Alan Apelt,

a lifelong resident of Grayton Road, provided essential history on century homes, Puritas Springs Park, and of his family's farm, which has stood on Grayton Road since 1921. Read more about on the Apelt's property on pages 18-19.



Then, on Wednesday, July 7th, a crowd of 12 gathered below the pavilion at St. Mark Parish and School to explore West Park's extreme north, a neighborhood with unique and often overlooked history. While the weather turned out to be uncooperative, the St. Mark pavilion was the ideal space to share the history of Hogsback Hill, the current site of the Stinchcomb-Groth Memorial-Overlook and the former site of a Victorian mansion constructed by a local grocer for his family. We traded stories of the Rainbow Room, a jazz-era speakeasy right at the bend of Rocky River Drive near Hogsback that

attracted ire from Cleveland officials and admiration from record connoisseurs.

When the weather broke, we turned to the corner of Fischer Road and Ogontz Avenue for a tour of Exeter Square, a mixed-use building in an iconic English Tudor-style that was originally intended to continue along the entire block until the 1929 crash stopped development in its tracks. Marguerite Harkness, the building's longtime owner and caretaker, shared elaborate stories of the building's history, its tenants, and the neighborhood over ice cream in her second-floor office, where she works as a CPA. We walked returned just before the storms reappeared and managed to stay somewhat dry amidst inclement weather.



Most recently, we gathered residents on August 4th for a walk along Triskett Road, whose numerous historical sites made for a fascinating tour. We started and ended at the YMCA, visited Bethany English Lutheran Church, the farmhouse of Algene Caraulia, and Beth Israel – The West Temple, learning more and more about our neighborhood with each stop. For once, the

weather cooperated while WPKND staff and West Park neighbors traded stories of former farms, old neighbors, and houses of worship that have made Triskett Road a highlight in the neighborhood.

On the third Wednesday of each month, we've also released self-guided tours of West Park that bring neighbors out on their own schedules to see some of our neighborhood's greatest assets. In June, we highlighted the municipal parks, everywhere from Tuland Park in the northeast corner down to Maplewood Park to the south. Locals toured their favorite parks and also got a chance to appreciate parks they didn't even know existed, like the pocket parks along Davinwood and Rainbow Avenues.



Then, in July, Explore West Park launched a self-guided ice cream crawl, encouraging residents and visitors to check out all the destinations in the neighborhood that serve ice cream. Our August self-guided walk features collected Lorain Avenue then-and-now photos between W. 150th and West 160th Streets, featuring the original John Marshall High School, West Park Town Hall, and more

Then on Wednesday, October 27 at 6:30 pm, join the experts at West Park Historical Society as we explore Alger Cemetery.

To catch up on previous released walks or find upcoming self-guid-

ed tours which will be released on September 15 and October 20 in easy-to-download formats, visit westparkkamms.org/play/explorewestpark.



We look forward to continuing the tradition of getting mind and body active here in West Park, and we have enjoyed meeting all of you who have come out to explore with us so far! To find walk details and where to meet visit westparkkamms.org/explorewestpark. Call Devon, 216-252-6559 x1000 for more information.



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Looking forward to summer 2022 at the Lawn Chair Cinema!





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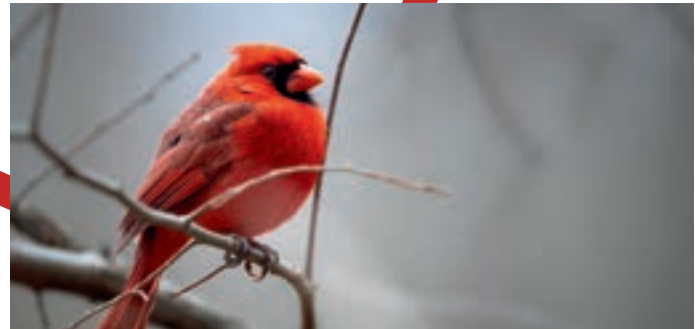


ABOUT THE COVER

The cover photo and these stunning shots are from the work of photographer, West Park's own, Eric Tischler.

Eric has a keen interest in capturing nature and wildlife imagery, macro, aerial, and anything else interesting that happens to catch his eye. Eric's photos have been featured in multiple West Park Magazine covers and articles. Thank you, Eric, for allowing us to share your breathtaking photos that capture the sights of our beautiful city.

Find his work at [flickr.com/photos/tischgallery](https://www.flickr.com/photos/tischgallery).



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On behalf of the staff and board of West Park Kamm's Neighborhood Development, we are thankful for your contribution! You can donate online at bit.ly/loveWPKND, QR code, or mail back the form below!



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Councilman Charles Slife's Office: 216-664-4239

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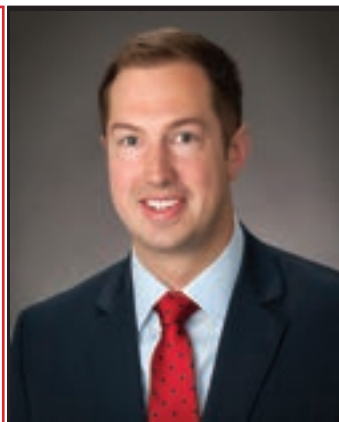
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