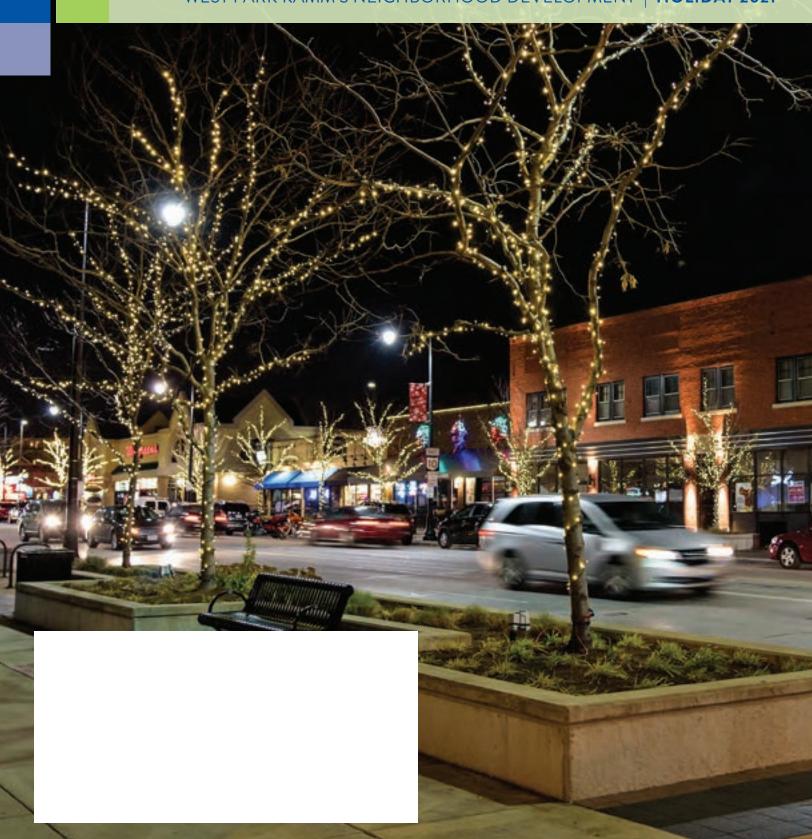
WEST PARK MAGAZINE

WEST PARK KAMM'S NEIGHBORHOOD DEVELOPMENT | HOLIDAY 2021



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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 BOARD CHAIR

DEAR NEIGHBORS,

n this season of thanks, we look back on the year with gratitude to the West Park community. In the true essence of what makes the people of West Park special, more than 1,000 residents engaged in topics around community improvement ranging from main street clean-ups to parking planning to feedback on the West Park Shopping Center (the former Kmart property).

Together with 15,000 attendees, we championed local and kept more dollars in Northeast Ohio through the Kamm's Corners Farmers Market supporting nearly 100 farmers, small businesses, and local artisans. With the help of our partners, we are now a leading market in Cuyahoga County in terms of providing food access to those in need.

The broader Cleveland community continues to see the value of our neighborhood—that's why, despite the pandemic, more than 15 small businesses have opened since 2020. Time and again, when asked why they chose West Park, businesses tell us they feel the love and pride of our homes, of our main streets, and most importantly of each other. In a tough regional retail economy, there is more than \$50 million in investment happening in our community. Big or small, businesses see West Park as a place with a bright future, thanks in large part to the daily commitment of those who work and live here.

The WPKND team is also growing with the addition of two new members to our team, CJ Demchak and Rebekah Ferro. You can meet them, along with the rest of the staff and Board of Directors at this year's annual fundraiser, Holiday Cheer on Thursday, December 2 and at our Halfway to the Hooley celebration at the Winter Market on Lorain Avenue on Saturday, December 11. For more information on both events, see pages 25 and 14 respectively.

We wish you and yours Happy Holidays and hope to see you at our upcoming events!

Roem

Rosemary Mudry | Executive Director

(/900)

Todd Sheppard | Board Chair

WEST PARK KAMM'S STAFF

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Executive Director

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BEN CAMPBELL

Director of Economic Development ben@westparkkamms.org | x1200

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Neighborhood Engagement Coordinator; Kamm's Corners Farmers Market Manager devon@westparkkamms.org | x1000 **CJ DEMCHAK**

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HANNAH GALL

Neighborhood Development Manager hannah@westparkkamms.org | x1700









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WPKND Recognizes Neighborhood Leaders at Annual Town Hall by Devo by Devon Chodzin

Chris Nehoda accepts the Volunteer of the Year Award

his October, West Park Kamm's Neighborhood Development (WP-KND) was happy to host its annual Town Hall at Saint Joseph Academy (SJA) in the school auditorium. After remarks from SJA President Kathryn Purcell, Board President Todd Sheppard, Ward 17 Councilman Charles Slife, and Executive Director Rosemary Mudry, WPKND presented awards to four outstanding community members

the neighborhood.

First, WPKND presented a brand-new award, the Volunteer of the Year Award. to longtime volunteer Chris Nehoda. Chris regularly volunteers at Kamm's Corners Farmers Market and The Hooley on Kamm's Corners™ and has grown to become a wealth of knowledge about these events. As a 25-year resident of the neighborhood, Nehoda spoke about the value of kindness in the neighborhood and encouraged the audience to work together with their neighbors to build community. He applauded his street's efforts early in the pandemic to host a Free Garage Sale for residents at the nearby Laura's Home.

Next, Therese Chambers Arth was presented with the Community Impact Award. In her many years as a volunteer board member, local business owner, and champion of West Park, Therese's commitment is steadfast. When asked what motivated her commitment over the years, her answer is simple: "West Park is home and always will be." Multiple generations of her family have called West Park home, and she seeks any opportunity to give back to a neighborhood that has supported her family for so long.

The Emerging Leader Award was given to Pastor Jason Thompson. As the Lead Pastor at West Park United Church of Christ, Jason incessantly worked to get the Community Cupboard food pantry at the church off







Therese Chambers Arth was presented with the Community Impact Award

the ground when the pandemic hit the neighborhood. By cultivating partnerships with WPKND and Bellaire Puritas Development Corporation, Pastor Jason has helped connect hundreds of families in and around West Park with food for the most insecure. He continues to emphasize, "Just like how it takes a village to raise a child, it takes a neighborhood to change a city for the better."

Finally, JoAnn Bohr presented the



The Emerging Leader Award was given to Pastor Jason Thompson

award named in her father's honor, the Bob Bohr Award for Community Safety. The award was presented posthumously to Lieutenant Richard A. Petras, a firefighter and paramedic who passed away tragically from complications of COVID-19 early in the pandemic. Per Councilman Slife, "Rich Petras was a committed member of our West Park community. In addition to being a firefighter and paramedic and working dai-



JoAnn Bohr presents the Bob Bohr Award for Community Safety to Jill Petras, in honor of her husband Lt. Richard A. Petras' service as a firefighter

ly to protect and serve our city, he was an active resident of Silsby Road. He was especially committed to Drakefield Park, where he coached youth sports." Lieutenant Petras's wife, Jill, accepted the award in his honor.

Congratulations to all of our award winners, and a big THANK YOU from WPKND for all for your dedication to the West Park neighborhood!

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A New Vision for the Riveredge Medical Building

by Ben Campbell



lans detail the redevelopment of the longstanding vacant Riveredge Medical Building located at 17730 Lorain Avenue. The owners' proposal will involve improving the existing one-story building and adding two additional stories, helping energize the far west end of the Kamm's Corner commercial district.

The first floor will be updated to include four spaces for medical professional office tenants and a deli café with a patio in the corner unit. The second story addition will house four apartments and the new third story will have an indoor pool.

The proposed café, Samar's Delight, willl feature fresh Lebanese and Syrian food, including sandwiches and sweets, coffee, and other beverages.

The plans have been approved by the Far West Design Review Committee and the City Planning Commission and are now under review by Cleveland's Building Department. The owners' plan to invest more than \$1 million into the project. They hope to break ground in the spring of 2022 with construction estimated to take 6-8 months.



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Second Round Knockouts Opens in West Park Kamm's

by Ben Campbell

armaine Miller has close ties to Cleveland's west side. Both he and his children are graduates of John Marshall High School, and they live in family home in West Park. As a young man, he spent time at Knockouts Barber Shop at Lorain Avenue and West 96th Street. In 2014, he purchased the business and rebranded it as Second Round Knockouts as a nod to its history but also new spin on the business.

Over the summer, Miller opened Second Round Knockouts Barber Shop & Salon at 15732 Lorain Avenue. While he acknowledged having a good run at his former location, he said that he chose the West Park Kamm's location because he saw it as an opportunity to enhance the comfort and safety for his clients and

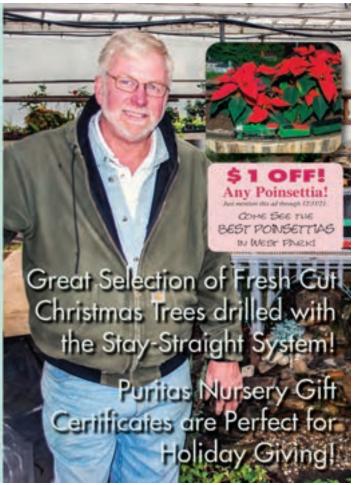
employees. As a barber shop and salon, his staff offers services to both men and women.

He describes his business model as offering professional barber and salon services adding, "We are an open-door shop and try to make everybody feel comfortable."



them on Facebook.





Imagine That & More Celebrates Grand Opening by Rosemary Mudry



Megan Sorn and Linda Barnard



Imagine That & More store at 3756 Rocky River Dr.

other and daughter duo, Megan Sorn and Linda Barnard, along with Megan's husband and business partner, Johnny Sorn, celebrated the grand opening of their second neighborhood location on September 25. After a summer of hard work renovating the space in Kamms Plaza at 3756 Rocky River Drive, the shop kicked off its opening with a day-long celebration that included giveaways, make and take crafts, and special class sign-ups. Imagine That & More offers a wide range of classes, including beginner quilting, t-shirt quilting, embroidery, knitting, weaving, and more. The shop also has long arm machine rental and a plethora of events and activities to engage the community in creative pursuits. For more information visit their website imaginethatnmore.com or call 216-417-1155.



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Business Owner Conor Boylan Explains Why Small Business Saturday Matters

very year Small Business Saturday is celebrated the Saturday after Thanksgiving. The date serves as an important marker in kicking off the holiday season. For local businesses, Small Business Saturday helps focus our marketing efforts and drives residents to patronize neighborhood-based establishments. This will be our fifth small business Saturday at 5 Points Coffee & Tea and we continue to be grateful for resident support of our shop nestled in the neighborhood. Given the challenges of the COVID, this year feels more important than ever as many local businesses in West Park -- and across our city -- work to emerge from the pandemic.

SHOP WEST PARK FOR SMALL **BUSINESS SATURDAY TO WIN PRIZES!**

Kick off the holiday season by including West Park Kamm's businesses in your post-Thanksgiving plan. Shop, dine or drink in West Park Kamm's between Friday, November 26 and Sunday, November 28, 2021. To participate: find @WestParkKamms on Facebook, snap a photo of your adventure, then tag the business along with your photo in the comments of our daily Support Small post!

WIN ONE OF THREE PRIZES:

- 2 tickets to the Browns vs Ravens game on Sunday, December 12
- 2 tickets to the Browns vs Las Vegas Raider game on Sunday, December 19
- Gift certificate to local restaurant

To find places to eat and shop check out: westparkkammsorg/explore



Resident "Danny Cleveland" Spreads Joy and Community with Browns Flag

by Rosemary Mudry

very weekend during Browns season, Danny Reichel – affectionately known as Danny Cleveland – hangs a nearly 30-foot-long Cleveland Browns flag in his front yard on the corner of W. 162nd and Edgecliff. Community members are welcome to stop by and take photos; Danny estimates that close to 5,000 people have stopped by his home over the last few years. The flag, which originally hung in Cleveland Municipal Stadium, has also provided a way for Danny to engage the community around food insecurity – raising thousands of dollars and even more food.

When asked how he got the idea to

put up such a large flag, Danny shared that it started when he was hanging out with buddies at a local bar talking Browns and Baker Mayfield in 2018. A guy overheard their conversation and asked if they'd want to buy a Browns flag. Intrigued, Danny went to check out how big the flag actually was and saw that it took up the whole yard. The man shared that his grandfather had worked at Cleveland Munici-

pal Stadium and had gotten to take the flag home before they started demolition. Danny bought it and took it home that day, spending the rest of the weekend figuring out how to hang it up.

Once the flag was up, people started stopping by for photos and a woman posted a picture of herself in front of the flag on the Q104 radio website. Q104 called him, then Channels 3 and 5 caught on to the story as well. Then, one day, while headed to Squire's Castle in Cleveland's North Chagrin Reservation with his family, he saw the line from the Muni Lot for the Greater Cleveland Food Bank that stretched all the way to E. 55th Street. When he got home, he de-

Abordary Left Mark Carry Left

cided to post a note on social media to bring a can if you come to take a photo. The post quickly spread and soon Danny had filled ¾ of his garage with food and had visitors from Sandusky to Akron coming to take photos. In 2021, Danny expanded the partnership with the Greater Cleveland Food Bank, hosting a

get together in Kamm's Corners with food and, of course, the flag with Councilman Slife at PJ McIntyre's. The event raised over \$5,000 and nearly 6,000 pounds of food.

As for why West Park? Danny loves the neighborhood. He grew up near W. 130th off Lorain – his grand-

Above: "Danny Cleveland" with the Browns car and "The Bone Lady"

Left: "Danny Cleveland" with his family

mother still lives in the house today – and knew he wanted to stay in Cleveland. After getting married, his wife saw the house on Edgecliff for sale and sent Danny the listing. He headed after work to see it, and despite needing a lot of work, they made an offer that day and have

loved living there every day.

West Park Kamm's Neighborhood Development is excited to have Danny and the 30-foot Cleveland Browns Flag join us in celebrating Halfway to the Hooley this year on Saturday, December 11 from noon to 5 p.m. ■



WPKND Pilots Environmental Sustainability Programming

by Devon Chodzin and Rebekah Ferro

n conjunction with the Kamm's Corners Farmers Market. WPKND hosted a variety of pilot sustainability programs to help make West Park a greener neighborhood. We worked closely with 15 local organizations, including Solar United Neighbors, Cleveland Metroparks, Rust Belt Riders, and more to provide tips and tricks to marketgoers on how to green up their lives. We were fortunate enough to partner with the Mayor's Office of Sustainability to give away 25 rain barrels, Western Reserve Land Conservancy to give away 30 new trees, and Cuyahoga County Solid Waste District to give away 40 composting bins to residents of West Park!

To help us grow our sustainability initiatives, we've recruited an AmeriCorps VISTA who will work with the team for one year to help WPKND build capacity. Meet Rebekah Ferro, our Food Justice & Environmental Sustainability VISTA.

Rebekah is so excited to begin her year as a VISTA for West Park Kamm's Neighborhood Development. She has spent most of her life while growing



Rebekah Ferro

up in West Park learning. She attended Newton D. Baker School of the Arts, Riverside Elementary, and James A. Garfield Elementary for her K-8 education. She and her family have been members of Bethany English Lutheran Church, where her father has served as senior pastor for the last 20 years. Her mother is currently the administrative

assistant at West Park United Church of Christ. After receiving her bachelor's degree in Theatre Arts from Cleveland State University in 2019, Rebekah spent the last couple of years working at various theaters in and around Cleveland, with a particular interest in theatre education.

Rebekah hopes to use her time with VISTA and WPKND to help her neighborhood and community grow in many ways. Her focus for the year will be on food access and environmental sustainability. Her goals for her time at WPKND are to help people, to give back to the community she was raised in, and to gain new experiences and insights that she will carry for the rest of her life. Rebekah had the opportunity to help at the last two Kamm's Corners Farmers Markets

of the 2021 season, and she had a blast meeting all the wonderful vendors, volunteers, and patrons of the market. She is already looking forward to the market next summer, the Hooley, and all the other wonderful projects and events that West Park has to offer. She can't wait to get started and is looking forward to meeting all of you soon! ■





WPKND Welcomes CJ Demchak to Healthy Homes Initiative Role

by CJ Demchak

ello! My name is CJ, and I'm excited to join the WPKND team as the new Community Engagement Specialist. I've spent the last seven years doing both residential and commercial construction. Through that work, I've gained an understanding and appreciation for the quirks of Cleveland properties. In 2020, I graduated from Cleveland State University with a BA in Sociology and Anthropology.

My time at CSU studying social sciences helped me to focus on a lifelong passion for helping others. During my childhood, I spent summers running my grandmother's general store. We only served a community of about 50, and since it was 25 miles to town, naturally the store was part town hall, part deli. In a small community like that, everyone lends a hand, giving meaning to: "it takes a village." Although the store isn't around anymore, I'd like to think I carry that community culture with me, and I look forward to bringing it to the neighborhood.





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On Stage!

No Strangers Here is a Northeast Ohio based Irish folk band bringing Celtic music to local audiences. In addition to traditional tunes, they dazzle audiences with popular music from the '60s, '70s, and beyond. They are regular performers here in Kamm's Corners, and we could not be happier to feature them on the stage at Halfway to the Hooley!

The Prom Queens are a four-piece glam pop band based in Northeast Ohio. The band is well-known in the region for their arresting original songs and faithful covers. Their '60s-inspired approaches to pop tap into nostalgic feelings while also presenting a contemporary appeal. After an outstanding performance at Kamm's Corners Farmers Market, we're excited to have The Prom Queens back for Halfway to the Hooley.

Cleveland's most high-energy, authentic, down-home modern country cover band, **Yosemite Slim**, returns to Kamm's Corners to play Halfway to the Hooley! This 7-piece outfit brings audience favorites from a variety of country eras and styles. We can't wait to dance and sing a long to Yosemite Slim who design their shows to get the audience moving and grooving.

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West Park Home Gets Energy Efficiency Upgrades

by Hannah Gall

mom always kept great care of the house," Noreen, a longtime West Park resident shares. She now owns the Greenhill Road home where she was raised. After reading about Ohio's Home Weatherization Assistance Program (HWAP), she was one of many West Park residents to reach out to West Park Kamm's Neighborhood Development to find out if she could benefit from this resource.

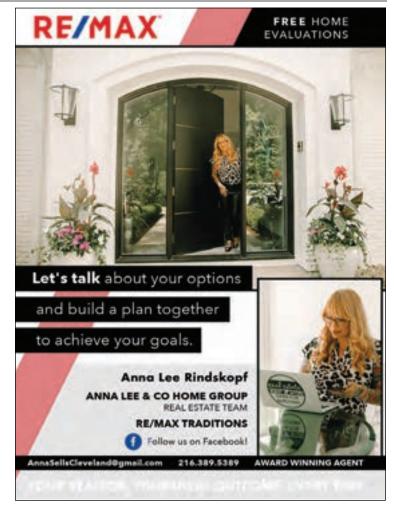
HWAP provides eligible Ohioans with assistance to improve the energy efficiency of their homes and reduce their energy costs. Household income is a determining factor, and residents receiving Home Energy Assistance (HEAP)

Today, the house Noreen has always known as home is more energy efficient than ever, and she couldn't be more thrilled with the improvements and lower utility bills.

are automatically income eligible. A home inspection determines the services needed to increase a home's energy efficiency, and a local service provider - in Cuyahoga County, this is CHN Housing Partners - helps to administer the program. CHN Housing Partners supplements HWAP with their own energy efficiency services.

After successfully submitting her application to CHN Housing Partners in December 2019 and, including a short waitlist period, Noreen's home energy inspection was quickly scheduled. Among the many possible enhancements, the inspection looks at ways to make a house more comfortable as well as energy and cost efficient by improv-







After a CHN inspection, Noreen's home was approved for a new furnace, exhaust vents and whole house insulation.



ing the heating systems, reducing air leakage, conserving water, and upgrading lightbulbs and appliances.

Today, the house Noreen has always known as home is more energy efficient than ever, and she couldn't be more thrilled with the improvements and lower utility bills. In March 2020, a new Energy Star-rated refrigerator was the first appliance to be updated followed by a new furnace in October. This year, new exhaust vents and insulation throughout the house and basement were also installed. "My brother kept telling me, 'Nothing is free; this is too good to be true,' but in my case, it really was true."

A good neighbor has your back.

Justin Ragor CPCU, Agent 3878 Rocky River Drive Suite 4 Cleveland, OH 44111 Bus: 216-251-5300 justin@ragorinsurance.com

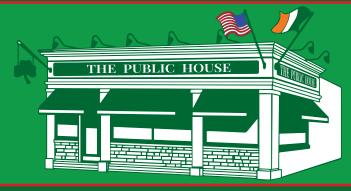
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A new Energy Star-rated refrigerator was installed in March 2020.



Noreen is busy making plans for additional projects around her home, just like her parents always did. She is once again working with West Park Kamm's Neighborhood Development to identify home maintenance resources and programs to help accomplish her goals.

Interested in HWAP or other homeowner resources? Reach out to Hannah Gall, 216-252-6559 x 1700, or hannah@westparkkamms.org.

LEARN MORE ABOUT CHN HOUSING PARTNERS



Founded in 1981, CHN Housing Partners is a large-scale affordable housing developer, housing service provider, and residential lender that works with its partners to solve major

housing challenges for low-income people and underserved communities in Ohio, Michigan, Pennsylvania, and New York. CHN partners with utility companies, financial institutions, and public agencies to manage and deliver large-scale housing resources. CHN also partners with people—low-income individuals, families, seniors, the disabled and the homeless—to improve their housing stability. CHN's impact in Cleveland includes 2,700 new homeowners, the housing stability services it provides annually to nearly 50,000 individuals, and the development of 7,000 new homes. CNH is a chartered member of the NeighborWorks America network.



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Make Home Improvement a New Year's Resolution!

by Hannah Gall

Il throughout January, West Park Kamm's Neighborhood Development will offer special consultations for Ward 17 property owners to help plan and tackle that 2022 to-do list. Come prepared with your home repair questions and ideas, and we'll share tactics and resources that can help accomplish your goals. And save the date for Tuesday, February 1 at 6:30 p.m. for a virtual workshop with the Home Repair Resource Center.

For 50 years, Home Repair Resource Center has been helping homeowners maintain the integrity of their homes. And with this virtual workshop, Hiring a Contractor, West Parkers will get some vital assistance in navigating the process of working with contractors on home repairs. Find reliable ways to do your research, what you should expect from someone working on your home, how you can pay for it, and what financial help may exist for you. This workshop will give you a step-by-step breakdown of what you need to know from identifying repairs to the moment you make the final payments.

Reach out to Hannah Gall for more information about scheduling a consultation or attending the virtual workshop, hannah@westparkkamms.org or 216-252-6559 x1700. Consul-



tations can be offered virtually or in person at 17407 Lorain Avenue. We can provide alternative accommodations for those with physical or digital limitations. ■





West Park Ward 17 Homeowner Resources

Need assistance with the expenses of homeownership or are looking to make home improvements? Reach out to WPKND. We can help!

Contact Hannah Gall at 216-252-6559 x 1700 or hannah@westparkkamms.org Visit westparkkamms.org/live/maintain-a-home.

* 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).	



SMOKE ALARMS

Be sure your home is safe this winter with smoke alarms and carbon monoxide detectors. The Cleveland Division of Fire has teamed up with the Red Cross Operation Save-A-Life Program to offer smoke detectors and fire safety information.

> Contact 216-361-5535 for assistance



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. No restrictions on a borrower's income and few limitations on what improvements can be made to a property.
West Park Sherwin Williams Paint Program	Discounts on paint and painting supplies. All those living in Ward 17 are eligible. Limit one per household.
Senior Home Repair	Small exterior repair grants of up to \$500 for seniors and adults with disabilities. Grants and grant size are income-qualifying.
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.

IMPORTANT PHONE NUMBERS

All Emergencies: 911

Cleveland Police, District 1 Office: 216-623-5100

Cleveland Police, Non-emergency: 216-621-1234

Cleveland Fire, Non-emergency HQ: 216-664-6800

Cleveland Fire, Smoke Alarms: 216-361-5535

Cleveland Refuse: 216-664-3717

Cleveland Animal Control: 216-664-3069

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

Cleveland Water Department: 216-664-3130

Cleveland Department of Aging: 216-664-2833

Gunning Recreation Center: 216-420-7900

Cuyahoga County Auditor Call Center: 216-443-7452

Cuyahoga County Real Property Office: 216-443-7010

Social Service Referral: 211



\$5 OFF ANY PURCHASE OVER \$20

3525 Warren Road, Cleveland stylemutt.com 440-409-0454

Looking Ahead by Councilman Slife

appy Fall! I am looking forward to a beautiful holiday season and winter in West Park.

Cleveland is an all-season city, and there are plenty of reasons to get outside this winter, the December 11 Halfway to the Hooley celebration at the Winter Market on Lorain Avenue being a prime example. Be sure to take advantage of our city parks in addition to all of the winter programming offered by Cleveland Metroparks.

Winter is a perfect time to start planning home projects for next spring and summer. The City of Cleveland offers many home repair programs for residents and contracts with West Park Kamm's Neighborhood Development to connect residents to them. Programs are particularly useful for lower income households as well as senior and disabled residents who need quality of life improvements to help them remain in their homes.

Residents interested in more traditional ways to finance home improvements can continue to use the Cleveland Restoration Society's Heritage Home Loan Program, which offers technical assistance and very low interest loans for homes 50 years old and older.



Monthly public safety meetings hosted by the Community Relations Board are back to meeting in person. These meetings allow residents to engage directly with the First District commander and to hear updates from the Division of Fire and the Cuyahoga County Prosecutor's Office. Meetings take place on the first Thursday of every month at 6 p.m. at St. Ignatius of Antioch School (10205 Lorain Ave.)

Commander Butler has also restarted the Coffee with a Cop program. Follow the First District on social media to get updates on dates, times, and locations.

Lastly, COVID cases have declined, but the pandemic is not over. Please continue to follow public health best practices and be sure to support our West Park restaurants and small businesses!



West Park Branch: 3805 West 157 Street 216-623-7102

Eastman Branch: 11602 Lorain Avenue 216-623-6955

Rockport Branch: 4421 West 140 Street 216-623-7053

Cleveland Public Library is offering a new, free service to deliver books, movies, and reading materials to the homes of adult Cleveland residents, Word on Wheels.

- Sign up for a library card if you don't have one.
- Call a neighborhood branch or the Main Library to request materials. See list above.
- Materials will be shipped to your house.
- When done, return items to any Cleveland Public Library location book drop or any CLEVNET member library.

Cleveland Public Library provides the Homebound Service for those who are unable to return items on their own because of disability or age.



Gandhivarma Subramaniam, MD

Herniated disks can heal with rest, medication, therapy and time.

ne minute you're completely fine, bending down to pick something up. Suddenly, you feel a shooting, irritating pain in your neck or back.

"The pain could be a symptom of a herniated disk, which occurs when the disks in your spine press on a nerve or the spinal cord," explains Gandhivarma Subramaniam, MD, at Cleveland Clinic Fairview Hospital.

There are 24 disks in your spine, which support and cushion your spine, and allow it to bend and move.

These disks may rupture, or herniate, if the outer layer of the disk weakens. Then, the jelly-like center of the disk leaks; this irritates the nearby nerves and causes back and leg pain.

"If you have a herniated disk in your lumbar or lower spine, the pain might come down your

leg, buttocks or hip," says Dr. Subramaniam. "If your herniated disk is pinching a nerve in your cervical or upper spine, you might feel arm pain or weakness that shoots down your shoulder or upper back."

Treatment options include:

- Ice and rest
- · Physical therapy and stretches
- · Anti-inflammatory medication
- A dose pack of steroids
- Surgery (extreme cases only)

On average, a herniated disk may heal in four to six weeks, but it can resolve within a few days depending on the severity and location of the herniation.

To schedule an appointment with a Cleveland Clinic spine specialist, please call 216.636.5860 or visit ClevelandClinic.org/Spine.

CLEVELAND CLINIC FAIRVIEW HOSPITAL RANKS AMONG BEST



Cleveland Clinic Fairview Hospital is now ranked as the No. 4 hospital among Cleveland-area hospitals and the No. 6 hospital in Ohio, according to U.S. News & World Report's "2021-22 Best Hospitals."

Fairview Hospital is also nationally Neil Smith, DO ranked in two adult specialty areas:

Neurology & Neurosurgery and Orthopedics.

"These rankings affirm our caregivers' dedication to deliver the highest quality care with compassion and empathy," says Neil Smith, DO, president of Fairview Hospital. "We are honored to have achieved this recognition, and remain committed to the health and well-being of the West Park neighborhood, as we have been part of this community for more than 125 years."

For more information, visit ClevelandClinic.org/Rankings.

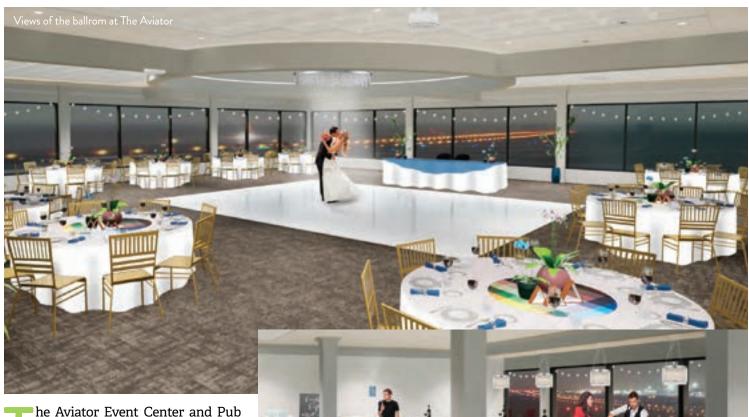
WITH GRATITUDE FOR YOUR SUPPORT DURING THE PANDEMIC.

The community surrounding Cleveland Clinic Fairview Hospital has always been just like family — caring for each other and ready to lend a helping hand whenever it's needed.

At Fairview Hospital, many of our caregivers live locally and have worked at the hospital for many years — generations of Fairview caregivers have treated generations of your families and friends.

"As our world continues to evolve, we are grateful for our tight-knit community and for your steadfast support of Fairview Hospital," says Neil Smith, DO, president, Cleveland Clinic Fairview Hospital. "Together, we are working through the adversity and uncertainty of the COVID-19 pandemic, and our caregivers remain ready to care for you."

The vaccine is readily available, and we must all stay vigilant in following COVID-19 guidelines to help keep our families, friends, and neighbors healthy and safe.



is still in the construction phase but expects to open its doors in the first quarter of 2022. Formerly the 100th Bomb Group Restaurant, located on Brookpark Road adjacent to Cleveland Hopkins Airport, the property's new operators are striving to honor its historic integrity while modernizing the aviation-themed space.

"We will pride ourselves on offering our customers a 'one stop shop' venue with Chef-inspired menus, complete event planning and entertainment above the rest," said Khadar Soussou. The Aviator's owner and president, shared his vision for the event and dining destination. The venue will feature four distinct event spaces in total, providing a room for any occasion ranging from an intimate celebration to a large corporate event or wedding. The "Flight Event Space" can accommodate up to 400 guests, an increase from the 225 maximum capacity of the former Bomb Group configuration. The property will also feature a contemporary American pub, complete with a seasonal rooftop bar.

The new owners aren't complete strangers to the neighborhood. Soussou is partnering with United Concessions Group which owns businesses at the airport. "We intend to bring everything you loved about the Bomber and take it to the next level," said Spencer Shaw, Executive Vice President at UCG. "Family and tradition is a staple in the UCG business model. Whether dining in our Pub or attending a wedding in one of our gorgeous ball rooms, every time you enter The Aviator, you become family, and will experience some of the traditions that

made the property such a recognizable name in Northeast Ohio."

When asked what most excited him about the eventual grand opening, Soussou shared. "I am most excited to introduce Cleveland to the 'Little Bomber,' our rooftop observatory of Cleveland Hopkins Airport, complete with a bar and our pub-fare menu. There is nothing like enjoying a bite to eat and a great drink with planes flying overhead." As a sign of a festive future, The Aviator is already booking events for 2022.



edvet Cleveland Animal Hospital has plans to build a new facility on a four-acre site in the Emerald Corporate Park located on Grayton Road near where the Oatey Company built their corporate offices on the rim of the Cleveland Metroparks a few years ago.

The facility will accept referrals from veterinarians for serious medical care for pets, including radiology oncology, cardiology, surgery, dermatology, dentistry, and rehab. The hospital will employ about 180 employees as a 24/7 facility with the capacity to serve up to 60 clients at any given time.

At the time of this writing, the project is going through design review approvals and then on to permitting via the City's Building Department. While no construction timetable has been announced, look for foundation work to start soon and stay tuned for future updates.

Join West Park Kamm's Neighborhood Development for our annual fundraiser



Thursday, December 2, 2021

From 6:30 p.m. to 9 p.m. | West Park Station Patio

Celebrate the beginning of the holiday season outdoors under the tented patio with festive beverages and delicious hors d'oeuvres while supporting a great cause.

Participate virtually via our raffle! Stay tuned for details!

Tickets are limited to ensure safety. Purchase now at westparkkamms.org/cheer Sponsorship opportunities available. Contact rosemary@westparkkamms.org

CELEBRATING COMMUNITY THROUGHOUT THE YEAR



First District safety fair



Dan Lovinger, Jamal Musa and Councilman Slife at a business mixer



Kamm's Corners Farmers Market (KCFM) shopper

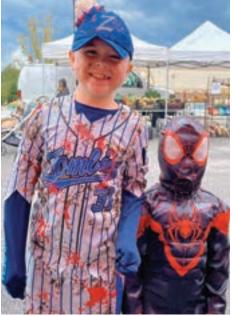


St. Paddy's Day in September at KCFM



The Prom Queens performing at KCFM







Halloween fun at KCFM







Lawn Chair Cinema



Clean-Up the Corners



Oberlin College students participate in Kamm's Corners Clean-Up

FRIENDS OF WPKND

Show your love for West Park Kamm's by supporting WPKND in our annual Friends Campaign!

With you, WPKND can continue to strengthen our neighborhood, carrying on the strong history of residents and businesses coming together to see their neighborhood prosper. For more than 40 years, WPKND has been serving our residents and our community.

Your tax-deductible donation helps continue programming and events like the Kamm's Corners Farmers Market, Lawn Chair Cinema, The Hooley mand Explore West Park Walks. Together we can support our most vulnerable residents by assisting seniors in our community through the senior home repair program and connecting those in need to the resources essential to their well-being. By helping existing businesses to thrive and fostering new business growth, we can ensure our commercial corridors have a vibrant future.



\$10 [

\$50 □

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!

Every dollar of your donation will suppo	rt WPKND's mission and is a	a 100% tax-deductible gift!
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7	WEST PARK KAMM'S
	NEIGHSORHOOD DEVELOPMENT

NAME: ADDRESS: _

\$100 🔲

EMAIL:

Make checks payable to: West Park Kamm's Neighborhood Development, 17407 Lorain Avenue Suite 200, Cleveland, Ohio, 44111

FOR EVERY HADDY & HEALTHY LIFE



That's why we're here. It's why we've been here for 100 years, and will be here for 100 more: To keep everyone in Ohio healthy, happy, and inspired to live their best life. And our unwavering commitment to making that possible is why Cleveland Clinic was once again ranked the #1 hospital in Ohio by U.S. News & World Report. And with a top-ranked hospital in Ohio close to you at Cleveland Clinic Fairview Hospital, we will always provide world class care, for every care in the world.

ClevelandClinic.org/Rankings



