Welcome 3 New Businesses
1 Expansion and 1 Move in Tremont

One Stop Pet Opens on Jefferson Avenue
With great pleasure, we are announcing that One Stop Pet Supply is now open and ready to serve all of you. We decided on the Tremont area because it's a great neighborhood and very pet friendly. Our mission is to provide the community with all of their pet needs. Our store will offer a range of products for all your pet needs. Please stop by and check us out. We are located at 860 Jefferson Avenue and our store hours to start will be Monday through Saturday 10am to 7pm and Sunday 11am to 4pm. Our website will be launched around 4pm. Our mission is to provide a great neighborhood and very pet friendly. Our website will be launched around 4pm.

One Stop Pet Supply LLC or call us at 216-417-0389.

Freddie’s Opens on Professor Avenue
Tremont has a new takeout restaurant, Freddie’s! When we spoke with two of the owners, Strong and Carol Chien, they described their menu as the Philly Cheesesteak atop fresh cut French Fries. They own Dale’s Deli in Euclid and offer a similar menu there. Strong said, “Tremont for me is an area of the opportunity. There are a lot of young people, it’s a relaxing environment, and there are many new buildings, that’s why we are here!” Freddie’s menu offers many varieties of the Philly Cheesesteak including chicken, steak, corned beef, shrimp and vegetable. You can also choose to have the sautéed meat and vegetables served on the bed of fries, salad, a toasted sub bun or fried rice.

They plan to open in early March. Their Hours of Operation are Monday, Wednesday, Thursday & Friday: 11am to 3pm and 4pm to 9pm; Saturday & Sunday: 12 to 8pm; and they will be closed on Tuesdays. Place an order by calling 216-417-0867.

Tremont Animal Clinic Moves to West 25th Street
Tremont Animal Clinic opened on West 14th Street in February of 2014. They quickly outgrew their space and began looking for something larger. Since opening the team of Dr. Bob Litkovitz, Dr. Sara Tippins, and Dr. Katie McCoy have expanded their team to include Dr. Matt McCoy and Dr. Kelley Pozza.

Their new facility located at 2885 West 25th Street. They have office hours Monday through Saturday and are closed on Sundays. Call today to make an appointment for your dog or cat, 216-298-5011. They provide many services including wellness exams, new puppy and kitten exams, surgery, laboratory, radiology, dental care, pharmacy, heartworm disease testing and emergency services. tremontanimalclinic.com

Café Social opens doors on Tremont on Professor Avenue
Two years after its creation, Café Social is jump-starting its next phase with a move to Tremont, a shift that will allow it to deepen and expand its community roots. This unique café offers coffee sourced exclusively from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.

Owner Lalo Rodríguez describes himself as CEO, owner, barista, janitor, and baker, among many other things. The café’s story comes from his parents’ tradition in Mexico where they used to gather with people from Latin America (in partnership with several Cleveland-based suppliers), along with family desserts and snacks that come from the owner’s own Latin American background. You will find strong café negro and espresso, along with lattes and cappuccinos, as well as an ongoing variety of prepared coffee drinks that run from traditional to decadent and inventive. Desserts include family recipes from Mexico, as well as treats from many other Latin American countries—everything from a mini Mexican cheesecake to a Caribbean panna cotta, cuernito cookies, and Venezuelan pastel de panchita... along with new more savory offerings.
Tremont West
Membership Forms
Due April 1, 2020
for Eligibility to Vote
at the May
Membership Meeting
Membership in Tremont West is a great way to show support for your community and qualifies residents and representatives of community businesses and institutions to vote on leadership, governance and community issues at the Annual Membership Meeting in May of each year.

Tremont West’s Board of Directors is comprised of 15 community members. These members are democratically elected by the membership on a rotating basis; each year the membership elects a Board President (one year term) and 4 or 5 Directors who will serve a three year term. Membership in Tremont West is Free; there are no membership dues or fees.

To apply, complete a Membership application, submit it by e-mail or by US mail. Download it here: experienceTremont.com/tremont-west/membership/

You may also request an application be emailed or mailed to you by contacting Scott Rosenstein (scottrosenstein@tremontwest.org) or at 216-575-0920, ext. 103.

To be eligible to vote at the May meeting, membership forms must be turned in on or before April 1. Forms received after that date will give you voting rights at the following year’s Membership Meeting.

Please note: To be eligible for membership, you must be at least 18 years of age or older, and a resident of Tremont, Duck Island, or Irişhtown Bend (Ross’s greater way to show support for your community and qualifies residents and representatives of community businesses and institutions to vote on leadership, governance and community issues at the Annual Membership Meeting in May of each year. Tremont West’s Board of Directors is comprised of 15 community members. These members are democratically elected by the membership on a rotating basis; each year the membership elects a Board President (one year term) and 4 or 5 Directors who will serve a three year term. Membership in Tremont West is Free; there are no membership dues or fees. To apply, complete a Membership application, submit it by e-mail or by US mail. Download it here: experienceTremont.com/tremont-west/membership/

You may also request an application be emailed or mailed to you by contacting Scott Rosenstein (scottrosenstein@tremontwest.org) or at 216-575-0920, ext. 103.

To be eligible to vote at the May meeting, membership forms must be turned in on or before April 1. Forms received after that date will give you voting rights at the following year’s Membership Meeting.

Please note: To be eligible for membership, you must be at least 18 years of age or older, and a resident of Tremont, Duck Island, or Irişhtown Bend.

The City of Cleveland to see what variances or permits are required for your desired location. The Department of Building and Housing can be reached at 216-664-3711 for more information.

Are you looking to lease, purchase or market commercial space in Tremont? Remember, if you are planning to open a business in Tremont, you must contact the Department of Building and Housing to see what variances or permits are required for your desired location. The Department of Building and Housing can be reached at 216-664-3711 for more information.

The City of Cleveland’s Economic Development Department can assist small businesses with financial packages of both loans and grants to improve the interior and exterior of their storefronts. Please call Khalid Hawthorne at 216-575-0920, ext. 113.

The City of Cleveland’s Neighborhood Retail Assistance Program (Seaford) provides a grant to income qualified Cleveland homeowners 60 years old or older, and disabled adults who reside in and own single or family homes in need of critical safety and maintenance repairs.

Repair-A-Home
Low interest loans for code related repairs, mechanical repairs, or health and safety repairs.

If you would like to explore your home repair options or need assistance with applications, please contact Julie Dahlinhausen at 216-575-0920 x 108 or juliadahlinhausen@tremontwest.org.

Towpath Trail Construction
If you need to talk with someone regarding the current construction of the Towpath Trail, please contact Darwin Merdes, Area Engineer for Cuyahoga County at 216-348-4073, 216-701-1106 or dmerdes@cuyahogacounty.us.

City of Cleveland
Holiday Waste Pick-Up
Bulk Pick-Up (3 items only) in Tremont is Friday, March 6th. Questions? 216-664-3711 or cleveland-oh.gov

Cuyahoga County Veterans Services Commission
Provides temporary and emergency financial assistance to eligible veterans, their dependents, and surviving spouses for rent, mortgages, security deposits, etc.

Senior Homeowner Assistance Program
SHAP provides a grant to income qualified Cleveland homeowners 60 years old or older, and disabled adults who reside in and own single or family homes in need of critical safety and maintenance repairs.

Repair-A-Home
Low interest loans for code related repairs, mechanical repairs, or health and safety repairs.

If you would like to explore your home repair options or need assistance with applications, please contact Julie Dahlinhausen at 216-575-0920 x 108 or juliadahlinhausen@tremontwest.org.
Tremont West is seeking candidates for its upcoming Board of Directors elections in May 2020! We are looking for members who are interested in working together to give back to the Tremont, Duck Island and Iráigth Bend Community by helping the neighborhood improve and prosper. We are seeking individuals who will be active participants for a three-year term on the Board. Please reach out to Nominating Committee Co-Chairs Casey Ward and Dan Cotter, at TWDCBoard@gmail.com for information about what a board member does for our community and how to apply. Applicants will be asked to submit an application about why you are interested, what you would bring to TWDC, and how you would support our community, the deadline is Friday, April 10, 2020. Elections will be held during TXVDC Annual Meeting in May 2020. Contact Casey Ward and Dan Cotter, at TWDCBoard@gmail.com to get started.

Tremont History Project

Tremont Youth Council in Tremont West is seeking candidates for its upcoming Board of Directors elections in May 2020! We are looking for members who are interested in working together to give back to the Tremont, Duck Island and Iráigth Bend Community by helping the neighborhood improve and prosper. We are seeking individuals who will be active participants for a three-year term on the Board. Please reach out to Nominating Committee Co-Chairs Casey Ward and Dan Cotter, at TWDCBoard@gmail.com for information about what a board member does for our community and how to apply. Applicants will be asked to submit an application about why you are interested, what you would bring to TWDC, and how you would support our community, the deadline is Friday, April 10, 2020. Elections will be held during TXVDC Annual Meeting in May 2020. Contact Casey Ward and Dan Cotter, at TWDCBoard@gmail.com to get started.

Tremont History Project

From our archives - Professor at College looking north. About 1953.
Sunny Ting has been sharing his award winning Thai recipes with Tremont since 2006 when he opened Ty Fun Thai Bistro as owner and chef. After almost 14 years, Sunny and his family still have more to share with the community. Available for immediate enjoyment at 815 Jefferson Avenue, Ty Fun’s second floor is now “Buddha Blue” – Tremont’s newest private party room.

Sunny purchased the property in 2018 with plans to do more with the building’s potential. After a year of renovations, a bedroom and storage room were transformed into a calming open space with bar service and seating to host parties of 20 or less. Sunny credits his sister, Jessy Cika, with designing and providing the direction that led to the room’s beautiful finish. “She picked the lights, fixtures, furniture, paintings – everything,” said Sunny. Jessy has worked at Ty Fun for 12 years and also manages the restaurant with Sunny.

The party room, which will offer Ty Fun’s menu to guests starting this Spring, has a long marble bar, a large dining area, a great view, a private bathroom, and blue accents that make the space feel cool and inviting. Sunny describes the theme as “soothing and relaxing.”

“Buddha Blue is perfect for birthdays, rehearsal dinners, or any community function,” said Sunny.

The room is available any date and can be booked through Jessy Cika at 216-904-4516. Tours of Buddha Blue can also be booked by visiting tyfunthaicleveland.com. The Ty Fun family and staff are excited to share this new addition with Tremont. “However we can support the community, we’re happy to,” said Sunny.

**Wednesdays of Lent: “And They Showed us Unusual Kindness”**
Hosted by an interdenominational collaboration of Tremont Churches

Through four Wednesdays this Lenten Season, please join us each week in sharing a soup dinner and prayer, followed by a reflection on an example of kindness as part of our times. Prayer themes this year are selected from the 2020 “Week of Prayer for Christian Unity,” World Council of Churches

**Soup dinner, prayer service, and reflection will begin at 6:00pm. Free and open to all.**

**Wednesday, March 4th @ St. Augustine Church (2486 W.14th St., school bldg)**
*Reflections on Reconciliation: Throwing the Cargo Overboard*

*Presented by Rev. Carol Ann Anderson; Sponsors: St. John Lutheran Church*

**Wednesday, March 18th @ St. Augustine Church (2486 W.14th St., school bldg)**
*“Welcoming the Stranger: Migrants & Refugees: Will We Give Them Welcome & Hope?”*

*Presented by Andre Lahee, Sponsors: St. Mary Harborside* and Pilgrim Church

**Wednesday, March 25th @ Pilgrim Church (2592 W.14th St)**
*“Reflections on Emptiness: Seeking & Showing Forth Christ’s Light”*

*Presented by Reverend Brooks Bemmel, UCC Environmental Justice Minister*

**Eccumenical partners in this Lenten Series include: St. Augustine Church, Zion Church, Pilgrim Church, and St. John Campus Church.**

*For more information please contact: Terry Hogan: thogan@eccdce.org / 216-781-5530*

**Near West Recreation’s Lacrosse League Registration Now Open**

Thanks to the support of US Lacrosse, NWR is offering a youth lacrosse league for the third consecutive year. The league is open to kids ages 7-15 and runs from March 31st - May 21st at Urban Community School.

Three coed divisions are offered: U9 (ages 7,8,9), U12 (ages 10,11,12), and U15 (ages 13,14,15). Participants will be assigned to a division based on their age as of May 1, 2020.

U9 will practice on Tuesdays starting March 31st
U12 will practice on Thursdays starting April 2nd
U15 will practice on Wednesdays starting April 1st from 6:00 - 7:30 PM

Games will take place on Saturdays starting April 18th. A full practice and game schedule will be released at the pre-season parents meeting. All practices and games will take place at Urban Community School (4898 Lorain Ave) in the gym or on the lacrosse field.

All participants will receive a t-shirt jersey. Tennis shoes/sneakers are required for all participants. Sticks, balls, and nets will be provided by Near West Recreation. This is a non-contact lacrosse league, so no additional equipment is needed.

Cost is $30 per child (cash, check, credit). Need based financial assistance is available. Please fill out the appropriate information below to receive assistance.

Please note the pre-season parents meeting will be on Thursday, March 26th, starting at 6:30 pm. For any questions, or if you would like to become a volunteer coach, please contact Matt Burke at (216)-781-3222 x101 or at mburke@ohiocity.org.

**RiverSweep 2020**
**SAVE THE DATE**

Join Canalway Partners in Ohio’s largest “done in a day” environmental cleanup.

Help prepare these areas for new steel and parks!

216.520.1825 or visit canalwaypartners.com

**Saturday May 9, 2020**

**St. Wendelin Parish**

Join us.

**Monday and Friday at 11am**

**Saturday Vigil at 4:30pm**

**Sunday at 10am**

St. Wendelin Catholic Church

Annual Reverse Raffle tickets on sale now

$50 includes dinner, main board ticket, one drink ticket

**Saturday, April 25th at 5:30pm**

St. Wendelin Parish | 2281 Columbus Road

**Immanuel Ev. Lutheran Church**

2928 Scranton Rd. | Cleveland, Ohio 44113

Sunday worship times:

German service 9:00am and English service 10:30am

Rev. Jerry Witt-Jablonski, pastor

Rev. Horst Hoyer, pastor emeritus

Serving God’s People Since 1880

**Ty Fun adds Buddha Blue to the Menu**

Written by Jimmy Perkins

Written by Jimmy Perkins

Ty Fun Thai Bistro is Cleveland’s top rated Thai restaurant and Sunny Ting continues to receive national attention for his cooking. Sunny was recently featured in the Wall Street Journal for his delicious curry and most recently won the “Best Thai” award in Cleveland Magazine’s “Best of the Ballot” in 2019.

Sunny’s award winning kitchens are located in the heart of Tremont. Sunny’s second floor has been completely transformed into Ty Fun’s newest private event space.

St. Wendelin Catholic Church is hosting a “Holy Week begins on Sunday” — March 28th at 11am. The church is located at 8144 Brecksville Road.

**Merrick House**

**Infants Toddlers Pre-Kindergarteners**
Gidion’s Knot by Johnna Adams, directed by Amy Bistok is a thought-provoking two-character play touching upon bullying and teacher/parent responsibility in which a grieving mother confronts the local principal’s and board’s decisions and policies following her 5th-grade son’s suicide, as it deals with school system failures and the issue of students’ freedom of expression. The face-off escalates inexorably throughout as the two women confront the audience as much as one another with their characters’ pain, avoidance and degrees of guilt and regret.

Gidion’s Knot opens Fri, March 20 and runs Thurs-Sat at 8 pm through April 11 at the Liminis Theater 2438 Scranton Rd. Tickets are available at 216-687-0074 and convergence-continuum.org: $20 general admission, $15 seniors (65+) and $10 students. Thursday discount tickets are $15 gen. adm., $12 seniors and $8 students.

Convergence-continuum’s production of Gidion’s Knot is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.
Irishtown Bend

Stakeholders of the Irishtown Bend kicked off the Special Meeting for West Ward Cuyahoga County Board of Elections on March 17th. The meeting was attended by members from W. 20th St. and Slat Pat McLennan of the Second District Police Community Council. The attendees gave input on the city's public safety plan for the area. They also gave recommendations of what numbers to call if an incident occurs. The officials then went to the second floor to discuss the city’s crime trends happening. Tom Romito was a guest speaker and he is involved in the Ohio Supreme Court. In the Primary Election in 2016, voters in precinct 3M (which includes North of Literary and Central Tremont Block Club area) posted a turnout of 38.7% of eligible voters. In the Primary Election in 2016, voters in precinct 3N (which includes South of Jefferson Block Club area) posted a turnout of 37.4% of eligible voters. We encourage all of our registered voters in Irishtown Bend to VOTE in the 2020 Ohio Primary Election! You can request a Democratic, Republican, Libertarian, and Independent ballot. Let's meet and surpass the turnout of 2016. Our Neighborhood Vote/Kinlin, an Election for a Block Club Chair for 2020 was held. Fortunately we had a quorum, and Jeff Wood was re-elected for 2020. For more information on our block club and its activities, please request to Vote by Mail and find out what’s on your ballot, read the texts of City of Cleveland’s Planning Commission meetings. There will be a tent at Hoopples on Wednesday, March 18th at 6:30pm at Hoopples.

Holmden Buhrer Buhrer

Mentor Castle Clark

The Block Club had received a general update from 2nd District Police Community Council. The Block Club received an update on a previously reported and new local board. The meeting was held on Wednesday, March 4th at 6:30pm at Hoopples. The next meeting of the Irishtown Bend Block Club will be held on Wednesday, March 18th at 6:30pm at Hoopples.

Irishtown Bend

Stakeholders of the Irishtown Bend kicked off the Special Meeting for West Ward Cuyahoga County Board of Elections on March 17th. The meeting was attended by members from W. 20th St. and Slat Pat McLennan of the Second District Police Community Council. The attendees gave input on the city’s public safety plan for the area. They also gave recommendations of what numbers to call if an incident occurs. The officials then went to the second floor to discuss the city’s crime trends happening. Tom Romito was a guest speaker and he is involved in the Ohio Supreme Court. In the Primary Election in 2016, voters in precinct 3M (which includes North of Literary and Central Tremont Block Club area) posted a turnout of 38.7% of eligible voters. In the Primary Election in 2016, voters in precinct 3N (which includes South of Jefferson Block Club area) posted a turnout of 37.4% of eligible voters. We encourage all of our registered voters in Irishtown Bend to VOTE in the 2020 Ohio Primary Election! You can request a Democratic, Republican, Libertarian, and Independent ballot. Let's meet and surpass the turnout of 2016. Our Neighborhood Vote/Kinlin, an Election for a Block Club Chair for 2020 was held. Fortunately we had a quorum, and Jeff Wood was re-elected for 2020. For more information on our block club and its activities, please request to Vote by Mail and find out what’s on your ballot, read the texts of City of Cleveland’s Planning Commission meetings. There will be a tent at Hoopples on Wednesday, March 18th at 6:30pm at Hoopples.
No matter what life throws at you, we’ve got the care you need, where you need it. We’re here for you at Cleveland Clinic Fairview and Lutheran hospitals.

Visit ClevelandClinic.org/Access

Cleveland Clinic

FISH FRY
FRIDAYS 2/28 - 4/10

The community of the Annunciation Greek Orthodox Church invite you to our homestyle lenten fish fries every Friday from February 28th through April 10th. All proceeds will support the ministries of the church and its community.

MENU

Fried Fish Dinner: ($12)
- Beer Battered Whitefish
- French Fries
- Coleslaw
- Hush Puppies

Baked Fish Dinner: ($12)
- Baked Atlantic Cod
- Baked Haddock
- Mixed Vegetables
- Dinner Roll

Homemade Mac & Cheese, Homemade Clam Chowder, Fried Shrimp, Pierogies, Fish Tacos, Drinks, & Desserts also available

ANNUNCIATION GREEK ORTHODOX CHURCH
2187 WEST 14TH, CLEVELAND 44113 * TREMONT
216-861-0116 * 5 PM - 8 PM

Myth or fact? Learn the truth about heart disease prevention.

Misinformation abounds in social media and disreputable news sources. While misinformation about heart disease is widespread, Americans hold the key to a healthy heart.

“It’s important to get your medical information from reputable sources or from your physician,” says Gautam Shah, MD, a cardiologist at Cleveland Clinic Fairview Hospital and West Valley Medical Building.

Dr. Shah busts three common heart disease myths:

Myth: It’s recommended to take an aspirin a day to prevent heart disease.
Fact: Not necessarily. For those who don’t have heart disease, research shows the harms of taking a daily aspirin often outweigh the benefits. “Aspirin reduces the blood’s ability to clot and increases the risk of uncontrolled bleeding,” explains Dr. Shah.

Myth: It’s recommended to take an aspirin a day to prevent heart disease.
Fact: Not necessarily. For those who don’t have heart disease, research shows the harms of taking a daily aspirin often outweigh the benefits. “Aspirin reduces the blood’s ability to clot and increases the risk of uncontrolled bleeding,” explains Dr. Shah.

Myth: A low-fat diet is the best diet for heart health.
Fact: The Mediterranean diet, which includes healthy fats, is by far the healthiest for one’s heart. It is rich in fruits, vegetables, legumes, fish, nuts and olive oil. Dr. Shah says this diet is proven to help reduce bad cholesterol levels and reduce the risk of cardiovascular events like stroke and heart attack.

“It’s important to know the facts to take the proper steps to decrease heart disease risk,” advises Dr. Shah.

To make an appointment with Dr. Shah or another Cleveland Clinic cardiologist at Fairview Hospital or West Valley Medical Building, call 440.333.8600.

STOP colorectal cancer before it starts!

50 Start colorectal cancer screening with colonoscopy at age 50 (age 45 if you are African American).

Talk to your doctor about earlier screening if you have a family history of colorectal cancer or polyps or if you are experiencing any symptoms, such as bleeding or changes in bowel habits.

Call today to schedule your colonoscopy close to home at:
• Fairview Hospital
• Lutheran Hospital

216.444.7000
ClevelandClinic.org/Colonoscopy

Call anytime!

Our appointment center is open 24/7.

Cleveland Clinic’s appointment center is open 24 hours a day, 7 days a week.

Call 866.320.4573 anytime – day or night – to schedule or reschedule an appointment.

Myth: You can’t do anything to prevent heart disease.
Fact: Heart disease is often – 90% of the time – caused by modifiable risk factors (those that you can change). These include: losing weight, quitting smoking, exercising, and lowering blood pressure, blood sugar and cholesterol.

Myth: A low-fat diet is the best diet for heart health.
Fact: The Mediterranean diet, which includes healthy fats, is by far the healthiest for one’s heart. It is rich in fruits, vegetables, legumes, fish, nuts and olive oil. Dr. Shah says this diet is proven to help reduce bad cholesterol levels and reduce the risk of cardiovascular events like stroke and heart attack.

“It’s important to know the facts to take the proper steps to decrease heart disease risk,” advises Dr. Shah.

To make an appointment with Dr. Shah or another Cleveland Clinic cardiologist at Fairview Hospital or West Valley Medical Building, call 440.333.8600.

Myth or fact? Learn the truth about heart disease prevention.

Gautam Shah, MD
Cleveland Clinic Fairview Hospital and West Valley Medical Building

Myth: It’s recommended to take an aspirin a day to prevent heart disease.
Fact: Not necessarily. For those who don’t have heart disease, research shows the harms of taking a daily aspirin often outweigh the benefits. “Aspirin reduces the blood’s ability to clot and increases the risk of uncontrolled bleeding,” explains Dr. Shah.

Myth: You can’t do anything to prevent heart disease.
Fact: Heart disease is often – 90% of the time – caused by modifiable risk factors (those that you can change). These include: losing weight, quitting smoking, exercising, and lowering blood pressure, blood sugar and cholesterol.

Myth: A low-fat diet is the best diet for heart health.
Fact: The Mediterranean diet, which includes healthy fats, is by far the healthiest for one’s heart. It is rich in fruits, vegetables, legumes, fish, nuts and olive oil. Dr. Shah says this diet is proven to help reduce bad cholesterol levels and reduce the risk of cardiovascular events like stroke and heart attack.

“It’s important to know the facts to take the proper steps to decrease heart disease risk,” advises Dr. Shah.

To make an appointment with Dr. Shah or another Cleveland Clinic cardiologist at Fairview Hospital or West Valley Medical Building, call 440.333.8600.

Myth or fact? Learn the truth about heart disease prevention.

Gautam Shah, MD
Cleveland Clinic Fairview Hospital and West Valley Medical Building

Myth: It’s recommended to take an aspirin a day to prevent heart disease.
Fact: Not necessarily. For those who don’t have heart disease, research shows the harms of taking a daily aspirin often outweigh the benefits. “Aspirin reduces the blood’s ability to clot and increases the risk of uncontrolled bleeding,” explains Dr. Shah.

Myth: You can’t do anything to prevent heart disease.
Fact: Heart disease is often – 90% of the time – caused by modifiable risk factors (those that you can change). These include: losing weight, quitting smoking, exercising, and lowering blood pressure, blood sugar and cholesterol.

Myth: A low-fat diet is the best diet for heart health.
Fact: The Mediterranean diet, which includes healthy fats, is by far the healthiest for one’s heart. It is rich in fruits, vegetables, legumes, fish, nuts and olive oil. Dr. Shah says this diet is proven to help reduce bad cholesterol levels and reduce the risk of cardiovascular events like stroke and heart attack.

“It’s important to know the facts to take the proper steps to decrease heart disease risk,” advises Dr. Shah.

To make an appointment with Dr. Shah or another Cleveland Clinic cardiologist at Fairview Hospital or West Valley Medical Building, call 440.333.8600.
I’d like to thank Tremont West for the invitation to become the Tremont Farmers Market Manager for the 2020 season. My name is Lisa Nemeth, owner of Northcoast Promotions, Inc.

I have lived in the Greater Cleveland area all my life. Born on the near east side (Garfield Heights), I bought my first house in Cleveland in 1985, and then moved to the Old Brooklyn neighborhood in 1992. I have been married for 27 years to my husband Greg, and we raised two children in our Cleveland home.

I started in the local arts & crafts markets in 1992 as an exhibitor. In 1995, I began volunteering my time to help organize events with our children’s school, Girl & Boy Scouts as well as with the local development corp. In 2004, I formed Northcoast Promotions, Inc to continue helping local organizations with their fundraising efforts in a more structured manner. I have spent the last 29 years in the events arena either participating in, or organizing a variety of functions in Northeast Ohio. For the last 5 years, I have been involved with Walkabout Tremont, bringing in artists through a pop-up market May – October each year. I look forward to the opportunity to be part of this historic farmers market.

As Manager of the Tremont Farmers Market, my goal is to get fresh, locally produced food to the neighborhood, have informational activities such as chef demonstrations using Farmers Market products, information on healthy living options as well as an opportunity for the neighborhood to come together. I envision the market as a place for local residents not only to shop, but also as a place to meet friends & neighbors.

The Tremont Farmers Market will return to Lincoln Park again this year. The Market will begin on Tuesday, May 19 through Sept 29, 2020 from 4pm – 7pm. The market will take place rain or shine each week. Continuing programs will include EBT, WIC, and Produce Perks as in previous years.

I hope to include more local neighborhood businesses, organizations, and residents in participation in the market each week. We are currently looking for exhibitors, volunteers and sponsors to help build a vibrant market this year. Please contact me for details by calling 216-575-8201 or through e-mail, tfm@tremontwest.org.

I am so excited for the weather to break and the opening of the 2020 market! I look forward to the opportunity to serve the community.

Please call Cory, 216-575-0920, ext. 101.

TBD. Please call Bev at 310-6810.

Meets Bi-Monthly. Call TWDC for next meeting.

Please call Cory, 216-575-0920, ext. 101.

Apply Today!

The Tremont West VISTA 2020 Project and the Summer 2020 VISTA Project will be a great opportunity for a young professional interested in many aspects of community development. This opportunity will give an individual exposure to working directly with the residents and businesses of Tremont. The full year of community development.

Associate Position will run from June 8, 2020 through June 7, 2021. The Summer