The Well House at Lamson Mansion Opens

The Well House is a Medical and Wellness Spa located in the recently renovated historic Lamson Mansion in Tremont, located at 2253 West 14th Street. Their experienced, passionate, and highly-trained staff will help you thrive from the inside out. The Well House offers a full range of services, including Botox, microdermabrasion, waxing, chemical peels and a skin care line tailored to fit your needs as well as micro needling with radio frequency and 3D body sculpting. They also offer medical services, including IV Therapy for hydration, energy and rejuvenation, as well as consultations for brown spot removal. They additionally offer thorough, customized consultations for your individual concerns.

Ever wanted to try Salt Therapy? The Well House offers Halotherapy, also known as Dry Salt Therapy, in The Salt Room, where the dry salt therapy provides access to the natural agent that can aid in repair of the respiratory system.

The Well House will also host Yoga classes, and Mindful Meditation with Movement every Wednesday from 12-1pm.

In addition to helping you look your best, The Well House wants you to feel your best. They will host workshops, physician and nurse training, health and wellness seminars, life coaching and one-on-one health consultations.

A collection of beauty and wellness treatments inspired to help you lead a happier, healthier life.

2253 West 14th Street
Free Parking
Phone: 216-237-0974
www.well-house.org
Appointment Hours:
- Mondays 9am to 5pm
- Tuesdays 9am to 4pm
- Wednesdays 9am to 8pm
- Fridays 9am 4pm

Pam Tanowitz in Tremont with The Movement Project

New York-based choreographer Pam Tanowitz will create Recital #1 (five small dances for Cleveland), a site-specific dance for Cleveland’s historic Pilgrim Church, to be performed by Pam Tanowitz Dance alongside dancers from Cleveland’s The Movement Project and selected local dancers. The show will be influenced by the unique space and individual dancers. Each dance will be an intimate sketch, which the audience will observe close-up. The music is by Dana Jasen and costumes by Maile Okamura.

Friday, March 22, at Pilgrim Church
Show 1 - 7:00 pm (Box Office opens at 6:00 pm. Doors open at 6:30pm) & Show 2 - 9:00 pm (Box Office & Theater Doors open at 8:30pm) $10
themovementproject.org/mar22/pam-tanowitz-dance

Apartments for Rent!

TREMONT WEST AVAILABLE UNITS:
Tremont West has available units for rent. To qualify for any available unit, these are the maximum incomes allowed:

Income limits:
- 1 person  $39,600
- 2-person  $45,240
- 3-person  $50,900

Holmden Ave-Up-  2-bedrooms-  $750.00
Dwn-2-bedrooms- $850.00
(down include basement access washer & dryer)

2406 Professor-1-bedroom-    $550.00

Call Keith Moore today at 216-575-0920, ext. 110!
Would you like to volunteer on the Tremont West Board of Directors?

Tremont West Board of Directors (TWDC) is excited to share, we are seeking five (5) new members who want to help Tremont grow and prosper. Are you interested or do you know someone who is interested?

Please reach out to Joe Adler, Nominating Committee Chair, 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. Elections will be held during May’s TWDC Annual Meeting – more details to come. We are seeking individuals who will be active participants for a three-year term. Contact us TWDCBoard@gmail.com to get started. Applications are due by April 13th. We look forward to hearing from you!

Are you interested in being a member of Tremont West?

Please note that according to the Code of Regulations, you must fill out a membership form to be a member of Tremont West Development Corporation. If you have not already done this since February of 2012, please do so as soon as possible. The deadline to be eligible to vote at the Tremont West Annual Membership Meeting in May is April 1, 2019.

Tremont West’s mission is to serve Tremont, Duck Island and Inishtown Bend by organizing inclusive community, building a unified neighborhood, and promoting a unique destination. Our neighborhoods’ best asset is the people who are members of this community, whether you live, work or play here. As a membership organization we seek to be responsive to community members’ needs. Tremont West operates numerous programs that can be divided into broad categories: housing, commercial/economic development, fundraising/marketing, special events and community organizing.

Membership 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 each May. 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.

Other benefits of being a member of Tremont West include receiving the Inside Tremont newsletter delivered monthly to your mailbox as well as receiving weekly e-news – both printed and digital media include information about neighborhood projects, events, and activities. Best of all – membership provides a boost in your civic pride - to know that you have a voice in the future of our neighborhoods!

To be eligible for membership, you must be: at least 18 years of age or older. A resident of Tremont, Duck Island, or Inishtown Bend OR a representative of a local business or institution. Membership in Tremont West is Free – there are no membership dues or fees. To apply, complete a Membership application, and submit it by e-mail or by US mail on or before April 1st, 2019 by 5:00pm to be eligible to vote at the May, 2019 Annual Membership Meeting. Applications received after this date will allow the applicant Voice but Not Vote at this year’s Membership Meeting (with full voting privileges to begin at the May, 2020 Membership Meeting).

You must only complete a Membership form once – and your membership continues in effect as long as you continue to be a resident or a representative of an ongoing business or institution in our neighborhoods (so if you’ve filled out a Membership form in the last six years already, you are good to go!).

To apply for membership:
Download a Membership form at tremontwest.org or request an application be e-mailed or mailed to you before April 1st.

For questions about membership or if you would like to confirm the status of your membership, please contact Scott Rosenstein at scottrosenstein@tremontwest.org or 216.575.0920 ext. 106, so that we may mail you a copy. The form must be mailed or dropped off to: Tremont West, 2406 Professor Avenue, Cleveland, Ohio 44113.
Tremont Trek Home Tour Set for Saturday, June 15th!

The Tremont Trek Home Tour committee has officially kicked off planning for the 2019 Tremont Trek! Please plan to join us from 5pm-10:30pm June 15th for an exciting Tour. In this our 18th year, we will once again offer a peek into six private homes in Cleveland’s historic Tremont neighborhood. In addition, this progressive dinner party will feature six of Tremont’s finest restaurants, serving guests a different course in each home. A selection of beers and wines will also be served throughout the evening.

Tickets are available for $125/person. To purchase tickets, visit the Tremont Trek Eventbrite site or contact the Trek committee at Tremont.trek@gmail.com. To request tickets by mail, please send your check along with a list of attendee names, any group requests, and an email address to: Denise Kadilak, 1020 Auburn Ave., Cleveland, OH 44113.

Tickets go fast - the event is always a sellout. Plan to buy your tickets soon!

Money raised from this event benefits the Tremont neighborhood, improving and enhancing the quality of life for residents, business owners, and visitors.

Friends of Clark Field All-You-Can-Eat Soup a Success

The Friends of Clark Field Soup and Salad fundraiser was a tremendous success! Thank you to all of the following: Zion Church for all of the delicious desserts, St. Augustine Church for advertising and attending and use of Walsh Hall, Father Joe, Sister Coralta and Danny Perez, Tremont West, Michelle Davis, Jasmin Santana, Nancy Schultz, for donation from Souper Market, and Bev Wurm. Special thanks to Millie Bellamy for selling tickets and support. Thank you Volunteers: Harold and Martha Buck, Nancy Schultz, Gail Houck, and Georganin Franke. Sue Krosel, Rich Boger, Tom Cook, Mattie Matusik and Bev Wurm.

Energy Assistance Programs

The OHS Development Services Agency (ODSA) offers several programs to income-eligible Ohioans to assist in paying their utility bills and improve the energy efficiency of their homes. Household eligibility is based in part on income. Details and speciﬁc guidelines for the following assistance programs can be found here: http://development.ohio.gov/es/energyassist.htm. To apply for HEAP or HHAP, download the application at the above webpage or visit Tremont West and meet with the Property Manager, Keith Moore, (216) 533-5612.

Safety Updates

Monthly reports are sent out via e-mail regarding Crime and Safety in the Neighborhood. If you would like to be added to the Safety Updates mailing list, please contact Tremont Safety Committee at cbiggers@nearwestsafety.org.

Neighborhood Retail Assistance Program

The Storefront Renovation Program is an exterior rehabilitation program that combines ﬁnancial incentives (rebate or loan) with free City design assistance. The City partners with neighborhood Community Development Corporations to implement the program in the neighborhood.

City of Cleveland

Holiday Waste Pick-Up Schedule

Bulk Pick-Up (3 items only)

in Tremont will be Friday, March 8th.

Questions? 216-694-3711 or cleveland.oh.gov
Welcome, Bob Hocepl, New Tremont Farmers Market Manager!

It has been a brutal winter, but spring is near. I would like to introduce myself. My name is Bob Hocepl, the new Tremont Farmers’ Market manager for the 2019 season. I accepted the position because Tremont is the neighborhood I call home and have deep roots in. My family moved here over a century ago, I was born here and returned here in 1986 with my own family to make a life. I am committed now, as always, to making our neighborhood a better place to live.

My background includes 30 years in food, as a producer (City Roast Coffee, a family owned craft coffee roaster for 25 years), as a food retailer (My wife Nancy and I began ‘Civilization’ in Tremont in 1990) and as a vendor at the West Side Market with two ‘stands’ (City Roast Coffee and Crepes de Luxe). Prior to my ‘life in food’ I was an advertising photographer for 20 years.

In taking on the role as manager, I hope to bring a new perspective to the Tremont Farmers’ Market, first by building on the positive work that had been done over the past 13 years, but also being mindful there are problems that need to be addressed quickly to make the Market successful for the neighborhood and its’ vendors.

This year’s market will begin again in May and run thru October. Of course it will once again be held in our beautiful Lincoln Park.

This year’s market will begin again in May and run thru October. Of course it will once again be held in our beautiful Lincoln Park.

As we meet in the market place as people have done for millenniums, lets share our thoughts and goodwill with our neighbors and our community. I hope we can meet there, be nourished, be informed, be entertained and become stronger as a community.

If you wish to participate in the Market as a vendor, volunteer or sponsor or if you wish to contribute in some other way please feel free to contact me. This is our community market let’s build it together. Bob Hocepl, thm@tremontwest.org

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

Edison’s
2373 Professor edisonspub.com
Pizza Craft Beer
In Tremont Since 1986

St. Wendelin Parish
Join us.
Monday and Friday at 11am
Saturday Vigil at 4:30pm
Sunday at 10am
St. Wendelin Catholic Church

Upcoming Events:
Reverse Raffle Saturday, April 27th

St. Wendelin Parish | 2281 Columbus Road

CLASS 1
Pavers & Remodelers
CALL FOR A FREE
ESTIMATE: 216-397-6349

Feast better in your body.
Thai Yoga Massage
Laure Myers Yoga
2672 W. 44th St.
lauremyersyoga.com
216.789.0950

Are you looking to grow professionally, personally, and socially?
Women in our community who desire to improve their lives and neighborhoods are invited to take part in S.E.E.D.S., a FREE program presented by Freshly Rooted. It is a part of Councilwoman Santana’s Women’s Empowerment & Development Series.

For more information contact Elana Zollars, Ward 14 Community Engagement Coordinator, at 216-664-4238.

Embracing the Past and Empowering the Future with Women in our Community.

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**WALKABOUT TREMONT PRESENTS**

The Art of the **FISH FRY**

**FRIDAY, MARCH 8TH FROM 5-10 PM**

Featured Art Openings + Fish Fries throughout the neighborhood with live music, food + drink specials, and more!

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**CONVERGENCE-CONTINUUM PRESENTS**

**THE PRIDE by ALEXI KAYE CAMPBELL**

**AT THE LIMINIS THEATER ON SCRANTON, MARCH 29 - APRIL 20**

FREE ADMISSION FOR TREMONTER AT THURSDAY SHOWS

A diptych portrait that counterpoints two parallel love stories with very dissimilar outcomes, in 1958 and 2008, between different characters named Phillip and Oliver that interweave with each other in this time-bending play. In 1958 Phillip, who is married to Sylvia, has an illicit affair with Oliver which would be considered a criminal offense if it were discovered. In 2008 a different Phillip and Oliver have the freedom to conduct their relationship in the open. But do they appreciate the freedom to be who they are - or even know what to do with that freedom? One play. Two stories interweaving in time.

**THE PRIDE** opens Fri, March 29 and runs Thurs-Sat at 8 pm through April 20 at the Liminis Theater, 2438 Scranton Rd, Cleveland 44113 in the historic Tremont neighborhood. Tickets are $20 general admission, $15 seniors (65+) and $10 students available at http://convergence-continuum.org. Thursday discount tickets are $15 gen. adm., $12 seniors and $8 students.

Tremonters are admitted free for Thursday shows (April 4, 11, 18). Call ahead to make reservations.

Convergence-continuum’s production of **THE PRIDE** is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.
Block Club Happenings

"Block Club Happenings" is compiled by Tremont West staff with direct input from Block Clubs.

Auburn-Lincoln Park

The next meeting of the Auburn-Lincoln Park Block Club will be on Monday, February 11th, at 6:30pm. The meeting will be held at the Forest City Brewery meeting room, 3750 East 12th Street. This is a chance to join us in person or via Zoom. The meeting is open to all who live on Auburn Avenue, Starkweather, Fruit Avenue, W. 14th, W. 11th or W. 10th Streets south of 22nd Street.

Central Tremont

The Central Tremont Block Club met on Monday, February 4th and called the meeting to order at 6:35 PM. Board and members introduced themselves. The meeting began with a presentation of the Tremont Community District Services Unit provided safety updates. It was reported that the update was a great opportunity to indicate a pattern of activity that require an alternate strategy (non local unit / violent crime unit) in regard to the crimes taking place within the block club area. Next, the developers of the plans to construct a multi-use center on the site presented the project overview. Finally, the Board moved to approve sending a letter to the city about the streetlights. Lennie Stover of the Red Line Greenway and the towpath. Current zoning is general industrial use with 115 parcels being considered. The board raised questions around the potential for a multi-use center on the property. They also raised questions on the future of the Greenway and the towpath. Current zoning is general industrial use with 115 parcels being considered. The board raised questions around the potential for a multi-use center on the property. They also raised questions on the future of the Greenway and the towpath.

Irishstown Bend

The next meeting of the Irishstown Bend Block Club will be on Monday, February 11th at 6:30pm at Hoopples on Wednesday, April 10th. The meeting is open to all who live along the Red Line Greenway and the towpath. The meeting will be held at the Forest City Brewery meeting room, 3750 East 12th Street. This is a chance to join us in person or via Zoom. The meeting is open to all who live along the Red Line Greenway and the towpath.

South of Jefferson

The next meeting of the SOJ block club will be held Tuesday, March 12th, 2019, at F.D. Roosevelt Post 58 at 6.30pm.

Duck Island

The next meeting of the Duck Island Block Club at Forest City Brewery on February 5th. Co-Chairman Dave O'Sullivan chaired the meeting, as co-Chairman Brian McDonald was unable to attend due to a scheduling conflict. Commissioner Tim McDermott also attended the meeting and was able to answer questions on the special events. The need for new loans to help foster the development of Duck Island and the ongoing need for volunteers to continue the work of the Duck Island Clean Up team was raised. A motion was made to invite the Duck Island Clean Up team members to the next meeting to discuss progress. The next meeting of the Duck Island Block Club will be held Tuesday, March 12th, 2019, at F.D. Roosevelt Post 58 at 6.30pm.

Tremont Arts & Cultural Festival

The 21st annual Festival is proposed for Lincoln Park on Saturday, April 12th, 2014. Admission is free to the public. There are 5 "villages" which comprise the Festival: Children's Funland, Arts & Crafts, Vendor Village, Children's Youth booths and programming. There will also be a Beer and Wine Garden and a special area for juried Visual Artists will be available by mid-March on the Festival's website. For more information please contact Scott Rosenblatt, Festival Manager at scottrosenblattatfestival.org or call 216-281-6300. For the special festival, Rock 'n Roll is planned. The event will be held Tuesday, March 12th, 2019, at F.D. Roosevelt Post 58 at 6.30pm.
If you’re one of the 76 million Americans diagnosed with high blood pressure or hypertension, weight management, diet and exercise can help lower your blood pressure and improve your heart health.

Optimal blood pressure is defined as 120/80; however, your physician can help determine what is “normal” for you.

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

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

Change your diet

Adopt the DASH (Dietary Approaches to Stop Hypertension) diet, which limits red meat, sugar and sodium and is rich in whole grains, fruits, vegetables and low-fat dairy products.

Cook with fresh and frozen ingredients. Become an avid label-reader, choose low-sodium soups, meats, cheese and condiments, and use salt-free seasonings, such as basil, oregano and parsley.

Lose weight

Losing as little as five to ten pounds can lower blood pressure and improve the overall functioning of your body by easing digestion, increasing energy level, reducing strain on joints and more.

Get moving

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

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

“In addition to these lifestyle changes, continue to take any prescription blood pressure medication, and avoid smoking, manage stress, and limit alcohol consumption,” says Dr. Angel.

To make an appointment with Dr. Angel or another Cleveland Clinic cardiovascular medicine specialist, please call 440.695.4000.

To learn more, visit clevelandclinic.org/loveyourheart.
Tremont West is Hiring a Full Time Americorps VISTA Member! Apply Today!

The Tremont West VISTA 2019 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 year will include program development and implementation around housing counseling, employment access, energy and water efficiency and food security. Applications are due by Thursday, March 29th. You can find the link to the online application at tremontwest.org.

3pm, Sunday, March 17, 2019

**Annual BACH Birthday Tribute**

with Jinjoo Cho, violin

**Arts Renaissance Tremont**

giving voice to great music since 1991!
presented at Pilgrim Congregational Church
2922 West 14th St. (W. 14th & Starkweather)

Visit ArtConcerts.org & like us on Facebook!
Admission by freewill donation.

**2019 WINTER/SPRING CONCERTS**

3pm, Sunday, March 17

**BACH Birthday Tribute**

3pm, Sunday, April 7

Ivan Zenaty, violin / Dmitri Vorobiev, piano

3pm, Sunday, May 5

Amanda Powell, soprano

Anne Wilson, piano / Dave Morgan, bass

www.tremontwest.org

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**Near West Rec Lacrosse**

Thanks to the support of US Lacrosse, NWR is offering a lacrosse league for the second year! The league is open to kids ages 7-15 and runs from April 2nd - May 23rd 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, 2019. U9 will practice/play on Tuesdays starting April 2nd - U12 will practice/play on Wednesdays starting April 3rd - U15 will practice/play on Thursdays starting April 4th from 6:30 - 8pm. All practices and games will take place at Urban Community School (4909 Lorain Ave) in the gym or on the lacrosse field.

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.

**Tremont 2019 Events**

Walkabout Tremont
2nd Friday Every Month, 5-10pm, walkabouttremont.com

Arts Renaissance Tremont
Sundays, March 17, April 7 & May 5th, 3pm at Pilgrim Church
artsconcerts.org

Dyngus Day Celebrations
Monday, April 22nd, throughout Tremont
clevelanddyngus.com

Tuesdays in Tremont
in support of Arts in August
Eat out on Tuesdays in April, May & June where restaurants donate 10% of their sales to the program!

Tremont Farmers Market
Tuesdays in Lincoln Park, 4-7pm starting May 7th
www.tremontfarmersmarket.com

Riversweep
Saturday, May 11th, 8am, canalswaypartners.com

Rite-Aid Cleveland Marathon
Comes to Tremont, Duck Island and Irishtown Bend on Sunday, May 19th www.clevelandmarathon.com

Tremont Greek Fest
Memorial Day Weekend:
Friday, May 24--Sunday, May 27, 11 AM - 11 PM

Tremont Trek Home Tour
Saturday, June 15th www.tremonthomefek.com

Taste of Tremont
Sunday, July 21st, 12-8pm along Professor Avenue

Arts in August
Weekends in August, free performances in Lincoln Park. Complete schedule to be announced soon!

Tremont Polish Festival
Labor Day Weekend - St. Cantius, Details TBD.
Contact 216-781-9095 for more information.

Tremont Arts & Cultural Festival
Saturday, September 21st & Sunday, September 22nd
www.tremontartsfestival.com

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**Other Committee Meetings**

Tremont West Economic Development Cmt.
Tremont West Ad Hoc Arts Committee
2nd District Police Community Relations
Tremont West Safety Cmt.
Tremont History Project
Tremont West Board of Directors
Tremont West Ad Hoc Fundraising Cmt.
Tremont West Nominating Committee
Tremont West Finance Cmt.
Friends of Clark Field
Cleveland Lions Club (Dinner Included)
Tremont West Governance Committee
Tremont Gardeners
Friends of Tremont School

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Tremont Community Blood Drive
Saturday, March 2, 8:30-1:30pm at Annunciation Greek Orthodox Church redcrossblood.org or 1-800-RED GROSS for appointment

Blazing River Freedom Band continues their concert series with “D” is for Dance Saturday, March 2nd, 7-9pm at Pilgrim Church
Selections include Russian Sailor’s Dance (Gliese) and Pine Apple Rag (Joplin). All are welcome; $10 suggested cash donation at the door.
blazingriverband.org

Walkabout Tremont
Friday, March 8, 5-10pm, www.walkabouttremont.com (See page 5.)

Friday Fish Fries March 8 - April 19
(See ads on page 7 & 5)

Tremont Think & Drink
Monday, March 11th, 7pm at Prosperity Social Club

tl.org

Arts Renaissance Tremont
Sunday, March 17th, 3pm at Pilgrim Congregational UCC (See ad above.)

Pam Tanower with The Movement Project
Friday, March 22nd at Pilgrim Church
(See article on front page.)

Cleveland International Film Festival
March 27th through April 7th, clevelandfilm.org
Use code INTRMT to receive $2 off per ticket!

Coffee with Cops
Thursday, March 28th, 9am-11am at The Foundry, 1831 Columbus Road

Ward 14 Community Meeting
Thursday, March 28th, 6pm at Family Ministry Center, 3389 Fulton Road (See ad on page 3)

Ukrainian Easter Bazaar 2019
April 5 through 13th at Ukrainian Museum-Archives, 1202 Kenilworth Avenue ucm.org

Tremont 2019 Event Listings
(See above for a listing of Tremont Annual Events.)

Tremont West Annual Membership Meeting
Save the Date - Thursday, May 16th