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ON THE COVER: Dr. Charles Modlin, founder of the Minority Men's Health Center at the Cleveland Clinic. Photo by Angelo Merendino

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They are committed to researching treatments for Alzheimer's, heart disease, and malaria, working to overcome the health disparities in African Americans, and learning how to modify HIV so that it can be used to deliver proteins to diseased cells.



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Shaker Life

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Letters may be edited for publication.

STORY SUBMISSIONS

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Please do not call. We cannot respond to every
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Top Picks

Tweets & Posts

Follow the adventures
of Cluck Norris,
as she runs wild
in Onaway.

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M SHAKER DESIGN COMPETITION

Moreland Rising

The Shaker Design
Competition challenged
architect/builder teams
to design for the 21st
century in Moreland.

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Scene in Shaker

In the marriage that is
Shaker homeownership,
these are the Six Stages of
a Shaker Home Renovation.

p56



Work. Live. Shaker.

Kathy and Ralph Dise run
separate companies on opposite
ends of town, both conveniently
situated near their home.

p56



Get Fit at PPPhysique



Preston Pennyman is passionate about helping his personal training clients get fit and strong at PPPhysique, 16718 Chagrin Boulevard. The second-story studio's tagline: We all deserve happiness. One day at a time training. PPPhysique celebrated its one-year anniversary December 1.

Pennyman specializes in TRX Suspension Training, a type of bodyweight exercise that develops strength, balance, flexibility, and core stability simultaneously. "It's great because it focuses on core movement, so it trains your abs and lower back and engages multiple body parts," Pennyman says.

PPPhysique hours are designed with the busy person's schedule in mind. It opens at 5 am and closes at 10 pm. Pennyman is a TRX qualified trainer and earned his Personal Training certificate at the National Personal Training Institute.

Pennyman, who was once overweight himself, reminds his clients that lifestyle changes don't happen overnight. "It's hard. You have to be patient." Visit PPPhysique online, ppphysique.com, or call Pennyman at the studio, 216-752-1590.

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Moreland RISING

The Shaker Design Competition: When one door closes, another one opens

In 2008, the Moreland neighborhood was hit hard by the housing crisis and economic downturn, and its stability was threatened by foreclosed and deteriorated homes. The City opted to proactively demolish these homes in order to preserve the neighborhood, and obtain tax abatement on the vacant lots in preparation for future development. With the announcement of the Shaker Design Competition in September, the future is now.



Faced with dozens of vacant lots, the City could have chosen the easy option: enter into agreements with builders to construct standard suburban infill housing to fill the lots and increase the moderately priced housing inventory.

Instead the City viewed these lots as a rare opportunity to reach higher and create a new vision for middle income infill housing, so it embarked on a different path: launch a design competition to challenge architect/builder teams to design super energy efficient, accessible housing for 21st century lifestyles. And invite winning teams to build the houses on designated lots in the Moreland district.

And so,
the Shaker Design

Competition was launched in the fall.

The competition is expected to diversify the housing stock and serve as a catalyst to attract a broad range of new residents to this well-established neighborhood. It will demonstrate that new housing at every price point can live up to the City's proud history of innovation and craftsmanship.



Competition organizers and partners believe that the winning designs will be transferrable to neighborhoods throughout Shaker, the region, and the country.

The Interactive Community Forum, which took place in October, was a unique component of the competition. The event presented an unusual opportunity for interested architect/builder teams and realtors to engage in conversation with Moreland residents to better understand their vision for their neighborhood. What emerged through their voices were their deep connection and commitment to the community, their homes, and each other, and an openness and excitement about additional investment in the entire Moreland district.

Residents expressed hope for designs that incorporate modern technology and materials, are flexible and responsive to today's lifestyles (including multi-generational living), and fit comfortably within the existing neighborhood context. Architects and builders left with a clear understanding that this isn't just a house-building project, it is a community-building project, and proposed designs should reflect that.

With a design submission deadline in early January, the jury is in the process of evaluating proposals.

The jury consists of five members, hand selected for their expertise in the fields of architecture, design, and sustainability, and their reputation as a leading-edge thinker or practitioner either regionally or nationally.

Winning entries will be unveiled at a reception in mid February. Watch the City's Facebook page for details.

After the competition, the winners will enter into development and use agreements with the City to build these homes in the target southern Moreland neighborhood in spring/summer 2017.

Partners in this competition are Ingenuity Cleveland, the Kent State University Cleveland Urban Design Collaborative, the County Department of Sustainability, and the Cleveland Design Competition.



Discount Cleaners keeps prices low and clothes clean

SHAKER means BUSINESS

For nearly 24 years, Lenny Ratner pictured left, and his wife, Regina, have faithfully maintained their customers' wardrobes from Discount Cleaners, their dry cleaning business at 3601 Lee Road.

"There's nothing better than having your clothes professionally cleaned," Ratner says, proudly. "And you can do it for \$20 a week."

If that sounds too good to be true, it isn't. "My prices are my specials," Ratner says. Most pieces are a flat \$2.99 with no upcharges. Coats are \$6.75, suits are \$5.98, and blankets and comforters start at \$24.99. "We're the best kept secret in Shaker," he jokes. Discount Cleaners also offers same day service. Items dropped off by 9 am can be picked up after 3 pm.

Ratner has a few tips when folks consider switching to a new dry cleaner. "I try to educate all my customers. I tell them to ask two questions: Is all the dry cleaning done on-site and is the owner present? If the answer to either question is no, then you need to find a new dry cleaner," he says. All the dry cleaning at Discount Cleaners is done on the premises (only laundered items are sent out), and oftentimes by both Ratners.

Stop in at Discount Cleaners weekdays 7:30 am-6:30 pm and Saturdays 8 am-5 pm.

There's something for everyone at Kolorz

SHAKER means BUSINESS

For nearly five years, Kolorz Nail & Hair Studio, 3669 Lee Road, has earned a following by making customer experiences special for everyone – women, men, and even children.

"We take everything down to size," says owner Bruce Washington, of the salon's kid-sized pedicure chairs. "We make it comfortable."

Kolorz also makes it convenient, with four hair stylists and four nail technicians (among the talented bunch is Washington's wife, Carol) and hours seven days a week. The salon also welcomes children's birthday parties on Sundays.

Washington, a '99 SHHS grad who grew up on Scottsdale Boulevard in Lomond, just around the corner from Kolorz, says he chose to locate the salon on Lee because "it's the face of Shaker Heights." What's more, he's encouraged by the resident-led grassroots efforts in the Moreland neighborhood and the Shaker Design Competition, which promises to build sustainable, affordable homes on some of Moreland's vacant lots.

"This is all uplifting for business now and it's going to continue to drive more of it on Lee," Washington says. "Adding more [residential] properties means more clients, more people, and more revenue for businesses and the City. It's going to have a positive impact on the City as a whole."

Stop in Kolorz, Tuesday-Thursday, 10 am-7 pm; Friday-Saturday, 8 am-8 pm; Sunday, 10 am-5 pm (appointment only); and Monday, 9 am-3 pm (appointment only). Walk-ins welcome. Call 216-283-6245. **SL**



Tweets



● Mark G. Davis @markgdavis So excited about the new @MitchellsCleve in @ShakerOnline @vanakendistrict



Posts



Onaway Association

■ **Neighbor #1** Hello fellow Onaway chickeniers – a neighbor just called to report a red (perhaps a Rhode Island Red?) chicken wandering around Onaway and Warrington. Check your coops! Mine are all present and accounted for but someone is having a nice little morning stroll. ■ **Neighbor #2** That's our chicken. Her name is Cluck Norris! Haven't found her yet. ■ **Neighbor #1** Great name! I am not at home but will keep a lookout! If it helps, one time one of our chickens stayed in a tree all night before we finally found her the next morning! Not that I recommend it, but these birds know how to keep themselves safe. ■ **Neighbor #2** We had a raccoon incident last night.

One was killed, one escaped and was found, and Nori is still AWOL.

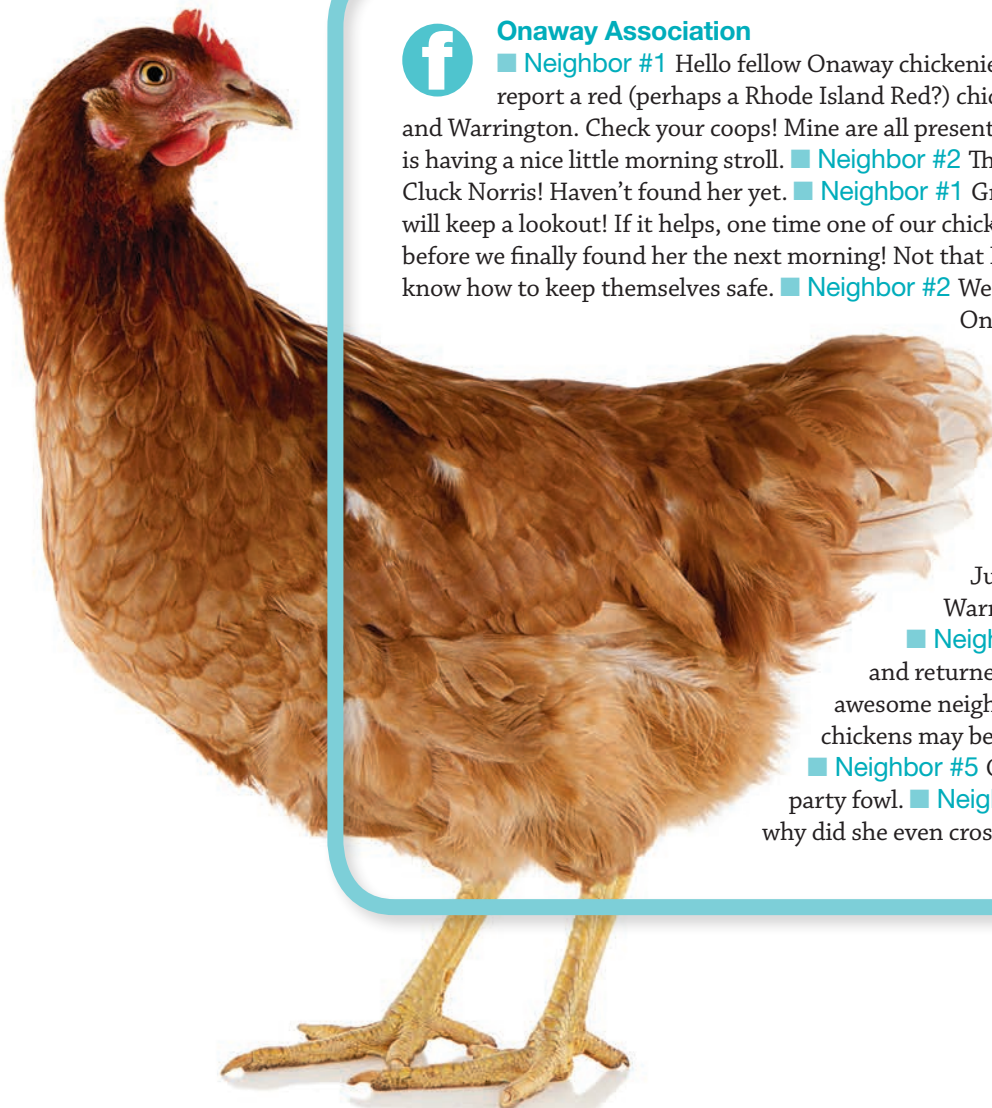
■ **Neighbor #3** Currently at 3197 Warrington. Just ran around the side toward the backyard. ■ **Neighbor #4**

Just spotted at Warrington and Southington. ■ **Neighbor #5**

Just saw her at the corner house on Warrington and Onaway.

■ **Neighbor #2** Chicken has been found and returned to coop! Thank you all for being awesome neighbors. ■ **Neighbor #6** I think the chickens may be looking for play dates.

■ **Neighbor #5** Or some action. She may be a party fowl. ■ **Neighbor #2** My question is: why did she even cross the road? **SL**



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Van Aken On Track

NEW STARTS NOW



With the crack of a wrecking ball, the “new” began on November 12. The New Starts Now Demolition Ceremony was filled with great anticipation as residents, City leaders, and representatives from RMS watched the first bricks in the old Van Aken Center fall. The ceremony marked an end and a beginning as the project pivots from the old to the new. The countdown to construction of Shaker’s new downtown is on.

After the ceremony outside, stilt walkers and the Shaker Heights High School choir led the celebration inside to the large storefront at the west end of Shaker Plaza, where residents browsed a pop-up shop of future Van Aken District retailers and relaxed in the beer lounge.

Music from the band By Light We Loom made the event festive, and an interactive treasure hunt called “Be An Original” enticed guests to explore the many current retailers in Shaker Plaza and the Shops on Chagrin. Le Chaperon Rouge, a premier infant care facility and preschool, now constructing its newest location on Warrensville Center Road, sponsored face painting by Suzanne. Attendees were also invited to paint and draw on a 16-foot-long canvas to create a community art piece that will inspire a display on the construction fencing. The celebration continued into the evening at Juma Gallery, where partygoers enjoyed the music of Shaker resident Jim Carr while sipping wine and browsing the gallery.

The event was a glimpse of what is to come: a lively new downtown filled with unique stores and restaurants where people want to gather, shop, eat, and work. Construction begins spring 2017; shops open early summer 2018.



For more information on the Van Aken District, please visit thevanakendistrict.com and follow on Instagram @thevanakendistrict, Twitter @vanakendistrict, and Facebook @thevanakendistrict.

New Tenants Coming to the Van Aken District:

Andrews Colour Atelier – Artisans enhancing natural beauty through the art of hair color.

Brigade – Trendsetting clothes with an edge for men and women.

Double Rainbow – Locally owned, unique kids clothing boutique.

Evie Lou – Creative, comfortable clothing for women.

Goldhorn Brewery – Hometown brewery and bar with roots in the St. Clair-Superior neighborhood.

Harry's Pizzeria – Hip, casual eatery serving wood oven pizza and craft beer.

Jonathon Sawyer restaurant – Foodie heaven brought to you by this James Beard award winner.

Luna Crepes – Handmade sweet and savory crepes made from fresh, local ingredients.

Marc Anthoni Spa – Premier day spa providing high quality wellness services.

Mitchell's Ice Cream – Handcrafted ice cream made one small batch at a time.

Moochie & Co. – The coolest stuff for the coolest pets.

New Balance – Performance athletic footwear and stylish clothes.

Nina Lau'Rens Cakeballs and Cakepops – Delectable, fun-to-eat cake treats produced by a family-owned business.

Restore Cold Pressed Juice – Organic, raw juices, smoothies, and bites crafted from the freshest fruits and vegetables.

Rising Star Coffee – Sweet, lively, bold, and clean flavors coaxed from carefully selected beans.

Shinola – High quality, handcrafted products from watches to leather goods to bicycles, manufactured in America and made to last.

Urban Orchid – Upscale floral designs and gifts produced by local artists, growers, and suppliers.

Whiskey Grade – Fuel inspired apparel for men and functional, chic fashion for women.

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SL



Van Aken DIST.

Landmark Commission

ANNOUNCES 2016 PRESERVATION AWARDS



RETENTION OF ORIGINAL MATERIALS 4105 BECKET ROAD

• MERIT AWARD •

Replaced three leaded-glass windows destroyed by a fire with new custom-made leaded windows.

Established in 1998 and celebrated biannually, the Preservation Awards recognize those who preserve and improve Shaker Heights properties with particular commitment to the heritage, craftsmanship, original materials, and continuing potential as viable and inspiring structures. The Landmark Commission is pleased to announce the 2016 award winners.



EXCELLENCE IN STEWARDSHIP

18432 LYNTON ROAD

• HONOR AWARD •

Replaced and restored the half-timbers and installed a half-round copper gutter system on this Tudor home.



18513 VAN AKEN BOULEVARD

• **MERIT AWARD** •

Replaced original wood shingle roof with the same material.
The home is a local landmark and was built as a demonstration home for the Van Sweringen Company in 1924.



18550 SOUTH WOODLAND ROAD

• **HONOR AWARD** •

Significant restoration of interior and exterior, including stucco replacement, roof repairs, and reconstruction of 10 leaded-glass windows.



**ST. DOMINIC CHURCH,
19000 VAN AKEN BOULEVARD**

• **MERIT AWARD** •

Worked with the Landmark Commission to select modern materials for repairs to the steeple that minimize maintenance and maintain its iconic look.



3645 NORWOOD ROAD

• **MERIT AWARD** •

Replaced deteriorated slate roof with new slate shingles.



EXTERIOR RESTORATION

18726 WINSLOW ROAD

• **HONOR AWARD** •

Transformed a vacant, foreclosed property with restored windows and architecturally sensitive property improvements.



ADAPTIVE REUSE
16005 CHAGRIN BOULEVARD

• **SPECIAL AWARD** •

Amsdell Companies converted this former car dealership into the Compass Self Storage facility.

The renovation respects the site's heritage and maintains assets, including an aluminum façade accent, large service bays, and drive-in access.

The Landmark Commission

is now accepting nominations for the 2018 Preservation Awards. Exterior projects completed after April 2015 are eligible. Nominations can be submitted online at bit.ly/shakerlcnom for any building in Shaker Heights, including homes and apartment buildings, commercial buildings, and other structures. For more information on the 2016 winners, visit bit.ly/2016lcpresawards or contact Christian Roadman, christian.roadman@shakeronline.com.

The Shaker Heights Landmark Commission invites all photographers to enter the 2017 Preservation Month Photo Contest.

The contest was created in honor of National Preservation Month, which is celebrated each May by preservation organizations across the country. We invite you to celebrate YOUR favorite places in and views of Shaker by entering the fifth annual contest. For details: <http://shakeronline.com/government/boards-and-committees/landmark-commission>.

Submissions are due March 31. For questions, email: christian.roadman@shakeronline.com. **SL**

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Breaking the Ice Together

The Shaker Heights High School hockey team joined forces with Shaker Youth Hockey Association (SYHA) and Youth Challenge to present the second annual Adapted Ice Breaker. The event provided an inclusive experience for students with physical disabilities to enjoy a variety of games and activities at Thornton Park Ice Rink, alongside hockey players and other student volunteers.

Senior hockey players Wyatt Eisen and Daniel Ritts coordinated the event, enlisting the help of their team members and coach Matt Bartley. While admission was free, 80 percent of the proceeds from a raffle and “pay-to-play” sled hockey game were donated to Youth Challenge with the remainder going to the hockey team.

Says Eisen, “I thought everyone took away something from the event. It could have been a personal relationship, or just a fun couple of hours. We learned that the Youth Challenge kids are just like any other kids. For most, it was their first time on the ice, and I had so many people tell me they had a great time.”

According to Chris Garr, director of program services at Youth Challenge, the biggest benefit to the Adapted Ice Breaker is raising awareness.

“Young people are now open to the idea of volunteering. High school players had the experience of an adaptive sport, and the YC participants had a chance to show their skills on the ice and meet some fabulous hockey players. Everybody wins,” says Garr.

Twenty-two Youth Challenge participants from throughout Northeast Ohio came out to play, along with 19 students who volunteer with the organization. Seven of those volunteers are Shaker Heights Middle School and High School students.

About 30 SYHA players also participated in the event. Says Shaker parent Meredith Camp, “The youth players not only had a great time playing games with the High School hockey players, but they were exposed to the wonderful work they do in giving back. It was a great day for the whole Shaker hockey community.”



Sled hockey requires players to propel themselves with hockey sticks while seated in special sleds fitted with blades on the bottom. Says Daniel Ritts, one of the senior hockey players who coordinated the event, “It’s much harder than it looks, but it was the most fun part of the event.”

Former SHHS Hockey Coach Joins Hall of Fame

J. Michael Bartley, head coach of the Shaker Heights High School varsity hockey team from 1976-2013, has joined the ranks of the Greater Cleveland Sports Hall of Fame. He is the father of the high school's current head varsity hockey coach, Matt Bartley.

Bartley holds the title of State of Ohio Winningest High School Head Hockey Coach among numerous other awards throughout his career. Bartley has previously been inducted into the Shaker Heights High School Hockey Alumni Hall of Fame and the Sarnia Lambton Sports Hall of Fame in Canada where he grew up.

In addition, Bartley was a coach, instructor, and consultant for the Shaker Youth Hockey Program, and he started the city's Mighty Mite hockey program and the Shaker Spring Hockey Clinics. He also directed and taught at the Thornton Park Hockey Schools. Thornton Park's skating rink has been named for him.



High School Appoints Dean of Students

Greg Zannelli has been named Dean of Students at Shaker Heights High School, where he oversees tier-one discipline such as dress code, cell phone, and tardiness violations. He also supervises the school's attendance officer and in-school support monitor, and helps student athletes maintain their academic eligibility.

Zannelli comes to Shaker from the Ashtabula Area City School District, where he served as athletic administrator since 2013. He taught American History and Advanced Placement Human Geography in the district for 12 years. He also coached varsity cross country and track.

A U.S. Navy veteran, Zannelli holds a bachelor's degree in education and a master's degree in education administration from Youngstown State University. **SL**



Alumni Hall of Fame Adds Eight in 2016

The 2016 Shaker Heights Alumni Hall of Fame inductees are (from left): Motown drummer, percussionist, conductor, and music educator Drew Schultz, '06; Broadway, film, and television performer and producer, Jennifer Estlin, '83; international baseball player and coach Nate Fish, '98; physician and founder of the Healthy Food Hub, Dr. Jifunza Wright, '75; vice president and chief commercial officer for GE Energy Connections Darryl L. Wilson, '81; data science pioneer and chief research informatics officer at the University of Chicago Robert Grossman, '76; and award-winning author Arlene Erbach, '66. Dr. Kenneth Plotkin, '78, a physician who specialized in sleep medicine and epilepsy was also inducted. Dr. Plotkin passed away in January 2015.

STAY INFORMED

For the latest news and info about the Shaker Schools, visit shaker.org.
Follow us on [facebook.com/ForShakerSchools](https://www.facebook.com/ForShakerSchools) or Tweet us @ShakerSchools



Summer Camps in Shaker: It's time to register

Preschool

GET READY! is a preschool program for children who will be entering kindergarten in the fall. Carol Nursery School and the Shaker Heights Recreation Department offer this program together from June 26 to July 28. Its professional teaching staff provides children with an introduction to the social and academic skills needed for success in today's kindergarten. It is specifically designed for children who have had minimal or no preschool classroom experience.

GET READY! is held at Carol Nursery School's campus at Shaker Family Center, 19824 Sussex Road. The program is from Monday through Thursday, 9 am to 1 pm, for five weeks. Lunch is included. For information, contact Carol Nursery School at 216-991-3449.

Broad Horizons for Beginners day camp at Hathaway Brown School is a fun and enriching program for boys and girls ages 3 and 4. Camp will be offered from June 12 to July 20. Call Siva Grossman at 216-320-8085 for flexible scheduling details or visit hb.edu/summer to learn more and register online.

Laurel School has two campuses, one in Shaker Heights and one in Russell Township, and offers a wide range of summer camp opportunities for girls and boys. Camps run from June 12 to August 4. Laurel's exciting pre-primary programs include Day Camps, a Yurt-based Outdoor Camp, and more. For more information, visit laurelschool.org or call 216-455-0154.

School Age

The Shaker Heights Recreation Department offers traditional camp for children grades K-8. K-2 includes creative arts and sports such as swimming, t-ball, soccer, and basketball. Grades 3-8 are able to design their own camp day, choosing from a variety of activities such as sports, arts and crafts, hiking, science, swimming, volleyball, and soccer.

Field trips every other week are part of the schedule for both age groups. Before and after care are available for those who are registered for camp. Half-day camp options are available.

Shaker also offers the following sports camps: baseball, basketball, fencing, flag football, golf, lacrosse, multi-sport, soccer, tennis, and volleyball. Specialty camps include art, band camp, and computer camps.

Other Shaker Recreation options include Safety Town, theater, and ice skating. The popular Adventure Camp offers a week full of outdoor activities, including river rafting, kayaking, rock climbing, and biking.

All camps run from June 5 through August 18, with limited camp programs the first and last week. Contact the Shaker Heights Recreation Department at 216-491-1295 or visit shakeronline.com after February 28 to view the Spring/Summer catalog.

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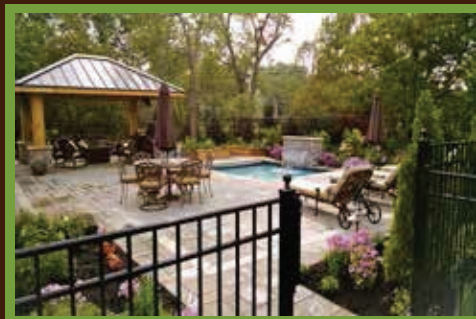
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**LOWER & MIDDLE SCHOOL
PARENT VISIT**

Wednesday, February 15, 2017 at 8:45 am
Preschool-Grade 8, Lyndhurst Campus

UPPER SCHOOL OPEN HOUSE

Sunday, March 5, 2017 at 1:00 pm
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Summer Camp Contact Information at a Glance

The Nature Center at Shaker Lakes offers weekly camps, all with an outdoor adventure or nature theme. Half- and full-day camps are available for children 3-1/2 to 14. Week-long adventure camps are available for ages 11 to 14, where campers explore the variety of outdoor recreation and adventure activities that Northeast Ohio has to offer.

Camps run from June 19 to August 17. Registration begins January 23 or become a Nature Center member for early registration starting January 9.

For more information, call 216-321-5935 or visit shakerlakes.org.

The Early Childhood Enrichment Center at Shaker Family Center offers full-time Summer School Age Camp, which spans the 11 weeks that Shaker Schools are not in session. The camp is open to children 6 to 8 years old and includes swimming lessons at Thornton Park, cooking, nature activities, and field trips. For information, contact ECEC at 216-991-9761.

Hathaway Brown School offers a variety of sports, specialty, theatre, and day camps for boys and girls all summer long. From June 12 to July 20, offerings include Broad Horizons day camp for girls entering grades K-5, and Broader Horizons day camp for girls entering grades 6-8.

Vacation Camp, a day camp for boys and girls ages 3-14, will be in session July 24 to August 11. Call Siva Grossman at 216-320-8085 for flexible scheduling details or visit hb.edu/summer to learn more and register online.

University School offers pre-K to grade 12 coed and all-boys summer day camps, sports camps, and academic enrichment classes. Held at the Shaker Heights and Hunting Valley campuses, US camps are led by experienced faculty and coaches. From football and lacrosse to Day Camp and Debate Camp, there is something for all ages and interests. Camps are scheduled between June 12 and August 4. Lengths vary. For more information, contact Debbie Linich at 216-831-1984, ext. 7366.

Laurel School offers a wide range of opportunities for girls and boys in kindergarten to grade 12 at both its Shaker Heights campus and Butler campus (in Russell Township). Camps run from June 12 to August 4 and include Extreme Adventure Camp, art camps with the Cleveland Museum of Art, theatre camps, day camps, sports camps, STEAM (science, technology, engineering, arts, and math) camps, and Great Lakes Science Center camps. Get details or register online at laurelschool.org or call 216-455-0154 for more information.

The Little Gym of Shaker Heights offers gymnastics camps for boys and girls ages 3 to 9. Camps run June 12 to August 18. Each camp day includes exciting, creative adventures where kids will exercise their muscles, imaginations, and cooperation skills. Flexible schedules allow parents to customize a child's camp days to fit their needs. For more information and to register, visit tlgshakerheightsoh.com or call 216-752-9049. **SL**

Shaker Recreation:

Alexandria Nichols
alexandria.nichols@shakeronline.com

Hathaway Brown:

Siva Grossman
sgrossman@hb.edu/Amanda Seifert
aseifert@hb.edu

Laurel

Karen Edwards
kedwards@laurelschool.org

Nature Center at Shaker Lakes

Ellie Rial
rial@shakerlakes.org

The Little Gym

tlgshakerheightsoh.com

University School

Rob Pesicka, rpesicka@us.edu
(also, Sue Schervish,
sschervish@us.edu)

Early Childhood Enrichment Center:

216-991-9761

Note: Winter is the beginning of the enrollment season for many of the preschools in Shaker Heights. For a list of preschools, go to shakeronline.com/about/world-class-education.

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February 4, 9:00–11:00 am

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Updates

Tom Cicarella Appointed to Library Board

Thomas A. Cicarella has been appointed to the Library's board of trustees to fill the unexpired term of Peter Anagnostos, who resigned after moving out of the Library district.

Cicarella is a graduate of Indiana University and the Indiana University School of Law. He is a partner in the



law firm of Calfee, Halter & Griswold, LLC where he has more than 40 years of experience counseling clients through the complexities of leveraged buyouts and domestic and international financing.

Cicarella previously served two terms as president of the board of directors for the Greater Cleveland Habitat for Humanity, and has served on the board for the Cleveland Law Library for more than 20 years. He also serves as a board member and secretary for a number of for-profit companies.

He enjoys reading history, science, and historical fiction, and uses the Library for eBooks, movies, and databases. Among his favorite books are *Les Misérables* by Victor Hugo; *The Ideas that Conquered the World (Peace, Democracy and Free Markets in the Twenty-First Century)* by Michael Mandelbaum; *The Rise and Fall of the Great Powers* by Paul Kennedy; and *Guns*,

Meet Shaker Library's New Director

Amy L. Switzer has been appointed the eighth director of the Shaker Library by the board of trustees. Prior to her appointment to the top job, she had served as its deputy director since 2009. She served as interim director for four months, beginning her duties as director in October.

Switzer says, "It's an honor to have this opportunity to serve a community with a national reputation for excellence. I am excited to assume my duties as director and I look forward to engaging in conversations across the community about the future of Library spaces, services, and resources."

A native of Ohio, Switzer graduated magna cum laude from Miami University and earned her Master of Library and Information Science degree (MLIS) from Kent State University summa cum laude. She is a member of the 2000 class of Library Leadership Ohio.

Switzer has 21 years of experience in libraries with progressive levels of public service and administrative responsibility in diverse suburban library environments, and 16 years of public library management and administrative experience.

She was a Children's Services librarian at Cleveland Heights-University Heights Public Library for five years and was promoted to the position of Children's Services coordinator.

Shaker Library Board President Chad Anderson says, "Amy was the outstanding candidate from a strong field and joins the Library as it embarks on an exciting period of transformation. We are thrilled to have someone of her caliber and experience leading the Library, and serving the many people who come through our doors, or connect online every year. Amy has approached her responsibilities with an emphasis on continuous improvement, community engagement, and providing an outstanding customer experience. I look forward to her continued contribution to the success and growth of our Library, which has a rich history and an exciting future."

Switzer is a member of the American Library Association and the Ohio Library Council, where she has chaired the Intellectual Freedom Committee and conducted presentations and training sessions on a state and regional level.

"Shaker Library has a long tradition of excellence and I look forward to working with the Board, the staff, and the community to continue to deliver high quality library services and programs," Switzer says. "I appreciate the Board's vote of confidence as we work together to strengthen and grow our Library."



Germs and Steel: The Fates of Human Societies by Jared Diamond.

Cicarella says, "I am a regular user of the Library, a huge fan of CLEVNET, and have a personal, perhaps even selfish, interest in making sure that the Library continues to be a vibrant entity. Not only do I use the Library for books but for lectures and other enriching events. Obviously, many students, particularly those who do not have access to resources at home, find the Library essential to success in school. This digital divide needs to be met and the

Library performs an essential function creating value for the community. At the same time, many in the community may assume that a library is no longer needed because of the Internet, digital books, etc. My view is that it is even more important and will continue to be, and I will use my efforts to insure continued viability."

Cicarella and his wife Ann, a landscape architect and beekeeper, live in the Malvern area and have three grown sons. In his leisure time, Tom enjoys bicycling, golf, and skeet shooting.

Cicarella's goal is to work with the other trustees to develop the best solution to keep the Shaker Library the significant resource that it currently is for all members of the community.

Shaker Reads

The Library enjoyed its participation in the Shaker Arts Council's Pop-Ups at The Dealership last October. Artistic staff cut out 36-inch high letters that spelled out Shaker Reads. The letters were taken to The Dealership to be painted and embellished by adults and children. It was a beautiful sunny day, so participants painted in the grass under the tutelage of Meghan Hays and Virginia Schoelch. The letters will be used to promote Summer Reading at both libraries.



Meghan Hays and Virginia Schoelch



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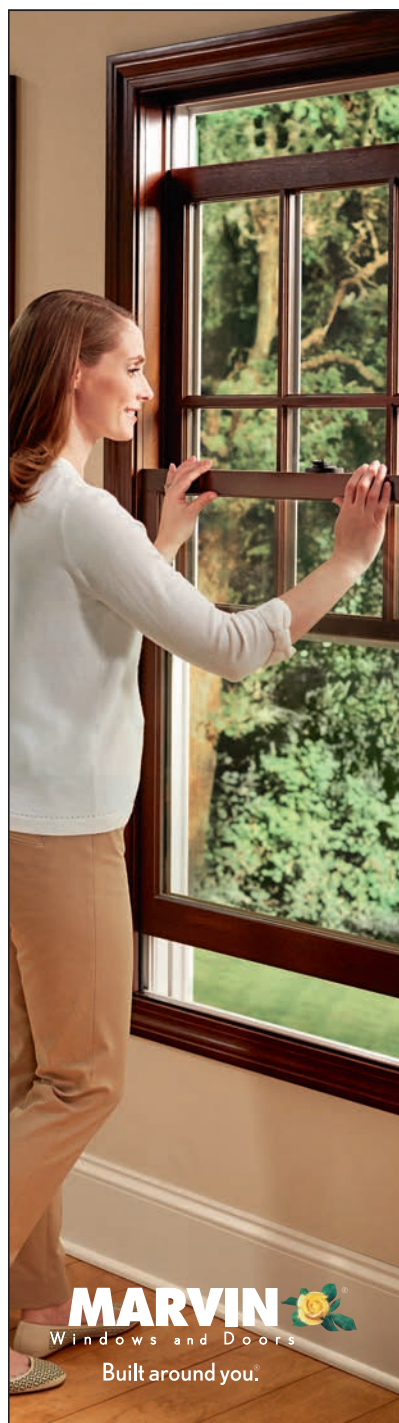
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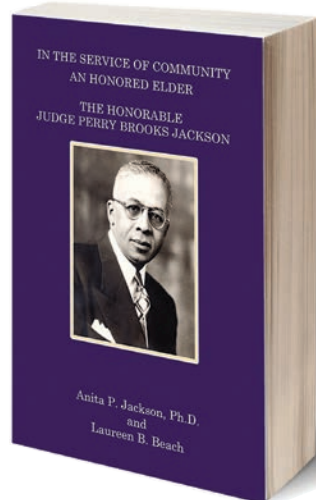
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Black History Month Activities at the Library

Celebrate Black History Month at the Library. Meet Anita P. Jackson and Laureen B. Beach, authors of the book, *In the Service of Community - An Honored Elder: The Honorable Judge Perry Brooks Jackson* (See review in The Bookshelf) at 2 pm Sunday, February 19 at Main Library when they talk about the man and the creation of their tribute to him.

Jackson, a native of Cleveland, received her Ph.D. in Counselor Education from The Ohio State University and taught and served as a counselor in the public schools. She is also an associate professor emeritus at Kent

State University, where she served 16 years in teaching and research. Her research publications focus on HIV/AIDS prevention, stress, multicultural counseling, women's issues, and African American history.

Beach, a native of Cleveland, earned a bachelor's degree in French and a master's degree in Education, and taught French in the Cleveland Municipal School District for 35 years. A strong proponent of parental involvement in education, she designed workshops and programs to help parents better serve their students.

Also enjoy the artwork of James Quarles, a Shaker Heights High School graduate and past winner of the Library's Barbara Luton Art competition, whose work (right) will be on display on the Main Library second floor during February.



Library Seeks Entries for 18th Annual Barbara Luton Art Contest

Artists interested in entering the Library's 18th annual Barbara Luton Art Competition are encouraged to pick up an entry form at the circulation desks at either library. The contest is named in honor of Shaker resident Barbara Luton, a former library director who managed the renovation of Moreland School into the current Main Library.

Entries will be accepted from 2 to 5 pm Friday, March 3 and from 11 am to 3 pm Saturday, March 4. A non-refundable entry fee of \$30 for up to two pieces of artwork is required at the time of entry.

Past winners include Gary Williams, Horace Reese, Terry Sciko, John Harmon, Johnine Byrne, Jerome White, David Brichford, Daniel George, Mary Ryan, Amy Lewandowski, Paula Zinsmeister, Judy Takacs, Ted Yu, Michael Prunty, Candace Dangerfield, Elise Newman, and Patricia Schroeder.

The awards include a purchase award of up to \$1,000 for the Best of Show; \$200 for First Place; \$100 for Second Place; \$50 for Third Place, and certificates for honorable mention. Awards will be presented at the Friends-sponsored gallery opening reception from 2 to 4 pm Sunday, March 26. The exhibit will continue through April 29. For more information about the art contest, please call the Library at 216-991-2030.



Friends' Literary Libations IV Promises to Shake It Up

*We'll be mixing it up at the Library
With chemistry, cocktails, and camaraderie.
Straight up, stirred, muddled, or shaken
It's all happening February 10, on Van Aken
Join us as we raise the literary bar,
And shake your drink in a Mason Shaker jar!*

Friends of the Shaker Library invites you to Literary Libations IV, featuring chemistry, cocktails, and camaraderie, from 7-9 pm Friday, February 10

at Main Library.

Try a literary libation and mingle with friends and neighbors to benefit the Friends. Tickets are \$25 per person, which includes two drink tickets or \$50 per person, which includes two drink tickets and a copy of the book *Shake: A New Perspective on Cocktails* by Eric Prum and Josh Williams, who created and launched The Mason Shaker, a now-iconic invention that transforms a Mason jar into a cocktail shaker.

For tickets and information, call 216-367-3005. Send email RSVPs to friends@shakerlibrary.org with the number of people in your group, and send a check made payable to Friends of the Shaker Library, or pay online at squareup.com/store/fosl.

Winter Book Group Opportunities

Looking for something fun to do this winter? Want to meet new friends? The Library has six book clubs and six reasons to join one: 1) Learn something new. 2) Meet new people. 3) Get out of the house or office. 4) Join in a good debate. 5) They're fun. 6) They're free.

Book clubs create welcoming places to discuss what we have discovered in books, to enjoy refreshments, and to consider our next book. Listed below are the Library's book clubs and books for the winter quarter.

Cook the Book, a read-and-taste book club, meets at Woods Branch. This group reads, reviews, and cooks from cookbooks that focus on a specific topic, and

participants bring a dish from the selected cookbooks to share during the discussion. To register please call 216-991-2421.

7-8 pm Wednesday, January 4: ***The Simple Art of EatingWell Cookbook: 400 Easy Recipes, Tips and Techniques for Delicious, Healthy Meals*** by Jessie Price. Start the new year with this comprehensive guide to cooking and eating healthier from EatingWell magazine. Winner of the 2011 James Beard Foundation Book Award, this volume contains 300 easy recipes, tips, and techniques for delicious, healthy meals.

7-8 pm Wednesday, February 1: ***Martha Stewart's Appetizers: 200 Recipes for Dips, Spreads, Snacks, Small Plates, and Other Delicious Hors d'Oeuvres, Plus 30 Cocktails*** by Martha Stewart. Just in



time for Super Bowl Sunday! The Queen of Entertaining has compiled over 200 recipes for appetizers from old favorites to new classics.

7-8 pm Wednesday, March 1: ***Fix-It***

and Forget-It New Cookbook: 250 New Delicious Slow Cooker Recipes! by Phyllis Good. The latest book in this acclaimed slow-cooker series features new, delicious, and easy recipes for meat eaters and vegetarians from breakfast through dessert.

Award Winners Book Discussions meet at Woods Branch and are moderated by Branch Manager Lynne Miller.

2-3 pm Saturday, January 21: ***The Brief Wondrous Life of Oscar Wao*** by Junot Díaz. Winner of the 2008 Pulitzer Prize for Fiction, this book follows the adventures of a sweet but disastrously overweight Dominican boy growing up in New Jersey, who is plagued by a family curse.

2-3 pm Saturday February 25: ***Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America*** by Gilbert King. The 2013 Pulitzer Prize winner for Nonfiction is a gripping, true story of racism, murder, rape, and the law that brings to light one of the most dramatic court cases in American history. It offers a rare and revealing portrait of the young and flamboyant civil rights attorney as he has never before been seen.

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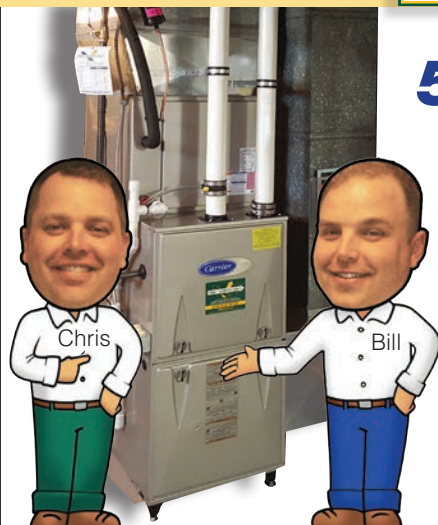
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2-3 pm Saturday, March 18: *The Shipping News* by E. Annie Proulx. The 1994 Pulitzer Prize winner for Fiction is the story of a third-rate newspaperman and the women in his life – his elderly aunt and his two young daughters – who decide to resettle in their ancestral home in Newfoundland. The author describes each character's profound transformation following the move, offering readers a vigorous, darkly comic, and at times magical portrait of the contemporary American family.

Book Buzz Book Discussions are moderated by Stacie Anderson and meet at Main Library.



10 am Tuesday, January 10: *Homegoing* by Yaa Gyasi. In this unforgettable novel, more than 250 years of the African-American experience are compressed into a page-turning saga of two half-sisters and seven generations of their descendants, chronicling American and Ghanaian history including brutal details of the African slave trade.

10 am Tuesday, February 14: *The Muralist* by B. A. Shapiro. Historic figures, including Eleanor Roosevelt and abstract expressionist artists Jackson Pollock and Mark Rothko, are presented in this novel about a fictional young painter employed by the Works Progress Administration in New York City, who mysteriously disappears while trying to obtain visas for her Jewish relatives in Europe.

10 am Tuesday, March 14: *The Yellow Birds* by Kevin Powers. Written by an Iraq War veteran who enlisted in the U.S. Army at age 17, this meditative novel follows two soldiers, Bartle and Murphy, from basic training through their gripping experience in Iraq, and alternates with Bartle's difficult and haunted life after returning home.

Mystery Book Discussions are led by Pam Tidwell and meet at Main Library.

7:30 pm Tuesday, January 10:



Shanghai Redemption by Qiu Xiaolong. Once a rising star in the Community Party, Chief Inspector Chen is "promoted" to be the director of the Shanghai Legal Reform Committee, a position with no power. As he struggles to understand

his new job, he works outside of the Party to solve several cases including the murder of a government official's wife.

7:30 pm Tuesday, February 14: *The Burning* by Jane Casey. The Burning Man is the name the media has given to a serial



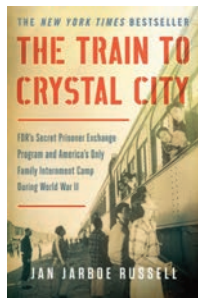
killer, who beats then burns his female victims. When a fifth victim is killed in a similar fashion, detective constable Maeve Kerrigan, who is keen on making her mark on London's predominately male murder task force, suggests it may be a copycat killer. Her male colleagues believe Maeve's empathy clouds her judgment, but the more she learns about the latest victim the more determined she is to bring the murderer to justice.

7:30 pm Tuesday, March 14: *The Patriarch* by Martin Walker. Bruno Courrèges, chief of police in a small town in the south of France, is invited to a party of one of his heroes, Colonel Jean-Marc Desaix, aka the Patriarch. When the Patriarch's WWII buddy, Gilbert Clamartin, dies of "natural" causes during the festivities, Detective Bruno decides to do some investigating that takes him back to Jean-Marc and Gilbert's Cold War days.

Fourth Tuesday Afternoon Book Discussions are led by retired librarian Janis Williams and meet at Main Library.

2 pm Tuesday, January 24: *The Children Act* by Ian McEwan. Judge Fiona May must decide if a teenage boy should receive a life-saving medical treatment against his wishes and those of his religious family while dealing with her own sorrow and failing marriage.

2 pm Tuesday, February 28: *The Train to Crystal City: FDR's Secret Prisoner*



Exchange Program and America's Only Family Internment Camp During World War II by Jan Jarboe Russell. During World War II, trains carried German, Italian, and Japanese immigrants and their American-born children to an internment camp in Texas. This nonfiction account follows the experience of two teenage American girls who traveled to camp with their

families and were subsequently deported to war-torn Germany and Japan.

2 pm Tuesday, March 28: *The Good Luck of Right Now* by Matthew Quick. When 38-year-old Richard Bartholomew's mother dies, he needs to find his own life. With the help of a "girlbrarian," her cat-loving brother, a runaway priest, and the spirit of Richard Gere, Richard finds his wings and learns to fly.

PubReads Book Discussions are led by Rachel Wilhoite and meet at Academy Tavern, 12800



Larchmere Boulevard, where participants can enjoy a burger and a beer with a book discussion.

7 pm Monday, January 9: *All the Light We Cannot See* by Anthony Doerr.

During the World War II occupation of France, the lives of a blind French girl and a German boy intermingle in this heartbreaking story of the ways that war can tear us apart and kindness can bring us together. Winner of the 2015 Pulitzer Prize for Fiction.

7 pm Monday, February 13: *We Are All Completely Beside Ourselves* by Karen Jay Fowler. Narrated by Rosemary Cooke who lost her sister, Fern, at the age of five, this story revolves around the missing sister and how each family member, particularly Rosemary and her brother



Lowell, deals with the aftermath of Fern's absence. Winner of the 2014 PEN/Faulkner Award for Fiction.

7 pm Monday, March 13: *Rosemary: The Hidden Kennedy Daughter* by Kate Clifford Larson.

Fearing for both her safety and his family's political aspirations, Joe Kennedy made the decision to have his daughter, Rosemary, lobotomized at 23. The author's access to all of Rosemary's letters and newly released material reveals how her famous siblings coped with Rosemary's struggles.

Programs for Adults

How To Establish and Set-Up a Nonprofit Organization and How to Obtain Grants: There are many ways to make an impact in your community. Forming a non-profit is one way, but starting and sustaining a non-profit can pose many challenges.

On Tuesday January 24 from 7:00-8:30 pm at Main Library, Anita Khayat, an experienced business executive, SCORE counselor, and mentor to entrepreneurs, will show how to identify and quantify the need for your non-profit organization, and how to research whether there are other groups doing the same work. She will also describe how to recruit and orient board members as well as to offer tips and some tools to ensure success.

On Tuesday January 31 from 7:00-8:30 pm, Khayat's topic will be How To Obtain Grants For Non-profits. At this session, she will show how to search and find grant opportunities specific to your non-profit, and how to assess if your organization meets the eligibility requirements. She will also speak on grant writing techniques.

Both classes are free; however, reservations are required. Visit or call the Main Library, 216-991-2030 to reserve your place.

Library, City, and AARP Collaborate to Offer Free Tax Help for Adults 60+: The AARP (American Association of Retired Persons) Foundation will sponsor a free federal and state tax return preparation service from 9 am until 4:30 pm Tuesdays and Fridays on the second floor of the Main Library beginning January 31 through April 14.

The service is available by appointment only for middle- to low-income taxpayers with priority given to those 60 years and older.

Bring all pertinent tax documents including W2 and 1099 forms (including those for social security), and any brokers' end-of-the-year statements for stocks and mutual funds to your free, electronic tax preparation appointment. You must also bring a copy of last year's tax return regardless of where or how you filed it. Reservations are required by calling the Stephanie Tubbs Jones Community Building at 216-491-1360.

@ Shaker Library cont. on page 60



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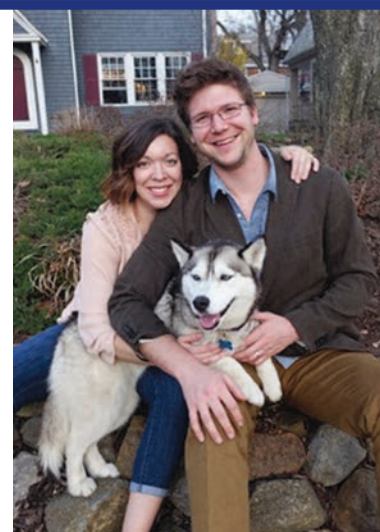
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THE INNOVATORS



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Dr. Charles Modlin of
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Shaker has a literal abundance of health care professionals who call the City home. Many of them are work-a-day doctors, nurses, researchers, social workers, and practitioners of what the City's Economic Development Director Tania Menesse calls "ambulatory medical practices" such as dentists, nutritionists, and physical therapists. "They are one of the identified target industries in our ED plan and we do see a lot of interest in those types of practices locating in Shaker," says Menesse.

Then there are the bona fide medical innovators. Shaker Life identified five of them, profiled here. They are committed to treating and researching treatments for Alzheimer's, heart disease, and malaria, working to overcome the health disparities in African Americans, and even researching how to modify the human immunodeficiency virus (HIV) so that it can safely be used to deliver specific proteins to diseased cells.

The proximity of two major medical centers in University Circle, which employ thousands of health care professionals, is a large factor in the Shaker-as-home equation. The innovators we interviewed cite other reasons as well, notably the Shaker Schools.

Moreover, Marco Costa, a native Brazilian who is president of University Hospitals Harrington Heart and Vascular Institute as well as UH's chief innovation officer, told us, "In Shaker, the houses have character, and the people here have character. It's a mix of urban and suburban lifestyle." He was not alone in that assessment.

It is comforting to recognize that Shaker Heights continues to attract men and women who work and succeed at making the world a better place.

CHARLES MODLIN

How the Cleveland Clinic is addressing minority health disparities.

By Diana Simeon

African-American men are 66 percent more likely than their white counterparts to get prostate cancer and twice as likely to die from the disease.

In fact, according to the Centers for Disease Control, African Americans are at an increased risk of dying from any number of cancers. They're also more likely to suffer from diabetes, hypertension, heart disease, and stroke.

These are just some of the health disparities experienced by minority populations that Dr. Charles Modlin is determined to change.

"After I completed my medical training, I was able to step back and take a broader view of the medical landscape," says Modlin, a urologist and kidney transplant surgeon at the Cleveland Clinic. "And I became aware of the health-care disparities that afflict African-American and other minority populations."

What Modlin discovered was that to be a member of a minority in the United States is to be at risk for a host of adverse health outcomes. So, in 2003, Modlin launched the Clinic's annual Minority Men's Health Fair and, a year later, the Minority Men's Health Center of the Cleveland Clinic's Glickman Urological and Kidney Institute. His goal: help correct health disparities by ensuring that patients have access to care that is effective for them.

"Medicine is not a cookbook," says Modlin. "We have to individualize how we deliver care for every patient."

A Life in Medicine

For Modlin, the journey to medicine began during his childhood in New Castle, Indiana. "When my grandmother went into a nursing home, we would visit her every day," he recalls. "I'd bring her water, wheel her into the dining hall. It gave me an inside look into helping take care of people."

Later, in high school, Modlin worked as an orderly at the local hospital. "You would turn patients, take vitals, things like that. That gave me an inside look into medicine." At Northwestern University, Modlin studied chemistry, then went on to medical school, also at Northwestern, and then a six-year residency at New York University, where he met his wife, Dr. Sheryl Modlin, a pediatric anesthesiologist.

A chance encounter led Modlin to Cleveland. "I went to the annual conference of the American Urological Association and there was a group from the Clinic presenting on kidney transplantation and renal vascular surgery. They announced there was a fellowship at the Cleveland Clinic."

He applied, was accepted, and after completing the fellowship, joined the Clinic. The family settled in Shaker. "We picked Shaker for the schools," says Modlin, who is also executive director for minority health at the Clinic and president-elect Medical Staff Officer of the Clinic's medical staff.

Three of the Modlin's four children have graduated from Shaker Schools; their youngest is now a junior. Modlin regularly sponsors students in the High School's Senior Projects program.





A Problem with Many Roots

There are many reasons for minority health disparities. “Historically, it’s been lack of access,” notes Modlin. “If someone is uninsured or underinsured, it’s hard for them to get routine care.” That said, even when minorities do have access, they can still suffer from disparities, especially when doctors are not aware of their specific needs.

Take prostate cancer, which Modlin routinely treats as a urologist. “A lot of health care providers don’t know that African Americans need to start screening for prostate cancer at age 40, as compared to age 55 for white men.” The delay in screening African Americans is part of the reason they’re more likely to die from the disease.

A lack of diversity among the ranks of physicians is another factor. “Many people feel more comfortable being treated by an individual who looks like them and has a similar background,” says Modlin. Only four percent of physicians in the U.S. are African American and Modlin himself is one of just a comparative handful of African-American transplant surgeons in the country.

Meanwhile, for African Americans in particular, there’s ongoing distrust of the medical community, thanks to a legacy of mistreatment that most infamously includes the Tuskegee Syphilis Study, in which for more than 40 years African-American males were not treated for syphilis so that researchers could study the “natural progression” of the disease.

“It’s difficult to get minority patients to agree to participate in clinical research trials because of the distrust,” says Modlin. He encourages his own patients to donate to the Health Center’s biobank to help facilitate research on minority patients. “We give samples to any investigator worldwide who wants to research the pathogenic cause of health disparities,” he says.

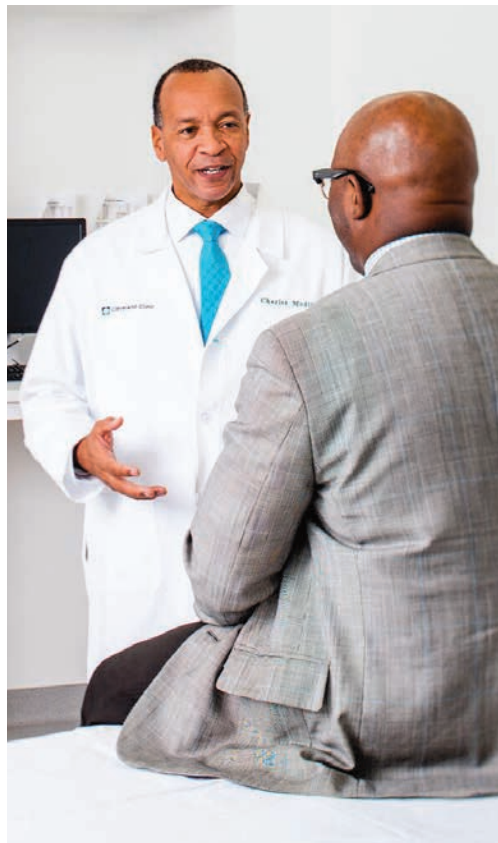


Photo courtesy of Willie McAllister

The Minority Men’s Health Fair is held annually at the Glickman Urological and Kidney Institute at the Cleveland Clinic.



Photo courtesy of Willie McAllister



Reaching Out

After launching the Men's Minority Health Center, Modlin was discouraged to find that he had few patients.

But among those who did show up was Cleveland author George Fraser, who's also founder of FraserNet, the largest African-American networking organization in the country. "I opened the door and he was sitting there," says Modlin. Soon, Modlin was working with Fraser and other area organizations, including the United Pastors Network, to get the message out.

"I spend a lot of time in the community and it's led to increasing trust to the point where many of these organizations are now encouraging people to come in," says Modlin. That also includes to the annual Minority Men's Health Fair, which last year attracted upwards of 2,000 attendees (this year, it's on April 27). It's open to everyone and offers up to 35 different free health screenings.

"A lot of these conditions – hypertension, diabetes – oftentimes don't have any symptoms. If you don't get screened, you are not going to know you have it," says Modlin.

Up next for Modlin is ensuring that the Clinic is what he calls a Multicultural Health Center of Excellence.

"We'd like to establish specialty areas of expertise in each institute to address health disparities," he says. The Clinic's Digestive Disease and Surgery Institute recently launched a program to help address the higher rates of colorectal cancer, pancreatic cancer, and liver disease among minorities.

Indeed, the urgency to correct health disparities has never been greater, says Modlin, noting that by 2050, the U.S. will be a majority minority country. "If more of the population is minority, then more of the population is going to be experiencing health disparities," says Modlin. "There is a lot of work still to be done."



Photo courtesy of Yu Kwan Lee

When Marco A. Costa, M.D., Ph.D., arrives at work each day, the only thing he knows for certain is that he has no idea how his day will go. However, there's a good chance that he will be helping to save someone's life, either through his work as an interventional cardiologist, or as a result of his medical research and innovation.

As president of University Hospitals Harrington Heart and Vascular Institute, Costa heads up a team of talented medical professionals who provide leading-edge cardiovascular care across 18 hospitals in the UH network, plus more than 40 outpatient clinics and at the Louis Stokes Cleveland VA Medical Center.

Costa is also UH's Chief Innovation Officer, a position he has held since 2015 thanks to his passion for medical research and technology innovation. Costa was among the first medical professionals to pioneer the use of a device called a drug-eluting stent, which led to major advancements in the treatment of cardiac disease.

In case that isn't enough to keep him busy, Costa can also be found teaching and mentoring the next generation of pioneering doctors as a professor of medicine at Case Western Reserve University.

"A visiting colleague asked me how I divide my time," says Costa. "I don't divide it, I mix it. I might start the day in a business suit at a meeting, change into scrubs for surgery, then into a lab coat for teaching. There is always a plan, but the only thing I know is that each day the plan will be totally different."



A person wearing a blue lab coat is standing in front of a medical monitor. The monitor displays several panels: a top-left panel with a red and blue circular graphic, a top-right panel with horizontal blue lines, a bottom-left panel with a blue-tinted anatomical image, and a bottom-right panel with another blue-tinted anatomical image. The background is slightly blurred, showing a clinical setting.

**MARCO
COSTA**

The president of University Hospitals Harrington Heart and Vascular Institute Costa is also UH's Chief Innovation Officer, due to his passion for research and technology.

By Jennifer Proe

Costa's success as an innovator comes from a desire to push himself out of his comfort zone, and to look for the next big idea, even if it's outside the boundaries of his field of expertise.

Early in Costa's medical career, when he was at Erasmus University Rotterdam in the Netherlands, the biggest strides in cardiac care involved radiation therapy and cardiac imaging, areas in which Costa completed his Ph.D. thesis. Soon after, Johnson & Johnson began developing a microscopic drug-eluting stent, which is inserted into a narrowed, diseased coronary artery and slowly releases a drug to block cell proliferation. Costa, who had returned to his native Brazil to practice, decided to study this relatively unknown technology alongside the current treatment protocol.

"I would have bet that ultrasound would be the better, safer therapy," says Costa. "However, we had learned that after radiation therapy, many patients were coming back to us with heart attacks. Meanwhile, angiograms of the first 15 patients with drug-eluting stents showed their coronaries to be completely clean." This, then, was the future of cardiac care.

Perseverance and Vision

Over the years, Costa's work has led to several patents in stem cell therapy, medical imaging, and medical device development.

"The reason to develop better technology is so that we can better care for our patients in a minimally invasive way, faster, and with much better outcomes," says Costa. "And sometimes the innovation comes not in the technology, but in the process."

Despite Northeast Ohio's reputation for innovative medical care, it's something of a miracle that Costa ended up here at all. Costa's first impression of Cleveland was formed many years ago, when he visited for several months as a medical student to observe a research project. He took time off from his summer beach vacation in Brazil, where it was 85 degrees and sunny, and arrived to snow and brutal temperatures here.

"After that, I spoke badly about Cleveland for 15 years," says Costa, who was determined never to return.

The downfall of this plan was the fact that Costa had befriended another top-notch cardiologist at University Hospitals, Dr. Daniel Simon, who served as the Harrington Institute's first president and is now president of UH Case Medical Center. Realizing he needed a partner of Costa's caliber in order to keep up with patient demand, Simon convinced Costa to come visit, "just to take a look."

Costa and his family were in the midst of a move to Boston, where Costa was on the verge of accepting a position as director of the catheterization lab at the University of Massachusetts. His wife, Erica, was clear: There would be no moving to Cleveland. However, she and the couple's three children came along on the visit so that they could celebrate a family birthday together.

Costa recalls, "We arrived in Cleveland late at night, and got lost coming from





the airport. It was not a good beginning to our visit. But when I awoke in the morning, Erica had left a note on my pillow saying, ‘I don’t know why, but I actually have a positive feeling about Cleveland. I think you should take it seriously.’” Costa is convinced God was intervening in their plans.

After changing course for Cleveland, the family initially settled in Pepper Pike for six years, then moved to Shaker Heights three years ago. The Costas’ three children attend the Shaker schools and are involved in swimming and volleyball among other activities. Costa loves seeing the neighbor kids’ bikes piled up outside their Mercer area home on a typical Friday night.

“In Shaker, the houses have character, and the people here have character. It’s a mix of urban and suburban lifestyle, which is what we are used to, coming from bigger cities,” says Costa. “We go downtown 10 times more now than we ever used to. We go to Cavs games and concerts, or to enjoy the bridges in the Flats and eat at Coastal Tacos.”

In what spare time he might have, Costa enjoys playing basketball at the Mandel Jewish Community Center in Beachwood, and Erica is involved with the Womens Council of the Cleveland Museum of Art. The family also found a close-knit community at St. Dominic Church. “We didn’t have that where we lived before,” says Costa. “It brings us back to how we were raised in Brazil.”

In both his personal and his professional life, Costa seems happiest on the less-taken path.

“I believe success requires risks, perseverance, and a vision,” says Costa. “I try to take the right road for the right reasons. I don’t feel comfortable being comfortable.”



**DEBORAH
GOULD**

Insight Clinical Trials, an independent research facility in Shaker, conducts studies on therapies that target dementia and Alzheimer's.

By Diana Simeon

More than five million Americans suffer from Alzheimer's, a devastating form of dementia that robs people of the ability to perform even the simplest tasks, not to mention almost all their memories.

It's the sixth leading cause of death in the United States. Most people with Alzheimer's are over age 65, though about five percent of patients are in their 40s and 50s. Available medications don't stop the disease's progression, only ease its symptoms for a limited time.

It's the desire to find an effective treatment for the disease that motivates Dr. Deborah Gould. Gould is a geriatric psychiatrist and principal investigator for Insight Clinical Trials, an independent research facility, based in Shaker on Warrensville Center Road, that conducts research studies for therapies that target dementia and Alzheimer's.

"The purpose is to find a breakthrough for dementia," says Gould, a longtime Shaker resident. "We finally understand the mechanisms," she explains, "so now we need medicines aimed at attacking those issues."

Researchers now understand that one of the main mechanisms of Alzheimer's is the accumulation of a protein called beta-amyloid in the brain. Specifically, beta-amyloid wreaks havoc on the neurons of the brain, eventually causing them to die. As this process spreads, it causes the signs and symptoms of Alzheimer's.



For example, the memory loss experienced by Alzheimer's patients – a common sign of the disease is forgetting recently learned information – is likely a result of the beta-amyloid's impact on the hippocampus, which helps form new memories.

"Our bodies produce beta-amyloid and everyone has it," says Gould. But researchers are still trying to understand why some people go on to develop Alzheimer's, while others do not. Meanwhile, beta-amyloid is also implicated in other forms of dementia.

At Insight Clinical Trials, research on Alzheimer's breaks into two main categories: "We try to attack the production of beta-amyloid or remove the beta-amyloid," says Gould. In the former, participants receive monthly intra-venous infusions of antibodies directed against beta-amyloid; in the latter, participants take what are called BACE inhibitors. "This is to inhibit an enzyme that is involved in the production and deposit of the beta-amyloid in the brain," explains Gould.

A Life in Shaker

Gould grew up in Shaker's Lomond neighborhood, graduated from Shaker Schools, and went to Vassar College.

After Vassar, she returned to Cleveland to study medicine at Case Western Reserve University. That's where she met her husband, Dr. Arthur Zinn, a clinical geneticist.

The couple settled in the city's Sussex neighborhood and raised a family. Their children also graduated from Shaker Schools, and Gould wouldn't have had it any other way.

"Shaker Schools gave me everything. They gave me all of the skills I needed to be successful. And 30 years later, they did the same for my kids," she says. Gould recently celebrated her 50th Reunion at Shaker Heights High School.

Gould trained as a psychiatrist. She did her residency at University Hospitals and as a clinician found herself working with many elderly patients. "That is how I first got interested in dementia and Alzheimer's," she says.

She spent many years at UH, eventually becoming head of the geriatric psychiatry unit. After leaving UH, Gould took a position as director of the geriatric program at Connections Health Wellness Advocacy (formerly Northeast Ohio Health Services). In 2006, Gould's longtime colleague, Elisa Poggi, invited her to join Insight, which Poggi, a social worker, had founded the same year.





Providing Access to Cutting-Edge Treatments

At Insight, “all medications are from various pharmaceutical companies that include Eli Lilly and Co., Axovant, Neurocrine, Roche, Merck, and many others,” says Poggi. “At the initial consultation, the studies that meet the needs of the individual are explained to them. This includes written information on the study and the medication that they can take home and share with their significant others and physicians.”

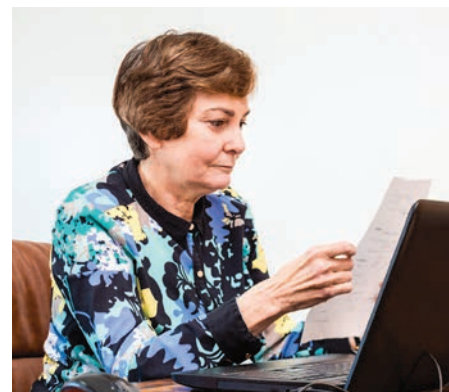
Insight is selective about the studies the company takes on. “We take a close look at what a new drug or medication is trying to do and decide if it makes sense in terms of the science,” Gould explains.

Gould has focused primarily on what are called Phase 3 clinical trials, which is the final step a pharmaceutical company must take before receiving FDA approval. In these kinds of studies, patients have the opportunity to get early access to what may eventually prove to be a breakthrough treatment for their condition. At Insight, the majority of participants are in the early stages of cognitive impairment.

“Like any other illness, Alzheimer’s has to be addressed early. The whole idea is to prevent the progression, so you want to catch it early enough to do that,” Gould says. “So, we do a lot of studies that have to do with mild cognitive impairment, which are the more subtle changes that occur before the actual diagnosis of Alzheimer’s is made.”

Most of Insight’s patients are self-referred. They find out about the trials from doing online research, reading about it in print, from a friend or relative, or from a doctor. Some have heard Gould or Poggi speaking somewhere. And some are referred from the Foley ElderHealth Center of University Hospitals.

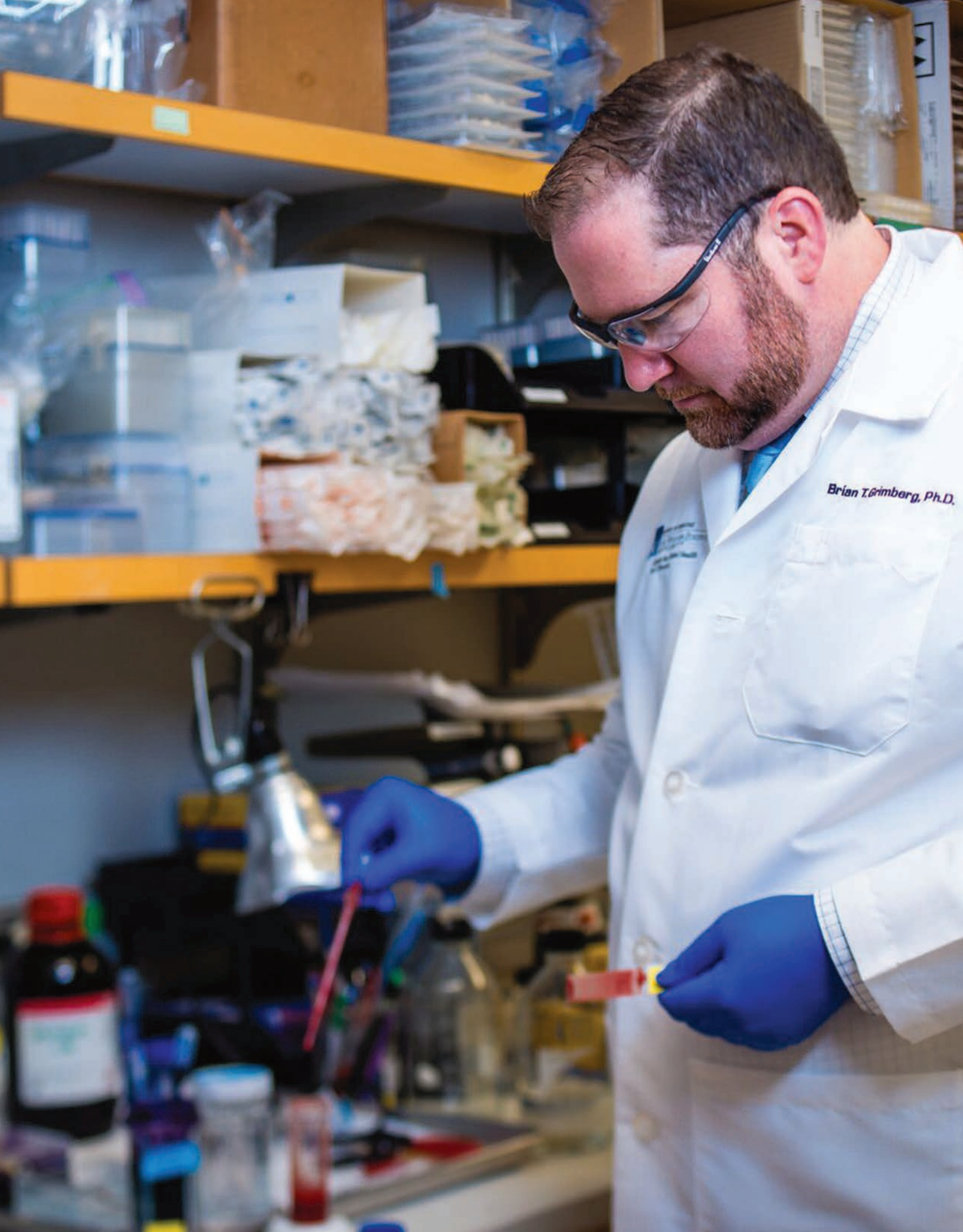
Gould puts trial enrollees through an extensive evaluation, which includes a PET (positron emission tomography) scan. A PET scan, which costs about \$3,000, is now the only way to see the accumulation of beta-amyloid in the brain, yet it isn’t routinely prescribed by doctors as it’s not yet covered by Medicare. For trial participants, it’s free.



“If we know someone has the beta-amyloid, we are going to be able to address it much earlier – hopefully, with some of the medications we’re trying to find now.”

In addition, at the end of a trial – they last anywhere from six months to two years – all participants are able to receive the medication and keep taking it free until it hits the market, a process that can take from five to seven years. For Alzheimer’s patients, who live on average eight years after diagnosis, that’s time they don’t have to wait for potentially effective treatments to be officially approved.

For Gould, the work goes on, which also includes speaking in the community about Alzheimer’s and age-related memory loss. “We want to educate people and help them understand that even if there is not now a solution to this problem, some day there may be.”





BRIAN GRIMBERG

His low-cost, rapid detection device to diagnose malaria could save many thousands of lives in the developing world.

By Jennifer Kuhel

Brian Grimberg's path to becoming a world-renowned malaria expert is the stuff of a Hollywood dream-come-true biopic:

The film opens with a close-up of a curious little boy hunched over a science book – just one from a wobbly, towering stack perched behind him. Dissolve scene to a teacher with a benevolent smile, sharing her collection of science filmstrips and books with the boy, who places each one into his backpack.

Cut to a modern-day sequence with this boy turned 40-something-man, now hunched over a small machine in a remote Kenyan village. The machine's parts move like miniature pistons on a locomotive, pushing toward and pulling away from a blood sample. Mosquitoes circle the scientist, but he's unfazed. His focus is on the little machine and the information it yields: a blood sample that tests positive for malaria.

"I've wanted to do this job since I was eight years old," says the affable Grimberg, assistant professor of International Health, from his office in the Biomedical Research Building at Case Western Reserve University School of Medicine. He became an assistant professor there in 2009 and moved with his family to Shaker's Onaway neighborhood, drawn by its proximity to work and great schools.

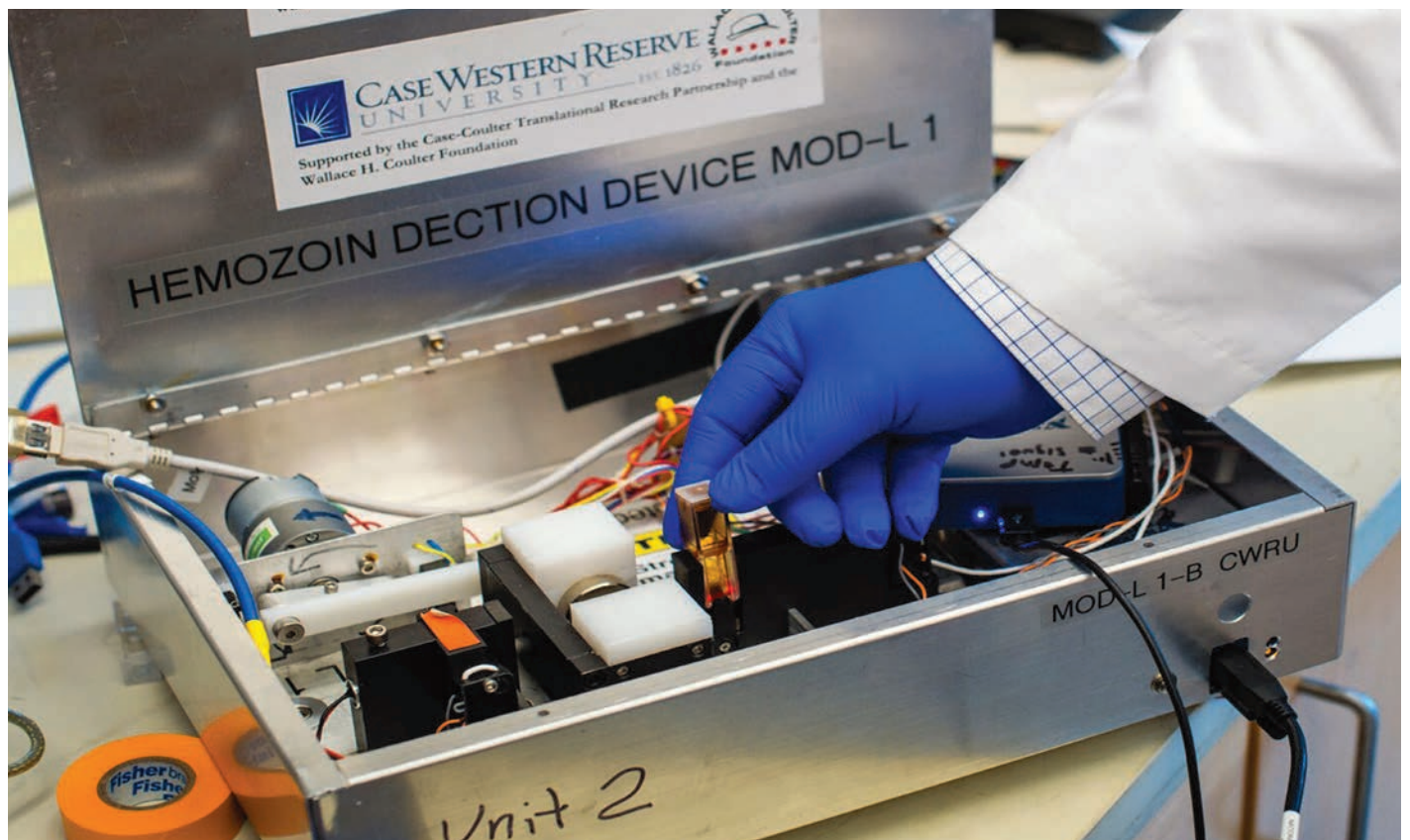
The MOD Device

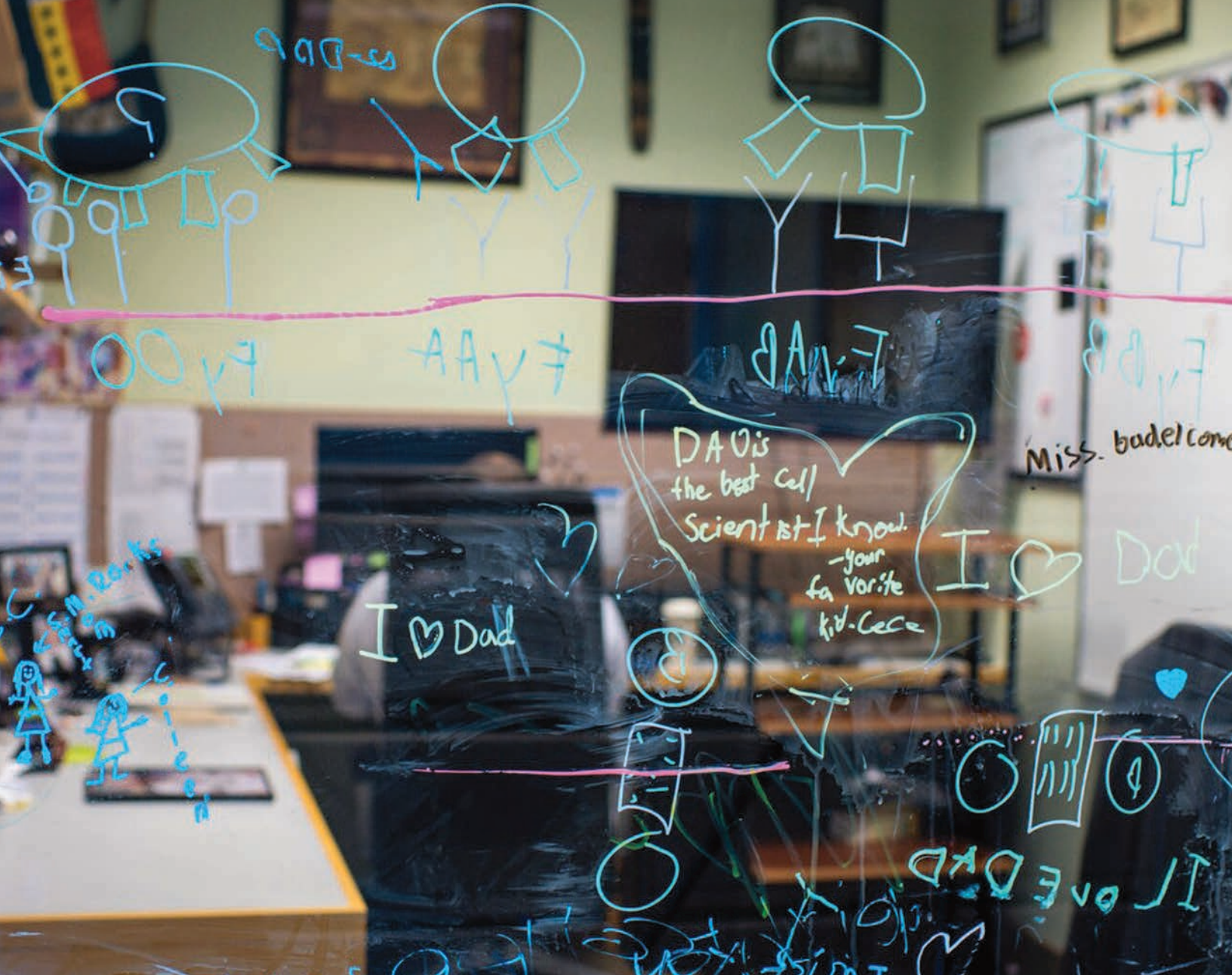
Today, “this job” is the study of infectious organisms, specifically malaria.

While there are only 1,500 cases of malaria in the U.S. each year, this parasitic disease remains a global health problem. According to the Centers for Disease Control, in 2015 an estimated 214 million cases of malaria occurred worldwide, killing 438,000, most of them children in Africa. As scientists around the world, including Grimberg, work on a vaccine, a combination of mosquito evolution, drug resistance, and a lack of funding means malaria persists, especially in developing countries. This makes Grimberg’s Magneto Optical Detection (MOD) device – a low-cost, portable, hand-held malaria detection instrument that quickly determines the presence of the disease from a drop of blood – all the more valuable as a diagnostic breakthrough.

Speed of diagnosis is important in malaria detection, especially for finding those reservoirs of the disease that are infected but aren’t exhibiting symptoms. Early detection and treatment reduce the opportunities for carrier mosquitoes to pass the disease on to those who aren’t infected. The trouble is that most malaria diagnoses today are made with a microscope in the field under less than ideal conditions, and can take up to an hour to perform. By comparison, Grimberg’s MOD device can make a diagnosis in as few as 30 seconds. Higher throughput means more people can be screened at a time and, maybe one day, eradication of malaria.

The technology behind the MOD device is straightforward: It relies on magnets to detect an iron byproduct (Grimberg smiles and calls it “malaria poop”) produced after the malaria parasite eats hemoglobin. A blood sample under a laser light is tested as small magnets move closer to and away from the sample. As the magnets get closer, the iron particles line up and block the light. No light means the sample is positive for malaria.





One Village at a Time

So far, Grimberg and his team have tested about 1,000 samples from Papua New Guinea, Peru, Kenya, and the U.S., all with promising results. Last September, the device also received the U.S. Patent and Trademark Office Patents for Humanity Award, a prestigious award that carries with it a fast-track patent application. Grimberg hopes the MOD device may be manufactured for wider distribution and use in the near future.

Recently, Grimberg expanded his research to study Zika virus, as the same mosquitoes carry both Zika and malaria. He has permits to bring Zika samples into the U.S. (he stores them in a locked fridge in his lab) and he cultures the virus, studying its genetics. He's also working on a vaccine.

"We're just at the beginning of the research so it's difficult to say if the current strains we're seeing in this outbreak have mutated to become more virulent or if the virus has just found a more receptive environment," he explains. "The reason it has spread so rapidly is that we live in an ever more interconnected world and the mosquitoes that transmit this and other disease are everywhere."

Ultimately, Grimberg would love a world without malaria, but that's an ending to his story that's a bit too pat. For now, most reductions in cases will result from one-village-at-a-time efforts. "The most realistic goal is to create pockets of localized elimination," he says. "If you can get rid of malaria in certain areas, then you can keep it out."





CHIP TILTON

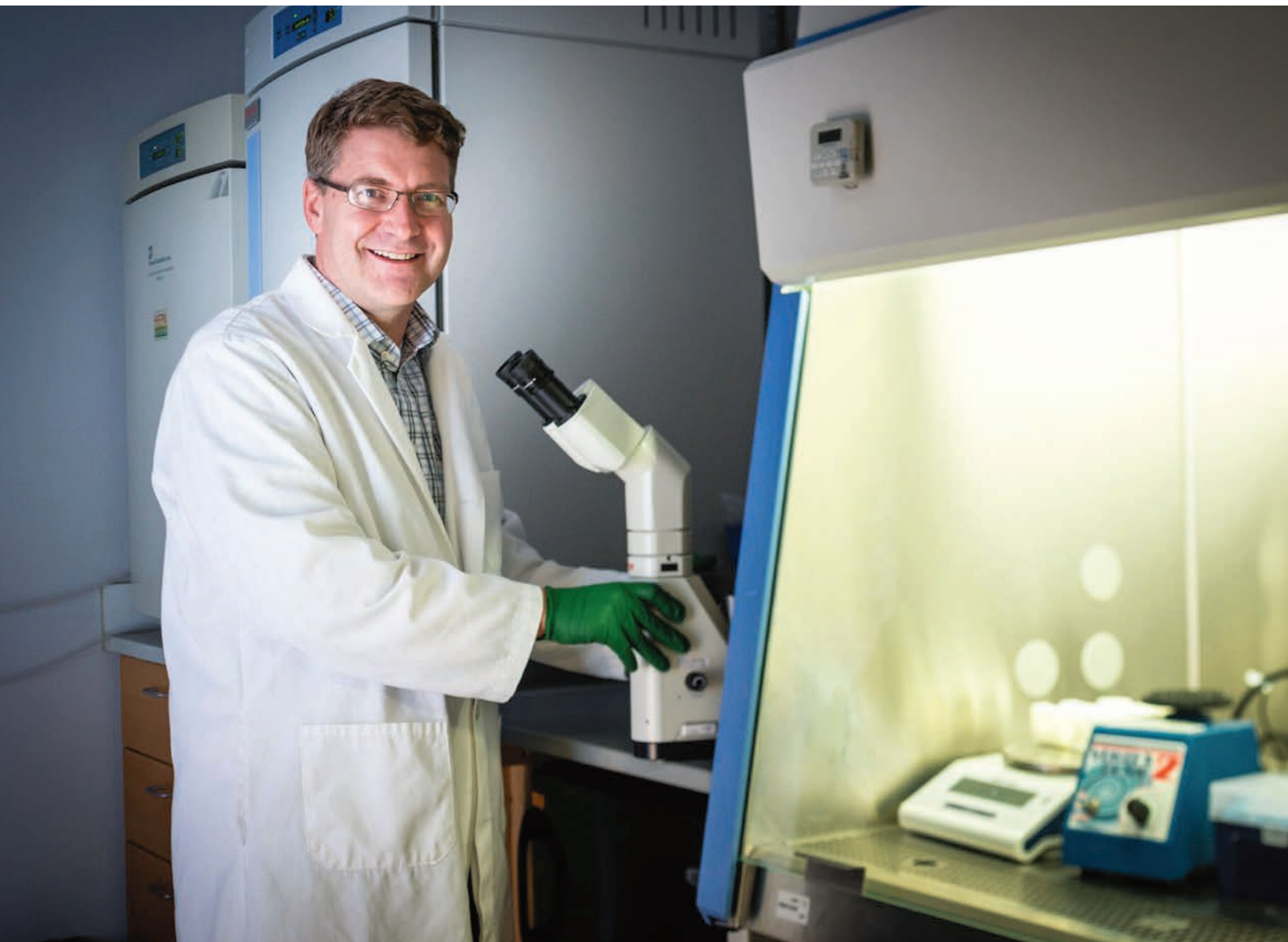
Malvern resident John C. “Chip” Tilton and his colleagues are researching ways to use the human immunodeficiency virus (HIV) for treating diseases.

By Jennifer Kuhel

In medical school, Chip Tilton knew there was a place for him in the world of medicine. That place just wouldn’t be seeing patients day-to-day. His curiosity led him to the lab.

“The way I like to think about problems is by looking at the big picture, then understanding the root causes of diseases and making little strides at the fundamental level,” explains Tilton, an associate professor and the director of Immunobiology at the Case Western Reserve University Center for Proteomics and Bioinformatics.

He joined the university six years ago following research positions at the University of Pennsylvania and the National Institutes of Health, and his family settled in a Malvern home after falling in love with Shaker’s tree-lined neighborhoods and schools.



Tilton may describe his work as baby steps, but what he's doing in his lab is hardly insignificant: He's searching for a way to make a friend out of a notorious foe – the human immunodeficiency virus (HIV). And what he uncovers could have huge implications on how various diseases are treated in the future.

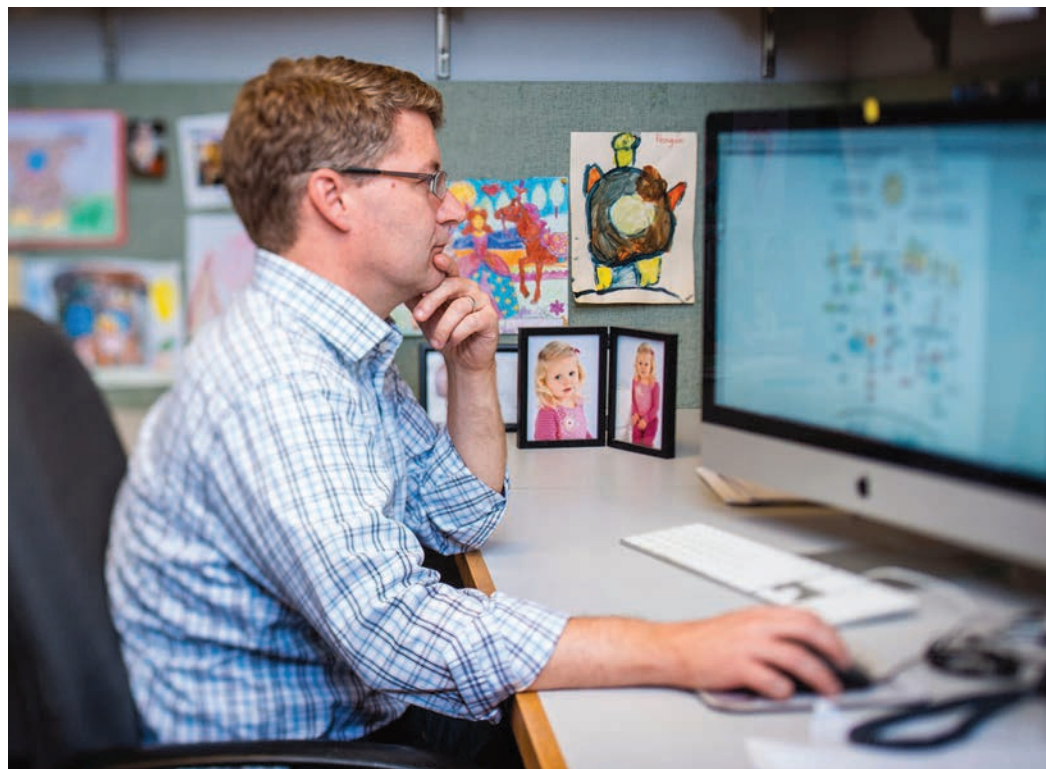
For the past 14 years, Tilton has immersed himself in HIV research, learning which cellular proteins help or prevent the virus from replicating inside the cell. Then, he discovered some interesting things about the proteins that play a role in HIV infection. Namely, that HIV is remarkably efficient at delivering proteins into a cell, but it's not as good at integrating its genome with the host chromosome.

A Sheep in Wolf's Clothing

This makes HIV a poor door-to-door salesman of viruses: Its host cell customers readily open their doors to get the sales pitch, but that pitch doesn't always convert into a sale. In isolation, this makes HIV infection appear unlikely. But inside a human being, there's a Roman army of these salesmen, making HIV a volume business with catastrophic results.

So Tilton began to look at HIV in a different way, wondering if he could make HIV a sheep in wolf's clothing. He considered the possibility of modifying HIV particles enough so that they could get a diseased cell to open its doors, which by itself is enough to deliver highly specific, helpful proteins that could have positive effects on the cell – no sales pitch required. This brand of medicine, called protein therapeutics, uses naturally occurring or modified proteins that bind to a receptor on the surface of a damaged cell to initiate a reaction that's beneficial to a patient. The difference for Tilton is that he wants to find a way to deliver a protein *inside* the cell.

Enter Tilton's nanoPODs (short for nanoscale protein delivery), strategically engineered non-infectious HIV particles that sense intracellular environments and then set off a chain of events based on that environment. Tilton and his team have used nanoPODs in vitro to determine whether a cell is infected with HIV. He's found that uninfected cells are unchanged. The story for HIV-infected cells is less rosy. The nanoPOD sets off a reaction inside the cell which results in apoptosis, or cellular suicide. "We can probe whether HIV is in a cell and then specifically kill cells that are HIV-infected and not kill healthy cells," he says.



Down the road, Tilton is hoping to find a way to use nanoPODs loaded with therapeutic proteins to replace defective proteins, or, in the case of cancer, to eliminate pre-cancerous cells and stop the disease before it even becomes apparent. "Most small molecule drugs – the drugs we take in pill form – are well absorbed, but tend to go all over the body, so that's where a lot of the side effects come from," Tilton says. "In contrast, our nanoPODs can potentially deliver protein therapeutics very selectively to target cells and have sophisticated actions that reduce side effects and add whole new classes of function."

A Glimmer of Hope

Even more fascinating (and bordering on science fiction) is the possibility in genome editing. Recently, Tilton and his colleagues at Case used a nanoPOD to deliver both a protein and RNA inside a cell. For those with inborn errors of metabolism (genetic errors where the body can't convert food to energy), this discovery provides a glimmer of hope.

"Our goal would be to go in and fix their genome so that it encodes a functional gene. We would try to get the particles to deliver enough of these gene editing proteins to go in and fix the damaged cells," he explains.

Tilton emphasizes that his work is still very much exploratory. "If we can deliver proteins into cells in vivo [in a living organism], then we'll basically have leapfrogged a majority of the protein delivery platforms out there and we'll have been able to do something they haven't been able to do."

That possibility and its potential keep Tilton motivated in a field that's plagued with one step back for every two steps forward. "I can't even see the stuff that I work with. It's all too small. All I can do is measure and learn whether I've had an effect on the cell," he says.

One day, with a little luck and lots of persistence, Tilton just may cause the effect he's been anticipating. And if it does, his place in the world of medicine just might be one for the books. **SL**

The Foundation *of an* Exceptional

Thirty-five years after its inception, the Shaker Schools Foundation plays an indispensable role in the educational experience of every Shaker student – and that’s something to celebrate.

By Jennifer Proe

One of the first of its kind in the nation when it debuted in 1981, the Shaker Schools Foundation has been a game-changer in providing every Shaker student access to a world-class education.

A group of civic-minded Shaker citizens and administrators conceived of the Foundation as a way to use private money to supplement the funding system for public education. The goal was to provide the extras that Shaker Heights families insist should be part of every student’s education.

Those extras include items like fine and performing arts opportunities. Technology upgrades. Teacher grants for innovative ideas. Travel scholarships for disadvantaged students. Renowned guest speakers and artists-in-residence. Sports equipment. Tutoring, mentoring, and test preparation assistance. The list goes on and on.

In the 1980s, the concept of establishing a private foundation for a public school system was all but unheard of. Today, the Foundation serves as a model for others who wish to follow Shaker’s lead.

Steve Minter, who served as president and executive director of the Cleveland Foundation from 1984-2003, can attest to that. He and his wife Dolly moved to Shaker in 1963 because of the schools’ reputation for quality and integration. Their three daughters graduated from Shaker Heights High School in the 1980s.

“Given my background and interest in education, I was very involved at the Cleveland Foundation in educational grant-making,” says Minter. “Toward the end of the 1970s it became very evident that there was a lot of pressure on public school systems to find sufficient resources to fund education opportunities for a changing demographic of students. Shaker was no exception.”

What was exceptional was Shaker’s response. “A group of far-sighted people had a conversation about how we might encourage individuals in this community to help support those programs for which we just did not get enough public funding,” says Minter. “Over the years, I have been contacted many times by school systems and communities looking to replicate Shaker’s success, and I tell them that increasing community engagement and support is just as important as raising the dollars.”

Education

New Leadership

Holly Coughlin, who took the helm as the Foundation's new executive director in November, has great respect for Shaker's tradition of engagement. She has 20 years of marketing and management experience in both the for-profit and nonprofit sectors. Since 2014, she had served as Chief Development Officer and Director of Development for the Visiting Nurse Association of Ohio. But perhaps her biggest qualification for the job is her love of the Shaker schools and community.

As the parent of two former Shaker students, Kyle and Alec, Coughlin was involved in the school system at every level – from PTO co-president at the Middle School to volunteering at the High School's annual flower sale and running the silent auction for a Night for the Red & White.

"In fundraising, you have to first learn the mission, then love it and embrace it," says Coughlin. "With the Shaker Schools, I'm already there."

Coughlin says her peers are often astounded to learn that a public school system has its own foundation. "I think that reaction is such an indication of what makes Shaker special," she says. "Our Board is so committed and engaged to helping grow the student experience; we never just want to do the minimum."

Coughlin stepped into the role when Christine Auginas retired after 16 years as executive director at the Foundation.

"Chris has given us an amazing legacy upon which we will continue to build," says Superintendent Gregory C. Hutchings, Jr. "Her unwavering commitment and leadership at the Foundation have directly or indirectly impacted the success of every single student who walked through our doors during her tenure. Thanks to her work, we are well positioned for the future."

Executive Director Holly Coughlin

Photo: Angelo Merendino



Become a Foundation Supporter

The Shaker Schools Foundation is a 501(c)(3) non-profit that gratefully accepts contributions. All gifts are tax-deductible.

Options for giving:

Annual Fund Gifts provide much-needed operational support that enables the Foundation to carry out its work.

The Legacy Fund is a permanent, unrestricted endowment to provide long-term substantial support in the areas of academia, arts, technology, health and fitness, and special initiatives. Bequests, trusts, other planned gifts and outright gifts are welcome.

Donor-Created Funds may be established in honor or memory of a family member or Shaker faculty member.

Seat Endowments in the Shaker Heights High School Large Auditorium can be recognized in honor or memory of an individual.

Employer Matching Gifts are available from many companies; please check with your employer.

Donations may be made online at www.shaker.org/foundation.aspx or by check, payable to the Shaker Schools Foundation at:

Shaker Schools Foundation
15600 Parkland Drive
Shaker Heights, OH 44120

For more information or to speak with someone about planned giving, please call (216) 295-4329 or visit shaker.org/foundation.

A Big Gift Leads to Bigger Dreams

For its first 20 years, the Foundation operated only with a volunteer Board of Trustees. The Board's chief function was to help manage and distribute private gifts that were made in honor or memory of Shaker Heights teachers, primarily in the form of teacher grants. In 1998, the Foundation received an unexpected bequest of a half-million dollars from a grateful family whose child with special needs had been well-served by the Shaker schools. This transformational gift became the seed money that allowed the Foundation to dream bigger dreams.

In 2000, Auginas joined the District's administration and also became the Foundation's executive director. Arlene Sheeran became its first employee in 2001. With dedicated staffing now in place, the Foundation could turn its attention to large-scale projects like the renovation of the Large and Small auditoriums at the High School.

When Sue Starrett came on board in 2005 as director of development, she was tasked with bringing this capital campaign to completion, which ultimately required raising more than \$1.1 million.

"Completing those two projects gave us the confidence that the Foundation could really undertake major fundraising initiatives," says Starrett.

Now, each year the administration identifies a major project that fits within the District's strategic plan, for which a substantial amount of money will need to be raised. Last year, the Foundation raised more than \$150,000 to help implement a new preschool program, Shaker's First Class. Funding came from a variety of sources, including the Cleveland Foundation, the Martha Holden Jennings Foundation, the Arminius Foundation, and private donors. That funding helped to ensure a socioeconomically balanced class for the tuition-based program, as well as to secure high-quality teachers, equipment, and resources.

While working with area foundations and corporate sponsors is certainly critical to the Foundation's success, the largest source of funding is individual gifts.

"Private contributions of every size, both large and small, combine to make up more than half of the dollars we rely on to fund projects and grants," Starrett says. "The reason the Foundation has been successful is the loyal and growing community of generous donors who give to us as a way of expressing their gratitude for the Shaker Schools."

The Foundation manages about 100 restricted funds that are earmarked for items like student awards and teacher grants. Donors can also contribute to the Legacy Fund, which is an unrestricted endowment to ensure that the Foundation will be able to meet unidentified needs in the future.



Marcia Brown, SHHS '15

Photo: Jason Miller

Alums Pay It Forward by **Giving** Back

Another major source of giving is coordinated alumni gifts, like the campaign from the Class of 1950/January 1951 that raised more than \$200,000. Thanks to the passion and dedication of those alums, nearly 100 Shaker students have benefited from a Summer Academy for rising ninth-graders who were identified as being at risk of not succeeding academically. The generous class gift also funded teacher creativity grants, career exploration, and college entrance exam preparation.

Recent alumna Marcia Brown, '15, tapped into the Foundation as a way to give back to her school even before she graduated. Realizing that many of her peers were missing out on co-curricular activities because they needed to hold down an after-school job, Brown created a program called Beyond the Desk. The program provides scholarships for up to five students each year who meet eligibility requirements based on economic need and employment status.

In her senior year, Brown approached the Foundation and asked for their help in establishing a fund for this purpose. She persuaded her fellow class members to raise money for the program as part their senior class project, and she also raised funds privately – all to the tune of more than \$11,000 in less than a year.

Now enrolled at Princeton University, Brown stays closely connected to the program, and the Foundation manages a portion of those funds as an endowment to ensure the long-term viability of Beyond the Desk. In recognition of her efforts, Brown recently received the Youth in Philanthropy Award from the Association of Fundraising Professionals.



Good Gifts Come in All Sizes

In any given year, the Foundation supports a wide variety of needs that serve students of every age and background, in every building.

“Every gift has an impact,” says Starrett. “We are small enough to be flexible in serving needs. That’s why we exist. Some of our best work is done in collaboration with teachers who see a need or have a great idea.”

Just a few recent examples of projects that were made possible by the support of the Shaker Schools Foundation include:

- A new star machine at the high school planetarium
- The Innovative Center for Personalized Learning (a blended learning center located in the Stephanie Tubbs Jones Community Building)
- New marching and concert band instruments
- Inflatable therapy and exercise balls for students with disabilities
- Google Chrome Books for the Middle School
- New ties for the Woodbury jazz band
- Two 3-D printers at the high school and materials for the Robotics Club
- Legos for an International Baccalaureate unit on architecture
- The MAC Scholars Senior Prom at the Middle School (an outreach event for area senior citizens)
- The Audrey Stout Learning Garden at the High School and Peter’s Garden at Onaway
- A new scoreboard, baseball jerseys, and batting cage for the high school baseball team
- A composting program at Onaway Elementary
- A TED-X conference mounted by International Baccalaureate students at the High School

This is just a small sample of what the Foundation makes possible every year. Says Starrett, “There is so much potential out there, and we have barely scratched the surface of what we can do.” **SL**

(Clockwise from upper left) **High school planetarium; Innovative Center for Personalized Learning; TED-X conference; 3-D printing; Audrey Stout Learning Garden**





Save a Spot on Your Dance Card

A Night for the Red & White celebrates 25 years! Dust off your dancing shoes and dig out the tux – it's time to strut your stuff at the 25th Annual A Night for the Red & White, sometimes billed as “Shaker’s black tie block party” (though black ties are optional). The event is hosted by the Friends of the Shaker Schools Foundation in support of the Shaker schools, and typically draws about 800 attendees every year.

This year’s event will be held on Saturday, March 4 at 7 pm at the new Hilton Cleveland Downtown, 100 Lakeside Avenue East. Partygoers will be treated to dinner, dancing, a silent auction, and student performances.

Since 1992, the event has raised more than \$2.5 million for the enrichment of technology, the arts, humanities, and health and fitness.

To RSVP or for more information: shaker.org/foundation or (216) 295-4325.







Photography by Billy Delfs
Interview by Jennifer Proe

Who: Kathy and Ralph Dise

Where: Malvern Neighborhood

Business: Kathy owns BudgetEase, a bookkeeping service she operates at The Dealership on Lee Road. ¶ Ralph owns Dise & Company, a human resources consulting firm in Tower East on Chagrin Boulevard.

Mission: Kathy: I am a trusted bookkeeper for more than 100 small businesses that don't need a full-time bookkeeper. My mission is to make your business profitable. ¶ Ralph: To help companies find great executives, maximize talent, and transition staff with compassion and dignity.

What I Love About My Work: Kathy: I love learning about what businesses and non-profits do, hearing their stories and supporting their aspirations. Keeping track of the details of my clients' businesses so they can make informed decisions and grow is what floats my boat. ¶ Ralph: I love impacting people's lives when they go through a career transition, and I love helping companies find great people who make important contributions to their employers.

Personal Background: Kathy was born and raised in Toledo, and Ralph in Cleveland Heights, where he was one of the founding members of the Cleveland Heights hockey team in 1968. They met on a sailing trip out of Traverse City, Michigan in 1984. A few months later, Ameritrust bank recruited Kathy to Cleveland (from Toledo Savings). The couple began dating and were married six months later. They have three grown children, Molly in New Jersey, George in Cleveland, and Eileen in New York. ¶ Kathy started her business with just two clients in 2010. She now has 11 employees who served 140 clients last year. Says Kathy, "As a banker, I saw many businesses struggle to make sound financial decisions. With more than 20 years in banking, I knew how to help." ¶ Ralph was working in human resources at J&L Steel's Cleveland Works when a merger with LTV created layoffs. "I was put in charge of helping employees find new jobs, and found I had a calling to help people during the difficult time of job loss," says Ralph. He joined one of his former vendors, and within five years





established his own outplacement firm. Dise & Co. has now been in business for 25 years and has a team of eight employees.

¶ Kathy and Ralph are avid golfers who hit the links at least twice a week in the summer. The rest of the year, you'll find them curling at the Cleveland Skating Club. Ralph plays the guitar and serves on the board of directors for Roots of American Music. He hosts a "pickin' party" in his office conference room the last Monday of every month.

Fun fact: Ralph attended the SHPD Citizens Police Academy several years ago. On the night he rode along with a Shaker police officer, they caught Kathy going through a stop sign on Fairmount Boulevard. "I told the officer, 'You just made my husband's night,'" says Kathy.

On Working and Living in Shaker Heights: Kathy: We have fabulous neighbors. I love the ability to step out the door for a beautiful walk, or over to Shaker Country Club to get in a fast nine holes after dinner in the summer. We live at Pistone's at the end of our block; it's our second kitchen. We love exploring all of Cleveland – Shaker Square, University Circle/Uptown, downtown, Ohio City, and the Metroparks. Cleveland has a ton of golf courses that I enjoy playing. ¶ Ralph: I love the architecture and diversity of Shaker. Heinen's at Chagrin and Lee is one of my favorite places in the whole world; the staff members are helpful and friendly, the food is high quality, and I always run into friends and business acquaintances when I shop there, at least three times a week.

¶ My office is two blocks from home. I needed to be close to home when I started Dise & Co., since Kathy was also working. I never missed a performance, sports event, or parent/teacher conference during our kids' childhood. I can look out my window at work and see the Goodyear Blimp circling the city, a lake carrier on the horizon in the west, or the trees changing color in the fall, and I am reminded why Cleveland is called the Forest City.

Contacts:

BudgetEase
The Dealership, 3558 Lee Road
(216) 832-4998; budgetease.biz

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Tower East, Suite 925, 20600 Chagrin Boulevard
(216) 752-1700; diseco.com

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@ Shaker Library cont. from page 27

What's The Best Exercise Plan for Me?

If you've resolved to be more fit in 2017, then Bill Weekley, certified chiropractic sports physician, can help you find the right exercises – those that will do you the most good and those that you will actually do.



Weekley will speak from 7-8:30 pm Wednesday, January 11 at Woods Branch. Please register in advance online at shakerlibrary.org or call, 216-991-2421.

Seniors Staying Healthy: Pamela Brackett, health promotion coordinator of Fairhill Partners, will offer seniors information on how to save money at the grocery store and eat healthy on a budget from 3-4 pm Wednesday, February 22 at Main Library.

Enjoy a healthy snack and participate in low-impact exercises, such as marching in place, walking, and bicep curls. These activities are designed to increase physical activity, which is an important component of weight management and health. Please wear comfortable clothing and shoes.

Free health guides with recipes and tips for healthy living will be available. Advanced registration is requested online at shakerlibrary.org or by calling 216-991-2030.

Celebrate Women's History Month at Main Library

You can't play ball in a skirt! Alta Weiss put herself through medical school playing professional baseball on a men's team in the early 1900s. Learn more about her at 7 pm Thursday, March 9 at Main Library when Bette Lou Higgins of Eden Valley Enterprises tells the story of a remarkable Ohio woman.

At 7 pm Tuesday, March 21, Laura Peskin will speak on Ohio Women's History. Peskin is the author of two volumes of *Deep Cover Cleveland*.

The programs are free; however, reservations are required. Register online at shakerlibrary.org or call 216-991-2030.

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Adult Classes & Enrichment Opportunities

ABLE/GED Class: 10 am-1 pm Mondays through Thursdays at Main Library. Tri-C offers free basic education classes to help students ages 16 and older who have skills below a 12th grade level to acquire the skills to be successful in post-secondary education, training, and employment. Classes offer help with math, reading, and writing, and assist with GED® test preparation. Advanced registration is required online at tri-c.edu/able-ged-esol or by calling, 216-371-7138.

Monday Morning Jump Start:

Mondays, 10 am-noon at Main Library. The Career Transition Center hosts a weekly job club for job seekers. Meet and mingle with others in transition to share leads and challenges, and learn from facilitators and guest speakers. Start your week in a support environment. All job seekers are welcome.

Chess Club: First and Third Mondays at Main Library, 6-8 pm. Teens and adults of all levels of ability are invited to join a fun chess club facilitated by Mike Reeves, a long-time instructor with Progress with Chess and the Shaker Heights High School Chess Club. No registration is required.

English as a Second Language:

7-8:30 pm Tuesdays at Main Library. ESL, a free program for those seeking to learn to read and speak English, meets at 7 pm every Tuesday on the second floor of Main Library. No registration is required.

Knit Mornings: 10 am-noon Wednesdays, January 4, February 1, and March 1 at Main Library. Bring a project and get or give help at this creative morning moderated by experienced knitter Elfriede Heaney. No registration is required.

Knit Night: 7-8:45 pm Wednesdays, January 18, February 15, and March 15 at Bertram Woods Branch. Join this fun group of knitters and crocheters of all ability levels to give and get help at this creative evening led by experienced knitter Fern Braverman. No registration is required.

African-American Genealogy Society Meetings: 9:30 am-1 pm Saturdays, January 28, February 25, and March 25 at Main Library. The AAGS meets monthly and offers programs on genealogy and family history. The group helps novice historians in beginning their family research, facilitates networking among African-American researchers, and promotes African-American

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genealogical studies in the larger community.

Meetings begin at 9:30 am and a program follows from 10-noon. Afterward, members share their experiences and knowledge. All programs are free.

Life Writing Class: 2-3 pm Saturdays, January 7, February 4, and March 4 at Main Library. Everyone has a story and the Life Writing class provides the incentive for you to write it. Each month the Library provides the prompts – you provide the words. Write as little or as much as you like. No registration is required.

Coloring Club for Adults: 10:30 am-noon Saturdays, January 21, February 18, and March 18 at Main Library. Coloring is not just for kids anymore. Adults are rediscovering the calming and creative pleasure of coloring with intricate and beautiful images made just for us. Join us for a relaxing hour of coloring and conversation. We'll provide coloring pages and colored pencils on a different theme each month. You're also welcome to bring your own sheets, books, or coloring supplies. Refreshments will be served. No registration is required.

Programs for Children, Teens & Families

In addition to a full complement of story times for babies and preschoolers, after-school programs for kids, and drop-in activities for teens in the Main Library Teen Center, the Library offers some special events for teens, children, and families this quarter.

Teens: Design Your Own Card!

Teens from 13-18 are invited to enter the Library's Design-A-Card Competition. Many teens cannot borrow library books because their cards are blocked; so the Library in collaboration with the Friends of the Shaker Library wants to create a Three for Teens card that will allow teens to borrow up to three books without a parent's or guardian's signature.

The winning design will be used for the Three for Teens card and the winning teen designer will receive \$100 from the Friends of the Shaker Library. "What better way to appeal to teens than to ask them to design a card they will carry in their pockets and use," said Friends president Nancy Ryan O'Connor.

Details and competition rules are available online and at the Library. Deadline for entry is Monday, January 30 and the winner will be announced on Friday, February 17.

Yu-Gi-Oh! Demo Day at Woods

Branch, 3-5 pm Friday, January 20: The trading card game classic is featured on a special demo day. The first 20 attendees will receive a free demo pack to learn how to play the game. Seasoned players are welcome to bring their own decks for tournament-style play. For kids ages 6-11. No registration is required.

Black History Month Scavenger

Hunt, February 1-28: Test your knowledge and detective skills. Stop into Main Library or Woods Branch anytime during February for an interactive learning adventure. Learn about famous and lesser known African Americans who served their communities.

Presidents' Day Fun at Main

Library, 9 am-9 pm Monday, February 20: Visit the Main library on Presidents' Day to enjoy creative activities. For families and kids of all ages. No registration is required.

Giving

Donations in the third quarter of the year include unrestricted contributions from OverDrive in support of Adult Summer Reading. Gifts to the Marilyn Kammer Memorial Fund were received from Randy Kammer in memory of Frank Colb, Thomas Danson, Robert Hill, Eric Lane, and Muriel and Seymour Lodinger, and to honor Barbara Drake and Allison Korman Shelton.

Donations to the Frances Belman Fund were received from Marilyn and Michael Gardner, from Lauren Gardner in honor of Barbara and Morris Winicki, and from Barbara and Morris Winicki in honor of Marilyn Gardner.

Donations to the Local History Collection included a 1931 photograph of Shaker Heights High School from Brian Sullivan of Second Story Productions, and Shaker Schools 2015-2016 yearbooks from the PTO presidents for both years. Author Rick Smith donated copies of his graphic novels *Yehuda Moon and the Kickstand Cyclery Volume 5: New Bike Day* and *Yehuda Moon and the Kickstand Cyclery Volume 6: Round the Bend*.

Karin Rosegger donated items from Shaker Schools c. 1965-1973, including Onaway and Woodbury literary magazines, an anti-Vietnam war flyer, school programs, and issues of the Woodbury Shaker Scroll and High School Shakerite newspapers.

Quarterly Closings

Both libraries are closed Monday, January 16 for Martin Luther King Day.

The Bookshelf:



In Service to the Community

During African-American History Month, we highlight service to community with a booklist that includes biographies and writings by and about African Americans whose service was noteworthy, along with books about how we all can serve our communities.

BOOKS FOR ADULTS

***Compassionate Careers: Making a Living by Making a Difference* by Jeffrey W. Pryor.** Career Press, 2015. This enlightening book with a foreword by Archbishop Desmond Tutu offers valuable information for those seeking a career change to a more meaningful job, and features interviews with 100 people who have followed their passion to find work that is more than just a paycheck.

***Do the KIND Thing: Think Boundlessly, Live Purposefully, Live Passionately* by Daniel Lubetzky.** Ballantine Books, 2015. This New York Times bestseller written by the CEO of KIND Healthy Snacks details his personal approach to business and life along with the principles that have shaped KIND's business model and its success.

***The Firebrand and the First Lady: Portrait of a Friendship: Pauli Murray, Eleanor Roosevelt, and the Struggle for Social Justice* by Patricia Bell-Scott.** Knopf Doubleday Publishing Group, 2015. This is the story of the friendship between a writer-turned-activist and granddaughter of a mulatto slave and the First Lady of the United States told within the context of the crises of the times.

***The Gentleman from Ohio* by Louis Stokes and David Chanoff.** Ohio State University Press, 2016. In his autobiography, Stokes chronicles his long history in national politics as the first African American elected to represent Ohio in the United States Senate. He served for 30 years and paved the way for African Americans in mainstream politics.

***In the Service of Community - An Honored Elder: The Honorable Perry Brooks Jackson* by Anita P. Jackson and Laureen B. Beach.** New Concord Press, 2016. This Indie Book Award finalist is the biography of the man who paved the way for black attorneys in the legal profession, becoming the first African-American judge in Ohio in 1942. The Cleveland authors lovingly chronicle the life and legacy of a trailblazer noted for his civic leadership, political and legislative achievements, and continued significance. (Meet the authors. See page 24.)

***March: Book Three* by John Lewis, Andrew Aydin, and Nate Powell.** Top Shelf Productions, 2016. This is the third and concluding book in the best-selling MARCH Trilogy series which follows youth activists in a series of innovative, non-violent campaigns, including the Freedom Vote and Mississippi Freedom Summer.

***Part of Our Lives: A People's History of the American Public Library* by Wayne A. Wiegand.** Oxford University Press, 2015. From Colonial days to today, libraries have adapted to serve the needs of their communities. Learn why Americans love libraries, not only as civic institutions, but also as public places that promote and maintain community.

***Where Do We Go From Here; Chaos or Community?* by Dr. Martin Luther King, Jr.** Beacon Press, 2010. In his final book, the civil rights activist writes of his dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope, King demanded an end to global suffering, asserting that we have the resources and technology to eradicate poverty.



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Where the River Burned: Carl Stokes and the Struggle to Save Cleveland by David Stradling and Richard Stradling. Cornell University Press, 2015. When the Cuyahoga River caught fire in 1969, it became an emblem of the collapse of industrial America and a challenge for the first black mayor of a major U.S. city. The authors describe Cleveland's transition from a polluted town to a viable service city during the Stokes administration.

BOOKS FOR CHILDREN & TEENS

Be A Change Maker: How to Start Something That Matters by Laurie Ann Thompson. Simon Pulse, 2014. Empower yourself in today's highly connected, socially conscious world as you learn how to wield your passions and use digital tools and the principles of social entrepreneurship to affect real change in your schools, communities, and beyond.

Look Where We Live!: A First Book of Community Building by Scot Ritchie. Kids Can Press, 2015. In this engaging picture book, five young friends spend the day traveling around their neighborhoods and participating in activities designed to raise money for their local library. Along the way, they learn about the people and places that make up their community and what it means to be a part of one.

Maybe Something Beautiful: How Art Transformed a Neighborhood by F. Isabel Campoy and Theresa Howell, illustrated by Rafael López. Houghton, Mifflin, Harcourt, 2016. Based on the true story of the Urban Art Trail in San Diego, California, this lovely book reveals how art can inspire transformation, and how even the smallest artists can accomplish something big.

People You Gotta Meet Before You Grow Up: Get to Know the Movers and Shakers, Heroes and Hotshots in Your Hometown by Joe Rhatigan. Imagine, 2014. In an appealing notebook-style format with lighthearted illustrations, the author identifies individuals who might be cool to meet, from farmers and travelers to local entrepreneurs, politicians, and artists. Some of the most important and exciting people a kid can meet live nearby, in his or her own hometown.

The Seventh Most Important Thing by Shelley Pearsall. Knopf Books for Young Readers, 2015. Inspired by the work of folk artist James Hampton, this is an affecting and redemptive novel about discovering what shines within us all, even when life seems hopeless. **SL**



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1/23

8 am Monday

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1/24

6-8 pm Tuesday

Miniature Worlds Gallery Talk

Executive Director Ware Petznick offers a special tour and discussion of the museum's exhibit "Miniature Worlds," which will be on display through February 10. Enjoy a variety of miniatures and dollhouses drawn from the permanent collection, including a recently acquired 1940s dollhouse from the Luckiesh family home in Shaker Heights.

Shaker Historical Society and Museum
16740 South Park Boulevard
216-921-1201 or shakerhistory.org

FEBRUARY

2/1

7 pm Wednesday

Ninth-Grade Orientation

Parents and future students can get the scoop on the High School.

Shaker Heights High School
15911 Aldersyde Drive
216-295-4200 or shaker.org

2/9

4-6 pm Thursday

Stitch and Sips

Like a quilting bee or a sewing circle, this program mixes needlework with fellowship and wine. Bring your current project and join us for stitching, socializing, and snacks. All levels welcome. The program also meets from 4-6 pm Thursday, March 9.

Shaker Historical Society and Museum
16740 South Park Boulevard
216-921-1201 or
shakerhistory.org

2/9

7 pm Thursday

Broadsides & Ephemera

Broadsides & Ephemera is a spoken word showcase by and for local writers, and offers a perfect environment for shaping, sharing, and improving your poetry, prose, song, playwriting, and performance art.

Loganberry Books
13015 Larchmere Boulevard
216-795-9800 or loganberrybooks.com

2/10 & 24

7:45- 9:45 pm Fridays

Friday Night DJ Skates

Friday Night Skates takes fun to new levels with a live DJ. Public skating admission rates apply. Times and dates are subject to change. Like us on Facebook @ facebook.com/shakerrec.

Thornton Park
3301 Warrensville Center Road
216-491-1295 or shakeronline.com

2/10

6-8 pm Friday

Gallery Opening Reception

Meet artist Michael Loderstedt, whose work is on display in the Lissauer Gallery through April 7.

Shaker Historical Society and Museum
16740 South Park Boulevard
216-921-1201 or shakerhistory.org



2/10

7-9 pm Friday

Literary Libations IV

Enjoy a literary libation and mingle with friends and neighbors to benefit the Friends of the Shaker Library. Tickets are \$25/person, which includes two drink tickets, or \$50/person, which includes two drink tickets and a copy of the book, *Shake: A New Perspective on Cocktails* by Eric Prum and Josh Williams.

Shaker Library
16500 Van Aken Boulevard
216-991-2030 or shakerlibrary.org

2/15

1-2:30 pm Wednesday

Valentine's Luncheon

Join your friends for this annual luncheon for adults 50+ featuring great entertainment and a delicious lunch. Don't delay, space is limited. Like us on Facebook @ facebook.com/shakerrec. \$9/person

Stephanie Tubbs Jones Community Bldg.
3450 Lee Road
216-491-1360 or shakeronline.com

2/17-19

Shaker Youth Hockey Killer-B Tournament

Hockey teams in the Mite White, Squirt, and PeeWee B divisions are invited to participate in this annual tournament that is known for competitive games and a free hospitality table with snacks and drinks for all tournament participants and their families. For an application, go to shakerhockey.com/page/show/812240-killer-b.

Thornton Park
3301 Warrensville Center Road
216-491-1295

2/23

7 pm Thursday

Bucket List Book Club

This book club is led by former Loganberry staffer and writer Susan Petrone, who has two novels under her belt (*A Body at Rest* and *Throw Like a Woman*). She has been published in such diverse venues as Glimmer Train Stories, CoolCleveland.com, and ESPN.com (where she also blogs about the Cleveland Indians). Read some timeless books and contemporary fiction. A spirited discussion is guaranteed.

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216-795-9800 or loganberrybooks.com

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2/28

6:45-8 pm Tuesday

Are You Ready for Kindergarten?

If you're wondering if your child is ready for kindergarten, this panel discussion on preparing your child for kindergarten will be helpful.

Shaker Family Center Gym
19824 Sussex Road
216-921-2023 or familyconnections1.org

MARCH

3/3, 10, 17 & 24

7:45 - 9 pm Fridays

Friday Night DJ Skates

Friday Night Skates takes fun to new levels with a live DJ. Public skating admission rates apply. Times and dates are subject to change. Like us on Facebook @ facebook.com/shakerrec.

Thornton Park
3301 Warrensville Center Road
216-491-1295 or shakeronline.com

3/3 & 4

2-5 pm Friday and
11 am-3 pm Saturday

Barbara Luton Art Competition Art Entry

Entries for the 18th annual art competition will be accepted in the Main Library Boardroom. A non-refundable entry fee of \$30 for up to two pieces of artwork is required at the time of entry. Gallery-Opening Reception & Awards Ceremony from 2-4 pm Sunday on 3/26.

Shaker Library
16500 Van Aken Boulevard
216-991-2030 or shakerlibrary.org



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Association

Thirty-three members of the Shaker Heights High School Class of 2017 have been named Semifinalists and Commended Students in the National Merit Scholarship Program.

National Merit Semifinalists:

Zachary Brown	Nicholas Masso	Harry Steinberg
Rachel Brunot	Andrew Maytin	Aishwarya Suresh
Edith Duncan	Rose McCandless	Isabel Wang
Karissa Huan	Declan O'Connor	
Samuel Katz	Nora Spadoni	

National Merit Commended Students:

Joseph Berusch	Trevor Hunter	Nicole Pollack
Nathaniel Crowley	Brian Johnson	William Raddock
Amelia Gingras	Srivishnu Kasturi	Sheila Scanlon
Harrison Glasser	Edward Love	John Sullivan
Benjamin Harper	Sarah Manuszak	Benjamin Wasman
Blake Himes	Hadas Marcus	Kathleen White
Austin Hise	Jordan Pazol	

These scholastically talented seniors are considered top candidates for admission to the most selective colleges.

3/4

A Night for the Red & White

7 pm Friday, March 4

The 25th anniversary of A Night for the Red & White coincides with the 35th anniversary of the Shaker Schools Foundation. The annual fundraiser is hosted by the Friends of the Shaker Schools Foundation, which raises money to provide enrichment programs and activities for the students of the Shaker Heights City School District. This year's event chairs, **Tracy Peebles** and **Theresa Walsh**, invite you to come and enjoy the culinary skills of chef Maxime Kien, who comes to Cleveland with a wealth of global experience. Dance the night away and experience the ease of mobile bidding at the silent auction, and celebrate student performances in a beautiful new venue. Tickets: \$115, \$135, \$205, \$305. Can't attend? Pay to stay home. Any donation is appreciated. Email verderber_e@shaker.org.

Hilton Cleveland Downtown
100 Lakeside Avenue E
216-295-4319 or shaker.org

3/9

8-9 am Thursday

Continental Breakfast

Join Family Connections for a continental breakfast and learn more about their mission and programs.

Shaker Family Center
19824 Sussex Road
216-921-2023 or familyconnections1.org

3/13

6-8 pm Monday

Wellesley Women: Past, Present, and Future

Celebrate Women's History Month with Executive Director and Wellesley alum Ware Petznick, who will lead a discussion on other notable alumnae including Hillary Clinton and Cleveland natives Blanche Myers and Belle Sherwin.

Shaker Historical Society and Museum
16740 South Park Boulevard
216-921-1201 or shakerhistory.org

3/15-18

7 pm Wednesday, Thursday, Friday & Saturday

New Stages 34

Student-written and -directed works. Friday has an extra performance at 9:15 pm.

Shaker Heights High School
15911 Aldersyde Drive
295-4200 or shaker.org

3/23

7 pm Thursday

Classic Movie Night

Grab the popcorn and a friend for Classic Movie Night at Loganberry Books, every fourth Thursday at 7 pm. Relive the glory days of the silver screen... no ticket required. We'll enjoy popular favorites, hidden treasures, and B-movie howlers. Fun for the entire family.

Loganberry Books
13015 Larchmere Boulevard
216-795-9800 or loganberrybooks.com

Upcoming Events in April 2017

4/1

Noon-2:30 pm Saturday

Edible Books Festival

Join in the *tasteful* fun at Loganberry Books' annual edible book fest. Every year on the first Saturday of April, in honor of April Fool's Day and the birthday of French gastronome Jean-Anthelme Brillat-Savarin (1755-1826), famous for his book *Physiologie du gout*, the bookstore invites folks to create something book-related that is edible. Set up begins at noon with viewing and voting from 1-2 pm. The awards are announced at 2 pm and everyone enjoys the edible entries. Fee: \$3 to vote and eat.

Loganberry Books
13015 Larchmere Boulevard
216-795-9800 or loganberrybooks.com

4/22

10 am-5 pm Saturday



Shaker Makers Event

Shaker residents of all ages are invited to learn, discover, create, and play along with makers and creators from Shaker businesses and nonprofits. All Shaker Makers welcome!

The Dealership
3558 Lee Road
shakeronline.com
SL



Scene in Shaker

For BETTER or WORSE

By Jennifer Kuhel



To live in an old Shaker home is to live in a home with history – a history that sometimes begs for revision. Like the bathroom infected with 1950s-era pink tile. Or a dated breakfast nook that's more claustrophobic than cozy. Or basement walls that fail to legitimize efflorescence as a focal point.

Renovation is a near-given with a home that's pushing 50 years on the young side, 100 on the old. And in the marriage that is Shaker homeownership, these Six Stages of a Shaker Home Renovation embody the notion of “for better or for worse” in spades.

STAGE ONE | Pinterestitis

These days, many a home improvement project starts with a single Pin.

“I use Pinterest the way most people use Google. It's a great platform for visual inspiration,” says Fernway resident Amy Fredricks, a habitual DIYer with her husband, Ian. Amy maintains an impressive 7,300 pins on the image-collecting site, but she's not just hoarding pretty pictures. Many of the ideas she pins have been incorporated into the couple's home improvement projects in the three Fernway homes they've inhabited since 2006. Amy's most recent Pinspiration: drawer pulls made from rocks she'd brought back from her home state. “Now each of us feels a daily connection to the place we love,” she says.

STAGE TWO | DIY or Eldin?

The decision to tackle a project on your own or to hire a contractor depends on experience, guts, time, and money. For the Fredricks, there's excitement (and project flexibility, like when Amy painted her bathroom cabinets once...and then twice, after she changed her mind) in the possibilities of tackling jobs themselves, as they have with three kitchens and baths. But there's a limit to the work they're comfortable doing: They've also contracted out three fences and storm doors, two roofs, one chimney stack, and some wood floor refinishing.

On the flip side, Boulevard homeowner Tricia Khayat all but has a contractor on speed-dial: “DIY was never even a consideration for the Khayat family.”

STAGE THREE | Timelines

Still, Khayat thought she'd considered wisely when an architect suggested she determine which two of the three variables in a renovation she valued most: cost, quality, or timeliness. “I chose cost and quality, so I accepted timeliness would be a problem,” explains Khayat. A problem, indeed. Her four-month project took 10 months.

STAGE FOUR | Hitting the Wall

Back in October, Fernway resident Kate Burleigh was just over three months into a basement/first floor/second floor addition. The honeymoon with the contractor was long over.

“Despite my deep love for our contractor – I'd give the man one of my kidneys, he's that good for my blood pressure – we'd hit the wall and just wanted everything finished,” she says. Burleigh recalls experiencing the same phenomenon with a previous kitchen renovation but admitted, “Much like the pain of childbirth, I erased this phase from my mind. Memory is so kind.” Alas, those who do not remember the past are condemned to repeat it.

STAGE FIVE | Punch List, Smunch-list

Last March, my husband and I hired a contractor to update our living room and sunroom and to convert a set of crumbling French doors in the back corner of our house into a picture window.

The contractor estimated he'd complete the entire job, inside and out, in one month. When the interior job was completed six months later (our frustration with the timeline was tempered by happiness with the quality of the craftsmanship), we were remarkably apathetic about the final punch list item: the exterior work under the new window. That part of the job remained out of sight, out of mind, and incomplete until 30 days later, when the contractor applied the final coat of stucco and paint.

STAGE SIX | Bliss

Ellen Berglund and her husband, Bill, purchased a Van Sweringen demonstration home that was in foreclosure (and disrepair) in 2014. The couple corrected the home's violations and renovated the main bathrooms and the kitchen, which was inconveniently (considering they have four young boys) under construction for six weeks after they'd moved in.

Despite the hassle, Ellen remains nostalgic on their decision to gut the kitchen. “The kitchen is the heart of our home,” she says. “We could have done the kitchen and just left the rest of the house as is because that's where we spend so much of our time. It really is lovely.”

She doesn't look forward to tackling the projects ahead (“There's always something,” she says, like any seasoned Shaker homeowner), but she's still sentimental about the caring for their home, “I feel like we're being good stewards for the house for the next generation.” **SL**

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