

FOCUS

SPRING 2023



CAIN PARK





CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT
GRAMMY AWARD-WINNING SINGER-SONGWRITER

Judy Collins
W/ THE CAIN PARK ORCHESTRA

**MAY 20 EVANS
AMPHITHEATER**
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CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

RENT

JUNE 8-25

@ THE ALMA THEATER
THURS, FRI, SAT, 7PM
SUN 2PM

TIX: CAINPARK.COM

CITY OF CLEVELAND HEIGHTS & CAIN PARK PRESENT

PAT METHENY SIDE-EYE

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**JUNE 17 EVANS
AMPHITHEATER**



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A message from Mayor Seren, our City's first elected strong mayor



Welcome to the new FOCUS!

It's been a while since FOCUS magazine arrived in homes. As we planned the re-launch, fresh off year one of a full scale government transition, we considered what a resource like this can achieve in our current context. It's an exciting time in the city - we are new and we are growing, but we also know our work and our worth. What you will find in these pages is an honest and accurate reflection of who we are now.

Profiles in this issue open up our government through the people who show up, give of themselves, and deliver results for this community.

My sincere hope is that we grow in understanding,

create strong and enduring partnerships, and inspire unprecedented community involvement in what comes next.

My administration has implemented changes that may look like business as usual on the outside but have made your city government more efficient and effective. As we look to continuously streamline our processes, please know that our measured approach does not mean shying away from new ways of doing business. We made major progress in 2022, especially in the areas of economic development, and health and safety. As new initiatives launch, you can be sure to read about them in your next issue of FOCUS.

Welcome Home,

A handwritten signature in black ink that reads "Kahlil". The signature is fluid and stylized, with a large, sweeping "K" and a cursive "ahlil".

Kahlil Seren, Mayor of Cleveland Heights



**Did you know that Cleveland Heights
went from paying to recycle
to getting paid when we
recycle the right way?**



AVOID CONTAMINATION

Rinse plastic bottles and jugs, glass, and cans.
The cleaner we are the more we get paid.

HELP US SAVE GAS

Wait until your blue bin is nearly full before
rolling it out to the curb. City trucks will
start and stop less during pick-up.

NEVER BAG RECYCLABLES

Keep plastic bags out of your blue bin,
the bags interfere with sorting machinery.

**HELP US SAVE MONEY AND MAKE MONEY
BY RECYCLING THE RIGHT WAY.**

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WOMEN IN MUNICIPAL GOVERNMENT

Collette Clinkscale, Director of Public Works

90 employees, 77 vehicles, 8.13 square miles, and a budget of \$25 million. Seems intimidating? That's because it is!

Here in Cleveland Heights we have “Mrs. C.” heading up the largest of all City departments. Known for her no-nonsense demeanor and lightning fast recall of all things budget, Collette Clinkscale leads by example and keeps her peers on their toes (in a good way).

Wondering what a Department of Public Works (DPW) does? If it concerns Utilities, Streets, Refuse and Recycling, Forestry, or Fleet Vehicle Maintenance, those division all fall under the Public Works umbrella. According to Clinkscale, “Everything we do in Public Works affects the quality of life for residents and visitors to Cleveland Heights.”

In addition to overseeing daily operations, Mrs. C. is responsible for short and long-term planning, special projects, and budgeting for each division. Whether it's her meticulous nature, “I am very detail-oriented so I see things that others might miss,” or her genuine interest in the future of local service delivery, a short time spent in



Having worked in several local government positions over the years, Collette Clinkscale is now in her ninth year with Cleveland Heights. Help us Keep CH Clean! To report illegal dumping or discarded material in catch basins to DPW use the Access Cleveland Heights App.



her presence makes it clear that you are dealing with a subject matter expert who elevates the conversation. “A collaborative approach to management works best for me because it is imperative that I work closely with each department due to overlap. The pandemic really impacted the way we interacted over the past two years; I prefer face-to-face interaction.”

The majority of her career has been in water and wastewater, part of a varied background she says has provided “a broad perspective of public service and how departments can work together to deliver the best service most efficiently. This has also helped me to see the big picture instead of just what is going on in my department and how my work contributes to or affects the big picture.”

A note about respect: “The professional relationships and partnerships I have formed over the years have proven very helpful in achieving my goals. I give respect and I expect respect. It is more important to have respect than to have someone like me. I make sure I am prepared. I make sure I am seen by showing up and speaking up. If I feel I am being marginalized, which can happen when you are the only woman in a room with all men, I address it in a professional manner so folks know where I am coming from.”

In recent years, DPW has had to make due, performing repairs on aging vehicles and machinery to ensure service to residents wasn’t interrupted. Clinkscale credits her personal interest in coaching “which helps me

when dealing with a high number of staff that are required to do a wide variety of tasks” with effective real time problem-solving and keeping morale high.

On the balancing act: “My immediate and extended families are very important to me and I try to spend as much time as I can with them. I feel very fortunate that all of my children are happy and healthy. We have always tried to be great role models for our children as well as other children in our lives. Work/life balance is very difficult for women. It is almost impossible when you have a family if you don’t have a support system. I have especially tried to set a good example and be a mentor to my daughter and other women I have encountered throughout my life because I know how stressful everyday life can be for women. My advice is just to make the time, it is very important to your mental and physical health. I enjoy walking because not only does it relieve stress, I enjoy being out in nature. I have always enjoyed the beach. When my children were younger we visited Myrtle Beach every summer and I still enjoy visiting different beaches. My husband and I are looking forward to taking our first and only grandson (thus far), Evan, to the beach when he gets a little older. I am also in a book club with other professional women – friends. I find that a book club is more than reading and discussing books. It’s friendship. We all feel the responsibility to be good role models to young girls/women.”

Giving back: Prior to the pandemic, my book club hosted an annual “High Tea” fundraising event for women of all ages where we brought

in female motivational speakers along with other activities for an afternoon of food, fun and sisterhood. The event was to raise money for book scholarships that were awarded to high school students entering college.”

“I wish residents knew more about how hard our workers work and just how much we are able to accomplish with the resources we have.”

When asked about innovation within the department, Mrs. C. launches into a description of the most visible roll out the City has seen in quite a while, the Refuse and Recycling automation. No more morning commutes spent gazing at our signature tree lined streets dotted with drawstring plastic sacks in white, black, and blue. Now we have proper bins like a proper city and the technology to go with it. “I am especially excited about the software component and how this technology has been embraced by our refuse truck operators. This new software makes our drivers more accountable and our residents more accountable as well. The software is capable of doing even more and we plan to use it to help other divisions under Public Works.”

On Recycling: “It’s important to recycle correctly because it reduces the amount of waste that the City sends to the landfill, which helps to save the City money and energy; it reduces air pollution and CO₂ emissions, which helps to promote a healthier ecosystem for humans

and wildlife; recycling conserves the planet’s natural resources and it creates jobs. Recycling reduces litter and many of the items recycled are repurposed into everyday items that we use.”

Looking ahead: “Knowing that my work has contributed to positive change has been rewarding, because what we do affects every resident and every resident deserves good public service. I am excited about the billing changes that are coming to the Utilities Division. The changes will be more user friendly and more informative for our customers. I am also excited about expanding our current software in Refuse and Recycling to increase efficiency in the manner in which we collect bulk items.”

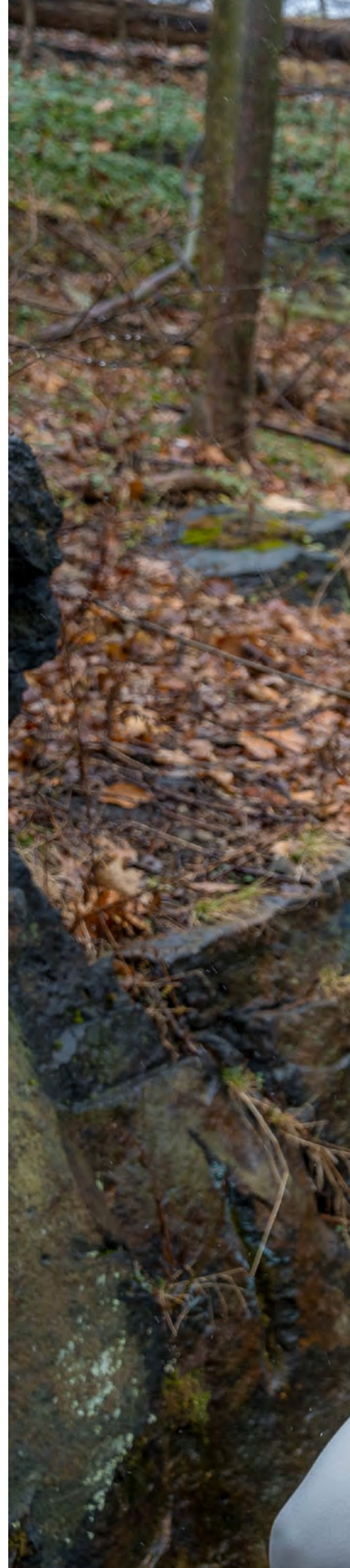
There is no avoiding it, complaints are a cornerstone in the structural dynamic between the people and the people’s government. With cynicism in large supply and work that is commonly described as thankless it’s important to keep perspective and Mrs. C’s response has been to arm herself with evidence, often snapping before and after pictures of the good work her team does. “I wish residents knew more about how hard our workers work and just how much we are able to accomplish with the resources we have.” she said, adding “We all win when we do a good job.” 🌱

Karen Knittel, Assistant Director of Planning

Sustainability before it was cool – Eleven years ago, Karen Knittel led the charge to update our city code to consider economic, social, and environmental elements. Much of the 2012 update requires plans to address the natural environment.

Originally hired on to manage the City’s CDBG program, Knittel has shepherded projects from plan through implementation. Her patience, dedication and long tenure with the city mean that if you don’t know her already, you’ve most certainly seen her work in the community. “Everything we do in Planning is to assist the community to be resilient and true to our community’s vision. We are guiding development based on our community values and our land use regulations. I wish residents knew more about how dedicated city staff are.”

Planning work touches every department in the city. Land use regulations guide what is and what is not permitted on a given property. The zoning regulations also provide details of how buildings should be sited on the property and other details that community members need to know and understand as they plan improvements or renovations to their property. For Knittel, site plans or development plans often require reviewing the plans with Building, Public Works, Fire, and Police. Park and Watershed projects mean working closely with Parks and Recreation, and Community Development objectives mean working with the





A city planner, Karen Knittel is now in her 26th year with Cleveland Heights. If you are planning any large projects for your home contact the Department of Planning and Development at 216-291-4878.

Housing and Housing Preservation Office staff.

“I would like to see the City of Cleveland Heights become more aware and integrated with our natural environment. We have great parklands that should be enjoyed and nurtured but it would also be great to rethink our public spaces and allow for space for people and activity but also to encourage our local ecology with appropriate landscapes.”

For anyone considering a career in planning, Knittel advises, “The work is multidisciplinary. You need to be inquisitive, have a curious mind, you must enjoy working with people and problem-solving, and be willing to continually learn.” It is a bit hard to nail down exactly what Knittel does because so much of her work is project based and shifts based on current demands. Whether it’s visiting different areas of the city to stay current on conditions and activities or reviewing articles and periodicals from professional organizations, the work is dynamic and current projects benefit from Knittel’s work in the field and on the phone serving as a resource for businesses, developers, and property owners. Knittel also represents the administration on the Doan

Brook Watershed Partnership Board of Trustees working to conserve and restore the Doan Brook Watershed.

It’s personal: “I have a passion for the environment and gardening and have long incorporated native species into my little garden areas. I may be more purposeful about doing this now as the importance of strengthening our local ecology has increased. This knowledge helped inform me as we revise the zoning code and as we review landscape plans. My new long-distance bicycling has renewed or added a different lens to alternative transportation and distances!”

Taking the lead: “I was the City’s lead planner on the Master Plan that was adopted in 2017, working with our local citizen committee, the City Manager and Department Directors, and the County Planning staff. I also managed the Neighborhood Stabilization Program, leading a team of Cleveland Heights staff who successfully renovated and sold to eligible homeowners 13 houses and we demolished about 55 severely blighted houses. Most recently I worked on the Compton Road Greenway planning that looked at how to better connect this neighborhood to Cain Park by making Compton Road from Euclid Heights Boulevard to Berkeley more Bicycle and Pedestrian friendly.”

Finding balance: “My family, friends, and colleagues have all given me grief about working too much. I know that finding that balance is important and I can usually achieve this; when I do, I can feel the energy of a day well spent

and then relax with whatever I am doing in my personal life. But then there are the deadlines, and the questions that need to be answered, and an understanding that other people are needing answers to move their projects forward and I slip back into not having lunch or staying at work just a little longer. This past year was a year where if you asked me to try something or do something different, the answer was ‘yes’. I took up bicycling, successfully trained including finishing the 30-mile Cleveland Fungo, and then with my family biked the Great Allegheny Passage (150-mile rail trail) from Pittsburgh to Cumberland, Maryland. It was an amazing experience, not only to see the country we biked through but also to have had four uninterrupted days to reconnect with my family.” With such personal dedication to both work and family, some overlap may have been unavoidable; both of Knittel’s sons grew up to become City Planners like their mom.

“My work is meaningful because we are assisting the community, helping individuals plan and move forward to implement projects they want or need for their homes, and working to keep the city vibrant and relevant.”

Looking ahead: “I have core beliefs and values that shape me. As time progresses and I change, my motto also evolves. Last year, I adopted my

sister Laura’s motto: walk slow, jump high. Walk slow – be in the moment, really see and hear the person you’re interacting with, stop and appreciate the gifts you have and the world around you, be grateful. Jump high – see the possibilities, don’t be afraid, jump! Set goals, be the change you want to see!”

As she reflects on her service and what it has meant to grow in her career, her thoughts return to those early days, “I am appreciative that all those years ago the City was willing to give me a chance and hire me to manage the CDBG program and that over the years I have been allowed to spread my wings and take on different projects and programs, all of which contribute to my personal goal of assisting Cleveland Heights to remain a vibrant community. The most rewarding part of my job is working with community members. I have found that Cleveland Heights is a community of neighbors – people who care about their homes, the people that live around them, and the larger community.” 🌳

Erin Cameron Miller, Assistant Director of Parks & Rec, Cain Park Operations

There are only a handful of municipally owned and operated outdoor performing arts facilities in the US and Cain Park is one of the oldest. Erin Cameron Miller serves as General Manager working with 35-75 full-time and part-time seasonal staff to bring us something truly unique right here at home.

“It’s a very rare and special thing to have something like this right in the middle of a residential walking park. I would like to see the City of Cleveland Heights become more in love with Cain Park than they already are right now!”

According to Cameron Miller, “Everything we do at Cain Park is with the City, its residents, music lovers and the Arts Community in mind. I would like to see residents take a chance on a band or performer they have never heard of before! Buy a lawn ticket and take a chance! I would like to see them take advantage of our non-performing offerings like the Feinberg Art Gallery. I feel like some people don’t even know Cain Park has a visual arts gallery on site! I would like everyone to take a moment to read up and learn about the history of Cain Park. It’s really fascinating how it all began!”

“Planning and preparing for a summer season takes all year long. It’s not just a summer thing. Myself and many other departments work year-round to prepare for the summer season at Cain Park.”





Erin Cameron Miller is now in her 29th year with Cleveland Heights. If you haven't experienced a concert at the Evans Amphitheater or taken in a play at the Alma Theater, make 2023 the year you fall in love with Cain Park.

This summer, Cain Park season will run from May into September. Cameron Miller wishes residents knew more about how much of an organizational game it is to plan out an entire summer season. “October through February I am typically at my desk at City Hall tackling the enormous amount of administrative planning/work that goes into building a season. I spend time meeting potential partners and sponsors as well, during that time. In February, along with the creative team for the theater shows, I organize and facilitate auditions. In March/April I move my office down to Cain Park to be present as the seasonal staff begins to open up the park to get it ready for the performance season. I remain at Cain Park through the busy, exciting season. Once completed, I move my office back to City Hall.”

While completing her BFA in Theater Performance at Miami University (Ohio), she was introduced to the world of Stage Management and Production Management. “I was able to be gainfully employed more readily in those fields right out of undergrad, but my heart still lies with performing.” Cameron Miller has worked in all the positions that the staff at Cain Park has; she believes this makes her a better administrator, more approachable, and easier to communicate with, “I take what I do very seriously. I am constantly learning about and listening to new music trends. I enjoy instigating conversations with other performing arts professionals in Cleveland and beyond, about how they learn and adapt to the changing times. I also have three kids who enjoy music, dance, and theater. I like to see how they react to the

things we take them to see. It always brings a smile to my face.”

What’s hard to miss is that Cain Park is what it is today due to Cameron Miller’s leadership. “I am responsible for cultivating and maintaining an inclusive and kind working environment for seasoned professionals as well as emerging students beginning their careers in the arts.” Especially proud of how intentional she has been around reflecting the diversity here in Cleveland Heights, Cameron Miller has been a part of organically moving programming towards embracing and cultivating a diverse and inclusive season of performing artists. “I continue to navigate through challenges with the changing times and new ways to interpret and present ideas. I believe that I have been aware of, and successful in encouraging Cain Park to promote diversity and inclusion within its staff and programming.”

“The most rewarding part of my job is walking through the audience on the night of a performance and seeing the seats filled, the performers doing their thing and the audience just enjoying the moment. The energy is palpable. I like to go into the audience and watch them as much as I watch the performance. It reminds me why I do what I do.”

Personal connections: Her great grandad,

Ralph “Pop” Cameron, owned a pharmacy on the corner of Euclid Heights Blvd. and Lee Rd. back in the 30s-40s, just steps from the Lee Road entrance to the Park. Her grandfather and her husband are both Heights High grads, ‘35 and ‘88. And if you aren’t charmed already, her grandfather used to take her grandmother on long walks through Cain Park in the late 1930s when the theater was being built.

Striking the balance: “I understand that in order to be successful, you have to have confidence in your staff. The trained, competent, energetic and motivated staff that has the same desired outcome that I have. So I trust them. My door is ALWAYS open and I am always up for a discussion about anything. I feel I am incredibly supportive of their home/life balance and an excellent way to show them that I am true to my word when I say that, is to allow myself the same courtesy. I have two young daughters (and a son!) and it’s important that they see me as both a mom and a successful career-woman.”

With too many fun stories to tell, here are some highlights: “Sarah McLaughlan played hacky sack backstage with the crew and rode around in the courtesy golf carts as we picked up patrons at entrances to the park. Seal took his daily run through the city when he was here and we kept getting phone calls from residents asking if that was really Seal they saw running down their street. Livingston Taylor decided to take a stroll through the park after his sound check and when he came back to the staff gate to get backstage the usher would not let him in because he did not have a backstage pass. He patiently

stood in line at the box office to ask one of the staff to have me come to the gate to vouch for him so he could get ready for the show. Janis Ian loved to tell her stories to the staff at the picnic tables backstage and everyone was so enthralled with her that the show almost started late. During his first time performing at Cain Park, Arlo Guthrie asked me why he’d never played here before? And then he declared that Cain Park was the only venue in Cleveland he ever wanted to play. Bela Fleck likes to do yoga on the lawn before the gates open to the public. I could go on and on.”

“My work is meaningful because the performing arts, music, theater, dance, art makes the quality of life better. I love that I am a part of being able to bring all of these things to our community during the season. I love that the City of Cleveland Heights has this jewel for everyone to enjoy.”

With Cameron Miller you get what you see, “I cry at anything that moves me. I have a big heart and I hurt for those who hurt. I am fiercely loyal and will stand up for the underdog. I love Cain Park. My first year working as a Production Manager on the seasonal staff, I said on more than one occasion how amazing it would be if working for Cain Park could be my full-time job. I wasn’t wrong about that. It is amazing.” 🌿

Meet Your New Councilmember

Janine Boyd, Fmr.

State Representative in the Ohio House

**Life-long Cleveland Heights resident.
Policy-maker. Advocate. Barbara's daughter.**

All politics are personal, so let's start there.

Her appointment to City Council in February 2023 was a full circle moment for Boyd. "I didn't foresee this, I accepted the appointment with great humility and gratitude. I told my new Council colleagues that I would always help them no matter what; I'm home!"

Boyd's mother, the Honorable Barbara H. Boyd was the first African-American elected to serve on City Council in Cleveland Heights. Nearly three decades later, Boyd began her public service in the same way, winning appointment and then election to Cleveland Heights City Council. Both women went on to serve multiple terms in the State Legislature representing District 9.

"I want us to continue to be a precedent setting community. Everything I've learned at the State and Federal levels, I'm bringing back home to ensure Cleveland Heights continues to thrive."

Janine Boyd's prior service on Cleveland Heights City Council ran from 2012-2015. Currently serving at large as a mayoral appointee to Council, Boyd must run for election this November to retain her seat.







differences toward the purpose of improving people's lives."

We know Janine Boyd best by her legislative work in the Ohio House of Representatives. "I crafted Aisha's Law which is policy intended to create a continuum of strengthened protections for survivors of domestic violence; I authored and passed our statewide Kinship Care Navigator Program, and I was able to do so fully funded with state and federal dollars so that no financial burden would fall on our local communities; and I co-sponsored policies ranging from gun violence prevention to micro and minority small business support. I also served on the Children's Trust Fund Board for the state and co-founded the state's first Black Maternal Health Caucus."

"I had the privilege of serving as our State Representative, for 7.5 of the 8 years I was eligible to serve due to term limits. I only left the House when I was appointed to the Biden Administration, which was an incredible opportunity to help even more people through policy I believed in, at the Department of Health and Human Services."

The elder Boyd's health deteriorated quickly last September, then came two months in the ICU, "When my mom's health took a turn for the worse, however, the only place I wanted and needed to be was by her side. And I am grateful that I was, until her final breath. I got to say everything I ever wanted to say to the most important person in my life." And so began what Boyd refers to as a "time of healing." Boyd's return to Council is part of that healing, part of the unbreakable connection to her mother's life's work, "I believe my community knows me as a public servant who doesn't participate in or become entangled in politically divisive practices. Most of my legislative work was bipartisan and widely supported. My mom taught me that authentic servant leadership moves past

"I've become the matriarch of my family now. My neighbors on Cleveland Heights Blvd. depend on me. My old neighbors on Monticello still depend on me. My parent's neighbors on Washington & Hampstead depend on me. I take that responsibility seriously."

On Cleveland Heights: "One of our best assets is our diversity. It is evident throughout the fabric of our community. It is evident in our residents, our housing stock, our faith homes, and our businesses. We lead when we assess the needs of our community through the lens of our diversity. My priority areas of legislation reflect that view. I am currently researching legislative opportunities that build on my previous work on council and further expand protections for our LGBTQ+ families and residents, as well as opportunities that will bring our residents

together around issues that affect all of us, including the funding of our public schools for instance. I am also interested in creating policy and programs that expand protections for our most vulnerable residents and improve the health of all of our families.”

Working together: “I have found public service to be really fulfilling in that it encompasses a bit of everything. Research and policymaking,

helping neighbors, meeting new people, building relationships, and impacting positive change that can improve life for everyone it touches. I hope to sponsor legislation with each of my colleagues and support our very first strong mayor in his service to our residents. I think this council generally shares this point of view and wants to move past any differences that have emerged. That’s not always easy in politics.” 🌿



How Should Cleveland Heights Spend Its ARPA Investment?

In a recent effort by the City of Cleveland Heights to solicit input about how it should spend federal stimulus funds, residents made their priorities clear: Hold down sewer bills, support young people, and invest in parks and outdoor recreation.

From July 28 through November 14 last year, people who live, work, or visit Cleveland Heights were encouraged to fill out a public input solicitation form and choose from among fourteen different investment priorities for the American Rescue Plan Act (ARPA) funds the City received. ARPA is a \$1.9 trillion economic stimulus bill Congress passed in 2021 to speed up the country's recovery from the effects of the COVID-19 pandemic.

Through ARPA, Cleveland Heights received a one-time investment of \$38.8 million funds that can be used to fund efforts in five general areas:

- Protecting public health
- Mitigating the negative economic impact of the pandemic
- Providing premium pay for essential workers
- Offsetting public revenue lost as a result of the pandemic
- Investing in infrastructure

In 2021, before the City transitioned to its new form of government, Cleveland Heights City Council decided to spend nearly three-quarters of the \$38.8 million it received on the following: \$18 million for mandated sewer projects to keep down sewer bills for residents and businesses; \$10 million to replace tax revenue it didn't receive when fewer people were working during the pandemic; and \$460,000 to provide premium pay to first responders during the height of the pandemic.



In 2022, with the City's new form of government in place, Mayor Seren and City Council decided to ask the public about its investment priorities before they allocated the remaining ARPA funds. The City held a series of public meetings and circulated a public input form online and in person.

Nearly 1,400 response forms were submitted—94% of which were submitted by residents. The fourteen priorities presented to respondents, ranked by the percentage of the respondents who chose them are depicted.

The City also asked respondents about other areas of investment or ideas for programming and services that weren't among the fourteen that were listed. They submitted hundreds of additional suggestions.

In the coming weeks and months, the City will use the input it received to help inform its ARPA investment decisions.

SEWER REPAIR AND REPLACEMENT

48%

SUPPORT YOUNG PEOPLE WITH PROGRAMS THAT ADDRESS NEEDS

47%

FUND HEALTHY AND SAFE OPPORTUNITIES FOR RECREATION

43%

HELP SMALL BUSINESSES HURT BY THE PANDEMIC

38%

PROVIDE CAPITAL FOR AFFORDABLE HOUSING DEVELOPMENT

34%

MAKE NEIGHBORHOODS SAFER THROUGH VIOLENCE INTERVENTION

32%

HELP FAMILIES WITH RENT/MORTGAGE/UTILITY OR FOOD BILLS

32%

FUND CHILD CARE SERVICES AND FOSTER PROGRAMS

27%

INVEST IN LEAD ABATEMENT AND OTHER HEALTH PROGRAMS

25%

INCREASE PAYROLL FOR PUBLIC SAFETY PERSONNEL

25%

FUND JOB TRAINING FOR UNEMPLOYED WORKERS

23%

INVEST IN SERVICES TO MEET RESIDENTS' MENTAL HEALTH NEEDS

22%

**HELP BUSINESSES IN TOURISM
/TRAVEL/HOSPITALITY**

11%

**PREPARE FOR FUTURE
PANDEMICS**

10%

Martin Luther King Celebration

On Thursday, January 19, 2023, the City of Cleveland Heights held its long-running Celebration of the Life and Legacy of Dr. Martin Luther King, Jr. at the Cleveland Heights Community Center.

Each year, as part of this Celebration, Cleveland Heights holds an Essay, Poetry, and Poster contest that is open to all Cleveland Heights' public, private, parochial, and home-schooled students in grades Kindergarten through Grade 12. This year, students were invited to write essays or poems or create posters in response to the following prompt:

“Dr. Martin Luther King Jr. was an activist for racial equity, economic justice, and an end to war. What work does our society still need to do on these issues, and how will you help carry on Dr. King’s legacy?”

Entries were reviewed by City staff, members of Cleveland Heights City Council, and Mayor Seren, and thirty-five students were recognized as winners at this year’s Celebration.

At the Celebration, the winning students were recognized by Mayor Seren, the members of City Council, State Representative Juanita Brent, and State Senator Kent Smith. Cuyahoga County Council Vice President Cheryl Stephens addressed those who gathered. Students who submitted essays and poems read them aloud, and those who made posters presented and explained them to the audience. Their achievements were highlighted by performances from Elégie, a quartet of Heights High graduates, and the Cleveland Heights High School Women’s Barbershoppers.

The insights these students provided and their ability to express themselves made Cleveland Heights proud!

ESSAYS

MORGAN JONES, NOBLE ELEMENTARY
PHOEBE CUSHWA, ROXBORO ELEMENTARY
MATTHEW GORDON, COMMUNION OF SAINTS
JORJIA HUGHLEY, ROXBORO ELEMENTARY
LINDA KIZITO, ROXBORO ELEMENTARY
SILVAN PARRILL, ROXBORO ELEMENTARY
CHARLIE PLESEC, ROXBORO ELEMENTARY
BRI’LYNN SCOTT, ROXBORO ELEMENTARY
JAMES SMITH, ROXBORO ELEMENTARY
ALVIN SMITH, ROXBORO ELEMENTARY
FIONA SWEENEY, ROXBORO ELEMENTARY
JAY’DA SMITH, MONTICELLO MIDDLE
CADEN BLOCKSON, MONTICELLO MIDDLE
YOUNESS BOUNIT, MONTICELLO MIDDLE
RILEY LONGINO, MONTICELLO MIDDLE
SAVANNAH PAYNE, COMMUNION OF SAINTS
DERRIUS RANCH, MONTICELLO MIDDLE
JULIAN BAR, CLEVELAND HEIGHTS HIGH
BETH MANNING, BEAUMONT
JORDIEN WILKERSON, LUTHERAN EAST





POETRY

CHARLOTTE SLUZEWSKI, COMMUNION OF SAINTS

THOMAS HARRIS, MONTICELLO MIDDLE

ALFRED JONES, MONTICELLO MIDDLE

CHARLEE MASON, MONTICELLO MIDDLE

AVA MOSES, MONTICELLO MIDDLE

NA'EEMAH ROGERS, MONTICELLO MIDDLE

SHARRON SIMS, MONTICELLO MIDDLE

CAMRYN WILLIAMS, MONTICELLO MIDDLE

TAYLOR WILLIS, MONTICELLO MIDDLE

ANDREW SMITH, CLEVELAND HEIGHTS HIGH



POSTERS

ELLE CROWE, ROXBORO ELEMENTARY *

RYDER FARNUNG, ROXBORO ELEMENTARY

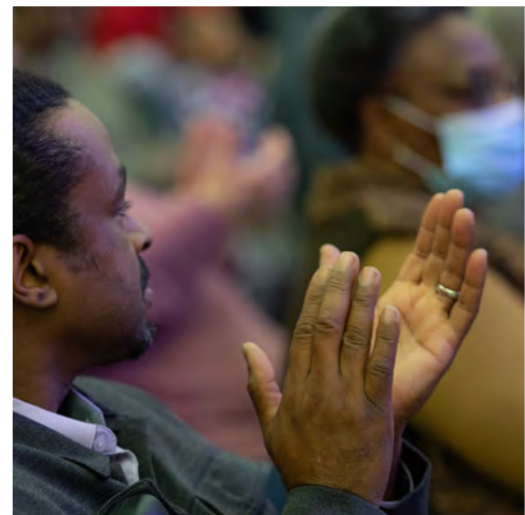
A'MARI PEARSON, COMMUNION OF SAINTS

LEONA SHEPHERD, COMMUNION OF SAINTS

RAFAEL KOONCE, COMMUNION OF SAINTS

* *TWO-TIME WINNER*

Celebrating the Life & Legacy of Dr. King





Black History Month Celebration

On Saturday, February 25, 2023, the City of Cleveland Heights held the first of what it hopes will become a long tradition—a Black History Month Celebration for families at the Cleveland Heights Community Center.

Organized by the City of Cleveland Heights and the Djapo Cultural Arts Institute based in Oberlin, the event highlighted the rich cultural heritage, triumphs, and adversities of African-Americans that are an indelible part of our country's history.

Hundreds of people took advantage of everything the event had to offer. Young people had their faces painted, made box drums, played trivia contests, listened to stories, and enjoyed balloon twisting. Vendors presented their crafts and products throughout the Community Center. And the event culminated in African drumming and dance performances by the Djapo Institute.

A chance to learn, appreciate culture, and have a great time—all at the same time!





Meet Your Police

Meeet Your Police is your opportunity to talk one-on-one with a ranking Cleveland Heights police officer. Meet Your Police takes place on the first and third Thursdays of each month from 6:00 pm to 8:00 pm.

On the first Thursday, Meet Your Police is held at the Cleveland Heights Police Academy, 2595 Noble Road. On the third Thursday, it is held on the Lower Level of Cleveland Heights City Hall, 40 Severance Circle, outside the Police Department.

If you have any questions or any concerns or complaints about activities in your neighborhood, please come to Meet Your Police to discuss them with an officer.



Filing A Police Report

If you have an emergency or a crime is in progress, **always dial 911.**

You can report minor incidents or crimes online through the City of Cleveland Heights' Report A Crime page www.clevelandheights.gov/Report-A-Crime. Download and complete the online form for your type of incident and either email it to oiic@clevelandheights.gov or drop it off at the Police Department, 40 Severance Circle, Lower Level.

Your report will be reviewed by a supervisor and assigned an incident number, which will be provided to you. If additional follow-up is needed, an officer will contact you directly either by email or phone. As always, please call

216-291-1234 if a problem or incident is currently occurring.

If you have questions about whether your concern may be resolved without having to come to the Police Department or have an officer come to your home, please contact the Police Department at 216-291-4619 or email myp@clevelandheights.gov.

Copies of Police Reports

Make requests for copies of police reports by email, policereports@clevelandheights.gov, fax at 216-291-2456, or phone at 216-291-4737. All other public records requests should be directed to the Cleveland Heights Law Department, LawPRR@clevelandheights.gov.



Overnight Parking

Except for specific exceptions, parking is not permitted on Cleveland Heights streets between 3:00 and 6:00 am. Residents may request overnight street parking by filling out a form at www.frontlinepss.com/chpd. An overnight street parking request does not include permission to park in municipal lots, private property, prohibited zones, rush-hour lanes, or any other area that posted signs indicate is restricted.

Residents may make a maximum of nine requests a month and no more than 36 requests per year. If your driveway repairs are expected to take more than three days, you must contact the Cleveland Heights Police Department directly at 216-291-4619.

Away from Home

The Cleveland Heights Police Department can keep an eye out on your home if it is unoccupied for a short period of time, such as when you are on vacation or away for business. If you have no one staying at your home while you are away, please visit www.clevelandheights.gov/away-from-home and fill out and submit a form to request this service. You may also download the form and email it to pic@clevelandheights.gov.

While you are away, the Police Department will conduct periodic security checks of your home.

Lower the ceiling on raising your roof.

Reintroducing Grow. The Cleveland Heights Tax Savings Program.


With Grow, you can receive cost-saving tax exemptions when you build or remodel your home. To find out if your project qualifies, call Brian Anderson 216-291-2617 or visit clevelandheights.gov/grow






Yard Season is About to Begin!

Cleveland Heights is home to some great yards, and people work hard to maintain them. All that yard work inevitably leads to a lot of yard waste. The City of Cleveland Heights collects and recycles residential yard waste every year from May to November.



When you are putting out your yard waste for collection, please follow these guidelines.





- Put out your yard waste on the same day you put out your recycling and refuse carts. Make sure you place your yard waste at least three feet from your carts, so the City's collection trucks can reach them.

- ONLY put grass clippings, leaves, and small branches in your yard waste. DO NOT include any other materials—if it's not grass, leaves, or small branches, you will have to dispose of it a different way.

- You can place your yard waste out for collection either:
 - In kraft paper bags.
 - As tied bundles of brush that are no more than 2 feet high and 4 feet long.
 - Individual bags or bundles of yard waste can weigh NO MORE than 40 pounds.

- You can put out no more than 10 bags and bundles on each collection day.



Accepted Yard Waste Items

- ☒ *Grass Clippings*
- ☒ *Leaves*
- ☒ *Small Branches*

Unaccepted Yard Waste Items

- ☒ *Bricks or Concrete*
- ☒ *Rocks*
- ☒ *Metal*
- ☒ *Food Waste*
- ☒ *Scrap Lumber*
- ☒ *Dirt*
- ☒ *Pet Waste*
- ☒ *Mulch Bags*
- ☒ *Plant Trays*
- ☒ *Ordinary Trash*
- ☒ *Ordinary Recycling*

IF YOU HAVE MORE THAN 10 BAGS AND BUNDLES OF YARD WASTE OR LARGE, UNTIED PILES OF BRUSH, YOU WILL NEED TO SCHEDULE A SPECIAL PICKUP BY THE CITY. SCHEDULING A SPECIAL PICKUP IS EASY:

- 1. TAKE A PHOTO OF THE YARD WASTE YOU NEED TO HAVE PICKED UP.**
- 2. GO TO WWW.CLEVELANDHEIGHTS.GOV/BULKBRUSHREQUEST.**
- 3. FILL OUT THE FORM AND UPLOAD YOUR PHOTO.**

THE COST OF A SPECIAL PICKUP DEPENDS ON THE VOLUME OF YARD WASTE YOU NEED THE CITY TO COLLECT.

THE MINIMUM FEE IS \$30 AND THE COST OF THE PICK-UP INCREASES BY INCREMENTS OF \$30 BASED ON THE AMOUNT OF YARD WASTE YOU HAVE.


Avoid Accidental Fires This Summer

From Stain and Varnish

Did you know improperly disposing of rags or towels used to stain or varnish wood is a common cause of house fires?

Most people don't realize that the chemicals in stains and varnishes cause exothermic chemical reactions—they produce their own heat as they dry. If rags and towels with stain or varnish on them are wadded into a ball or thrown in trash bins, the heat they produce can't escape and starts to build. It doesn't take long for them to spontaneously combust and ignite the things around them, like debris, garbage, wood shavings, or sawdust.

As you start your home projects that involve stain or varnish this spring and summer, plan ahead for safely disposing of your rags and towels.



**DON'T IMMEDIATELY
THROW RAGS WITH
STAIN OR VARNISH ON
THEM IN THE
TRASH OR LEAVE
THEM IN A WAD AFTER
FINISHING WITH THEM.**

**LAY THE RAGS FLAT IN AN
OUTDOOR LOCATION, AWAY
FROM ANYTHING THAT
MIGHT CATCH FIRE.**



**WAIT FOR THE RAGS TO
DRY COMPLETELY. THEY
ARE READY FOR DISPOSAL
WHEN THEY NO LONGER
HAVE A STRONG ODOR.**



**LET THE RAGS DRY OUT
COMPLETELY OVER A FEW
DAYS.**



**PLACE A STONE ON THE
RAGS, SO THEY DON'T
BLOW AWAY.**



**PLACE THEM IN AN
OUTSIDE TRASH
CONTAINER, NOT A
CONTAINER IN YOUR
HOUSE OR GARAGE.**



WHEN IT'S TIME TO DISPOSE OF THE ASHES, TRANSFER THEM TO A METAL CONTAINER AND WET THEM DOWN. ONLY USE AN APPROVED METAL ASH BUCKET THAT HAS A TIGHT FITTING METAL LID TO SAFELY STORE COOLED ASHES.



DO NOT REMOVE HOT ASHES FROM A FIREPLACE IMMEDIATELY. WHEN POSSIBLE, ALLOW ASHES AND COALS TO COOL IN THE AREA WHERE YOU HAD THE FIRE FOR SEVERAL DAYS. THESE DEVICES ARE DESIGNED TO CONTAIN THEIR HEAT SAFELY.



DO NOT DISPOSE OF ASHES OUTSIDE ON A WINDY DAY. THE WIND CAN WHIP UP WHAT MAY HAVE SEEMED LIKE COOL EMBERS, MAKING THEM FIERY HOT AND SENDING THEM AIRBORNE WHICH COULD IGNITE NEARBY COMBUSTIBLES.



STORE THE CONTAINER OUTSIDE, AWAY FROM YOUR HOUSE AND OTHER STRUCTURES INCLUDING GARAGES, DECKS, PORCHES, FENCES, WOOD PILES OR OTHER COMBUSTIBLE MATERIALS.



**NEVER USE A VACUUM CLEANER
TO PICK UP ASHES.**



**NEVER DISPOSE OF ASHES
IN A PAPER OR PLASTIC BAG,
CARDBOARD BOX, PLASTIC
CONTAINER OR BUCKET BECAUSE
IT CAN EASILY IGNITE, AND
DO NOT PLACE ANY OTHER
COMBUSTIBLES IN THE METAL
CONTAINER.**

From Ashes

Ashes from fire pits, grills, smokers, and other sources are a fire hazard and should NEVER be included with trash or placed in plastic trash carts.

Ashes can not only melt trash carts and cause home fires but also cause trash to catch fire in city trucks and at the transfer station.

To protect your family and city workers, please follow the guidelines.

Many people don't realize the length of time required for ashes to cool enough for disposal. Coals and ashes from fires can remain hot enough to reignite and start a fire for many days after the fire is out. The exact amount of time for complete extinguishment and cooling depends on many factors such as how hot the fire was, what was burning, and how much unburned fuel remains.

Treat ALL ashes and coals as HOT ashes, even when you think they had time enough to cool. Take care to dispose of them wisely. Your house, deck or garage are unsafe locations for storing ashes while they cool and have been the site of many recent and devastating fires both locally and nationally. Store cooled ashes in a tightly covered metal container and keep it outside and at least 10 feet from your home or nearby buildings.

Senior Activity Center

Becoming a Member in 2023 is free and easy!

We are celebrating our 21st year here at the Cleveland Heights Senior Activity Center. The Senior Center is open Monday–Friday from 9:00 am to 4:00 pm and is located within the Cleveland Heights Community Center. Membership is limited to Cleveland Heights residents aged 60 or older with a current Senior ID. IDs may be obtained at the Community Center front desk at no cost through 2023. Proof of residency is required.

Senior activities include arts and crafts, dance, book discussions, card games, lectures, and more. Wellness programs, including Accessible Yoga, Strength Training, Tai Chi, and Workouts with Ms. Duck, are among the Senior Activity Center's most popular classes. The Center also plans bus trips to entertainment, food, and shopping destinations. The Senior Activity Center's Computer Center provides a 4-week, hands-on class for every level of computer use that is presented by Step Forward. Transportation to and from the Senior Activity Center is available for Cleveland Heights senior residents. Pick-ups and returns must be scheduled in advance. ***Call 216-691-7377 for more information.***



FREE PROGRAMS

Book Discussion

Read preselected books and discuss them at the Senior Activity Center in a group setting.

Instructor: Lee Road Library Staff

Day: First Thursday of the month

Time: 11:00 am

Cost: Free

Genealogy Group

Meet with other genealogy enthusiasts to learn, share information, and have fun.

Instructor: Group Led

Day: 2nd Wednesday of the month

Time: 2:00 pm

Cost: Free

¡Hablemanos!

A Spanish conversation group that meets weekly to help participants better listen, speak, and understand the language. Must be able to speak fluently.

Day: Thursdays

Time: 3:00 pm

Cost: Free

Matinee Movie

Every month, join your Senior Center friends for a current movie

on the Center's big screen.

Bring a snack, sit back, relax, and enjoy the show! The movie selection is subject to change based on availability.

Day: Last Friday of each month

Time: 1:00 pm

Cost: Free

Meditation and Relaxation

This class provides a gentle workout with weights, bands, balls, and more. Participate at your level, either standing or seated. Limited to 20 participants.

Instructor: Christine Valadon

Day: Mondays

Time: 11:00 am

Cost: Free

Meet Greet and Eat

Share lunch with old friends and meet new ones at an area restaurant. Advance registration is required.

Day: Third Thursday of each month

Time: 11:30 am

Cost: Participants are responsible for the cost of their meals.

Parkinson's Support Group

This group is for Parkinson's patients and their families to help them cope with the disease and share information and research findings.

Day: First Wednesday of each month

Time: 2:15 pm

Cost: Free

Senior Walking

Seniors who do not have a fitness center pass can walk the track. A current Senior ID is required and should be scanned at the Senior Activity Center desk.

Day: Mondays, Wednesdays, and Fridays

Time: 11:00 am–1:00 pm

Cost: Free

Tai Chi

A series of slow-moving exercises performed slowly to heighten individual awareness coupled with meditation to promote good health. This gentle form of exercise can also improve balance and coordination. Limited to 12 participants.

Instructor: Robert Jaffee

Day: Tuesdays & Thursdays

Time: 10:00 am (South Atrium)

Cost: Free

Wii Bowling

A fun, interactive, non-competitive, and healthy game of bowling.

Instructor: Ms. Duck

Day: Wednesdays

Time: 1:00 pm

Cost: Free

SIX-WEEK PAID PROGRAMS

Accessible Yoga

This style of yoga has been modified for seniors and links movement and breath, creating an opportunity to increase flexibility and balance. Wear comfortable clothing and bring a mat with you. Limited to 20 participants.

Instructor: Deb Smith

Day: Fridays

Time: 11:30 am–12:30 pm

Cost: \$25 Resident/\$30 Non-Resident

Drawing

Join our drawing class, where you will work on still-lives, photographs, and personal objects. Explore composition, color, and

AARP

THE AARP CLEVELAND HEIGHTS CHAPTER 5018 MEETS MONTHLY AT THE SENIOR ACTIVITY CENTER AND WELCOMES CLEVELAND HEIGHTS RESIDENTS AGE 50+. FOR MORE INFORMATION, PLEASE CONTACT PRESIDENT WANDA OWENS AT AARPCCHAPTER5018@GMAIL.COM.

DAY: LAST THURSDAY OF EACH MONTH

TIME: 1:00 PM

COST: AARP CHAPTER DUES—\$5 PAID ANNUALLY.

mark-making with different media, including charcoal, graphite, pastels, and colored pencils. All levels of proficiency are welcome. Limited to 12 participants.

Instructor: Marlene Weinstein

Day: Thursdays

Time: 1:00–3:00 pm

Cost: \$50 Resident/\$55 Non-Resident

Senior Strength Training

Exercising with weights increases muscle mass and strength while improving balance, bone density, and overall wellness. Limited to 30 participants.

Instructor: Orlando Villella (Personal Trainer)

Day: Mondays and Wednesdays

Time: 1:00–2:00 pm

Cost: \$40 Resident/\$45 Non-Resident

Zumba® Gold

Get ready to dance and have fun in this Zumba class designed for seniors. Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, and more. Movements are modified to your ability. Limited to 22 participants.

Instructor: Sabrina Kogan

Day: Tuesdays

Dates: April 18–May 30

Cost: \$20 Resident/\$25 Non-Resident



OFFICE ON AGING SERVICES

Most services offered by the Office on Aging are available only to Cleveland Heights residents age 60 or older. For more information, please visit our office at 1 Monticello Boulevard, or call (216) 691-7377, Monday-Friday, 9:00 am to 4:00 pm.

- Legal Consultations—By appointment.
- Medicare Counselors—By appointment.
- Van Transportation to errands and medical appointments—Call (216) 691-7194.
- Community / Senior Resource Specialist—Call (216) 691-7342.
- Meals On Wheels—Call (216) 691-7342.
- Benefits—Visit www.benefitscheckup.org or call to set up an appointment.
- Applications—Assistance with local, state, and federal programs, living will declarations, and health care, HEAP, and Homestead Exemption applications.

Help with Household Tasks. Cleveland Heights Office on Aging participates in the CARE (Communities Assisting Residential Elders) program. If you are 60 or older, a homeowner, and are looking for help with household tasks, CARE may be able to assist you. For more information, please call Linda Thurston at (216) 970-0599 or visit careneo.org.

Help with Hardships. Have you suffered a hardship and need a little assistance? The Cuyahoga County Department of Senior and Adult Services (DSAS) can help! For more information, please call (216) 420-6700 or visit dsas.cuyahogacounty.us.

Protect your investment: Know the facts before taking on major home repairs



Visit www.clevelandheights.gov/building-permits for more information.

Planning a remodel? Installing new windows? Putting on siding, laying concrete, or replacing your roof?

Most home repair projects require obtaining a permit from the City BEFORE work begins.*

It is ultimately your responsibility as a homeowner to get the permit(s) you need for your project.

If you are using a contractor on the project, however, you should take two important steps to protect yourself:

- Make sure it is clear in your written agreement with the contractor that permits are the contractor's responsibility
- Make sure your contractor is registered with the City of Cleveland Heights Building Department. Contractors and sub-contractors **MUST** be registered with the City if they work in Cleveland Heights.

Registration protects you as the homeowner by requiring the contractor to provide liability insurance and a bond to ensure they are fiscally responsible, they complete your project, and they conform to all relevant building codes. Contractors must be registered with the City to obtain City permits.

The City of Cleveland Heights' Registered Contractor List includes more than 450 contractors that do all kinds of home repair and construction projects. If you are looking for a contractor for your project, this list is a great place to start.

Homeowners don't need to register to obtain a permit to personally perform work upon their established residence, as long as that residence is a single, two, or three-family property. Homeowners may not, however, make any connection to a public utility system, like sewer or water line hook-ups. Those jobs may only be done by registered contractors.

*Minor repairs, exterior/interior painting, and gutter/downspout installs are an exception to this rule.

COMMUNITY CENTER

ONE MONTICELLO BOULEVARD 44118 • 216.691.7373

REGISTRATION FOR ALL SUMMER PROGRAMMING BEGINS MAY 1!

Register for classes online at your convenience 24/7. You can register in person for most programs at the Community Center during the hours listed below. Registration is on a first-come, first-served basis. All fees are due at the time of registration. Families with more than one person enrolled in the same general recreation class will be eligible for a family discount.

Youth Recreation Fund

The Youth Recreation Fund provides financial assistance to those Cleveland Heights children who might otherwise be unable to participate in recreation programs and activities. The Youth Recreation Fund offers reduced rates for those residents who qualify. Applications are available at the Community Center.

Coaching Opportunities

Volunteer coaches are needed for youth sports programs such as basketball, baseball, flag football, soccer, softball, T-ball, programs, and special events. Please contact Mike Discenzo at mdiscenzo@clevelandheights.gov to become a volunteer coach or Dee Marsky at dmarsky@clevelandheights.gov for program and special event opportunities.

Disability Policy

The Cleveland Heights Department of Parks and Recreation is sensitive to the needs of the physically challenged and encourages the participation of all individuals. All of our facilities meet ADA requirements.

Athletic Field Reservation

Recreation ID card holders can also reserve baseball/softball and other athletic fields for a fee. The Department of Parks and

Recreation limits availability of its athletic fields. Please contact Mike Discenzo at 216-691-7383 to inquire about field availability.

Picnic Shelter Reservations

Picnic Shelters at Cleveland Heights' parks are available for residents to reserve and use from Monday, May 1, through Sunday, October 1, 2023. Shelters are available for general usage, first come, first served, except for authorized reservations. Each shelter contains a specified number of grills and picnic tables. The cost to reserve and use a picnic shelter is \$25, plus a \$50 refundable security deposit.

Barbara H. Boyd Park

Cumberland Park

Denison Park

Forest Hill Park 1

Forest Hill Park 2A and 2B

Use of the shelters is subject to City Rules and Regulations, enforceable by the City of Cleveland Heights Parks and Recreation Department and the Cleveland Heights Police Department. Park restrooms are secured at 8:00 pm.

Community Center

Hour of Operations

Monday-Friday 6:00am-2:00pm

Saturday 9:00am-2:00pm

Sunday 12:00pm-4:00pm

THE FIELD HOUSE

ANNUAL PASSES, 30-DAY PASSES, AND DAILY ADMISSION AVAILABLE.

Residents of Cleveland Heights and K-12 students living within the boundaries of the Cleveland Heights-University Heights City School District may use the Field House which includes the Fitness Center, Track, and Gym at the Cleveland Heights Community Center by purchasing a Recreation ID Card for \$5.00 and then either:

1. Pay \$6.00 per day to use the Field House;
2. Purchase an annual Field House/Fitness Center pass good for one year from the date of purchase for unlimited usage of the Field House*; or,
3. Purchase a 30-day unlimited Field House pass.*

**Resident & Non-resident Field House/Fitness Center pass rates apply*

Fitness Center/Track Policy: You must be age 16 or older to use the Fitness Center and Track. Youths 12 to 15 years of age may use the Fitness Center or Track if accompanied by a paying adult/guardian. Fees apply. Youths under the age of 12 are not permitted in the Fitness Center or Track.

Personal Training Services



for new community center members. Ask about
ualized personal training programs are adapted
of our expert trainers design your individual
s are welcome, ages 13 and up. One-on-one,
or 60-minute and 30-minute sessions.

effective workouts to improve your muscular
nce, flexibility, and body composition. Our
cognitive limitations, such as rehabilitation from
ertified and insured fitness professionals with
training equipment, including a private training

room with specialized equipment.

Call or text our head of personal training services Tayna Richardson at 216-694-8414 for a quick phone consultation today!

THE HISTORIC CUMBERLAND POOL

CELEBRATING 96 YEARS!

Proper swimwear is required to swim at Cumberland Pool. Management may adjust daily operating hours or close the pool due to cold/inclement weather or when the air temperature falls below 65° F.

2023 Regular Season Schedule

Mon, June 5–Mon, September 4
Reduced hours Monday, August 21–Friday, September 1

Monday–Friday

Adult Lap Swim 6:45 am–8:00 pm
 Wading Pool 10:00 am–8:00 pm
 Open Swim 1:00–5:00 pm
 Family Swim 5:00–8:00 pm

Saturday

Adult Lap Swim 9:00 am–6:00 pm
 Wading Pool 11:00 am–6:00 pm
 Open Swim 11:00 am–6:00 pm

Sunday

Adult Lap Swim 11:00 am–6:00 pm
 Wading Pool 1:00–6:00 pm
 Open Swim 1:00–6:00 pm

Holiday Schedule

Monday, June 19 12:00–6:00 pm
 Tuesday, July 4 12:00–6:00 pm
 Saturday, September 2 12:00–6:00 pm
 Sunday, September 3 12:00–6:00 pm
 Monday, September 4 12:00–6:00 pm

Special Events

All events may be subject to change due to staffing or weather.

Women-Only Swim Nights

Sunday, June 18 6:30–8:00 pm
 Sunday, July 2 6:30–8:00 pm
 Sunday, July 16 6:30–8:00 pm
 Sunday, August 6 6:30–8:00 pm

Men-Only Swim Nights

Sunday, June 25 6:30–8:00 pm
 Sunday, July 9 6:30–8:00 pm
 Sunday, July 30 6:30–8:00 pm
 Sunday, August 13 6:30–8:00 pm

Carnival Night

Friday, July 14 5:00–8:00 pm

Water Show

Saturday, August 5 8:30 pm
 Gates open 8:00 pm
 Free Admission

General Admissions

Current proof of residency is required to use Cumberland Pool.

Daily Rates

Preschooler FREE with an adult resident
 Student (K-12) \$3.00
 Adult (18-59) \$4.00
 Senior (60+) \$3.00
 Guest \$7.00 with an adult resident
 Guest Book \$25.00 (book of 5)*

**Purchased by an adult resident*

Season Passes

On sale, beginning Monday, May 1. Current proof of residency is required to purchase resident season passes.

Purchased on/before June 4

Family	\$115.00 CH RES \$172.00 NON RES
Adult (19-59)	\$49.00 CH RES \$75.00 NON RES
Senior (60+)	\$39.00 CH RES \$75.00 NON RES
Student (K-18)	\$35.00 CH RES \$52.00 NON RES

Purchased after June 4

Family	\$135.00 CH RES \$172.00 NON RES
Adult (19-59)	\$59.00 CH RES \$75.00 NON RES
Senior (60+)	\$49.00 CH RES \$75.00 NON RES
Student (K-18)	\$45.00 CH RES \$52.00 NON RES

Pool Rentals

Cumberland Pool is available for rental on select Saturday evenings throughout the summer for groups of 75 or more. At least 60% of the members of groups wishing to rent the pool must be Cleveland Heights residents, and an adult Cleveland Heights resident with current proof of residency must sponsor the group. Reservations may be made online and must be made at least two weeks in advance. All pool rentals are tentative and subject to approval.

Rental applications will be available at the Cumberland Pool beginning Saturday, June 5. Full payment is due with the completed application. A group may only rent Cumberland Pool once per season. Refunds will only be granted in the event of inclement weather.

Day: Saturdays
 Dates: June 17; June 24, July 8; July 22, August 12
 Time: 6:30–8:30 pm
 Location: Cumberland Pool
 Cost: \$350.00 for two hours
 Group Size: 75+



SWIMMING LESSONS

American Red Cross Swimming Lessons

Cumberland Pool American Red Cross certified lifeguards teach the Cumberland Pool learn-to-swim program. The pool staff reserves the right to test the swimming ability of any swimmer to ensure proper skill placement, limit class size, or combine classes when necessary. Participants must register for all group lessons at least one week before each session. No classes on Monday, June 19, or Tuesday, July 4.

Parent/Child Group Lessons

Ages 6-36 months.

Builds basic water safety skills for parents and helps children become more comfortable in the water.

Adults are in the water with their children.

Instructor: Cumberland Pool Lifeguards

Day: Monday Evenings

Dates: June 12–July 31

Time: 5:15–5:45 pm

Cost: \$30.00

Class Size: 10

Day: Wednesday Evenings

Dates: June 14–August 2

Time: 5:15–5:45 pm

Cost: \$30.00

Class Size: 10

Youth Evening Swimming Lessons

Evening Session: June 12–August 2
Registration opens May 1

Level 1-Introduction to Water Skills

Ages 5+. Basic water skills, including blowing bubbles, bobbing, front and back glides, and water safety skills are taught.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 5:15-5:45 pm

Day & Time: M/W | 5:50-6:30 pm

Cost: \$30.00

Class Size: 8

Level 2-Fundamental Water Skills

Ages 5+. Children learn to float and swim independently, roll over, change direction while swimming, and begin treading water with a continued emphasis on water safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 5:15-5:45 pm

Day & Time: M/W | 5:50-6:30 pm

Cost: \$30.00

Class Size: 8

Level 3-Stroke Development

Ages 5+. Children learn front crawl with rotary breathing and elementary backstroke, dolphin & scissors kicks, and diving, with continued work on water safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 5:15-5:45 pm

Day & Time: M/W | 5:50-6:30 pm

Cost: \$30.00

Class Size: 8

Level 4-Stroke Improvement

Ages 5+. Children learn front and back crawl, elementary backstroke, sidestroke, breaststroke, and

butterfly. Diving and underwater swimming are taught. Treading water and water-safety skills continue.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 6:30-7:00 pm

Cost: \$30.00

Class Size: 8

Level 5-Stroke Refinement

Ages 5+. Children learn shallow angle dives, tuck & pick surface dives, and back flip turns are taught with an emphasis on water safety skills for the swimmer and others.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 6:30-7:00 pm

Cost: \$30.00

Class Size: 8

Level 6-Stroke Proficiency

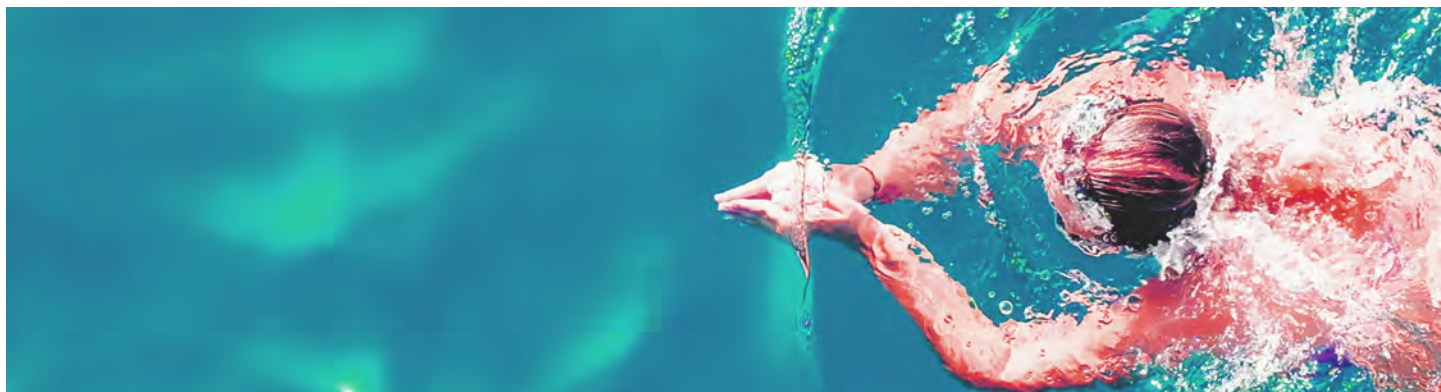
Ages 5+. Work on stroke refinement to increase endurance, culminating in a 500-yard swim. Focused on preparing swimmers for a life of fitness and safety.

Instructor: Cumberland Pool Lifeguards

Day & Time: M/W | 6:30-7:00 pm

Cost: \$30.00

Class Size: 8



SPECIAL PROGRAMS

Water Aerobics

Ages 18+. (Under 18 with permission of instructor) A vigorous 40-minute workout done in the water incorporating cardio along with calisthenics. Participants need to be comfortable in the water.

Instructor: Margaret Hall

Session 1

T/TH Jun 6-Jul 27 | 6:30-7:15pm

Cost: \$59.00

Class Size: 20

Session 2

T/TH Aug 15-Sept 2 | 6:30-7:15pm

Saturdays 10:00-10:45am

Cost: \$59.00

Class Size: 20

Deep Water Aerobics

Age 18+. For experienced swimmers. This program is challenging and intense—an alternative workout for lap swimmers. Participants need their own deep-water belts. Instructor: Joyce Braverman
Day: Saturdays
Date: June 17–August 19
Time: 12:15–1:15pm
Cost: \$39.00
Class Size: 24

Diving Team*

Prerequisite: Must successfully pass the deep-water test.

Instructor: Cumberland Pool Lifeguards

Advanced

M-F Jun 6-Aug 4 | 10:00–10:45am

Beginner

M-F Jun 6-Aug 4 | 11:00–11:45am

Cost: \$55.00 (Includes t-shirt)

Synchronized Swim Team*

Prerequisite: Must successfully pass the deep-water test.

Instructor: Cumberland Pool Lifeguards

Advanced

M-F Jun 6-Aug 4 | 8:00-8:45 am

Beginner

M-F Jun 8-Jul 28 | 9:00-9:45 am

Cost: \$55.00 (Includes t-shirt)

45-minute class, you will aqua jog by running laps in the 12-foot diving well as you continuously use your arms, hips, and legs. Participants must be comfortable in deep water. Wearing a water belt/flotation device is recommended but not required.

This class provides an impact-free workout. Water is denser than air, so you work harder and burn more calories. The pressure of the water helps your heart pump blood around your body. Participants get to go at their own pace. There is no pressure to “go fast” and put extra stress on your joints.

Instructor: Margaret Hall

Session 1

T/TH Jun 6-Jul 27 | 5:30-6:15pm

Cost: \$59.00

Class Size: 15

Session 2

T/TH Aug 15-Sept 2 | 5:30-6:15pm

Saturdays 11:00-11:45am

Cost: \$59.00

Class Size: 15

NEW THIS SEASON

Deep-Water Aqua Running

Ages 18+ (under 18 with permission of instructor)
Aqua jogging, also known as deep-water running, is a form of cardiovascular exercise that mimics the motion of jogging while in the water. In this

**Coaches reserve the right to move or consolidate swimmers and groups.*

***No classes on June 19 & July 4*

URBAN SWIM CLE 2023 SUMMER SCHEDULE

Established in 2021, Urban Swim CLE is an independently operated swim lesson program by USA Swimming Coaches and Lake Erie USA Swimmers who are Red Cross Certified and/or CPR/First Aid Certified. We utilize the American Red Cross program as the basic curriculum. Our primary goal is to teach life-saving skills first and have fun! Please visit urbanswimcle.com to learn more about our staff and programming.



at

Please inquire with US CLE staff about our youth scholarship fund. Class sizes and times are subject to change based on interest. *Registration starts April 10.*

Pre-School Group Lessons - Weekdays

2 week (8-class) sessions specially designed for 4-5 year olds who are starting for the first time or learning simple skills while interacting with their peer group. This class is open for Residents only.

Instructors: Urban Swim CLE

Session 1: June 5-15
Session 2: June 19-29
Session 3: July 10-20

M/T/W/TH 11-11:30am or 12-12:30pm
Location: Cumberland Pool
Cost: \$35 Per Session (Resident Only) Grants available, please inquire with US CLE staff.

1:6 Instructor to Student Ratio

Youth, T'ween and Teen Group Lessons - Weekdays

2 week (8-class) sessions specially designed for 6-17 year olds who are interested in learning to swim. All skill levels are available.

Instructors: Urban Swim CLE

Session 1: June 5-15
Session 2: June 19-29
Session 3: July 10-20

M/T/W/TH 11-11:30am or 12-12:30pm
Location: Cumberland Pool
Cost: \$50 Per Session RES
\$70 Per Session NON-RES

1:6 Instructor to Student Ratio

Endurance Group Training - Weekdays

2 week (8-class) sessions specially designed for swimmers who have graduated from a Learn-to-Swim program and interested in developing more in-depth stroke skills in preparation for joining a club or scholastic swim team.

Instructors: Urban Swim CLE/USA Swimming Coaches and Instructors

Session 1: June 5-15
Session 2: June 19-29
Session 3: July 10-20

M/T/W/TH 10-11am
Location: Cumberland Pool
Cost: \$50 Per Session RES
\$70 Per Session NON-RES
Class size: Varies based on interest

Adult Group Lessons - Weekdays

2 week (8-class) sessions specially designed for 18+ adults who are interested in learning to swim. Little or no experience is welcome. Instructors: Urban Swim CLE

Session 1: June 5-15
Session 2: June 19-29
Session 3: July 10-20

M/T/W/TH 10-11am
Location: Cumberland Pool
Cost: \$35 Per Session
Class size: 12

Adult Group Lessons - Saturdays

8-week class specially designed for 18+ adults who are interested in learning to swim. Little or no experience is welcome.

Instructors: Urban Swim CLE

Dates: Beginning Saturday, June 10; no class July 1.
Location: Cumberland Pool
Time: 11-12pm
Cost: \$35
Class size: 12



YOUTH PROGRAMS & SPORTS

Youth Bike Safety Program

This program is for students in grades 3–8. Participants must know how to ride a two-wheel bike. Bikes and helmets are available, but participants can bring their own bikes and helmets. Maximum enrollment is 12 students.

Participants will ride at Forest Hill Park and, as part of the last class, on local streets. If the weather is hazardous, accommodations will be made inside the Community Center.

The curriculum will include:

- Learning how to fit your helmet and bicycle
- Doing a bike safety check before riding
- Proper starting and stopping
- Maneuvering skills
- Rules of the road for bikes
- How to ride in a group
- Hand signals; and
- Road hazards.

Instructed by: Alice Stratton

Day: Saturdays

Time: 10:30–11:30 am

Dates: Five weeks April 29–May 27

Cost: \$40 for Cleveland Heights and University Heights

Preschool Open Gym

For parents and their little ones, ages 1–5. Parents/guardians must stay with children.

Day: Wednesday Mornings

End Date: Friday, May 24

Time: 10:00am–12:00 am

Location: Gymnasium

Cost: \$5.00 per family for one time

\$20.00 per family for a 6-class pass

MARTIAL ARTS

Youth Beginners Self-Defense/Tai Shin Doh Karate

Ages 6 & up. For beginners to yellow belts. Children are taught control, discipline, awareness, responsibility, and consideration in a martial arts environment.

Instructor: David Jones, 7th Degree Black Belt

Day: Fridays

Time: 6:30–8:00 pm

Dates: 9 classes between April 22–June 24 (no class 5/27)

Location: Activity Rm 7

Cost: \$64 CH RES

\$73 NON-RES

Youth Advanced Self-Defense/Tai Shin Doh Karate

For students who have achieved a green belt in Tai Shin Doh and above. Students will learn to master the art of Tai Shin Doh.

Instructor: Roan Adognravi, 2nd Degree Black Belt

Day: Saturdays

Time: 10:30 am–12:00 pm

Dates: 9 classes between April 22–June 24 (no class 5/27)

Location: Activity Rm 7

Cost: \$64 CH RES

\$73 NON-RES

Kuk Sool Won™ (WKSA)

The Traditional Martial Art of Korea. All classes teach Etiquette (Respectful Behavior); Rolling & Acrobatics; Safety Falls; Meditation Practice; Hand/Foot Striking & Blocking; Forms Training (Hyung); and Self Defense Techniques.

Mini Kids Kuk Sool Won™ (WKSA)

Ages: 5 -6

Instructor: David Pritts, 3rd Degree Black Belt and School Owner

Days: Mondays and Wednesdays

Time: 6:00–6:30 pm

Dates: 15 classes between March 6–May 3 (no class 3/27, 3/29, & 5/1)

Location: Senior Center

(NOTE: 5/1 class will be upstairs in room 7)

Cost: \$51 CH RES

\$58 NON-RES

Youth Kuk Sool Won™ (WKSA)

Ages: 7-13

Instructor: David Pritts, 3rd Degree Black Belt and School Owner

Days: Mondays and Wednesdays

Time: 6:30–7:30 pm

Dates: 15 classes between March 6–May 3 (no class 3/27, 3/29, & 5/1)

Location: Senior Center (NOTE: 5/1 class will be upstairs in room 7)

Cost: \$100 CH RES

\$105 NON-RES

Adults Kuk Sool Won™(WKSA)

Ages: 14-75

Instructor: David Pritts, 3rd Degree Black Belt and School Owner

Days: Mondays and Wednesdays

Time: 7:30–8:30 pm

Dates: 15 classes between March 6–May 3 (no class 3/27, 3/29, & 5/1)

Location: Senior Center (NOTE: 5/1 class will be upstairs in room 7)

Cost: \$100 CH RES

\$105 NON-RES

TENNIS

USTA Group Tennis Lessons

Ages: 7-17

Level: Beginner

June 1-July 8, M/W 10:00-11:00 am

or 11:00 am-12:00 pm

June 2-July 9, T/TH 10:00-11:00 am

or 11:00 am-12:00 pm

or Tuesday 6:00-7:30 pm

Level: Intermediate

June 1-July 8, M/W Noon -1:00 pm

June 2-July 9, T/TH Noon-1:00 pm

Location: Cain Park Tennis Courts

Cost: \$45.00 CH RES

\$60.00 NON-RES

Junior Competitive Skills Clinic

This program offers high-level instruction and supervised match play to introduce and develop the skills you need to compete on your school's team or in tournaments.

Ages: 12-18, Middle School and High School

Days: M/W/F or T/TH/F

Dates: June 1-July 10

Time: 1:00-3:00 pm

Cost: \$80.00 CH RES

\$110.00 NON-RES

BASKETBALL

Teen Outdoor Basketball Program

Supervised outdoor basketball courts at Denison Park, Cumberland Park, and Cain Park.

Days: Monday-Friday

Dates: June 1-August 14
 Time: 6:00-9:00 pm
 Location: Denison Park, Cumberland Park, and Cain Park
 Cost: FREE

SOFTBALL

Heights Girls' Softball

Practices will begin in early May at Cleveland Heights Parks and Recreation fields. Games are held in late May, June, and July. (Age levels as of 5/1/23) Scholarships are available for eligible Cleveland Heights residents.

Coach Pitch

Ages: 7-8 Teams will participate in Willoughby League
 Cost: \$65.00 CH RES
 \$85.00 NON-RES

Fast Pitch

Ages: 9-10 Fast-pitch travel teams
 Ages: 11-12 Fast-pitch travel teams
 Ages: 13-14 Fast-pitch travel teams
 Cost: \$90.00 CH RES
 \$95.00 NON-RES

HEIGHTS YOUTH BASEBALL

Recreation League

Practices will be held in early May. Both practices and games are held in late May, June and July at Cleveland Heights Parks and Recreation Fields.
 Ages: 7-8 Player Pitch
 9-10 Player Pitch
 (Age levels as of 5/1/2023)

Call 216-691-7373 for information and a registration packet.

INDEPENDENT YOUTH SPORTS PROGRAMS

Several independent youth sports programs use Cleveland Heights facilities. Such use does not constitute sponsorship or endorsement of such programs by the City of Cleveland Heights.

Eastside Kickers Premier Travel Soccer Club

Travel Soccer Program for ages 8-13 at Denison Park and school fields.
 Contact: eastsidekickers.org, Dan Powell 216-213-6752,
dapowell78@gmail.com.

Heights Tigers Tackle Football & Cheerleading

Ages: Football 6-11 (No weight limit)
 Ages: Cheerleading 5-13
 (Ages as of 8/1/2023)
 Dates: Practices begin in June
 Contact: Coach Mike Payne at 216-906-4992 or at
mcpayne74@gmail.com
heightstigersyouthsports.org

Heights Tigers Youth Track & Field (AAU)

Ages: 4-14
 Dates: Practices begin April 1
 Cost: TBA Competitive Level (will run in meets)
 TBA Non-Competitive Level (does not

Jump Start Sports T-Ball T-Birds

Basic instruction of the sport. Games are non-competitive. Jump Start Sports Staff conducts the program.
 Ages: 3-4
 Day: Wednesdays
 Dates: June 14-July 19
 Time: 5:30-6:30pm
 Location: Denison Park Turf Field
 Cost: \$95.00
 Registration: jumpstartsports.com



mentally challenged.
 Cost: \$40.00

Registration: jumpstartsports.com

CAMPS

Youth Developmental Tennis Camp

Camp activities include drill stations, team play, tournament matches, and individual evaluations. A camp t-shirt will be provided.

Ages: 9-18

Days: Monday-Friday

Dates: July 13-17

Time: 9:00 am-4:00pm

Location: Cain Park Tennis Courts

Cost: \$150.00 CH RES

\$180.00 NON-RES

(\$25.00 discount for multiple children)

Heights United 2023 Summer Camps

Ages: 6-12

Days: Monday-Friday

Dates: June 5-July 28

Time: 9 am-3pm

Location: Cleveland Heights

Community Center

Lead By: Coach Sean Sullivan and Heights United counselors

Cost: Full Camp—all 8 weeks \$1,295
\$144-180 per week; price varies based on days in the week.

Contact: [HeightsUnitedSoccer.com](https://heightsunitedsoccer.com)

216-849-4505

Heights United has provided engaging summer camps in Cleveland Heights for 29 years and is proud to continue its partnership with the City of Cleveland Heights in 2023. Campers may choose between the Heights United Soccer Academy and the Heights United Day Camp. Both camps include:

- Swimming at Cumberland Park (with lifeguards) twice a week.
- Ice skating in the Community

Center once a week (if a rink is open).

- Access to Forest Hills and Cumberland parks and playgrounds.
- Access to the Field House and activity rooms inside the air-conditioned Community Center.

Soccer Camp schedule includes training in the morning and tournaments in the afternoon. Soccer campers also will have the opportunity to participate in Day Camp activities.

Before-care (7:30-9:00 am) and after-care (3:00-5:00 pm) are available for an additional charge. Heights United can only accommodate 70 campers per week and some weeks may sell out. Sign up as soon as possible to avoid being shut out.

ADULT FITNESS & SPORTS

NEW! Thursday Morning Mat Pilates

Pilates is a series of targeted exercises that strengthen muscles while improving postural alignment and flexibility generated from the core. Wear comfortable clothing and bring your own exercise mat, towel, and a spill-proof water bottle. Maximum class size is 15 participants.

Instructor: Pia Alesci

Day: Thursdays

Time: 10:30 -11:30am

Dates: March 2-April 13 (no class 3/30)

Location: Aerobic Room

Cost: \$38 CH RES/\$44 NON-RES

Indoor Cycling

This class includes 45 minutes of cycling, a warm-up, a cool-down, and 15 minutes of abdominal work and stretching. Be sure to bring your own spill-proof water bottle and exercise mat.

Instructor: Alisa Henry

Day: Saturdays

Time: 10:30-11:30am

Dates: March 4-April 15 (no class 4/1)

Location: Aerobic Room

Cost: \$38 CH RES/\$44 NON-RES

Zumba®

Add a Zumba® class to your weekly

routine!

Inspired by Latin dance and music, Zumba® uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and Hip Hop. Music selection includes both fast and slow rhythms to help tone and sculpt the body. You'll see why Zumba® Fitness classes are often called exercise in disguise. Wear comfortable workout clothes and shoes that you can move in. Bring a spill-proof water bottle and a towel because you will sweat!

Instructor: Gigi Roney

Day: Fridays

Time: 6:00-6:45pm

Dates: April 14-May 19

Location: Aerobic Room

Cost: \$35 CH RES/\$40 NON-RES

Yoga for Any and Everyone

This class covers the fundamentals of Yoga and is intended for beginners, those returning to yoga or anyone looking for a gentler approach to yoga. We will emphasize the basics of poses, along with breathing and relaxation of the mind and body.

Instructor: Michelle Gore, CPA, RYT 200

Day: Thursdays

Time: 6:30-7:30pm

Dates: March 9-April 20 (no class 3/30)

Location: Aerobic Room

Cost: \$38 CH RES/\$44 NON-RES

Evening Barre Workout

The Barre class is back! For those who have not taken a Barre class, Barre combines dance with the principles of strength and safety from Pilates. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle. Maximum class size is 12 participants.

Instructor: Pia Alesci

Day: Mondays

Time: 6:00-7:00pm

Dates: March 13-April 24 (no class 3/27)

Location: Aerobic Room

Cost: \$38 CH RES/\$44 NON-RES

Mat Pilates

Pilates is a series of targeted exercises that strengthen muscles while improving postural alignment and flexibility generated from the core. Wear comfortable clothing and bring your own exercise mat, towel, and water. Maximum class size is 15 participants, who must register a week prior to the start date.

Instructor: Pia Alesci

Day: Wednesdays

Time: 6:00-7:00pm

Dates: March 9–April 20 (No class 3/30)

Location: Aerobic Room

Cost: \$38 CH RES/\$44 NON-RES

Jazzercise

A blend of Dance with Pilates, Yoga, Kickboxing, and Strength Training. The results? Long lean muscles and an instant mood boost. Burn up to 800 calories in this 55-minute class. Try 2 weeks for \$22 and see why our average customer stays 7 years! Register at the Jazzercise table outside of the class.

Instructor: Mary Beth McCann

Days and Times: Tuesdays and

Thursdays at 6:30pm

Saturdays at 9:30am

Location: Classes are in the extra-large Multipurpose Room on the 1st floor.

Men's and Women's

Tai Shin Doh Karate

Using Tai Shin Doh Karate as a base, this class provides practical knowledge of how to protect yourself from a variety of real-world situations. From physical altercations to tripping and falling unexpectedly, you will learn how to react in a way that preserves your physical health. By the end of this class, you will improve your fitness, balance, flexibility, and mobility, while also having a better understanding of how to keep yourself safe.

Instructor: Roan Adognravi, 2nd

Degree Black Belt

Day: Saturdays

Time: 9:00–10:30am

Dates: 9 classes between April 22–

June 24 (no class 5/27)

Location: Activity Rm 7

Cost: \$64 CH RES

\$73 NON-RES

Adults Kuk Sool Won™(WKSA)

Ages: 14-75

Instructor: David Pritts, 3rd Degree Black Belt and School Owner

Days: Mondays and Wednesdays

Time: 7:30–8:30pm

Dates: 15 classes between March 6–May 3 (no class on 3/27, 3/29, & 5/1)

Location: Senior Center (NOTE: 5/1 class will be upstairs in room 7)

Cost: \$100 CH RES/\$105 NON-RES

SPORTS

Recreational Indoor Pickleball 18+

Pickleball is a combination of tennis, badminton, and ping pong and is designed to be played by people of all ages.

Days: M/T/TH/F

Time: 10:00 am–2:00 pm

Dates: October–April

Location: Gym Courts 1 & 2

Cost: Daily Fee: \$3.00 CH RES

\$6.00 NON-RES

10 Session Pass: \$25.00 CH RES

\$50.00 NON-RES

Recreational Outdoor Pickleball

Outdoor Pickleball is played at Denison Park, which has six lined Pickleball courts. The courts are open from 9:00 am to 9:00 pm and are lit for evening play.

Days: Monday–Friday

Time: 9:00 am–12:00 pm

Dates: May–September

Location: Denison Park, 1015 Quarry Road, Cleveland Heights, Ohio 44121

Cost: FREE

NOTE: The Denison tennis courts are scheduled to be resurfaced sometime in May this year, weather allowing.

Coed Softball 18+

Day: Mondays

Dates: Beginning April 24

Location: Larry Shaw Softball Complex Forest Hill Park

Cost: \$400.00 CH RES Team

\$475.00 NON-RES Team

Men's Slow Pitch

Softball League 18+

Days: Wednesdays & Fridays

Dates: Beginning April 26

Location: Larry Shaw Softball Complex Forest Hill Park

Cost: \$650.00 CH RES Team

\$800.00 NON-RES Team

USTA Group Tennis Lessons

Ages: 18-59

Instructor: Staff

Advanced Beginner

Days: Mondays and Wednesdays

Dates: June 1–July 8

Time: 9:00–10:00 am

Advanced Beginner

Day: Wednesdays

Dates: June 3–July 15

Time: 7:30–9:00 pm

Intermediate

Day: Tuesdays

Dates: June 2–July 14

Time: 7:30–9:00 pm

Location: Cain Park Tennis Courts

Cost: \$60.00 CH RES

\$80.00 NON-RES

Raquettes

Doubles action for experienced female players. Round Robin tournaments and fun days are planned.

Days: Tuesdays & Thursdays

Time: 9:00 am

Dates: Beginning June 2

Location: Cain Park Tennis Courts

Cost: \$45.00 CH RES

\$60.00 NON-RES

Private Lessons

Call 216-691-7373 for assistance in contacting an instructor and setting up private lessons.



Your Elected Officials

The City of Cleveland Heights

Mayor Kahlil Seren
(216) 291-3737
mayor@clevelandheights.gov

Cleveland Heights City Council

President Melody Joy Hart
(216) 202-4396
mhart@clevelandheights.gov

Vice President Craig Cobb
(216) 630-8934
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Janine Boyd
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Anthony Mattox, Jr.
(216) 466-2850
amattox@clevelandheights.gov

Davida Russell
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drussell@clevelandheights.gov

Cleveland Heights Municipal Court

Judge J.J. Costello
(216) 291-4901
judge@clevelandheights.gov

Cleveland Heights-University Heights Board of Education

Beverly Wright, President
(216) 337-9636
bev_wright@chuh.org

Jodi Sourini, Vice President
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Vice President Kamala Harris
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www.whitehouse.gov/contact/

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(216) 522-7272
[www.brown.senate.gov/contact/
email](http://www.brown.senate.gov/contact/email)

Senator JD Vance
(202) 224-3353
(216) 539-7877
www.vance.senate.gov/contact/

U. S. Representative
Shontell Brown
(202) 225-7032
(216) 522-4900
www.shontellbrown.house.gov

State of Ohio

Governor Mike DeWine
Lt. Governor Jon Husted
(614) 466-3555
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contact-us](http://www.governor.ohio.gov/contact/contact-us)

Attorney General Dave Yost
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Auditor of State Keith Faber
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(216) 787-3665
[NortheastRegion@ohioauditor.
gov](mailto:NortheastRegion@ohioauditor.gov)

Secretary of State
Frank LaRose
(614) 466-2655
[www.sosforms.ohiosos.gov/
forms/ContactUs/Con-
tact-Us-Agency](http://www.sosforms.ohiosos.gov/forms/ContactUs/Contact-Us-Agency)

Treasurer of State
Robert Sprague
(614) 466-2160
[constituentsaffairs@tos.ohio.
gov](mailto:constituentsaffairs@tos.ohio.gov)

Ohio General Assembly

State Senator Kent Smith
(614) 466-4857

[www.ohiosenate.gov/members/
kent-smith/contact](http://www.ohiosenate.gov/members/kent-smith/contact)

State Representative
Juanita Brent
(614) 466-1408
[www.ohiohouse.gov/members/
juanita-o-brent/contact](http://www.ohiohouse.gov/members/juanita-o-brent/contact)

State School Board Member

Tom Jackson
[Thomas.Jackson@education.
ohio.gov](mailto:Thomas.Jackson@education.ohio.gov)

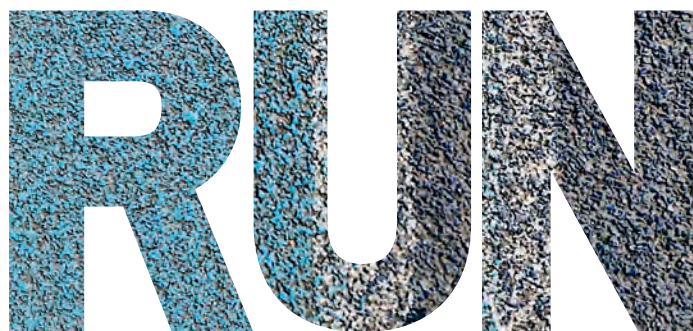
Cuyahoga County Government

Cuyahoga County Executive
Chris Ronayne
(216) 443-7178
[www.cuyahogacounty.us/exec-
utive](http://www.cuyahogacounty.us/executive)

Cuyahoga County Council
District 10
Cheryl Stevens, Vice President
(216) 698-2022
clstevens@cuyahogacounty.us



APRIL 26, 2023
FOREST HILL PARK



**The Liberty Oaks at Shaker Lakes
thrive because our cities have been
intentional about how and where
we plant trees.**



28 April @1PM

CLEVELAND HEIGHTS TREE CITY USA®

Arbor Day Foundation



Recognized for 45 years of sound urban forestry management.

POINTS OF INTEREST

1. City Hall | Police Headquarters | Municipal Court
2. Fire Station #1
3. Fire Station #2
4. Police Academy
5. Community Center
6. Main Library
7. Coventry Branch Library
8. Noble Branch Library
9. University Circle Area
10. Nature Center at Shaker Lakes
11. Cain Park
12. Barbara H. Boyd Park
13. Forest Hill Park
14. Forest Hill Baseball Complex
15. Cumberland Park
16. Denison Park
17. Turtle Park
18. Kenilworth Park
19. Coventry PEACE Park
20. Oxford Elementary School
21. Boulevard Elementary School
22. Fairfax Elementary School
23. Roxboro Elementary School
24. Canterbury Elementary School
25. Noble Elementary School
26. Caledonia Elementary School
27. Roxboro Middle School
28. Monticello Middle School
29. Delisle Options Center
30. Cleveland Heights High School



*24-7 tracking of service requests
in 21 different categories*

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 *A publication of the City of*
CLEVELAND HEIGHTS