

# FOCUS

WINTER 2024



WE  
ARE  
HORN



Accounting Clerk  
Assistant Director of Law  
Building Inspector  
Building Inspector—Electrical/Plumbing  
Community Center Building Foreman  
Deputy Bailiff  
Deputy Clerk  
Fitness Center Coordinator  
Forestry Technician  
Ice Rink Maintenance/Driver  
Ice Skating Safety Guard  
Laborer—Sewer  
Laborer—Streets  
Laborer—Refuse/Recycle  
Laborer—Vehicle Maintenance  
Permit Technician/Office Assistant—ABR  
Supervisor—Office of Aging  
Van Driver

SCAN HERE  
TO APPLY



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**Cover photo:** Winter Festivities in Cleveland Heights, January 1940. Before Cleveland Heights had an ice rink, the City would flood the Cumberland Pool parking lot to create a place for residents to skate.



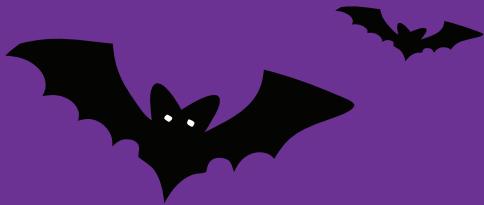
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# THE FOURTH ANNUAL **HEIGHTS** **HALLOWEEN** **FESTIVAL**

**PRESENTED BY DOBAMA THEATRE**

WAS SO MUCH FUN! CHECK OUT THE GALLERY OF PHOTOS TAKEN  
FROM THE OCTOBER 19 EVENT.



PHOTOS BY: CHRISTY LEE



# MEET THE CITY OF CLEVELAND HEIGHTS' SUSTAINABILITY AND RESILIENCY COORDINATOR

## ANDY A. BOATENG

PH.D. CANDIDATE AT KENT STATE UNIVERSITY

CERTIFICATE IN LEADING GREEN GROWTH, JOHN F. KENNEDY SCHOOL OF GOVERNMENT, HARVARD UNIVERSITY  
MA IN URBAN PLANNING AND GEOGRAPHY, THE UNIVERSITY OF AKRON

Hired in July of 2023, Andy Boateng's charge is to spearhead the City's efforts at creating a more sustainable community and building resilience to climate change and its impacts. He leads the development of the City's Climate Action and Resilience Plan, which contains strategies to reduce the emissions of greenhouse gases from City operations and the larger community, and to adapt to the current and projected impacts of climate change while addressing issues of equity and resilience.

Andy is a sustainability and climate change expert with nearly two decades of experience in the development and management of strategic environmental, social and governance solutions applicable at the corporate, urban, national and international levels.

A native of Tema, Ghana, Boateng's expertise is in addressing anthropogenic climate change with an emphasis on how communities can reduce their carbon emissions.

He previously worked in the consulting space where his work focused on building sustainable and climate resilient communities, and at the national level while advancing carbon mitigation research in academia. He was a national representative to United Nations Framework Convention on Climate Change (UNFCCC) for a in Europe and Africa. He serves on several technical committees and commissions and gives lectures in colleges on building climate resilient communities. He is currently a Doctoral Candidate at Kent State

University, with a dissertation focused on urban carbon emissions and multi-stakeholder collaboration aimed at climate change mitigation. He lives in the Greater Akron area with his wife and children.

*On the subject of regional approaches to climate change:* "The urban space is a major contributor of carbon emissions that play a pivotal role in climate change, which leads to impacts such as heat waves, flooding and poor air quality. These impacts affect people in the urban spaces and transcend city boundaries. It is therefore critical that, as cities such as ours embark on efforts to reduce their contribution to climate change and adapt to its impacts, we do so with a regional outlook. Having worked together with a team of experts on NOACA's regional climate action plan, it is evident that inner-ring suburbs such as Cleveland Heights are an integral piece to addressing climate change in our region."

*On his particular position with the City of Cleveland Heights, under the guidance of Mayor Seren:* "What excites me about this role is the Mayor's vision to create a sustainable, resilient and equitable community that continues to thrive in the wake of a changing climate. It is my hope that every stakeholder in our community lends their shoulders to the wheel, so we can together drive this vision to a sustainable destination."



# BUILDING CLIMATE RESILIENCE IN CLEVELAND HEIGHTS

*Cleveland Heights embarks on an ambitious plan to mitigate the impacts of climate change for all residents.*

It's been just over one year since the Office of the Mayor launched the Cleveland Heights Climate Action and Resilience Plan (CARP). CARP's announcement, delivered during 2023 Global Climate Week, marked a critical juncture in Mayor Kahlil Seren's long-standing commitment to prepare Cleveland Heights and its residents for the increasing impacts of climate change.

The Mayor's focus on climate preparedness began when he was still a member of City Council. In 2020, he introduced legislation to join Power a Clean Future Ohio (PCFO), a statewide nonprofit helping cities address climate change; and to adopt the "Ohio 30-by-30 pledge," a commitment to reduce the city's carbon emissions 30 percent by 2030.

Since his inaugural year, Mayor Seren has continued to make acting on climate change a priority of his administration, including implementing the city's automated recycling and refuse collection system, improving fuel efficiency, saving money, and further reducing carbon emissions; and beginning the process of shifting its fleet to electric-powered cars and hybrid police cruisers. The city also launched a lawn mower exchange program allowing residents to trade in their high-polluting gas-powered mowers for, thus far, 150 zero-emission electric lawnmowers.

Before formally launching CARP, the Mayor sought expertise in two key roles: He created the position of the City's first Sustainability and Resiliency Coordinator, hiring Andrews Boateng and the City entered into contract with Nutter Consulting, a firm led by former San Francisco Sustainability Director Melanie Nutter, to help oversee the CARP Process. Nutter has extensive experience with municipal climate action planning, especially in the state of Ohio. Boateng and Nutter Consulting formed a CARP committee of City staff, and conducted research to map out the current resources available to help implement the plan. Mayor Seren said of the collaboration: "Dr. Andy's role as CARP director, and our partnership with Melanie Nutter, means that Cleveland Heights has the expertise and guidance moving forward to make the plan—including its boldest aspirations, such as going carbon neutral by 2050—a reality."

CARP's 1<sup>st</sup> charge was to gather clear and accurate data about the ways our city government and larger community contribute to climate change, including how and where we expend greenhouse gas emissions. One of the first steps was to collaborate with PCFO to quantify and analyze the city's carbon emissions inventory. It's data showed that the largest sources of Cleveland Heights' emissions were energy to power facilities and homes and the fossil fuels used in transportation.

Next, the CARP committee initiated a vulnerability assessment: evaluating how our region's environmental vulnerabilities impact the most vulnerable among us. In this, Cleveland Heights is following the lead of Justice40, a Biden administration EPA initiative guaranteeing that 40% of all resources dispatched for climate change mitigation and investment go to low-to-moderate income (LMI) persons and neighborhoods.

Cleveland Heights' greatest environmental vulnerabilities—severe thunderstorms and other severe weather events due to precipitation—have noticeably increased. Environmental justice considers a person's resilience during and after a severe weather event as it correlates with their access to resources to prepare for, and withstand, the outcomes of such an event. The CARP plan prioritizes justice in two ways: citing research that outlines how disadvantaged, low-income, and communities of color are disproportionately impacted by climate change, and engaging the meaningful involvement of all residents so that everyone is "fully protected from disproportionate health and environmental effects and [has] equitable access to a healthy, sustainable, and resilient environment."

According to CARP findings, the most severe climate change impacts in Cleveland Heights include:

- Rising temperature, which increases the risk of heat-related illness especially for vulnerable people
- An increase in average precipitation and extreme precipitation events, causing flooding and public safety issues
- The increase in the prevalence of Lyme disease over the past 10 years
- A rise in ground-level air pollution, like ozone, impacting public health and exacerbating respiratory illness

In the Spring of 2024, bolstered by its research findings, and guided by its framework for justice,



# CLIMATE ACTION AND RESILIENCY PLAN (CARP) VISIONING WORKSHOP

PARTICIPANTS WERE ASKED TO SHARE THEIR INPUT ON

LOCAL CLIMATE IMPACTS  
AND ENVIRONMENTAL

**CONCERN\***

WEATHER  
EVENTS BECOMING  
MORE SEVERE AFFECTS  
OUR LIVES & HOMES

IMPACT ON PUBLIC  
HEALTH...  
LIKE ASTHMA & LYME DISEASE

POOR AIR & WATER  
QUALITY CONCERN

**WE ARE ALL IMPACTED**

**• RENTERS**

HAVE LIMITED  
CONTROL OVER  
THEIR HOMES

IT'S SO HOT UP HERE  
AND THE ROOF LEAKS!

**• BUSINESS OWNERS**

WOULD INCUR EXPENSIVE  
RESILIENCE  
IMPROVEMENTS

TRANSIT CHALLENGES  
CAUSED BY WEATHER  
IMPACTS MY EMPLOYEES



**• LOW-INCOME  
HOUSEHOLDS**

ARE  
DISPROPORTIONATELY IMPACTED  
BY EXTREME WEATHER

I CAN'T AFFORD  
AIR CONDITIONING  
OR A GENERATOR!

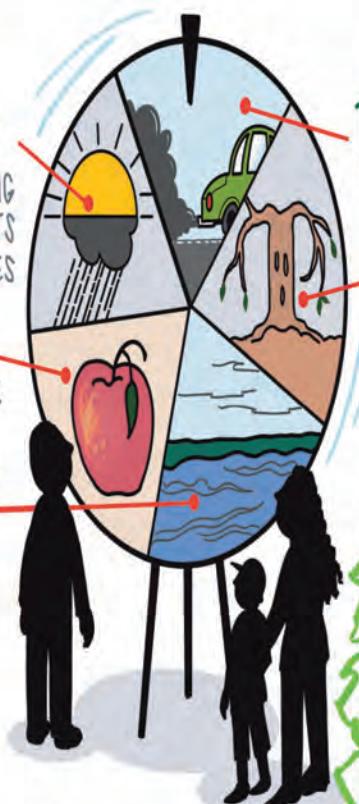
THERE IS NO  
SHADE AT THE  
BUS STOP & I  
GOT HEAT STROKE

**• YOUTH** WILL BE  
EXPOSED TO THESE ISSUES  
OVER A LIFETIME

I HAVE SO MUCH  
ANXIETY ABOUT  
THE FUTURE OF  
THE PLANET

**• SENIORS AND**

**MOBILITY &  
TRANSIT  
DEPENDENT**  
PEOPLE AFFECTED BY  
AGING INFRASTRUCTURE



HELD ON MAY 8, 2024 IN CLEVELAND HEIGHTS  
WITH 70+ COMMUNITY MEMBERS IN ATTENDENCE  
WITH OBJECTIVES INCLUDING UNDERSTANDING THE  
COMMUNITY'S PRIORITIES & NEEDS RELATED  
TO CLIMATE ACTION TO CO-CREATE A COMMON  
VISION FOR BEING READY & RESILIENT

**TRANSPORTATION** CONCERN, INCLUDING HOW  
COMBUSTION ENGINES IMPACT AIR QUALITY

WORRIES ABOUT **NATURE**  
INCLUDING DIMINISHING BIODIVERSITY  
AND TREE CANOPY

and WE BELIEVE THAT TOGETHER

**WE CAN ALL HAVE AN IMPACT**

- ELECTRIFY TRANSPORTATION & REDUCE CAR USE
- BOOST RENEWABLE ENERGY & ENERGY EFFICIENCY
- EXPAND COMPOSTING & RECYCLING WHILE REDUCING PLASTIC USE
- CAPTURE RAINWATER AND PROTECT OUR WATERSHED
- ADD AIR QUALITY SENSORS & TRACK AIR QUALITY
- REDUCE FOOD WASTE AND BUILD COMMUNITY GARDENS
- EXTEND TREE CANOPY & REPURPOSE BROWNFIELDS





*A lineup of some of the fully electric Chevrolet Bolts purchased for City use, especially for inspectors who spend much of their workday visiting sites. The purchase of this fleet of vehicles is one of many initiatives the City introduced to lower its fossil fuel emissions.*

CARP marked the end of its discovery phase and the beginning of direct engagement with Cleveland Heights residents. Its first public workshop in May focused on “Visioning.” Participants were guided through a series of presentations and group activities to eventually co-create a common vision for a climate-ready and resilient community. Over 80 people attended that workshop, and visual notetaker Johnine Byrne of See Your Words was commissioned to make an infographic capturing overarching sentiments and conclusions. (See Visioning Workshop infographic on page 11.)

In July, CARP hosted its second workshop on strategies for addressing climate change at the local level, using seven categories to organize the discussion: buildings and energy use, materials and waste, natural areas and land use, food systems, transportation, water and wastewater, and air quality and public health. The committee also shared actionable steps for addressing each category, including reducing financial barriers to energy efficiency and renewable energy for residents; prioritizing sustainable or recycled materials in city procurement, construction, and demolition; and restoring underutilized spaces for community gardens and urban agriculture.

The last workshop, held in September, was devoted to the topic of resilience. The committee asked participants to envision, given the probability of certain weather outcomes (major storms, flooding,

extreme heat, power outages, etc.) how a Cleveland Heights focused on resilience might operate, especially in relationship to our most vulnerable residents. Of all the workshops, this was the most hopeful, as it laid out realistic tools and resources for responding to climate change at the local level. Ideas included actively increasing the tree canopy, developing local microgrids to support critical infrastructure during power outages, and pre-approving and providing incentives for resilient commercial and housing materials.

Beyond the workshops, Nutter Consulting sought the input of as many community members as possible by launching CARP’s Climate Action Survey, and tabling at numerous City events, including the Black History Month Celebration, Pride in the Park, and an open house for the development of the Noble Road Corridor Comprehensive Planning study.

CARP’s final charge, under Nutter Consulting’s direction, is to issue the City’s plan for moving forward. That plan is being prepared for release as this issue goes to press and will be available on the City’s website for public review and comment. In the next issue of FOCUS, which is scheduled to come out in January, we’ll expand upon the plan’s findings and explore its strategies and recommendations for achieving the city’s emission reduction goals, protecting the community, and building its climate resiliency.

# HOW ARE WE DOING?

TELL US WHAT YOU THINK. EMAIL [COMMS@CH.GOV](mailto:COMMS@CH.GOV)





# HOLIDAY GIFT GUIDE

Starting this month, the City of Cleveland Heights challenges residents to frequent as many local businesses as possible over the holiday season. When you visit any local stores in the Heights (retail and service oriented), take a fun or creative picture, post it to your socials, and tag both the business owner and the City using the hashtags [#shoplocal](#) and [#ClevelandHeights](#).

If you have a particularly delightful experience or find that perfect gift, be sure to say so in your post. Not only will traffic to our local businesses increase, but so will our community spirit!

# 3

lack Friday and Cyber Monday are around the corner, and the push to buy is ramping up. Major retailers have been stocking winter holiday merchandise since before Halloween, and soon you'll be slogging through parking lots and shouldering through crowded stores.

There's an alternative to this big-box madness, though.

Cleveland Heights is lucky to have 11 commercial districts, where you can spend a leisurely afternoon getting coffee, shopping, eating lunch with friends, and catching a play, movie, or band—all while never leaving the community.

Our business districts are iconic, charming, and fun to visit. They're also a critical part of our local economy. This Gift Guide is a reminder you don't have to go far to get your holiday gifting done, to primp and prep for holiday gatherings, and get together with friends and family during the season.

This guide highlights businesses that are newer or have had recent changes or upgrades, but the Heights is home to more than 400 businesses. From bookstores to yoga studios, bakeries to clothiers, salons to boutiques, Cleveland Heights can be your one-stop solution for shopping, socializing, and supporting local businesses.



## CLEVELAND ROCKS & BEADS

Heights Rockefeller Building  
2499 Lee Boulevard  
[clevelandrocksandbeads.com](http://clevelandrocksandbeads.com)

Need a gift for someone crafty? Consider scheduling a class—or gifting one—this holiday season at Cleveland Rocks & Beads. The store is stocked with an array of glass, ceramic, metal, and natural stone beads, along with jewelry-making tools and hardware. Customers may buy supplies to take home or sign up for a class. Instructors teach beading techniques, and attendees walk away with bespoke pieces of jewelry. Staff also work with clients to repurpose family heirlooms into multiple pieces. Owner Jennifer Gerard suggests those considering gifting a class come in early, as their schedule fills up fast during the holiday season.



## POLISH ME PRETTY 2.0

3964 Mayfield Road  
[@polishmepretty216](https://www.instagram.com/polishmepretty216)

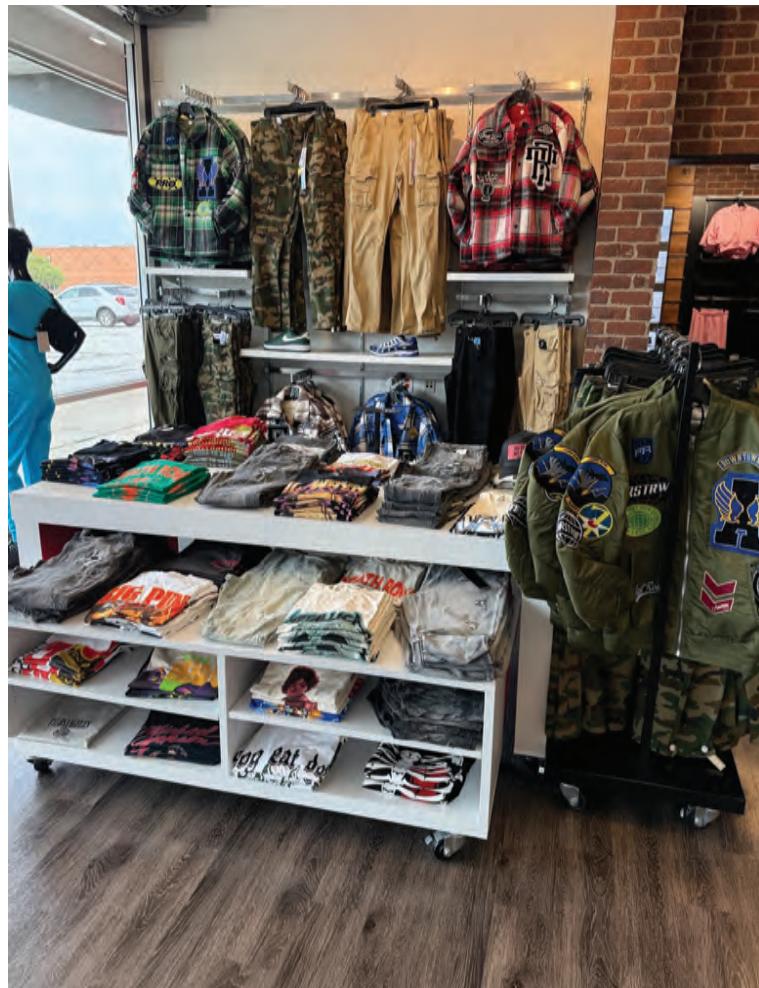
Give the gift of pampering this holiday. Polish Me Pretty 2.0 boasts highly-skilled cosmetologists offering their services in a lovely environment. Owner Shawnnell Thomas, a licensed manicurist for 25 years, runs the store with her daughters, Heaven and Shaniya, both licensed cosmetologists. Shawnnell's aunt, Germain Monroe, works there as a stylist and sells her own line of custom oils. Shaniya owns PYT Collection, an all-organic cosmetic line, and Heaven owns Hair Bullies, LLC. Participants who complete the three-day braiding course receive a license from the State of Ohio. Shawnnell emphasizes that "family is key" in growing and maintaining her successful salon. What keeps clients returning is the professional, clean atmosphere and sense of possibility. A graduate of Heights High, Shawnnell feels personally invested in the Heights and loves having a business here. She also owns Talk of the Town, a rentable event venue on Noble Road, with two of her cousins. This family makes things happen. To schedule services at Polish Me Pretty 2.0, call (216) 291-0799. Gift certificates are available.



## BLANC BOUTIQUE

3104 Mayfield Road  
[blancboutiquecle.com](https://www.blancboutiquecle.com)

Heights High graduate Anaija Scott has always been passionate about fashion merchandising and aesthetics. Blanc Boutique is a study in high design: curated rows of women's dress wear, work, and casual attire organized by color, and carefully chosen fabrics and textures to delight the eye. Soft music, aromatherapy, cozy lighting, and Scott's warm and welcoming personality guarantee a relaxing, comfortable shopping experience. Scott's collection is impressive, but she emphasizes affordability is key to her selections. "I want my customers to feel like they can buy a few staples and not break the bank," she said. Scott offers online shopping as well, which she began during the pandemic. Both keep her busy, but she prefers to meet customers in person and get to know them. Owning a business in Cleveland Heights means she "gets to be in-community while building community, too." Don't miss an opportunity to experience this delightful boutique for yourself.



## DTLR

Severance Town Center  
3580 Mayfield Road  
[dtlr.com](http://dtlr.com)

Got a fashion-forward young adult in your life? A shoe fanatic? DTLR may have just what you need! DTLR is a brand-driven sports and streetwear apparel store with locations across the country. Regional manager Jeff Clark is especially fond of the Cleveland Heights store. He grew up in the area and has enjoyed watching the store give back through the company's "Better Together" initiatives, which contribute funds and goods to area nonprofits, scholarship programs, back-to-school drives, and other philanthropic initiatives. At the Cleveland Heights DTLR, you get to feel good and fashionable.



## THE YOGA LAB

Severance Town Center  
3624 Mayfield Road  
[yogalabcle.com](http://yogalabcle.com)

Give someone the gift of good health. The Yoga Lab, owned by speaker, trainer, author, and East Cleveland Municipal Court Judge William Dawson, is nestled in Cleveland Heights' Severance Town Center. It offers all types of yoga, including chair yoga for seniors and beginning and advanced power flow classes. The studio also offers an ice bath cold plunge, a stretch class, and a dedicated meditation class. This fantastic group of teachers is dedicated to wellness and empowerment. Their motto is "Everyone is welcome!" and you feel it the moment you walk into the studio. Their special drop-in rate is \$12 per class, and memberships are available.



## CITITRENDS

Severance Town Center  
3472 Mayfield Road  
[cititrends.com](http://cititrends.com)

Cititrends is great one-stop shopping, right in your neighborhood. Store Manager Cherisse Roberts has run the Cititrends Cleveland Heights location for the past two years, and she's still amazed by all it carries. She likens Cititrends to a small department store with affordable selections of men's clothing, women's clothing, juniors, plus sizes, baby clothing, home decor, automotive gear, fragrances, toiletries, purses, cleaning supplies, and more. Cititrends is the perfect spot for everyone on your holiday list. It even carries Ohio State and Browns apparel, and matching family jammies for the holidays.



## HBN LUX

2122 South Taylor Road  
[hbnlux.com](http://hbnlux.com)

Nicolette (Nikki) Creel has owned her salon, HBN Lux, for a little less than a year. Still, her 11 years of experience as a licensed cosmetologist and her emphasis on client care and community outreach translate to instant warmth and confidence. With eight stylists, including a kids stylist, a wax specialist, and nail technicians on staff, Nikki gets to specialize in what she loves: natural hairstyles and extensions. Twice a month, she and her staff teach each other or go to workshops and classes to ensure they're up on the latest styles. She partners with Heights High School, providing students in the cosmetology program with on-site education and training. Nikki feels that everyone deserves to feel pampered, so she works directly with advocates to periodically provide free salon events for students in foster care, who might not have as many opportunities to frequent a salon. Look on her website and socials for more community events, including poetry readings, band nights, and chances to win service discounts. Gift certificates are available.



## CILANTRO THAI EXPRESS

13441 Cedar Road

[cilantrothaicle.com](http://cilantrothaicle.com)

Need a break from the kitchen during the holidays? Cilantro Thai Express will appeal to a crew of holiday visitors and their kitchen-weary hosts. Located near the corner of South Taylor and Cedar Roads, Cilantro Thai is set up for casual dine-in and carryout. It has been at its Cleveland Heights location for only a year and was already named a 2024 Best of the Heights Finalist for a carryout business. The owner, Charlie Somtrakool, says, “The Cleveland Heights community has been amazing,” and he looks forward to doing more with the location.



## JUBILEE! GIFTS IN THE HEIGHTS

3451 Fairmount Boulevard

[jubileegiftsintheheights.com](http://jubileegiftsintheheights.com)

Jubilee! is a feast for the senses. Owner, Carolyn Batcheller, has been in business for 19 years. Located in the loft space above Eastwood Furniture, the store's attached parking lot makes shopping super easy. Jubilee! is a curated, well-stocked boutique—a one-stop shop for gift-giving for an array of people, especially, as she says, for babies, birthdays, and housewarmings. You can find clothing, jewelry, Cleveland gear, housewares, pet accessories, stuffed animals, and much more at various prices. The mixture of textures, colors, and exciting gear makes Jubilee! a fun place to browse!



## CRITICAL HIT GAMES

13433 Cedar Road

[critical-hit.com](http://critical-hit.com)

Whether you're a novice player, hobbyist, or connoisseur, Critical Hit Games' carefully curated and impressive stock of board games and role-playing game paraphernalia is sure to impress. Owner Grant Hoskins will celebrate his store's tenth anniversary next year, and he credits his success, in part, to the board game renaissance of the last 15 years. While you're likely to find a classic but predictable collection of games at a big-box store, Critical Hit's selections are lesser known but more tactically interesting. Hoskins' specialty is helping customers discover new game obsessions or helping a clueless parent find the perfect gift for a kid interested in role-playing or Pokémon. The store also has an area in the back for scheduled gaming sessions with a high-end AV system, if needed. Attendees can bring a specific game or try something off the store's demo shelf.



## S'IL VOUS PLAY

3216 Silsby Road

[silvousplaytoys.com](http://silvousplaytoys.com)

Give the gift of play this holiday season. S'il Vous Play's owner Moriah Roj and shop manager Nicole Adams believe we all need more play in our lives—not just kids—which is why S'il Vous Play carries products for everyone. “We like to invite people of all ages and walks of life to interact and play,” said Roj. “We love it when visitors come in and touch the items, which is why we have many things on display.” Moriah and Nicole are happy to open up boxes so customers can experience their products, which are sourced from companies producing ethical and sustainable goods. S'il Vous Play also hosts kids' parties and other events, so keep them in mind next time you're looking for a whimsical setting full of games, and playthings galore!



## ARTISAN ANTIQUES & JEWELRY AND UPTOWN ARCHEOLOGY

Heights Rockefeller Building

3095 and 3113 Mayfield Road

[artisanantiquescleveland.com](http://artisanantiquescleveland.com)

Artisan Antiques & Jewelry and Uptown Archeology are located within a few doors of each other in the Heights Rockefeller Building. The stores house a wealth of rare, fun, and one-of-a-kind gifts, artifacts, and architectural items to suit all tastes and budgets. Owner Laurence has been in business in Cleveland Heights since 1980 and has a vast array of jewelry, including vintage sterling silver, and estate engagement rings and wedding bands. Art, pottery and glass, old advertising signs (beer, gasoline, etc.), paintings, prints, fountain pens, bronze, marble, and porcelain statues and figurines, swords and knives, lighters and cigarette cases, wrist and pocketwatches, cufflinks, toys, books, radios, coins, WWI & WWII memorabilia, fine silver, lamps, lighting fixtures, furniture, drafting tables, bookcases, wooden flat files, stained and beveled glass windows, doors, fireplace mantles, screens, and tools, wrought iron, and more. Included styles are Mid-Century Modern, Industrial, Arts & Crafts, Art Deco, Art Nouveau, Victorian, Asian, Primitive, etc. Holiday discounts and extended store hours begin November 29.



## WOOL & WILLOW NEEDLEPOINT

3475 Fairmount Boulevard

[woolandwillow.com](http://woolandwillow.com)

One word describes the energy at Wool & Willow: Bustling. Anne Forquer has owned the store for 20 years—14 at the Fairmount location. She barely stops moving during store hours, assisting customers, managing her extensive stock of needlepoint supplies, keeping up with custom orders, and teaching a range of classes. The store is packed with thread in every color and has scores of needlepoint canvases with original designs in almost any category imaginable—including Cleveland-themed ones. Forquer and her staff can also convert any needlepoint design into custom gifts, such as ornaments, stockings, bags, belts, pillows & trays. You have to see it to believe it!



**MADE CLEVELAND**  
1807 Coventry Road  
[madeCLEVELAND.com](http://madeCLEVELAND.com)

Made Cleveland may be the answer to your gift-giving prayers! It offers a unique shopping experience in the heart of the Coventry Business District. Representing more than 100 local artisans, the store is stocked with delightful, handmade goods and delectables, and it offers a refreshing alternative to online retailers. Its specialties include jewelry, prints, ceramics, housewares, sustainable self-care products, yummy pantry items, Cleveland-themed attire, and more. Follow them on @made.cleveland to learn more. Made Cleveland has also just set up a community fridge and pantry space in the store, where anyone can take and/or donate provisions between the hours of 8 am and 8 pm daily.



**VERO PIZZA NAPOLETANA**  
12421 Cedar Road  
[verocleveland.com](http://verocleveland.com)

You may think you know good pizza, but you might change your mind after trying one of Vero Pizza's artisanal, handmade pies. Owner Marc-Aurele Buholzer is passionate about his process. He makes fresh-from-scratch dough every morning and hand-selects both traditional and unusual toppings. Fried egg and hot honey, anyone? The results, delivered from the onsite, wood-fired pizza oven, are worth any wait. The atmosphere is classy, inviting, and low-key. Buholzer recently expanded the restaurant into the next storefront to include more seating, a private events room, and a fully-stocked bar. Come for the amazing pizza, and stay for the pizza, the pace, and the charm.



**MAMA JOYCE'S**  
2238 Lee Road  
*@mamajoyces\_soulfood*

At Mama Joyce's Soul Food, you're welcomed like family. Everyone gets a kind word, an upbeat conversation, and, if you're lucky, a hug! A gift card to Mama Joyce's is a real treat for anyone on your gift list. Whether you choose the Mac and Cheese—a recipe that went through nearly 50 iterations before reaching perfection—or you're craving fried fish or chicken wings, you're sure to leave with a full belly and a happy heart. Owners Rick Wilcox and Moe Ali named their restaurant after their mothers, both of whom were named Joyce. Rick and Moe agree, "We love Cleveland Heights, and Cleveland Heights loves us back."



**CEDAR-LEE BIKES**  
2309 Lee Road  
*cedarleebikes.com*

Let owner Matt Jaffe and his knowledgeable staff assist you in picking the perfect present for the cyclist you love! According to Matt, "Growing up here, I worked in all the bike shops in Cleveland Heights that are now closed. We wanted a bike shop in this city." Cedar-Lee Bikes carries city bikes, such as Bianchi and Jamis. Rocky Mountain brand bikes, pictured, are ideal for mountain biking but are not selling as well in urban and suburban areas like Cleveland Heights. If you've got a mountain biker in your life, it's a great time to head over to Cedar-Lee Bikes to get a Rocky Mountain bike at a lower price while they are still being sold in the shop. Bikes, helmets, baskets, bells, and accessories make amazing holiday gifts.



## POUR WINE AND GIFT

12427 Cedar Road  
[Pourwineshop.com](http://Pourwineshop.com)

Pour Wine and Gift Shop opened in the Cedar-Fairmount neighborhood earlier this month, just in time for the holidays. Pour offers fine wine, wine-related gifts, gourmet gift baskets, and more. Owner Ann Winings Lavelle says, "I am excited to have opened a specialty shop that I would like to frequent!" At Pour, Walt Wirth, a Cleveland native with over 30 years of experience in the fine wine industry, serves as your personal wine consultant. Pour opened with 500 wines from around the world representing key wine regions, including California, France, Italy, and Spain. Ann and Walt can assist you in selecting the perfect wines for your gift recipients!



## HEXAGON BOOKS

2184 Lee Road  
[facebook.com/people/Hexagon-Books/61561517695611](https://facebook.com/people/Hexagon-Books/61561517695611)

Growing up in Ecuador, Manuel Chinchilla read to be close to his father and fell in love with his first book as a teenager. He decided to share his deep appreciation for literature by opening Hexagon Books, specializing in world literature, multilingual books, and language learning. Manuel calls the shop an "international bookstore" and is pleased to offer books in their original languages and translations. Customers can find poetry, fiction, non-fiction, and more organized by region, culture, and topic. The bookstore has a separate children's room stocked with picture books in many languages, including Chinese. A series of Spanish or Italian language classes, taught by the bookseller himself, also makes a great gift!



## WIZBANG THEATER

2134 Lee Road  
[wizbangtheater.com](http://wizbangtheater.com)

Wizbang Theater is a rare gem in Cleveland Heights. Owned by Danielle and Jason Tilk, WizBang's 70-seat theater is nestled on Lee Road, just north of Cedar Road. It's home to circus, variety, musical, and puppet acts for families and adults only. A gift certificate to Circus School makes a high-flying present for kids ages 6-18. They'll learn aerial moves on Lyra/Silks, juggling, and acrobatics. For a fun-loving adult, how about a gift card to see a show and enjoy drinks at the Spirit Room Cocktail Bar? An experience at this weird and wonderful venue is anything but a typical gift!



## OLIE'S GIFT & SHIP

2313 Lee Road  
[oliesgift.com](http://oliesgift.com)

Olie's is a brilliant solution to your gift-giving needs! Owners Jason and Anco Davis have created a beautiful gift shop stocked from floor to ceiling with practical, adorable, and one-of-a-kind items that can be shipped to the recipient from their cash register. They carry everything from jewelry from local and international artists to stuffed animals, trinkets to socks, enamel pins to home decor. They are also a USPS, UPS, and Fed-Ex shipping center. Drop-offs are free whether you purchase in-store or not. Olie's also offers notary services, digital mailboxes, and even a puzzle exchange program. Bring in your completed puzzle (with no missing pieces!) and pick a "new" one to take home. With gifts suitable for people of all ages and at various price ranges, Olie's is a not-to-be-missed destination for holiday shopping and shipping in Cleveland Heights.



## SWEET SIREN

2180 South Taylor Road

[sweetsirenbakery.com](http://sweetsirenbakery.com)

Tiera Briggs, owner of Sweet Siren Bakery, is a woman who can and does do it all! She was the general contractor for the build-out inside her bakery and made the cabinetry and shelving. She's painted walls and learned how to design windows with elaborate balloon art displays. She bakes all her own cakes, cookies, and cupcakes, runs her small business, and is also a paramedic! A gift card makes a sweet treat for a friend, teacher, neighbor, or colleague. Better yet, stop in to pick up some fresh-baked treats for someone special on your holiday gift list. Christmas cookie pre-sales start December 1! Tiera is offering holiday cookie and cake decorating classes on two weekends in December. Follow Sweet Siren on Facebook for more information and be in the loop about their 12 Days of Christmas Deals and Giveaways.



## ELLIE MAY'S

1783 Coventry Road

[elliemayscookies.com](http://elliemayscookies.com)

Ivy Burge is the baker who makes the magic happen at Ellie May's Bakery, named for her two daughters. Ivy has mastered the art of creating sweet treats. Some of the items on her menu include cookies, brownies, cupcakes and even pints of cookie dough to-go. Patrons can order customizable ice cream flavors and baked-to-order cookies while they wait with any add-ins including toffee, pecans, white chocolate, M&Ms, Reese's Peanut Butter Cups, Oreos, chocolate chips, sprinkles and pretzels! At the holidays, and all year round, Ellie May's ships nationwide and offers local deliveries. A cookie tin full of Ivy's cookies or a custom made gift basket tailored to any recipient's wildest, baked-goods dreams, make perfect gifts for a sweet holiday season. Adorable Ellie-May's swag such as sweatshirts and cookie pillows, as well as the always-popular gift card, are other gift options that are sure to be well-received.



## ONE POT, HOT POT

1825 Coventry Road

[onepotusa.com](http://onepotusa.com)

HC Zheng opened One Pot, Hot Pot on Coventry Road in June, but as the owner of the well-known Seafood Shake, he was no stranger to the neighborhood. He was already invested in Cleveland Heights and wanted to share a new concept with the community. With Coventry's reputation for embracing new things, HC thought it would be perfect for interactive dining enjoyed by a table for two or large groups. One Pot, Hot Pot offers a unique experience for everyone at a reasonable price. HC recommends the BBQ for first-timers but says the Beef Belly Hot Pot is one of his favorite meals on the menu. The food is comforting, served in generous portions, and makes a tasty and thoughtful treat during the holidays...or throughout the year.



## FOODHISATTVA

2158 South Taylor Road

[foodhisattvacafe.square.site](http://foodhisattvacafe.square.site)

Foodhisattva may be a tad challenging to spell, but just think of it as a synonym for “the most delicious vegan food on the planet.” It is a locally owned, Asian-fusion restaurant where Josh Sias is a master in the kitchen, whipping up creative vegan delights from scratch, such as the Korean Reuben made with seitan and Sha Cha stir-fry noodles. Frances Cheng, lovingly and with great skill, produces desserts that are truly edible works of art. Cinnamon Apple Mousse Cake made with a vanilla cashew cream and Twix Disc, a dreamy shortbread, caramel and dark chocolate Twix-inspired scrumptiousness, are just two of the examples of the kinds of desserts you’ll find at Foodhisattva. An electronic gift card, easily purchased online, makes a great holiday gift for anyone, vegan or not. You can even make a gift of a cuddly plush Satoshi, the adorable Foodhisattva mascot sloth, or a samurai Satoshi t-shirt to show your Foodhisattva spirit!



## STEMS FLEUR

Heights Rockefeller Building  
2495 Lee Boulevard  
[stemsfleur.com](http://stemsfleur.com)

Gifts of flowers and plants can help infuse the Winter season with a bit of Spring, so consider visiting Stems Fleur, one of the Heights' most bustling flower shops. Co-owners and partners Chet Rojice and Scott Robertson have a steady stream of daily deliveries, and the sweet smell of fresh-cut bouquets fills the store. Their specialties range from small weddings and corporate events, to dinner parties and holiday centerpieces. You can also order arrangements on their website with a same-day delivery option. They keep a cooler of fresh-cut flowers for drop-in customers and a stylish selection of baskets and vases. Speaking of vases, Stems Fleur is a collection point for Big Hearted Blooms, a non-profit that donates floral arrangements to area hospitals. If you have any vases or other containers you don't need anymore, drop them off, and Stems Fleur will use them to brighten someone's day!



**THE FAIRMOUNT COCKTAIL BAR**, 2448 Fairmount Blvd, [thefairmount.net](http://thefairmount.net)

**BARRIO** - 2466 Fairmount Blvd, [barrio-tacos.com/locations/heights](http://barrio-tacos.com/locations/heights)

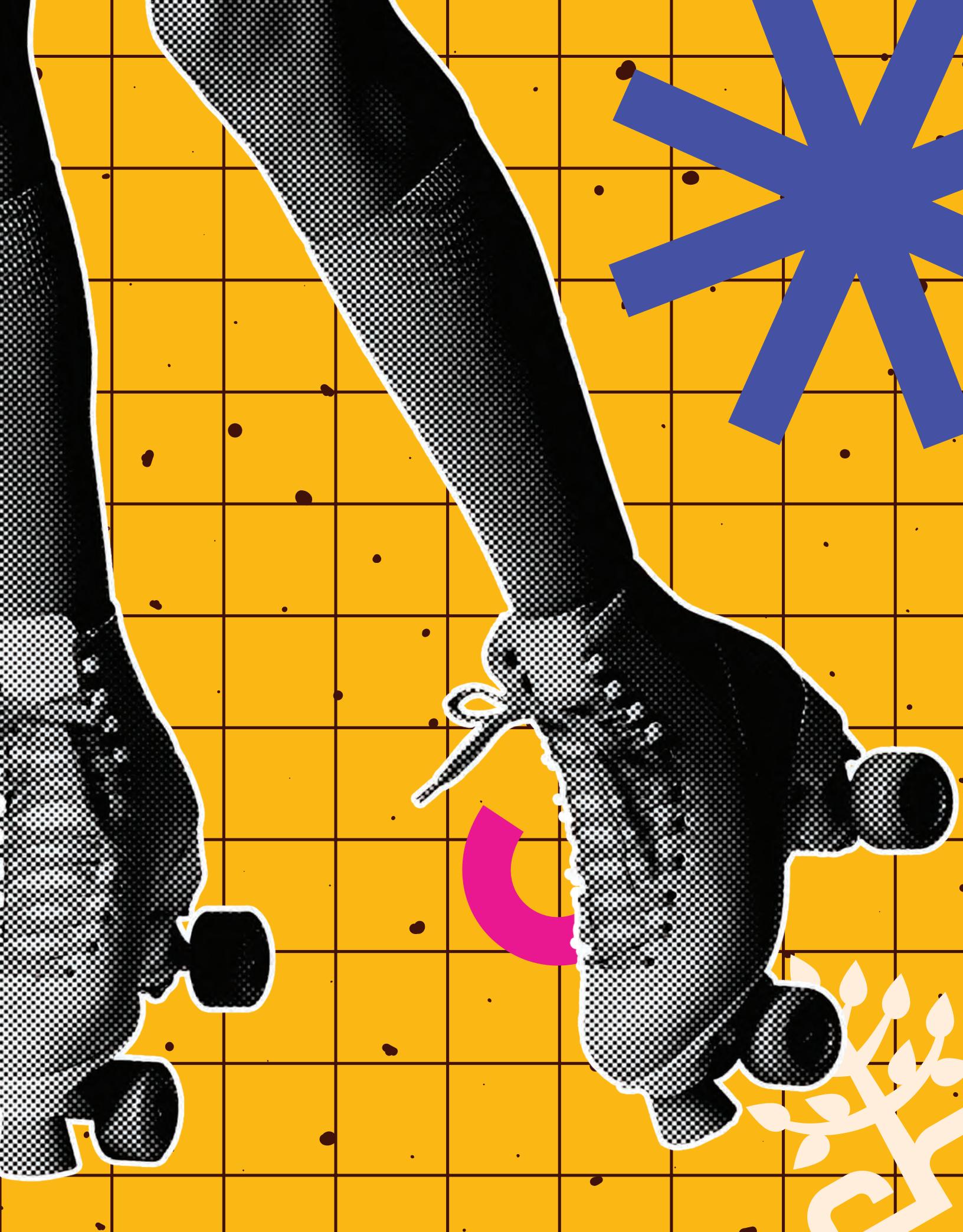
**LUNA BAKERY & CAFE** - 2482 Fairmount Blvd, [lunabakerycafe.com](http://lunabakerycafe.com)

Occupying most of the first floor of the Heights Medical Building, these three are staples in the Cedar Fairmount district with no shortage of loyal customers. But they experienced a set-back late-summer when a portion of the front-facing facade that spans the top of their shared building fell. To show your love, consider spending a family meal over the holiday season at one or more of these haunts. All three sell gift cards and offer catering options for larger events. The Fairmount can put together event gift baskets, and has reserved space options for holiday parties. Luna's signature baked goods—especially its seasonally decorated sugar cookies—make great host gifts and stocking stuffers.

# ROLLER DERBY

IN THE HEIGHTS







**P**icture this: South Rink, Cleveland Heights Rec Center, the sour of decades-old hockey funk in the air.

In the middle of a cluster of helmeted heads, perched on roller skates and gripping a teammate's shoulder, you steady yourself. You have a singular focus: to block the skater with the star on their helmet from crashing past you. Squatting in your knee pads, shoulders squared for impact, you grind your mouthguard and wait for the signal. Then bam! A swarm of black and blue jerseys jostle around you on a narrow track, skates sputtering and squeaking, shouted commands reverberating in the vaulted arena. On either side, black-and-white striped officials hover, blaring their whistles. The star veers toward an opening to the right of

the pack. The heat conjured from the collective effort is blinding, but you press sideways, jut your hip, and knock them out of bounds just before they eke by. They go sliding, skates first, fuchsia bike shorts and fishnets gripping the floor just enough to keep them from crashing into the bleachers by mere inches. Moments later, they're back in the pack, and the brawl starts again.

Welcome to the world of Roller Derby—a sport combining the speed of hockey, the physicality of rugby, and the theatricality of professional wrestling with the openness of a Pride parade. Cleveland Heights is the roller derby capital of Northeast Ohio and the epicenter of a diverse community interested in strapping on helmets and lacing up their skates.

Collectively, this community is made up of three teams: the Burning River Roller Derby, the Cleveland Guardians, and the Crooked River Roller Derby (a youth league for skaters seven to 17). Groovy uniforms aside, they represent a large coalition of skaters with shared teammates, coaches, game officials, rent costs, practice time, and marketing opportunities.

Since 2022, when the fog of the pandemic lifted enough to reinvigorate contact sports, the two adult leagues have exclusively practiced and hosted home games at the Cleveland Heights South Rink.

Players anoint themselves with roller derby names and are encouraged to adopt a persona on the track that expresses different, sometimes hidden, parts of their personalities. Many names express a brazenness or fierceness that challenges normative gendering, accounting for the large representation of LGBTQ members.

But despite monikers like Slay-Her Swift, Dement-Ed, and Golden Malicious, the group takes the rules of safe engagement seriously. They abide by strict regulations outlining how players can “block” and “ambush” each other: There’s no shouldering anyone above the neck, in the back, or below the knees. No use of force from the elbow or knee down. No clotheslining. Players can, and do, “check” each other, and medics are present at every game as a precaution.

The game—called a bout in roller derby parlance—consists of five members from each team (one “Jammer” and four “Blockers”) maneuvering around a track to score points. There are no balls, rackets, pucks, or sticks. Instead, each Jammer (identified by the star on their helmet) earns points for their team by passing all four of the other team’s Blockers. The Blockers, collectively known as the Pack, have two purposes: to keep the other team’s Blockers from blocking their Jammer, and to prevent the other team’s Jammer from “lapping the Pack.” (Watch out for Miss Directed Anger. She’s stealth on wheels. A skilled Jammer, she can find the craziest openings in the sea of elbow pads and knee socks.)

Beth Flynn (a.k.a Aphrobitey), Burning River player, coach and board treasurer, explains

that this fast-paced but complex game appeals to the “neuro-spicey”; there is a wide range of neurodiversity in the roller derby community, further contributing to its accepting vibe.

Community is the word members overwhelmingly use to describe the collective feeling the team affords.

Audrey Stainbrook (a.k.a. Audrenaline Rush) discovered the sport ten years ago when she was in eighth grade. “I was a unique kid who struggled to find peers I related to.” She saw a roller derby demonstration at a Pride Parade and told her mother, “I have to try that.” She now considers it “one of the most loving, welcoming, accepting groups to be a part of.”

Thea Mukhi (a.k.a. Gal Fawkes) has been on the team for two years and says she especially appreciates the “comfort I feel in the space [as a trans person] without it being too ‘gate-keepy.’”

The sports’ reputation for openness lends itself to the proliferation of both ‘borderless’ and ‘collective’ teams, such as the Black Diaspora, Indigenous Rising, Trans Rollers United, and DESI – a Southeast Asian group. Thea is a member of the latter two.

“I did a bunch of sports in high school and college, but nothing quite fit for me. The ‘learn to skate’ component [of roller derby] really drew me. They teach you from the ground up, which I liked. What kept me playing as I learned the sport was the community.”

The Guardian’s League President Zak Smith (a.k.a. Shred) emphasized that, for a less mainstream sport like roller derby, “the community center is truly unique. This amazing facility has made the Guardians and Cleveland Heights the go-to [venue] in the derby community.” Adding, both “the venue and [CH] staff are why [national] teams reach out to us to host them. The staff there is always amazing and accommodating: true first-class customer service.”

“We really love having the space. It has been tremendous for us. We don’t have to worry about getting [play or practice] time. The Rec Center staff have been so helpful.”



**SAMIRA (MIRA) RHODES (A.K.A. EDGE)**  
SPECIAL EVENTS COORDINATOR  
CLEVELAND HEIGHTS PARKS DEPARTMENT

*“When I started doing events for Cleveland Heights, I saw Burning River practicing after work and knew I had to join. The full contact nature of roller derby challenges me to rebuild my trust in my body. So, the timing was perfect because I had been deconstructing the religious culture of my youth, which taught me to mistrust it. It’s empowering and I’m glad we offer it at our community center.”*

What's more, anyone and everyone—of all levels of athleticism and all ages—is invited to play. The adult leagues have found plenty of “big kids” who want to try roller derby but have little to no skating experience. For this bunch, there is the Skater Tot's program, which, according to the Burning River website, is “designed to take anyone from zero skate experience to roller derby ready” in 13 weeks.

Imagine that's you, sitting on track post game—sweaty, exhausted, and giddy from all the fun. A teammate says, “Where are we headed tonight? Voodoo? Bottlehouse?” Or maybe another favorite Cleveland Heights haunt.

It's fun to give back to the community that has helped reinvigorate your favorite sport. More than that, it's fun to be a part of a community, too, where truly all are welcome.

**JEREMY COPEK (A.K.A. ZERO)**  
GUARDIAN'S CO-CAPTAIN AND  
CERTIFIED ROLLER DERBY OFFICIAL

*“All Cleveland Guardians Roller Derby games are free for CH residents. We want to show off this awesome sport and give back to the city that hosts us.”*



## ROLLER DERBY BASICS

Games are called "bouts" and are played on oval flat tracks. Bouts are played in two thirty-minute sessions and sessions are made up of two-minute "jams."

During each jam, both teams have five players on the track—a "jammer" and four "blockers."

- The four blockers from each team are collectively known as "The Pack." All eight pack members must stay within ten feet of one another.
- Jammers score points by lapsing the other team's blockers. Jammers start behind the pack and must fight their way past the other team's blockers.
- Penalties are given for illegal or unsafe play, penalized players sit out for 30 seconds of a jam.
- One blocker from each team is designated a "Pivot." They can become their team's jammer by executing a "Star Pass."

## CLEVELAND DERBY IS KIND OF A BIG DEAL...

Since 2022, the derby scene at the CH South Rink has drawn quite a few out-of-towners for headline events, such as:

- In 2023, the Men's Roller Derby Association (MRDA) held its Championships, featuring the top 10 teams in the sport. Guardians co-captain Jeremy Copek was awarded "Volunteer of the Year" by MRDA for organizing the event in Cleveland Heights.
- In August 2024, they hosted Women's Flat Track Derby Association's Team USA Tryouts for the 2025 World Cup event in Austria.

Cleveland Guardians are going to Birmingham, UK in June 2025 for a tournament called Brummies Summer Smash.



*“I had no idea what the sport was until I watched it happen. It’s so immersive in person. It’s also really fun to whiz around on skates for two hours. And if you’re interested in the game but not playing, there are lots of other roles. We need skating and non-skating officials, medics, and announcers to name a few.”*

THEA MUKHI (A.K.A. GAL FAWKES)



*“I am an emergency room nurse, and Roller Derby is a great way to get my stress out. It’s also fun having such good friends here; we talk about our days and really decompress.”*

AUDREY STAINBROOK (A.K.A. AUDRENALINE RUSH)



*“I moved to Cleveland during COVID when it was really hard to meet people outside of work. I saw how the sport could combine my interest in building personal strength with physical activity in a non-traditional environment. The community has kept me here.”*

KIARA VANCE (A.K.A ASTRO)





## CLEVELAND HEIGHTS BRINGS SAFER STREETS INTO FOCUS

**O**n a warm evening in late July, more than 50 people are slowly rolling their bikes through the tree-lined streets of Cleveland Heights. It's a mixed group of city staff, Heights Bicycle Coalition members, and interested residents who have joined Mayor Kahlil Seren for his annual "Bike with a Mayor" event. They've already stopped for water and ice cream sandwiches, and they're now grinding up the hill from Cain Park into the surrounding neighborhood.

As the group's next stop comes into view, a few people gasp in surprise. It's their first time seeing the new project taking shape at South Compton Road near Hyde Park Avenue. The orange barrels and fresh asphalt path weren't much to look at, but they were the first stage of installing the South Compton Greenway, a new connector with gains for cyclists that grew out of plans to

address cars speeding through the neighborhood and a demonstration of reuse for vacant land in Cleveland Heights. For some, like local resident Elaine Price, it culminated a decade of work and advocacy.

What started with a proposal for infill housing led neighbors to reach out to city officials with concerns over architecture that they felt did not match with the existing homes in the area. They took walking tours and provided feedback on speeding, which led to ideas for traffic calming and vacant land reuse; a small handful of residents came together and provided input to the Compton Greenway Plan.

"It was prompted by the vacant land," Price said, "but the number one reason we wanted it was the cars running stop signs and the speeding. We



have little kids playing on front yards, so, it was a safety thing.”

### ***Cars are King***

Cars have been king of Cleveland Heights’ streets for much of its history. Cleveland Heights is crisscrossed east to west and north to south by multiple thoroughfares—Lee, Taylor, Warrensville and Fairmount, Cedar, and Mayfield. These roads were built with speed as the priority. While you could walk and bike within Cleveland Heights’ neighborhoods, because of these thoroughfares, getting from one neighborhood to another was more convenient by car.

Nonetheless, people continued to bike and walk, and gradually interest in alternatives to cars grew—as did the alarm over the number of deaths and severe injuries from car crashes.

In the early 2010s, a small group of Heights residents began raising concerns about the conditions for biking, walking, and other non-motorized modes of transportation. They wrote

letters to elected officials, attended City Council meetings, and joined groups like the Heights Bike Coalition (HBC) to share their experiences about what they saw as a transportation system that favored speed over safety.

“Becoming a father and having two young kids who we walk and bike together has really opened my eyes to how dangerous our streets are,” says HBC member, and Cleveland Heights resident Joe DeWitt-Foy. “That’s what drives me to go to [public] meetings – wanting to make sure I can or my wife can take our kids out biking. We want to see cars yielding to pedestrians at crosswalks and dangerous driving behavior around cyclists [addressed]. I’ve always biked as a form of transportation, but becoming a dad has shifted my focus a bit.”

DeWitt-Foy says a lot of progress was made from 2014 to 2017, starting with Cleveland Heights City Council forming a committee that, in its different incarnations, advised the city on transportation and environmental matters. The

discussions this group prompted led City Council to adopt two significant policy commitments. In 2018, City Council passed a Complete and Green Streets ordinance requiring major road construction projects in the city to be inclusive of all transportation choices. Later that year, the National Complete Streets Coalition chose Cleveland Heights' plan as the best in the country. With its plan in place, Cleveland Heights would have to take bikes, wheelchairs, scooters, walking, and mass transit into account when rebuilding its streets.

After a period of little progress from 2017 to 2021, DeWitt-Foy adds, City Council passed a resolution committing the city to the goals of Vision Zero, an international movement working to end car crash fatalities. Some cities, like Norway's capital, Oslo, made changes that resulted in no car crash fatalities among that city's cyclists and pedestrians in 2019. Cleveland Heights intended to follow their lead.

During the pandemic, eliminating deaths among pedestrians and cyclists looked like an achievable goal. Social distancing and telework emptied the streets of cars, and many people started walking and biking. As we emerged from the pandemic, however, streets once again filled up with cars—only now they shared those streets with many more bikers and walkers. Driving habits like dress codes became loose and fast. The combination made it plain that the underlying street safety conditions hadn't improved but worsened. Deaths and injuries from car crashes spiked. From 2018 to 2022, fatal car crashes in the United States increased by more than 16%—from 36,835 in 2018 to 42,795 in 2022, according to the NHTSA.

"We seemingly lost our ability to drive sensibly," observed Cleveland Heights Planning and Development Director Eric Zamft. "People began to realize our roads—and public spaces—were not built for people who weren't in cars," he said.

Mayor Kahlil Seren prioritized safe streets when he took office in 2022. The Seren administration launched a pilot street calming program to slow traffic on neighborhood streets and found a policy solution allowing the city to reduce the speed

limit from 35 to 25 miles per hour along residential sections of major thoroughfares. That same year, two pedestrians were struck by cars and killed on Lee Road, driving home that Cleveland Heights' efforts toward Vision Zero were only beginning.

"Noble Road is probably the most ambitious street we will include in the ATP," said Zamft about the city's Active Transportation Plan.

"Ordinarily, a city wouldn't be able to take on a project like this because they are so expensive and time-consuming. With the ATP, we are in the (state transportation) system with a state-funded plan."

Cleveland Heights also applied for and won a \$225,000 grant from the federal government to create a Comprehensive and Equitable Safety Action Plan (CESAP) identifying high-risk streets and intersections and strategies for making them safer.

"You have a passionate community of advocates who really want to see meaningful improvements, a change to the environment that makes it more welcoming to walk and bike," said Vincent Spahr of Kimley Horn, the consultant the city hired to shepherd the CESAP's completion.

"We want to focus on the community centers where people hope to enjoy and have a lot of interactions like Cedar-Lee, Cedar-Fairmount, Noble, and the other business districts."

### ***Equity is essential***

"There are far more households (in Cleveland Heights) without cars (or the number of cars on our streets) than you would guess," said the city's Geographic Information Systems Specialist, Ken Bernard. "Roughly one-third of the population doesn't drive for reasons ranging from age, ability, lifestyle; as a group, they were ignored in the past. That doesn't mean they're not there."

Zamft said that as part of the CESAP effort, the city held sessions to hear from both children and the technical advisory committee, which consisted of residents and staff. These sessions included organized walks and bike rides.

Recommendations, engineering drawings, and project cost estimates will arrive before the end of 2024, with demonstration projects as a possible interim strategy.

“We have this incredible opportunity with two great comprehensive plans focusing on how to improve active transportation, and the CESAP focused on how make it safe and equitable,” DeWitt-Foy said. “They were put together by a wide swath of community members and city staff and experts in the field, and the city is going to get them in a matter of weeks. Now it’s really on the city and council to prioritize and fund them.”

This summer, the city began building the South Compton Greenway, years after advocates and

neighbors called for repurposing vacant land and calming traffic with pocket parks and mini-roundabouts. Zamft is excited about this and the demonstration project funding the city applied for based on the CESAP Plan.

“We want people to feel safe whether they’re driving or not,” Zamft says. “More people are choosing to walk in Cleveland Heights. There is a culture shift. We haven’t noticed it yet and should give ourselves a little more credit.”

*Attendees of the City's CESAP public workshop*



# TRAINING THE NEXT GENERATION OF POLICE OFFICERS



Matt Lasker never shies away from challenges. Right now, he's juggling several.

Sitting in his cramped wooden-paneled office behind the Cleveland Heights Police Department (CHPD) firing range, Sergeant Lasker is working his way through a pile of paperwork for the Heights Police Academy, which he was promoted to lead in 2020. He was recently promoted again and is adjusting to the new rank of Commander. In his spare time, he and his wife are preparing for the arrival of their third son this February.

Amidst this flurry of activity, Lasker was invited to attend a special FBI training course in Quantico, Virginia in June 2025.

Still, he takes it all in stride.

"It's going to be a lot," he says. "Stressful, but the good kind of stress."

Not bad considering, at one point, Lasker was not sure he would be a police officer.

Lasker played baseball for Maple Heights High School and Myers (then Chancellor's) University. After graduating college with a double major in Criminal Justice and Forensic Accounting, he accepted a job as a clerk at an accounting firm. Two weeks later, he heard back from CHPD about a patrol officer opening, and the accounting firm was in the rearview mirror.

After graduating from the Cleveland Heights Police Academy, he served for several years as a basic patrol officer and then as an on-road

detective. While on the job, he earned a Master's Degree in Justice Administration from Tiffin University.

This was before he was bitten by the teaching bug.

"I truly enjoy teaching," Lasker said. "I'm more of an athlete. I have a competitive, team nature, and so does law enforcement."

"I like a team atmosphere. I like something different every day. I love training officers already on the job; it's one of my passions."

It wasn't always that way. A negative experience when he was a cadet really opened his eyes.

"I remember when I was struggling in a class, feeling kind of cut off. I didn't get the attention I needed. It sparked something in me."

He trained to be an instructor and earned his certification from the Ohio Peace Officers Training Association (OPOTA). Training to be an instructor kept his skills sharp and gave him the confidence to lead. When it came time for a leadership change at the Academy, he dove headlong into the challenge.

"I had no idea what I was doing," Lasker said. "I had nobody to train me [to run the Academy]. I don't like to talk about something I'm not good at to get in front of others."

**Left:** Cadets train at Cleveland Heights' Police Academy. **Right:** (from left to right) Mayor Kahlil Seren, CHPD Chief Chris Britton, Ohio Attorney General David Yost and Commander Matt Lasker at the Cleveland Heights Police Academy's STAR Academy Recognition Ceremony.



In the four years since taking over the Academy, Lasker has overseen adding a workout facility and a space for a 'subject control' class to the Academy's facility, a former firehouse on Noble Road. He also grew the Academy's class size from a low point during the pandemic to a string of classes with 15 and 16 cadets.

Cleveland Heights is the only city in Cuyahoga County other than Cleveland that operates its own Police Academy. Lasker sees it as an advantage for the city because it provides CHPD with a pipeline for new officers and a venue for current officers to build their skills. Like Lasker, some officers have learned that they enjoy training new officers.

"It's not only the convenience of training here, but our officers are coming from our academy. We're setting the standards."

Those standards, in Lasker's view, include being engaged in the community.

"I feel like, as a police officer, growing in this profession, you have to figure out what you're good at and passionate about. I was passionate about being a police officer. I did that; I climbed the ranks and found the next challenge. I try to keep an open mind and not get too comfortable".



# REGISTER ONLINE



SCAN ME TO SIGN UP  
FOR ALL THINGS WINTER



## REGISTER FOR CLASSES ONLINE 24/7.

### YOUTH RECREATION FUND

The Youth Recreation Fund provides financial assistance to children living in Cleveland Heights-University Heights City School District who may 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.

### 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.

### PICNIC SHELTER RESERVATIONS

- Shelters at the locations listed below are available for general use by Cleveland Heights residents on a first come, first served basis and by pre-authorized reservations.

*Barbara H. Boyd Park*

*Cumberland Park*

*Denison Park*

*Forest Hill Park 1*

*Forest Hill Park 2A and 2B*

- Each shelter contains a specified number of grills and picnic tables.
- Only the shelter at Denison Park has electricity.
- Cleveland Heights residents may reserve shelters at any of these locations. East Cleveland residents may reserve the Barbara H. Boyd Park shelter since the Park includes land in both Cleveland Heights and East Cleveland.

- Eligible individuals may rent one (1) shelter annually. Proof of residency must be provided when making a reservation.
- Reserving a shelter costs \$25 plus a \$50 security deposit.
- Shelters may be reserved from May 1 through October 5, 2025. Reservations will be accepted beginning January 6, 2025.

After (October 5, 2025) all Park Restrooms are closed until the weather permits in the Spring.

- Contact the Community Center registration desk at 216-691-7373 for additional information.

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.

You can register in person for most programs at the Community Center during the hours listed below.

**Monday-Friday 6:00 am-9:00 pm  
Saturday-Sunday 9:00 am-5:00 pm**

# THE FIELD HOUSE

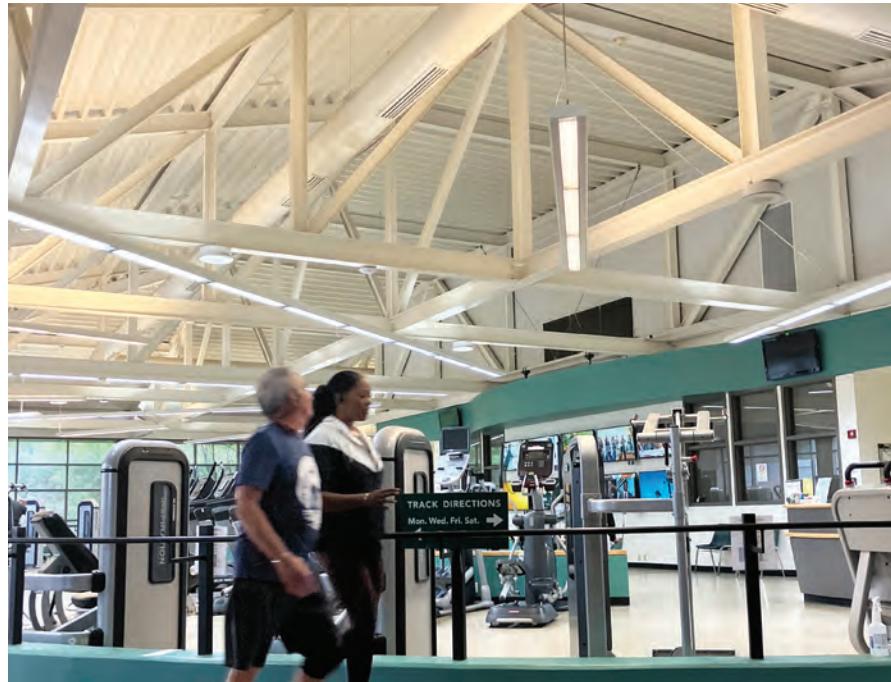
## ANNUAL PASSES, 30-DAY PASSES, AND DAILY ADMISSION AVAILABLE.

Residents of Cleveland Heights may use the Field House which includes the Fitness Center, Track, and Gym, at the Cleveland Heights Community Center by:

1. Paying \$6 per day to use the Field House;
2. Purchasing an annual Field House/Fitness Center pass for unlimited usage of the Field House\*; or,
3. Purchasing 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 on the Track.



*Ty Richardson, head of personal training at the Rec Center, walks the track.*

physical and cognitive limitations, such as rehabilitation from injuries or surgeries. All of our personal trainers are certified and insured fitness professionals with years of experience. Our facility has a large variety of training equipment, including a private training room with specialized equipment.

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

### PERSONAL TRAINING SERVICES

We offer one free 30-minute personal training demo for new community center members. Ask about our NEW weight loss and wellness programs! Individualized personal training programs are adapted by certified experts to fit your goals and needs. All of our expert trainers design your individual program to make your goals a reality. All fitness levels are welcome, ages 13 and up. One-on-one, couples, and small group training sessions available for 60-minute and 30-minute sessions.

Together with your trainer, you will develop safe and effective workouts to improve your muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Our trainers are able to accommodate many

# ROOM RENTALS

The Community Center has several rooms to accommodate your next event no matter how big or small. Tables and chairs are available for your specific set-up style. Please feel free to visit the Community Center to view any of our indoor facilities. Should you be interested in reserving a room please contact the front desk at 216-691-7373 and let the Community Center make your event one to remember!

All persons must reserve the room in person and submit an Indoor Facility Request Form no less than fourteen (14) days in advance of rental. Payment of half the rental fee, along with the security deposit, is due at the time the request is submitted. Final payment in full is due no later than 48 hours prior to the start of the scheduled event (credit card preferred). Failure to make final payment prior to the start of the event will lead to cancellation.

Please visit [chparks.com](http://chparks.com) for additional facility rental rules and requirements.



## ACTIVITY ROOM 1A/1B

Maximum Capacity: 50  
Cost: \$55/hr. CH RES  
\$110/hr. NON-RES  
Security Deposit: \$110

## ACTIVITY ROOM 7 (kitchen available)

Maximum Capacity: 100  
Cost: \$110/hr. CH RES  
\$220/hr. NON-RES  
Security Deposit: \$220

## SOUTH ATRIUM

Maximum Capacity: 50  
Cost: \$35/hr. CH RES  
\$70/hr. NON-RES

## MULTI-PURPOSE ROOM

Maximum Capacity: 150  
Cost: \$150/hr. CH RES  
\$300/hr. NON-RES  
Security Deposit: \$300



## SOUTH FIELD HOUSE

Maximum Capacity: 600  
Cost: Fee will be based on usage (\*)

Long-term rental: \$50-\$70/hr.  
Daily rental: \$150-\$250/hr.  
Trade show: \$1,000/day  
Security Deposit: \$500

## GYM

Maximum Capacity: Depends on activity  
Cost: \$50/hr.

\*The South Field House and Gym may be rented through the Sports Manager. Please call 216-691-7383 for availability.

# SENIOR ACTIVITY CENTER

## BECOMING A MEMBER IN 2024 IS FREE AND EASY!

The Senior Activity Center is open Monday–Friday from 9 am to 4 pm

Senior activities include arts and crafts, line dance, book discussions, card games, Zumba, accessible yoga, senior strength training, lectures, wellness programs, and more.

Contact the Senior Activity Center for class dates and registration information at (216) 691-7377. You may also visit [chparks.com/202/Senior-Activity-Center](http://chparks.com/202/Senior-Activity-Center).

### MEMBERSHIP INFORMATION

Senior Activity Center membership is limited to Cleveland Heights residents and non-residents residing in the Cleveland Heights-University Heights City School District aged 60 or older with a current Senior ID. IDs may be obtained at the Senior Center or Community Center front desk at no cost. Proof of residency is required.

*Transportation to and from the Senior Activity Center is available for Cleveland Heights senior residents and must be scheduled in advance by calling (216) 291-7194.*



# FREE ONGOING PROGRAMS

SENIOR ID REQUIRED TO PARTICIPATE

## TABLE TENNIS

Join in the fun and get a workout too!

Day: Mondays

Time: 10 am

## BOOK DISCUSSION

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

Day: First Thursday of the month

Time: 11 am

## GENEALOGY GROUP

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

Day: Second Wednesday of the month

Time: 2 pm

## ¡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 pm

## MATINEE MOVIE

Join your Senior Center friends for a 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.

*Advance registration is required.*

Day: Last Friday of each month

Time: 1 pm

## MEDITATION AND RELAXATION

Let go of stress and relax by participating in this meditation group. Limit 12

Day: Mondays

Time: 11 am

## 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

## SENIOR WALKING

Seniors who do not have a fitness center pass can walk the track. Participants must scan a current Senior ID at the Senior Activity Center desk.

Day: Monday-Friday

Time: 9 am-1 pm

## TAI CHI + QIGONG

Tai Chi is a movement activity, while Qigong is an ancient form of breathing skills. Both bring better health and inner peace. All levels are welcome.

Day: Tuesdays & Thursdays

Time: 10 am (South Atrium)

## STITCH TOGETHER

Join the Stitch Together group to learn about knitting, crocheting, other needle crafts and work on your own projects, and enjoy good conversation!

Day: Fridays

Time: 1 pm

## CARD GAMES

Join your Senior Center friends in playing Bid Whist, Bridge, and Pinochle.

Day: Tuesdays

Time: 12:30 pm-3:30 pm

## WII BOWLING

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

Day: Wednesdays

Time: 1 pm

# PAID PROGRAMS



## ACCESSIBLE YOGA

Modified for seniors, this style of yoga links movement and breath, increasing flexibility and balance. Please wear comfortable clothing and bring a mat with you.

### Winter 1

Day: Friday  
Dates: December 6–December 27. This session is only four weeks.  
Time: 11:30 am–12:30 pm  
Cost: \$20 CH RES  
\$25 UH-RES

### Winter 2

Day: Friday  
Dates: January 10–February 14  
Time: 11:30 am–12:30 pm  
Cost: \$25 CH RES  
\$30 UH RES

## FITWALK

This is an active indoor class that includes brisk walking to increase heart rate, strength training, exercises to increase range of motion for the upper body, balance, core control, and flexibility.

## Winter 1

Day: Friday  
Dates: TBD  
Time: 10-10:45 am  
Cost: \$20 CH RES  
\$25 UH RES

## QUILTING

Learn hand piecing and hand quilting techniques, beginning with a simple basic quilt block and moving on to more challenging designs. Beginners and experienced quilters are welcome to the quilt community for lessons and tips. We hold occasional lessons on machine piecing. We will provide new participants with a basic list of supplies.

### Winter 1

Day: Tuesday  
Dates: January 7–February 11  
Time: 1–3 pm  
Cost: \$15 CH RES  
\$20 UH RES

# PAID PROGRAMS

## LINE DANCE

Participants will learn some of the latest group dances—and some old ones, too—through step-by-step directions. Wear comfortable clothing and shoes, bring a water bottle, and get ready to have fun and get moving to good music. All levels are welcome.

### Winter 1

Day: Friday  
Dates: January 10–February 14  
Time: 1–2:30 pm  
Cost: \$30 CH RES  
\$35 UH RES

## STRENGTH TRAINING

Exercise with weights, increasing muscle mass/strength and bone density and improving balance and overall wellness.

### Winter 1

Days: Monday & Wednesday  
Dates: January 6–February 26  
Time: 1–2 pm  
Cost: \$40 CH RES  
\$45 UH RES

## ZUMBA® GOLD

Get ready to dance and have fun with instructor Sabrina Kogan in this Zumba class for seniors. Movements are modified to your ability.

### Winter 1

Day: Tuesday  
Dates: January 7–February 11  
Time: 11 am–12 pm  
Cost: \$20 CH RES  
\$25 UH RES

## DRAWING

Participants will work from still lifes, photographs, and personal objects. Explore composition, color, and mark-making using charcoal, graphite, pastels, and colored pencils. A basic list of supplies will be provided upon registration for new participants.

### Winter 1

Day: Thursday  
Dates: January 9–February 13  
Time: 1–3 pm  
Cost: \$50 CH RES  
\$55 UH RES

## 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 [aarpchapter5018@gmail.com](mailto:aarpchapter5018@gmail.com).

Day: Last Thursday of each month (no meetings July & August)  
Time: 1 pm  
Cost: AARP Chapter Dues—\$5 paid annually.



## OFFICE ON AGING SERVICES

Office on Aging services are available 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 from 9 am to 4 pm.

Legal Consultations	Daniel P. Seink Co., Ohio Elder Law Attorneys. Call (440) 546-0483 and ask for Kelly Delaney.
Medicare Counselors	Available by appointment
Benefits Applications	Visit <a href="http://benefitscheckup.org">benefitscheckup.org</a> Living will declarations, power of attorney, HEAP, and homestead exemption forms and more.

## MEALS ON WHEELS

The Cleveland Heights Meals on Wheels program delivers hot and cold meals four times a week to Cleveland Heights senior citizens ages 60 and up or home-bound adults.

Volunteers deliver meals with a friendly greeting between 11:30 am and 12:30 pm every weekday except Tuesday.

The hot meal includes a meat option, a vegetable, and a side dish; the cold meal includes a sandwich, salad, fruit, and dessert.

*To request service or get more information, please call the Senior Activity Center at (216) 691-7377.*

## CARE

CARE is a membership program that supports homeowners 60 and older with projects around their homes and property. The Cleveland Heights Office on Aging is a participating agency. There is no cost for those who are income-eligible. For more information, call CARE at 216-970-0599 or visit [careneo.org](http://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](http://dsas.cuyahogacounty.us).

**TAKE ONLINE CLASSES FROM  
HOME OR VISIT US AT THE GYM  
WITH SILVERSNEAKERS, YOU'RE FREE TO MOVE.**

**CHECK MY ELIGIBILITY**



**OR CALL NOW TO ACTIVATE  
YOUR ACCOUNT.  
877-871-7020**



# THE NORTH RINK

FOR INFO ON SCHEDULES AND PROGRAMMING

CHPARKS.COM • LEARN TO SKATE QUESTIONS: [LEARNTOSKATE@clevelandheights.gov](mailto:learntoskate@clevelandheights.gov)



## ICE RINK SPECIAL EVENTS

November 19: Tour with The Monsters  
November 28: Closed Thanksgiving  
December 7-8: Speedskating Meet  
December 24 & 25: Closed Christmas Eve & Christmas  
December 26: Annual Barden-Benner-Carter Alumni  
Hockey Game  
December 26-28: Heights High School Holiday  
Tournament  
December 31: Noon Year's Eve Event  
January 1: Closed New Year's Day  
January 17-20: Youth Hockey Tournament  
February 22: Speedskating Event

## PUBLIC SKATE FEES

Preschoolers 5 and under accompanied by an adult  
are free and only charged for skate rental. (Limit two  
children per adult)

Students (ages 5-18) with proof of residency \$2  
Adult with proof of residency \$3  
General Admission, all others \$5  
Skate rental \$2  
Skate rental book (book of 10) \$16  
Guest book (book of 10) \$45

## BIRTHDAY PARTIES

Residents and non-residents may book the North Atrium to hold a birthday party during a public skating session. Birthday parties are limited to up to 20 children ages 7-12. Outside food and refreshments are permitted. Advance registration is required, and the fee includes renting the atrium, skating admission, and skate rental. Most Saturday and Sunday afternoons are available from March–October.

Cost: \$140 CH RES  
\$210 NON-RES

## GROUP AND HOURLY RENTALS

For information about group admissions and hourly rental of the North Rink, please contact Heather Janor at 216-691-7395 or [hjanor@clevelandheights.gov](mailto:hjanor@clevelandheights.gov).

## LEARN-TO-SKATE!

It's never too late—or too early—to take to the ice! The Cleveland Heights Community Center offers beginning hockey, figure skating, and speed skating lessons for all ages. For more information, visit [chparks.com](http://chparks.com), call 216-691-7434, or email [learntoskate@clevelandheights.gov](mailto:learntoskate@clevelandheights.gov)

## PRIVATE LESSONS:

In addition to group lessons, the professional skating staff is available for private instruction. A list of professionals is available at the ice rink desk. Please contact individual instructors directly for availability and fee structure. Call 216-691-7434 for information.

## LEARN-TO-SKATE USA

Our Learn-to-Skate program accommodates ages 3 to adult and is a collaboration among U.S. Figure Skating, USA Hockey, and U.S. Speedskating. It teaches basic skating concepts and helps figure skaters, hockey players, and speed skaters develop their skills.

Classes meet once a week for 30 minutes, and we offer a variety of times to meet your needs. Please visit [chparks.com](http://chparks.com) or the Community Center Registration Desk for a comprehensive schedule.

### SESSION DATES

**Winter 1:** Jan 8-Feb 23  
(Skip dates: Jan 15, 19, 20, and Feb 12, 15, 16)

**Spring 1:** Mar 5-Apr 6

### LEARN-TO-SKATE USA FEES

<b>5 weeks:</b>	\$50 CH RES
	\$60 NON-RES
	\$10 skate rental fee if needed
<b>6 weeks:</b>	\$60 CH RES
	\$72 NON-RES
	\$12 skate rental fee if needed
<b>7 weeks:</b>	\$70 CH RES
	\$84 NON-RES
	\$14 skate rental fee if needed

## BABY BLADES

Get your little skaters excited about taking the ice. This class is specially designed for skaters ages 18 months to 3 years and includes off-ice play and an on-ice lesson with craft or story time. Offered in 4-week sessions.

<b>When:</b>	Fridays 11:30 am-12 pm
<b>Winter 1:</b>	Jan 24-Feb 14
<b>Winter 2:</b>	Feb 21-March (Skip date: Feb 28)
<b>Cost:</b>	\$40 CH RES \$48 NON-RES

## REGISTRATION PROCEDURES

To register for group skating lessons in person come to the Community Center front desk Monday-Friday 9am-8pm, or Saturday and Sunday 9am-5pm. You may also register online at [chparks.com](http://chparks.com).

## REGISTRATION REMINDERS

You need to present proof of residency in order to receive reduced rates on lessons. Classes cancelled due to inclement weather cannot be rescheduled. Classes with insufficient enrollment may be cancelled or combined with other classes.

## NOON YEAR'S EVE

Does the ball drop after your bedtime? Not this year! Stop by the Cleveland Heights Community Center and join us for this fun family event! Don't worry about missing midnight and join us for a countdown at noon with a balloon drop.

Admission is \$10 and includes ice skating, games, activities, raffles, face painting, and more! Lots to do for skaters and non-skaters!

**Day:** December 31st  
**Time:** 11 am-1 pm



# HOCKEY

## EASTSIDE TIGERS

[eastsidetigershockey@gmail.com](mailto:eastsidetigershockey@gmail.com)

Eastside Tigers is a partnership between the Cleveland Heights Youth Hockey Association and the Cleveland Skating Club, founded in 2016. The Eastside Tigers community aims to create a fun, fair, and safe hockey environment that children will cherish forever. Programming is based on USA Hockey's American Development Model for girls and boys ages 5-14 with prior skating experience. Teams schedule games through the Cleveland Suburban Hockey League. The Eastside Tigers is open to both residents and non-residents of Cleveland Heights.

## NEW TO TRAVEL HOCKEY?

Please contact Bob Jacobson at [robertejacobsonjr@gmail.com](mailto:robertejacobsonjr@gmail.com) or call the rink desk at 216-691-7434

## TOT HOCKEY

Boys and girls ages 4-8 learn fundamental skating skills while getting their first experience with a hockey stick. Prerequisite: before registering, participants must pass Snow Plow 3 or Basic 2.

Skates are available to rent; participants are lent helmets, elbow pads, gloves, and starter sticks.

Classes meet once a week for a half hour. Choose between Monday evenings or Saturday Mornings.

### Winter 1

Day: Mondays, Jan 13-Feb 24  
(Skip dates: Jan 20 & Feb 17)  
Time: 6:30-7 p.m.

Day: Saturdays, Jan 11-Feb 22  
(Skip dates: Jan 18 & Feb 15)  
Time: 10:15-10:45 am

### Spring 1

Day:	Mondays, Mar 3-Apr 7	
Time:	6:30-7 pm	
Day:	Saturdays, Mar 8-Apr 5	
Time:	10:15-10:45 am	
Cost:	\$50 CH RES	\$60 CH RES
	\$60 NON-RES	\$72 NON-RES
	\$10 skate rental fee	\$12 skate rental

## LEARN-TO-PLAY HOCKEY

This program provides girls and boys ages 6 and up who have passed Tot Hockey or Basic 2 with the fundamental skills necessary to progress to the Eastside Tigers without being competitive. Equipment is available for rental.

Classes meet for an hour twice weekly on Monday evenings and Saturday Mornings. Monday classes share the ice with Eastside Tiger Mites (8U); Saturday lessons share the ice with Learn-to-Skate lessons.

For questions or to schedule an equipment fitting, contact the rink desk at 216-691-7434 or Bob Jacobson at [robertejacobsonjr@gmail.com](mailto:robertejacobsonjr@gmail.com).

Dates:	Jan 11-Apr 7 (Skip dates: Jan 18 & 20, Feb 15 & 17, & Mar 1)
Days:	Mondays 6:30-7:30 pm Saturdays 10:15-1:15 am
Cost:	\$168 CH RES \$210 NON-RES



# HOCKEY



## HIGH SCHOOL HOCKEY

- Cleveland Heights High School [shoutout.com](http://shoutout.com)
- Benedictine High School [cbhs.net](http://cbhs.net)
- University School [us.edu](http://us.edu)

## COLLEGE HOCKEY

Case Western Reserve University  
[cwruhockey@case.edu](mailto:cwruhockey@case.edu)

## ADULT HOCKEY

- Cleveland Heights Senior B Hockey League  
[chshl.sportngin.com](http://chshl.sportngin.com)
- Cleveland Heights Coed Hockey League  
[funhockey@gmail.com](mailto:funhockey@gmail.com)
- Cleveland Heights 50+ League  
[ch50hl@outlook.com](mailto:ch50hl@outlook.com)

## ADULT LUNCH TIME PICK-UP HOCKEY

Ages: 18 +  
Day: Tuesdays  
Time: 11:30 am-1 pm  
Cost: \$5

## ADULT SUNDAY MORNING PICK-UP HOCKEY

Ages: 18+  
Day: Sundays  
Time: 8-10 am  
Cost: \$10

Full equipment is required for adult pick-up hockey.  
For schedule or more information call 216-691-7434  
or go online to [chparks.com](http://chparks.com)

## OTHER SKATING OPPORTUNITIES

### PAVILION SKATING CLUB

[pavilionfsc.com](http://pavilionfsc.com)

The Pavilion Skating Club was founded to provide skating opportunities for figure skaters and is a member of U.S. Figure Skating. Whether you're interested in achieving Olympic greatness or want to build your skills, the Pavilion Skating Club has a program for you! Please contact [pscoffice@pavilionfsc.com](mailto:pscoffice@pavilionfsc.com) for more information.

### CITY FREESTYLE

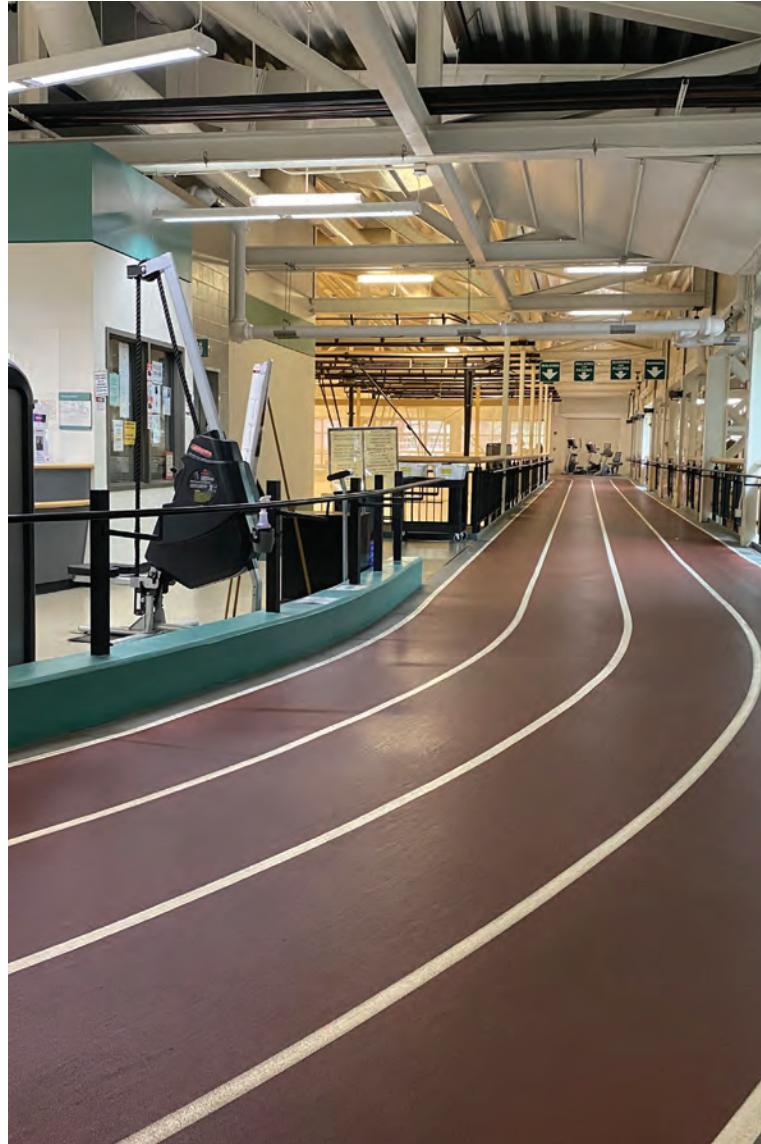
The City of Cleveland Heights offers ice time for skaters interested in developing more advanced skating skills, including jumps and spins. Skaters may purchase a ten-hour session card and use the ice time for private lessons. Call the rink at 216-691-7434 or go online at [chparks.com](http://chparks.com) for more information and the schedule.

### CLEVELAND HEIGHTS SPEED SKATING CLUB

Speed skating is a sport for all ages, and families are encouraged to skate together. Some equipment is required—a hard shell helmet, long sleeves, gloves, knee pads, and shin guards. However, many skaters have started using rental, hockey, or figure skates. If you are interested in learning how to speed skate, please contact Barb Rosenbaum at 216-401-9392 or [bkrosenbaum97@gmail.com](mailto:bkrosenbaum97@gmail.com).

# THE FITNESS CENTER

ANNUAL FITNESS CENTER MEMBERSHIP/30-DAY MEMBERSHIP/DAILY ADMISSION



## AGE REQUIREMENTS

- Infants, toddlers, and youth under the age of 12 are not permitted in the Fitness Center and Gym or on the Track
- The only exceptions are infants and toddlers, who are permitted on the Track in strollers or infant front/backpack carriers.
- Youth ages 12 to 15 years may use the Fitness Center and Track when accompanied by a paying parent or guardian.
- Eligible people 16 years old or older may pay to use the Fitness Center, Gym or Track.

## FEES LEVELS

Users may purchase admission/membership to the Fitness Center at two fee levels: Resident and Non-Resident.

### RESIDENT LEVEL FEES ARE AVAILABLE TO:

- Anyone living in Cleveland Heights.

### NON-RESIDENTIAL FEES APPLY TO:

- Anyone between ages 12-18 living within the boundaries of the CH-UH school district but not in Cleveland Heights;
- Anyone living within the boundaries of the CH-UH school district and anyone employed within the boundaries of Cleveland Heights and their families (May present a recent pay stub)
- Families with children in the Community Center's ice programs.

*Cleveland Hts. residents may use the Fitness Center by:*

- Paying \$6 per day to use the Fitness Center,
- Purchasing a 30-day or annual membership for unlimited use of the Field House. (See pricing guidelines below.)

CH Resident	1-Year Memebership	30-Day Membership
Youth 12 - 18	\$110	\$18
Young Adult 18 - 25	\$180	\$27
Adult 25-59	\$220	\$33
Senior Adults	\$115	\$17
Family*	\$345	\$55

*Non-Residents must live within the boundaries of the CH-UH School District; have children in the Community Center Ice Programs; or are employed within the boundaries of Cleveland Heights (must bring a recent pay stub).*

Non-Resident	1-Year Memebership	30-Day Membership
Youth 12 - 18	\$165	\$27
Young Adult 18 - 25	\$248	\$39
Adult 25-59	\$299	\$45
Senior Adults	\$165	\$25
Family*	\$499	\$79

*\*A family is defined as an adult head-of-household and their spouse or partner, and dependent children age 18 and under who occupy the same household.*

# ADULT FITNESS

## ARGENTINE TANGO LESSONS & PRACTICA RETURNS!

This drop-in class teaches the fundamentals of the Tango, the dance of Buenos Aires. It focuses on the quality of movement, elegance, musicality, and connection. No partner is necessary.

Days: Sunday  
Dates: Ongoing  
Time: 1:30-4:30 pm  
Cost: \$5 drop in fee (Covers both sessions)  
*Lessons 1:30 – 2:30 pm and Practica 2:30 – 4:30 pm.*

## YOGA FOR ANY AND EVERY BODY

This class teaches the fundamentals of Yoga 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 relaxing the mind and body.

Day: Thursdays  
Time: 6:30-7:30 pm  
Dates: Jan 9-Feb 13  
Cost: \$38 CH RES  
\$44 NON-RES

## FIT IN 45 MINUTES

Fifteen minutes each of cardio, strength training, and abdominal work. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle.

Day: Wednesdays  
Time: 6-7 pm  
Dates: Winter 1: Dec 7-Dec 21  
Winter 2: Jan 11-Feb 15  
Cost: \$38 CH RES  
\$44 NON-RES

## EVENING BARRE WORKOUT

Barre combines dance with the Pilates principles of strength and safety. This is a barefoot workout. Wear comfortable workout clothes and bring an exercise mat, towel, and spill-proof water bottle. *Maximum class size is 18 participants.*

Day: Mondays  
Time: 6-7 pm  
Dates: Winter 1: Dec 2-Dec 16  
Winter 2: Jan 16-Feb 27  
NO CLASS Jan 20 and Feb 17  
Cost: \$38 CH RES  
\$44 NON-RES

## MAT PILATES

Pilates strengthens 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.*

Day: Wednesdays  
Time: 6-7 pm  
Dates: Winter 1: Dec 4-Dec 18  
Winter 2: Jan 8-Feb 12  
NO CLASS Feb 19  
Cost: \$38 CH RES  
\$44 NON-RES

## JAZZERCISE

You're invited to a dance party that fuses cardio, strength, Pilates, hip hop, yoga, and kickboxing. Our average participant stays with us for 7 years!

Burn up to 800 calories in a 1-hour class.

Mary Beth McCann (440)655-5394  
[marybethmccnn@gmail.com](mailto:marybethmccnn@gmail.com)

Days: Tuesdays and Thursdays, 6:30 pm  
Saturdays and Sundays, 9:30 am  
Additional days/times offered off-site.

NEW CUSTOMERS: Try 2 weeks for only \$22.

## CARDIO DRUMMING

Cardio Drumming is a fun workout for all ages and fitness levels. With the help of music and positive vibes, you will get an all-body workout. Classes involve drumsticks, an exercise ball, a bucket, and a rocking playlist. All equipment provided.

Date: Ongoing from September 8  
Days: Tuesdays 6:30 pm-7:30 pm  
Sunday 9:30 am-1:30 am  
Cost: Drop-in \$15  
4 Pack \$44

Registration required: [linktr.ee/themindfulmix](http://linktr.ee/themindfulmix)

## PERSONAL TRAINING

Personal Training availability:  
Monday-Friday  
6 am-7:30 pm

Saturday  
9 am-1 pm.

Call or Text Ty Richardson at 216-694-8414 for more information.

# MARTIAL ARTS

## KUK SOOL WON™ (WWSA)

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

Instructor: Bob Williams, Sixth Degree Master Black Belt & School Owner

### Mini-Kids

Ages: 5-6  
Dates: Winter 1 — Jan 7-Feb 25  
Winter 2 — Feb 26-April 17  
Days: Tuesdays and Thursdays  
Time: 6-6:30 pm  
Cost: \$61 CH RES  
\$68 NON-RES

### Youth

Ages: 7-13  
Dates: Winter 1 — Jan 7-Feb 25  
Winter 2 — Feb 26-April 17  
Days: Tuesdays and Thursdays  
Time: 6:30-7:30 pm  
Cost: \$120 CH RES  
\$125 NON-RES

### Adult

Ages: 14-75  
Dates: Winter 1 — Jan 7-Feb 25  
Winter 2 — Feb 26-April 17  
Days: Tuesdays and Thursdays  
Time: 7:30-8:30 pm  
Cost: \$120 CH RES  
\$125 NON-RES

## TAI SHIN DOH

*Note: Men's & Women's Self-Defense and Youth Advanced Self-Defense are now combined.*

## YOUTH BEGINNER SELF-DEFENSE/TAI SHIN DOH

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

Instructor: David Jones, 7th Degree Black Belt

Ages: 6 & up  
Dates: Jan 17-April 18  
Day: Friday  
Time: 6:30-8 pm  
Cost: \$64 CH RES  
\$73 NON-RES

## MEN'S, WOMEN'S & YOUTH-ADVANCED SELF-DEFENSE /TAI SHIN DOH

For adults wishing to learn self-defense and students who have at least a green belt in Tai Shin Doh. Participants will learn to master the art of Tai Shin Doh.

Instructors: David Jones & Roan Adognravi

Dates: Jan 18-April 19th  
Day: Saturday  
Time: 10:30 am-12 pm  
Cost: \$64 CH RES  
\$73 NON-RES



# PICKLE BALL



## RECREATIONAL INDOOR PICKLEBALL

Pickleball is a combination of tennis, badminton and ping pong and is designed to be played by all ages. This program is for ages 18+. Participants should wear clothing that allows movement and court shoes or athletic shoes. There is water, locker rooms and restrooms available. There are six courts available for play. We have a few beginners Pickleball Paddles for those who do not have their own paddle.

Day: Mondays, Tuesdays, Thursdays & Fridays

Time: 10:00 am-1:30 pm

Location: Gym Courts 1 & 2

Cost: \$3.00 CH RES

\$6.00 NON-RES DAILY

10-admission punch pass

\$25 CH RES

\$50 NON-RES

OCTOBER-APRIL

# YOUTH FITNESS



## PRESCHOOL OPEN GYM

Parent and children age 1-5

*Parent/legal guardian must stay with their children*

Dates: October 2, 2024 through March 2025

Day: Wednesdays

Time: 10 am-12 pm

Cost: \$5 per family daily

\$20 punch pass good for six admissions

## YOUTH SPORTS TEAM SPONSORSHIPS

When you sponsor a Cleveland Heights Youth Sports team, you're helping keep our recreation programs affordable by covering the costs of t-shirts, jerseys, and hats.

In return, your business name and logo will appear on your team's uniforms and will be displayed on the City of Cleveland Heights' website and in the quarterly Focus publication, which reaches 20,000 + local households.

You will receive a post-season recognition plaque to thank you for giving back to the community.

Best of all, you'll have the satisfaction of supporting local youth.

Please consider becoming a sponsor of a Cleveland Heights youth sports team-or teams-today!

For more information, go to: [chparks.com/330/  
Sponsorships](http://chparks.com/330/Sponsorships)

# SOFTBALL

## 2025 HEIGHTS GIRLS' SOFTBALL LEAGUE

Ages of Players are as of May 1, 2025

### Coach Pitch Recreational League—Willoughby League

Ages 7-8

### Fastpitch League—Willoughby League

Ages 10 up

Ages 12 up

Ages 14 Up

### Eligibility

Open to all youth living within the boundaries of the Cleveland Heights-University Heights City School District and neighboring communities.

#### Fees: Coach Pitch

\$65 CH RES

\$85 NON-RES

#### Fastpitch

\$90 CH RES

\$95 NON-RES

### Registration

In-person and online registration begins Saturday, February 15 and ends Saturday, April 12.

## ADULT LEAGUES

### Coed Softball League

Day: Mondays

Dates & Game Times: Play begins in May, date TBD

Location: Larry Shaw Softball Complex, Forest Hill Park

Team Cost: CH RES \$400\*  
NON-RES \$475\*

## 2025 HEIGHTS YOUTH BASEBALL LEAGUE

Ages of Players are as of May 1, 2025. Player Assessments (Ages 9-12) TBD

### Recreational League—South Euclid League

Ages 7-8

Ages 9-10

### Travel League

Ages 11-12—Lyndhurst League

Ages 13-14—Willoughby League

### Eligibility

Open to all youth living within the boundaries of the Cleveland Heights-University Heights City School District and neighboring communities.

#### Fees: \$90 CH RES

\$125 NON-RES

### Registration

In-person and online registration begins Saturday, February 15 and ends Saturday, May 3

### Men's Softball League

Day: Wednesdays and Fridays

Dates & Game Times: Play begins in May, date TBD

Location: Larry Shaw Softball Complex, Forest Hill Park

Team Cost: CH RES \$650\*  
NON-RES \$725\*

*\*Umpire and Score Keeper Fees separate*



# BASKETBALL



## WINTER YOUTH RECREATIONAL BASKETBALL LEAGUE

### Grades K-1 Coed

Thursdays  
December 12 through February 13  
6:30-7:30 p.m.  
One skills session/game each Thursday

### Grades 2-3 Coed; Grades 4-5 Boys; Grades 4-6 Girls and Grades 6-8 Boys

1-hour practice  
Monday through Thursday evening (once a week)  
Begins the week of Monday, December 9  
One game Saturdays, Dec 14-Feb 15

### Important Preseason Dates

All Players in Grades 2-8 Must Attend

### Player Clinics—Saturday, November 16 and 30

Grades K to 1 Coed	10 to 11 am
Grades 2 to 3 Coed	11:15 am to 12:15 pm
Grades 4 to 5 Boys	12:30 to 1:30 pm
Grades 4 to 6 Girls	1:45 to 2:45 pm
Grades 6 to 8 Boys	3 to 4 pm

### Eligibility

Open to all youth living within the boundaries of the Cleveland Heights-University Heights City School District and neighboring communities.

Fees: \$60 CH RES  
\$80 NON-RES

### Registration

In-person and online registration begins Monday, October 7 and ends Friday, November 29

# CLEVELAND HEIGHTS CITY HALL WANTS TO HEAR FROM YOU

HERE ARE FOUR EASY WAYS TO COMMUNICATE USING THE MAYOR'S ACTION CENTER (MAC)

1



## DOWNLOAD THE MAC APP

Use the app to report concerns like: potholes, tall grass, code violations, refuse and recycling issues, and more! It provides the option of adding a photo and explanation. Once submitted, you'll be notified of the City's progress in real time. Usable 24/7.

2



## USE THE MAC ONLINE

CH Website > Mayor's Action Center

This process mimics reporting an issue using the app, only it can be done on a PC. Users will still need to register contact information to receive updates and track progress.

3



## EMAIL THE MAC

MAC@clevelandheights.gov

Emails go directly to the MAC coordinator to be processed. Residents will be notified via email of the progress of their report.

4



## CALL THE MAC

(216) 291-2323

The MAC phone line is staffed M-F, 9 a.m. to 5 p.m. Residents may call to report an issue, which the MAC Coordinator enters into the system, along with caller contact information for tracking and follow up.



APPLE STORE



GOOGLE PLAY



# Your Elected Officials

## **The City of Cleveland Heights**

Mayor Kahlil Seren  
(216) 291-3737  
[mayor@clevelandheights.gov](mailto:mayor@clevelandheights.gov)

## **Cleveland Heights City Council**

President Tony Cuda  
(216) 310-1050  
[tcuda@clevelandheights.gov](mailto:tcuda@clevelandheights.gov)

Vice President Davida Russell  
(216) 333-3137  
[drussell@clevelandheights.gov](mailto:drussell@clevelandheights.gov)

Craig Cobb  
(216) 630-8934  
[ccobb@clevelandheights.gov](mailto:ccobb@clevelandheights.gov)

Gail Larson  
(253) 691-2714  
[glarson@clevelandheights.gov](mailto:glarson@clevelandheights.gov)

Anthony Mattox, Jr.  
(216) 466-2850  
[amattox@clevelandheights.gov](mailto:amattox@clevelandheights.gov)

Jim Petras  
[jpetras@clevelandheights.gov](mailto:jpetras@clevelandheights.gov)

Jim Posch  
[jposch@clevelandheights.gov](mailto:jposch@clevelandheights.gov)

## **Cleveland Heights Municipal Court**

Judge J.J. Costello  
(216) 291-4901  
[judge@clevelandheights.gov](mailto:judge@clevelandheights.gov)

## **Cleveland Heights-University Heights Board of Education**

Jodi Sourini, President  
(216) 906-3556  
[j\\_sourini@chuh.org](mailto:j_sourini@chuh.org)

Malia Lewis, Vice-President  
(216) 906-3693  
[malia\\_lewis@chuh.org](mailto:malia_lewis@chuh.org)

Gabe Crenshaw - Treasurer  
[g\\_crenshaw@chuh.org](mailto:g_crenshaw@chuh.org)

Dan Heintz  
(216) 633-4249  
[d\\_heintz@chuh.org](mailto:d_heintz@chuh.org)

Phil Trimble  
[p\\_trimble@chuh.org](mailto:p_trimble@chuh.org)

## **Federal Government**

President Joseph R. Biden  
Vice President Kamala Harris  
(202) 456-1111  
[www.whitehouse.gov/contact/](http://www.whitehouse.gov/contact/)

## **United States Congress**

Senator Sherrod Brown  
(202) 224-2315  
(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/](http://www.vance.senate.gov/contact/)

U. S. Representative  
Shontel Brown  
(202) 225-7032  
(216) 522-4900  
[www.shontelbrown.house.gov](http://www.shontelbrown.house.gov)

## **State of Ohio**

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

Attorney General Dave Yost  
(800) 282-0515  
[www.ohioattorneygeneral.gov/About-AG/Contact](http://www.ohioattorneygeneral.gov/About-AG/Contact)

Auditor of State Keith Faber  
(614) 466-4514  
(216) 787-3665  
[NortheastRegion@ohioauditor.gov](mailto:NortheastRegion@ohioauditor.gov)

Secretary of State  
Frank LaRose  
(614) 466-2655  
[www.sosforms.ohiosos.gov/forms/ContactUs/Contact-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/executive](http://www.cuyahogacounty.us/executive)

Cuyahoga County Council District 10  
Cheryl Stevens, Vice President  
(216) 698-2022  
[clstephens@cuyahogacounty.us](mailto:clstephens@cuyahogacounty.us)

# Get Your City News

Stay up to date with the latest news from your Cleveland Heights City Government.



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ERNST  
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