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Winter/Spring 2020

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Lace up: Exercise to keep your heart healthy.

Monica Khot, MD
Cleveland Clinic
South Pointe Hospital

As the new year started, many Americans resolved to exercise more to get into shape and lose weight. But did you know that exercise is important for your heart too?

It's one of the best ways to strengthen the heart muscle and ward off artery damage from increased cholesterol, blood sugar and blood pressure – all of which can lead to heart attack, heart disease or stroke.

"Like other muscles in your body, the heart requires exercise to remain in optimal shape. Exercise can help prevent heart disease and make a difference in the long-term health of your heart," explains Monica Khot, MD, a cardiologist at Cleveland Clinic South Pointe Hospital.

Dr. Khot recommends the following ways to get your heart pumping:

Aerobic activity

Improves circulation, which results in lowered blood pressure and heart rate

- Walking
- Running
- Swimming
- Dancing

Resistance training

Helps reduce fat and creates leaner muscle mass

- Free weights
- Weight machines
- Resistance bands
- Own body for resistance exercises

Beginners, or those who haven't been active in a while, should start where they feel comfortable and increase gradually every week.

"Regular exercise provides great benefits to your heart," says Dr. Khot. "These include reducing stress and improving sleep patterns, which aid in avoiding heart complications."

So, throw on your sneakers and get busy!

To make an appointment with Dr. Khot or another Cleveland Clinic cardiologist at South Pointe Hospital, call 216.491.7380.

Have the flu? Express Care Online can help from the comfort of home.

Matthew Faiman, MD
Cleveland Clinic

Fever, cough, sore throat, body aches making you miserable? See a healthcare provider live in minutes from your smartphone, tablet or computer with Cleveland Clinic Express Care® Online.

"The flu is extremely contagious," says Matthew Faiman, MD, an internal medicine physician and medical director of Express Care Online. "Do you want to leave your house when it feels like a truck has run over you? And do you want to spread those nasty germs to others?"

With your face-to-face Express Care virtual visit, you will receive guidance, a diagnosis, and, when appropriate, a prescription sent directly to your local pharmacy.

The provider can also pull up electronic medical records for Cleveland Clinic patients to check if any prescriptions or medical conditions might put the patient at increased risk. For example, older patients, pregnant women, young children, and transplant, nursing home or COPD patients may need to be evaluated and treated in an emergency care center. Following the virtual visit, the provider can send a report to the patient's primary care physician and provide documentation for absences from work.

"Express Care Online allows adults and children age 2 and over to quickly see a doctor, nurse or other provider for minor complaints such as colds, flu, rashes or urinary tract infections," says Dr. Faiman.

Patients 17 years of age and under must be accompanied by a parent/guardian during the online visit. Many insurance companies cover the cost of an Express Care Online visit. Without insurance coverage, the cost of a virtual visit is $55.

For more information and to access Express Care Online, go to ***ClevelandClinic.org/Eco*** *or download the free app at the App Store or Google Play.*

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Interested in advertising in University Heights Mosaic Magazine?

Make sure to schedule your advertisement for the Summer 2020 issue. Call Marilyn Evans at (216) 342-5220 for more information.

University Heights Mosaic Magazine is a publication of the City of University Heights. We are looking for interesting University Heights people and places to profile in upcoming issues. If you have any story ideas, please share them with us by contacting Mike Cook at mcook@universityheights.com.

Cover photo:
Kowit & Company Real Estate Group

UNIVERSITY HEIGHTS

University Square finally ready for its makeover

University Square's long-awaited and much-needed makeover could begin as soon as this summer.

"We are on the verge of doing what once seemed impossible," Mayor Michael Dylan Brennan said. "The partnership led by Kowit & Company Real Estate Group is the right local developer for the redevelopment at University Square.

"They share our vision of something bigger, something better, something beautiful, something worthy of this city, worthy of this community, worthy of University Heights."

In January, City Council approved new Tax Increment Financing (TIF) to allow the redevelopment of University Square. The redevelopment plan was made possible through cooperation with the Cleveland Heights-University Heights School District, the Cuyahoga County government, the County Prosecutor's office, the Port Authority, and bond holders of the original 2001 University Square development.

A Development Agreement and a Cooperative Agreement are currently being drafted by the parties. Simultaneously, drawings are under way that will be reviewed by the city's Planning Commission, Architecture Review Board, and Board of Zoning Appeals. Once plans are approved, construction may begin.

Brad Kowit of Kowit & Company outlined Phase I of the redevelopment at a recent council meeting. Target and Macy's would remain, and the space in between the stores along Cedar Road will be rebuilt as approximately 200 market-rate apartment units, leasing from $1,400 to $1,900 per month.

Kowit explained there is a local need for an upscale, market-rate housing development. The University Square units will be mostly one-bedroom, but the project will include a limited amount of two-and three-bedroom units. Kowit said the leasing prices will "be an alternative to Beachwood and University Circle."

Phase I will include "live-work" and retail spaces, which could include a coffee shop, art studios or professional offices. Amenities will likely include a fitness room, business center, and conference center. There will be newly created outdoor space which could include

SCHEMATIC CONCEPT 01: CEDAR ROAD LOOKING SOUTHEAST

a dog park, bocce ball courts, and a volleyball pit.

Former Solon Mayor Susan Drucker was hired as Economic Development Director to help make redevelopment projects like this happen. "While this is a team effort," Brennan said, "it doesn't get done without the strong work and diligence of Susan."

Drucker said the long-neglected and mostly vacant University Square was a "black eye for this community" and that local residents and small business owners deserved "so much more."

Drucker added "a redevelopment project of this type is not only desirable in order to serve the needs of the community, but it is essential to boost economic development across University Heights."

"They share our vision of something bigger, something better, something beautiful, something worthy of this city, worthy of this community, worthy of University Heights."
- Mayor Michael Dylan Brennan

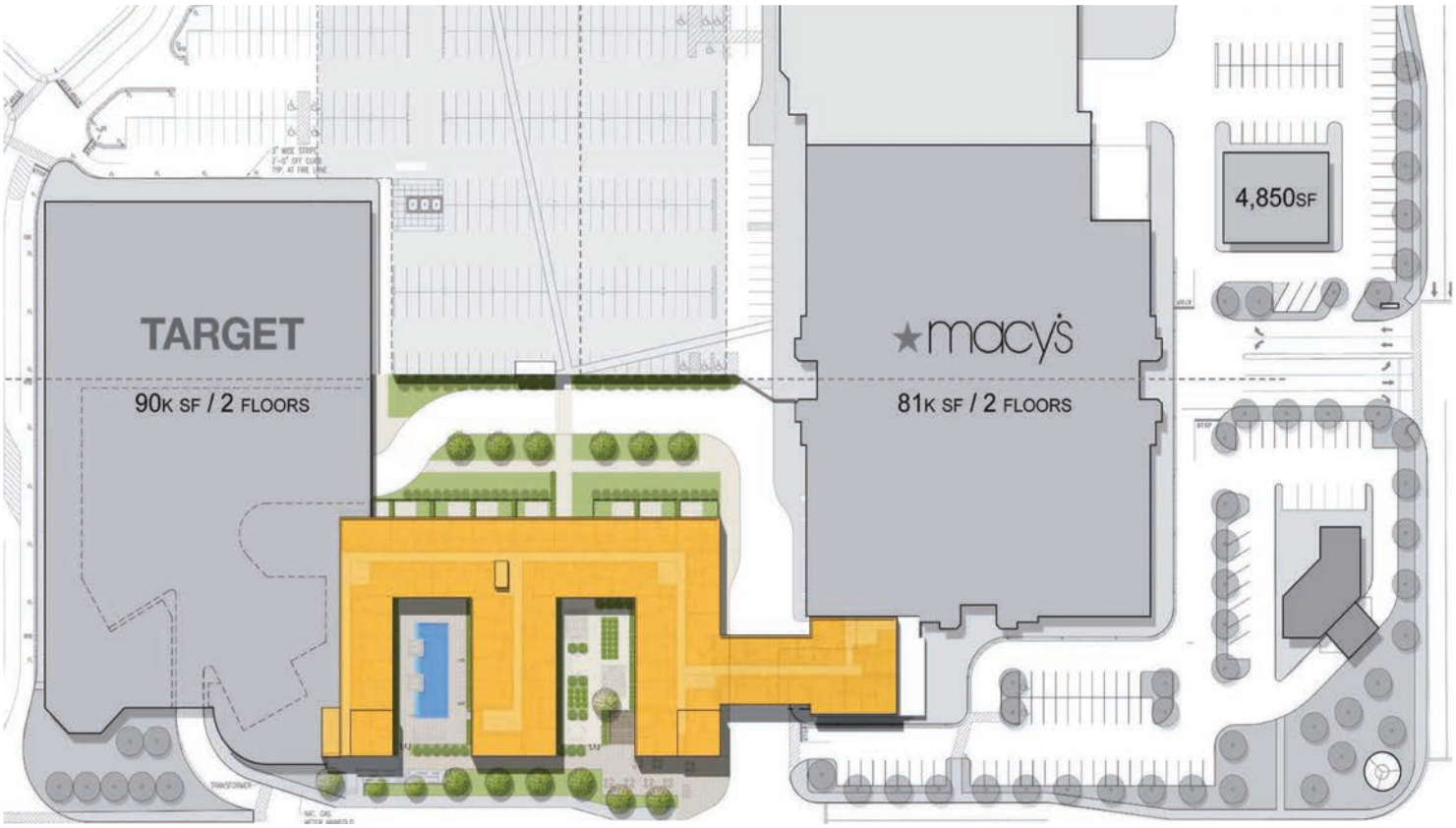
The plans for redevelopment at University Square have already sparked great interest from several businesses expressing interest in locating there, Drucker said.

Vice Mayor Michele Weiss said the redevelopment will benefit local taxpayers. "The potential income from new tenants will enable the city to move forward with other initiatives that we simply do not have funding for," she said.

CH-UH School Board President Jodi Sourini said she is happy the project keeps what works at University Square. "Keeping Target and Macy's was a key issue," Sourini said. "I'm pleased we were able to work with the city to find a way to redevelop University Square."

The redevelopment will fix another area of concern at University Square – the parking garage.

There is currently a dark alleyway between the garage and the back of the building. "One of the



SCHEMATIC SITE PLAN

first things we're going to do is take the garage and open it up," Kowit said. "We'll create about 100 feet of outdoor space, and area and light, and that's accomplished by taking off just one bay of the garage."

Kowit's improvements to the garage will be in addition to nearly $1 million in safety improvements that were made in 2019.

"This new development has been in the making for years," Council member John Rach said. "It will bring new life into University Heights."

Kowit said construction could begin as early as this summer. "Our goal is to finish up our due diligence, finish up the development agreement (with the city) this year, and in the summer break ground and start building," Kowit said. "It's probably a 14-month process from start to finish."

If redevelopment at University Square is set to be this summer's blockbuster, newly elected Council member Barbara Blankfeld says she's already looking forward to the sequel. "While I'm looking forward to the ground breaking," Blankfeld said, "I'm excited about the potential of Phase II of this beautiful long-awaited and well-deserved development."

Kowit said Phase II planning will begin after "the feel" of the project is learned from Phase I. Options for the second phase could feature additional mixed use, including more retail and apartments, entertainment venues, and senior housing. The feel being sought is one of an active lifestyle, and a center to live, work, shop, and play.

SCHEMATIC CONCEPT 01: BIRDSEYE VIEW LOOKING SOUTHEAST

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Michele Weiss elected as new Vice Mayor of University Heights

It's a new year and University Heights residents have new council members and a new Vice Mayor.

Prior to the first council meeting of 2020, a ceremonial swearing-in ceremony was held to welcome new council members Barbara Blankfeld and Justin Gould, and to welcome back re-elected members Michele Weiss and John Rach. Weiss was also elected unanimously and without opposition by her council peers as Vice Mayor.

University Heights Mayor Michael Dylan Brennan praised Weiss after her selection. "In my time as Mayor, Michele Weiss has sponsored the most legislation of any member on council. Besides that, she is a strong community leader, responsible for outreach throughout our community, and especially within the Jewish community. While every member of council brings strengths and merits, and while every member of council is exceptional in their own right, Michele is a first among equals. No one works harder or gets better results," Brennan said.

"I have observed first-hand the respect she commands among both men and women in the Orthodox community, as well as the empowerment she inspires among women – both within and outside of the Jewish community.

"I am delighted that tonight she was selected unanimously by her peers to serve the city of University Heights as our new Vice Mayor. I look forward to working together with her in this new capacity."

Vice Mayor Michele Weiss, Mayor Michael Dylan Brennan

Register today for the new ReadyNotify alert system

It's not too late for city residents and business owners to register for the voluntary ReadyNotify system.

ReadyNotify is a mass notification system used to inform residents and businesses of emergency situations, non-emergency events, and provide the information they need to take necessary actions.

What is ReadyNotify? Powered by CodeRED, ReadyNotify is Cuyahoga County's mass notification system. It is used by Cuyahoga County, and now University Heights, to issue emergency notifications to the public.

When will ReadyNotify be used? Any message regarding the safety of University Heights residents will be disseminated using ReadyNotify. The city and county will send out alerts via phone, text, email, and social media in a variety of situations including boil water notices, gas leaks, evacuation notices, police activity, fire emergencies, missing persons, and more. We may also send the occasional public service message. You have the ability to select your preferred means of communication.

What type of information is required to register? A valid email and phone number will be needed to sign-up. During the registration process, you will be asked for information including your address, your primary language, and if you require any special assistance during an emergency. To register, visit universityheights.com/readynotify.

Why is ReadyNotify important to me? Officials will send messages to alert you of emergency details, instructions, or precautions that you need in order to make well-informed decisions and remain safe. This system is precise enough to geotarget residents within an exact area of impact.

Is there a cost to register for ReadyNotify? No. Thanks to the city's partnership with Cuyahoga County, registering for CodeRED phone calls, text messages, and email is free.

See the full schedule at universityheights.com

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When the walls come tumblin' down

Thanks to the Cuyahoga Land Bank, the vacant Action Pest building (2109 Taylor Road) was recently demolished. Plans for redevelopment are in progress.

"It's an exciting day for the Cedar Taylor Business District and the City. This is the first of many great things in store for the Business District, and we thank our partners at the Cuyahoga Land Bank for helping clear this blighted building for redevelopment" said Patrick Grogan-Myers, Housing and Community Development Director.

Learn more about the mission of the Cuyahoga Land Bank and how it helps communities like University Heights at www.cuyahogalandbank.org.

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Dolly Parton's Imagination Library open to all youngsters in University Heights

Dolly Parton's Imagination Library (DPIL) is a unique early-years book gifting program that mails a free, brand new, age-appropriate, high-quality book to enrolled children every month from birth until five years of age. This creates a home library of up to 60 books and instilling a love of books and family reading from an early age.

Forty-one studies have shown the program has a significant and positive impact on family literacy habits, kindergarten readiness, and reading success in elementary school.

In Greater Cleveland, The Literacy Cooperative is implementing and managing the rollout of DPIL reaching more than 15,000 children. The ultimate goal of this initiative is to improve kindergarten readiness and family literacy habits in select Cleveland-area communities, including University Heights.

This program is available in University Heights thanks to support from the Heights Family Foundation.

"Our family can vouch for the quality books that are sent by Imagination Library," says University Heights resident Shawn Fink. "It's a wonderful program that every parent of a young child should be taking advantage of."

Kristina Cullins agrees with Fink. "The books we have received each month are among my little one's favorites," she said.

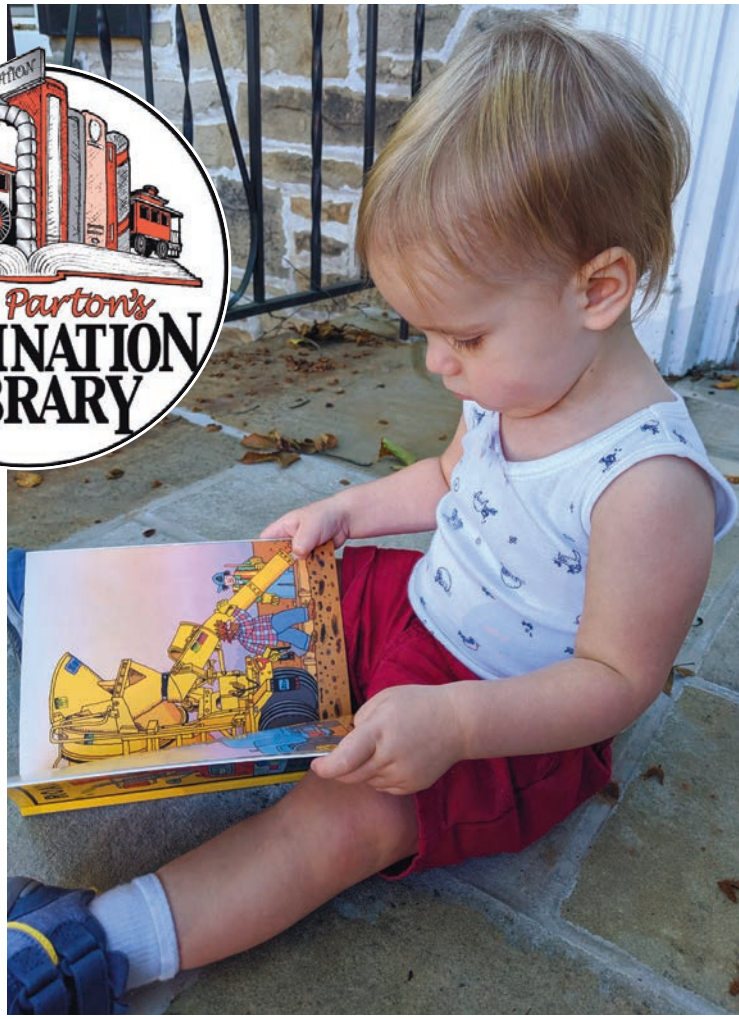
According to The Literacy Cooperative, there are about 2,700 children ages 0-5 in University Heights who are eligible for the program. However, the current enrollment in University Heights is only 373 children.

Joan Spoerl manages the program in Northeast Ohio for The Literacy Cooperative. She recently told The Plain Dealer, "Families know reading is important, but sometimes we need to share that it's more about drilling children on the alphabet."

Spoerl says the program is about teaching kids that reading together should be joyful and relaxing. "It shouldn't be stressful," Spoerl said. "It's about holding the child in their lap and snuggling, which releases tension in both the child and the parent as they read together."

"We love this program," Meredith Tayek said. She says her family has received a great variety of books over the years, including books she may not have even known about had it not been for the Imagination Library.

As part of the program, children receive age-appropriate books, and parents get tips and emails for getting the most out of the reading experience, including how to involve their child by asking questions about the story or the photos, and discussing their responses.



Andrew of University Heights enjoys his copy of "Road Builders" by Barbara Hennessy

Parents of children age 4½ years old and younger can enroll online at www.literacycooperative.org. There is no cost or obligation to the child's family.

"It takes two minutes, if that, to fill out the online form," Cullins said. University Heights resident Cristy Evangelista recently signed up for the program. "We're anxiously awaiting our first book," she said.

Inspired by her father's inability to read and write, Parton started her Imagination Library in 1995 for the children within her home county in Tennessee. Today, the program spans four countries and mails over 1 million free books each month to children around the world.

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Saundra Berry joins University Heights City Council

University Heights Council Member Saundra Berry

Saundra Berry, a longtime resident with a wealth of work experience, is the newest member of University Heights City Council.

After a formal vote by City Council, Berry was sworn-in during a special meeting on Wednesday, February 12.

Since 2007, Berry has served as Clerk of Courts at Cleveland Heights Municipal Court. She previously worked at the Ohio Department of Education as its Director of Cleveland Scholarship and Tutoring.

Berry will bring auditing experience to council, as she has served as an auditor for the Cleveland Municipal School District from 1983 to 1999. A former math teacher, Berry is a certified public accountant.

Berry said she has loved being a resident of University Heights for the last 38 years. "I am excited, and I want to be part of the future direction of the city," she said. "I believe my skills and compassion would benefit University Heights."

Vice Mayor Michele Weiss said she and her fellow council members are looking forward to working with Berry. "Council is excited by Saundra's vast background in government and accounting," Weiss said.

Berry will fill the seat vacated by Mark Wiseman, who resigned to accept a magistrate position with the Cleveland Housing Court.

Berry earned a Master's in Business Administration from Atlanta University, and her Bachelor of Science degree in mathematics was earned from Central State University.

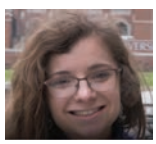
A Deacon at Antioch Baptist Church, Berry is the former President of the Wiley Middle School Parent Teacher Association. She has also worked for the campaign committees of U.S. Representatives Marcia Fudge and the late Stephanie Tubbs Jones.

University Heights Mayor Michael Dylan Brennan said he was impressed by council's selection. "We were fortunate to have so many great people apply for the vacant position," Brennan said. "Our council members took their role in choosing a new member seriously, and they made an excellent pick. Saundra Berry is going to do a great job, and I'm looking forward to her getting started."

Together we can shape our future

Your friends and neighbors are the stars of the local 2020 Census promotional video, titled "University Heights, Together We Can Shape Our Future." The video debuted at Mayor Brennan's State of the City address on February 11, and it features many residents and local business owners. Check it out on the city's Facebook and YouTube pages, and see how many people you recognize.

In mid-March, University Heights residents will receive an invitation to complete the 2020 Census. All residents need to be counted, including renters, young children, and college students.



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Lunch Date
with Gina Ventre

Los Arcos food is perfect for sharing, but so good you may want to keep it for yourself

The Mayor and I like to go to Los Arcos on Friday nights. We sit in one of the wooden booths to devour chips and salsa, and drink margaritas from salted glasses while we peruse the extensive menu.

We bargain about who is going to order what so we can each have our main meal and sample from the other's plate, the exception being the Burrito Los Arcos, which is so good we want it all to ourselves.

There's something about having the week behind us and the ease of Saturday morning in front of us that draws us here, where families, students, and a Gesu priest or two are welcomed by owner Rosa Malin, and executive chef and manager Ivan González.

On this particular Friday night, we arrived hungry and in moods, both of us having skipped lunch. A winter storm was approaching, and I was anxious about getting down our driveway in the morning. We settled in a booth, surrounded by the pleasing activity of a busy, but not frantic, room. We toasted the end of the week with a Negro Modelo from the selection of Mexican beers on tap and their premium margarita, the Texas (that can pack a wallop, so be careful!).

The chicken soup was a hearty and spicy bowl I could imagine cradling while home sick. Its blend of peppers, onions, velvety chicken, and lime can relieve aches, both physical and spiritual. The guacamole was made piquant with a drop of El Yucateco habanero sauce for the perfect bite of salty crunch and creamy spice.

Los Arcos' burritos stretch luxuriously, almost indolently, across their plates. They resist being held. They require a fork and knife, a love of sauce and texture, and a few extra napkins.

Ignoring the mandate to try something new for a review, I had my favorite, the Burrito Los Arcos, for the sheer comfort of it. Tender steak, shrimp, and chicken are folded with peppers, tomatoes, and onions and covered in a brown silk that I'd eat on nearly anything. The Mayor's Fajita Burrito was filled with chicken and steak, and served with guacamole, sour cream, and pico de gallo.

Warm and full, we lingered long after we finished eating, glad we were so close to home.

2175 S. Green Road; (216) 862-6623; www.losarcoscleveland.com.

Gina Ventre is a freelance writer and editor. She has an MFA in creative writing from The Ohio State University, and is currently working on fiction and nonfiction projects. And she's the First Lady of University Heights (even though she won't let anyone call her by that title).

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Alumnus empowered to serve by nonprofit administration program

By Tara Byrne

Vince Minniti '15, '18G has always sought career opportunities that have an impact on his community. He was a teacher at St. Jerome and an assistant track coach at John Carroll, two positions which he felt he had potential to make a great impact in.

Minniti returned to school to earn his M.A. in nonprofit administration from John Carroll in 2018. Since then, he has been able to intertwine athletics with his passion for impacting the youth as an athletic director for the Diocese of Cleveland's Catholic Youth Organization (CYO), which is the athletic branch within Catholic Charities.

"I chose to enroll in the nonprofit administration program at John Carroll as an opportunity to discover different ways to be a better person for those around me and most importantly, those less fortunate than me," Minniti says. "It helped me realize what it truly meant to be a person for others."

During his time in the program, Minniti strengthened his organization and time management skills for one, but the most important thing he gained from the program was the understanding that the world is an imperfect place.

> ***"We can always work to be better people for others and to have a positive impact on those around us." - Vince Minniti***

"We can always work to be better people for others and to have a positive impact on those around us," he says. "It taught me to be bigger than myself. Things may not always go the way we want, but there are others less fortunate than us that need our help more than we know."

As an athletic director for CYO, Minniti oversees all of the member parishes and schools in the organization throughout the Cleveland and Akron dioceses. Specifically, he creates and runs programs for the development of youth coaches and grade school student athletes, evaluates and modifies rules and regulations for CYO programs, and schedules games and matches for 10 different sports that the organization offers.

Vince Minniti

Minniti was strongly impacted by each of his professors in the Nonprofit Administration program in many ways, but what stuck out to him the most was the continual involvement that program director Dani Robbins had with the students throughout their time as graduate students at John Carroll.

"I am a firm believer of great leadership and the impact it can have on those within an organization or program," Minniti says. "Dani's involvement is inspiring and her vision to take the program to new heights showed me that she truly did care about every single student, professor, and anyone else associated with the nonprofit program."

"Having the opportunity to work with Dani made things exciting and fun because of the wisdom and energy she brings into any class, meeting, or conversation. She motivates everyone around her to do great things."

This article originally appeared on jcu.edu. Learn more about John Carroll University by visiting jcu.edu/newsroom.

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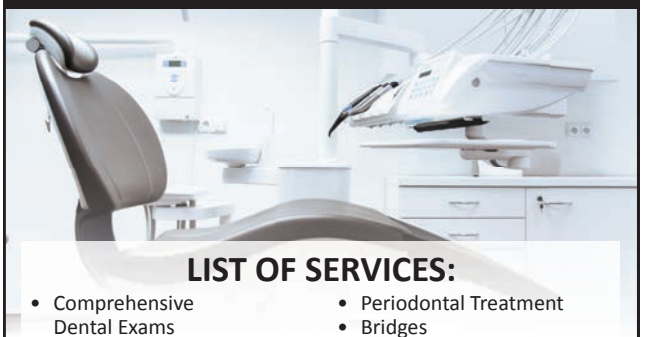

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Shop with a Cop

Back in December, members of the University Heights Police Department hosted their inaugural Shop with a Cop. With members of the police force, six local children shopped for their families at Target, wrapped presents at City Hall, then were treated to lunch courtesy of Rascal House Pizza. A great time was had by all, and plans are being made to make this an annual event in University Heights.

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Getting to know...

Police Lt. Dale Orians

Hello, I must be going. Get to know Lt. Dale Orians before he retires. While he has "thoroughly enjoyed his 33 years of police work," Orians says he is excited to retire this April.

Career overview. After earning his Criminal Justice degree from Bowling Green State University in 1986, Orians began his career with the Reynoldsburg Police Department, just outside of Columbus. He soon after attended the Ohio State Highway Patrol Academy. He was hired by the University Heights Police Department in October of 1987.

After serving nine years as a patrolman, Orians was promoted to Sergeant in 1996. He joined the city's Detective Bureau in 2012. Orians was promoted to Lieutenant in 2015. He now heads the bureau, and also serves as Public Information Officer.

"Five minutes of fame." A&E's detective show, "The First 48," provided Orians with his five minutes of fame. "A murder case made its way to University Heights, via Cleveland," Orians said. "Along with Cleveland homicide detectives Tom Armelli and Bob Ford, a murder was solved and featured."

While Orians says most of the air time rightfully featured the Cleveland homicide detectives, part of his interview did make it on the national broadcast. "It's a good story to tell my kids," Orians said.

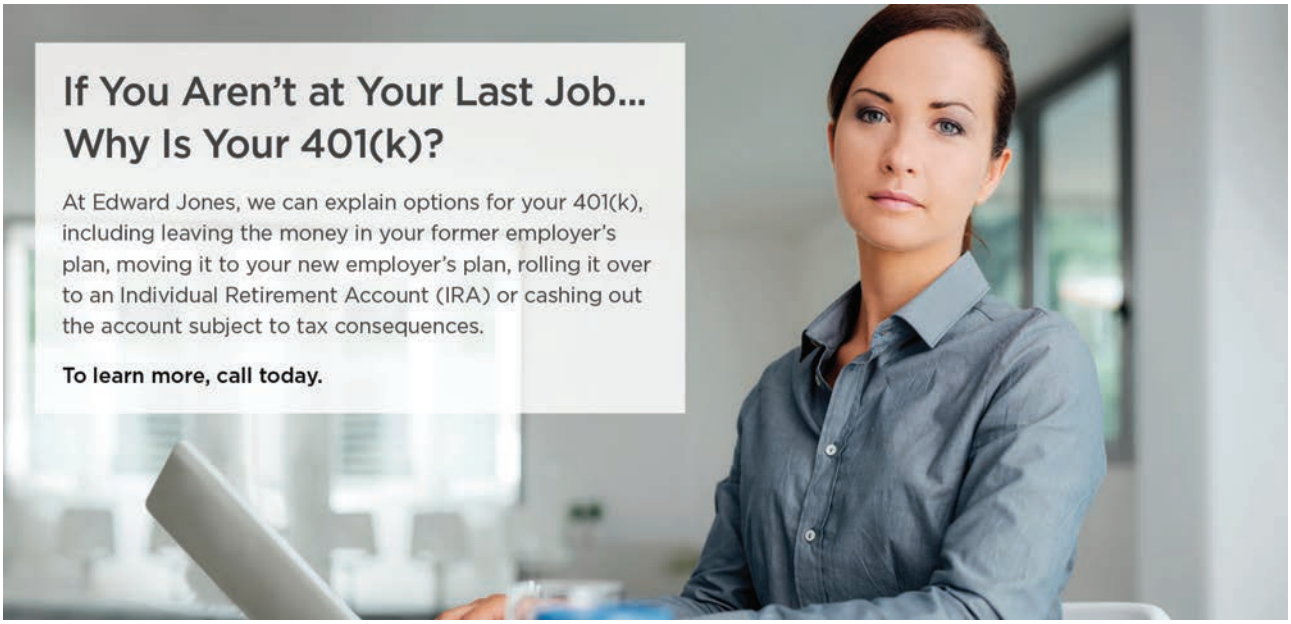
Unsmooth criminal. After years of police work, Orians has a ton of good stories. Orians shared with us the tale of the time he stopped a man for a traffic violation. The suspect was not licensed to drive, so he was arrested and his car was towed. After posting bond, he took a cab home.

"While in the cab, he called someone on his cell phone and told them the police didn't find the drugs in his car," Orians said. "The taxi driver called us after dropping him off."

After further review, cocaine was found in the air conditioning unit. "Not an easy find," Orians said, "but not a very smart drug dealer either."

On the road again. In retirement, Orians plans to "travel without a time frame." He's considering a road trip across America with his wife, Cheryl. Potential destinations include National Parks in Arizona and Colorado. He also plans to spend plenty of time in Florida, and perhaps hit the Kentucky Bourbon Trail on his way down south.

We'll miss you too. In retirement, Orians says he'll miss his coworkers and so many nice people he's met through work. He complimented them on their hard work to make our city a great place to live, work, and raise a family. "I will leave knowing," Orians said, "that University Heights is a better city than when I started."



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Cleveland Heights-University Heights City Schools update

What's Happening in Your Neighborhood Schools

Gearity and Canterbury elementary schools will each host a Kindergarten Information Night for families to learn about their neighborhood school. Attendees can meet the building principal and teachers, ask questions, and tour the building. Gearity's event is on Thursday, March 12 from 6:30 to 7:30 p.m. Canterbury's will take place on Thursday, April 2 from 5:30 to 7:30 p.m.

Each elementary school in the Cleveland Heights-University Heights City School District will host a Kindergarten Information Night. Visit chuh.org for details.

From left: Mayor Michael Dylan Brennan, Brianne Merrill who oversees K-Kids, and Sean Sullivan, advisor to the Student Council

Gearity Professional Development School

Sometimes all it takes to warm someone's heart is a brand new pair of socks. That was the idea behind University Heights' holiday Sock Drive to benefit the homeless. Students at Gearity Professional Development School got in on the action and collected a whopping 1,300 pairs of new socks! Mayor Michael Brennan visited the building on December 20 to accept the donations and add them to the thousands of others collected at City Hall, the Board of Education, and the University Heights Library.

Canterbury Elementary

Students at Canterbury Elementary School practice Mindful Music every morning, and students are often encouraged to close their eyes, let their minds wander, and "picture" the music.

They recently had an opportunity to put this skill to good use. Students in grades two through five created visual images to accompany the Cleveland Suburban Symphony Orchestra's Concert for Families at the Maltz Performing Arts Center on December 8.

The orchestra played Maurice Ravel's *"Mother Goose Suites,"* which features five classic fairy tales. Each grade listened to the story in art class first, closing their eyes and imagining the scenes. They then brainstormed illustrations to go along with the music, narrowed it down to one idea per story, and got to work – creating watercolors, mixed media pieces and more.

The orchestra projected a photo of each piece on a screen behind the musicians. The audience of 450 – and the musicians – said they were inspired by the children's art.

Rox Mid/Monticello

December 14 was a victorious day for CH-UH middle school students. Monticello Middle School hosted the annual Power of the Pen creative writing competition that Saturday, with over 200 students from local schools competing for the top prize. That prize went to Roxboro's eighth grade team, who placed first overall.

Across town in Copley, both middle schools' Academic Challenge teams crushed the competition, which hailed from nearly 60 other schools. Roxboro's team was undefeated and placed first in their bracket, while Monticello's team had six victories and one defeat, placing second.

Heights High

The Cleveland Heights-University Heights City School District is one of 250 school districts in the U.S. and Canada, and one of nine in Ohio, being honored by the College Board with placement on the 10th Annual AP® District Honor Roll.

To be included on the Honor Roll, Cleveland Heights High School had to, since 2017, increase the number of students participating in AP while also increasing or maintaining the percentage of students earning AP Exam scores of 3 or higher.

"Equity is a major, defining factor in the work we do in CH-UH City Schools, so this honor proves to me that we are on the right track in preparing all of our students for success," said Superintendent Elizabeth Kirby. "I'm so proud of the clear dedication our staff and students have to academic achievement."

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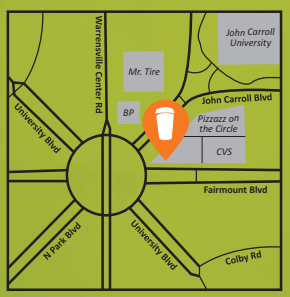

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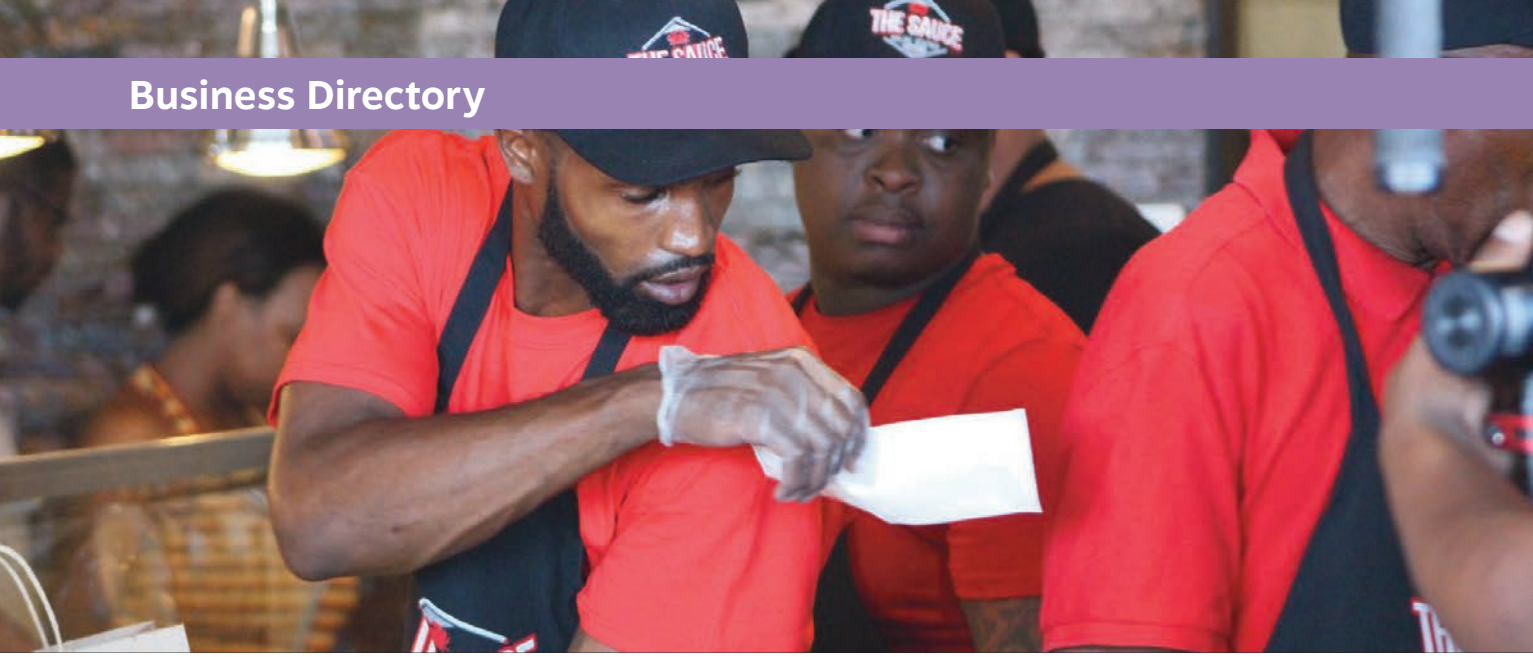

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