BIALY’S
ELEMENTARY
Lindsey and Layla
balance work and school
Menstrual bleeding: Should you be concerned?

Talking about periods is often a taboo subject that leaves women wondering "Is this normal?" Periods can vary in duration and saturation; they normally last from two to seven days and can be light to heavy. If your period is consistently lasting longer, becoming heavier, or you're bleeding in between periods, you may want to have a medical evaluation.

"It's normal to have some fluctuation when you first begin menstruating and as you near menopause. If you have severe, long-term changes in between, it's a good idea to find out what your body is telling you," says Cara King, DO, a surgeon who specializes in gynecological needs at Cleveland Clinic Hillcrest Hospital. Vaginal bleeding after menopause is never normal and should be evaluated.

Conditions that may cause heavier bleeding include:

- Fibroids
- Sexually transmitted diseases
- Endocrine issues
- Infection
- Cancer
- Endometrial polyps

Menstrual bleeding: May be at higher risk for COVID-19," says "Teenagers and young adults who vape harmful alternative to smoking.

The use of e-cigarettes, also known as "vaping" or "juuling" is an alarming trend among young people. Reports of serious respiratory illnesses linked to vaping are popping up across the country, demonstrating that vaping is not a harmless alternative to smoking.

"Teenagers and young adults who vape may be at higher risk for COVID-19," says adolescent medicine specialist Ellen Rome, MD, MPH, at Cleveland Clinic Children's Center for Adolescent Medicine. "Vaping and use of e-cigarettes compromises lung functioning, potentially amplifying the negative effects of COVID-19."

Research suggests that nicotine exposure during teen years disrupts the brain's neurotransmitter systems. This can lead to long-term changes in cognitive development and even decreased memory capacity.

"The most popular e-cigarette on the market contains almost three times the nicotine as a single pack of cigarettes," explains Dr. Rome. "But unlike cigarettes, which are smoked one-by-one and have a clear starting and stopping point, e-cigarettes can be puffed on continuously – further adding to the danger of addiction."

If you suspect your child may be vaping or being pressured to participate, Dr. Rome urges parents to discuss the potential dangers with your child, or parents may reach out to specialists who understand the unique physical, mental and social health needs facing children as they transition into adults.

Cleveland Clinic Children's Center for Adolescent Medicine offers care for children and young adults ages 10-22 years. Specialists at the Center for Adolescent Medicine perform routine gynecologic and reproductive care and manage other medical concerns including eating disorders, gender identity issues, mental health issues (including anxiety, depression and ADHD), and substance abuse.

To schedule an appointment at the Center for Adolescent Medicine, call 216.444.5437 (KIDS).

For your safety and convenience, we are offering in-person and virtual appointments with Women's Health specialists. Call 216.444.6601 or visit ClevelandClinic.org/WomensHealth.

Our goal remains the same – we care for everyone. And safety is our top priority.

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"Teenagers and young adults who vape may be at higher risk for COVID-19," says Ellen Rome, MD, MPH, at Cleveland Clinic Children's Center for Adolescent Medicine.

Vaping: Risk and respiratory illness on the rise in young people.

• Fibroids • Infection

Conditions that may cause heavier bleeding include:

DO, a surgeon who specializes in gynecological needs at Cleveland Clinic says, "It's normal to have some fluctuation when you're menstruating. A medical diagnosis and treatment can give them the freedom to live their lives every day of the month," says Dr. King. Make sure to schedule your advertisement for the Winter/Spring 2021 issue. Call Marilyn Evans at (216) 342-5220 for more information. Please share them with us by contacting Mike Cook at mcook@universityheights.com.

Interested in Advertising in University Heights Mosaic Magazine?

Make sure to schedule your advertisement for the Winter/Spring 2021 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.

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Her Memory is Even More Than a Blessing for Local Attorneys

Ruth Bader Ginsburg 1933-2020

“Her death has hit me hard. I mean, I knew she would not live forever. I figured I would feel sad, but I didn’t know I would grieve like this.”

That’s the text University Heights City Prosecutor Stephanie Scalise sent to her closest girlfriends after the passing of U.S. Supreme Court Justice Ruth Bader Ginsburg.

Scalise said, “The three of us – all female lawyers who have overcome huge personal challenges to reach the pinnacles of our careers – are ‘Sisters in Law’ and we’ve had each other’s backs for years. We hopped onto Zoom and cried together, sharing our memories of how much she inspired each of us.”

Scalise said the September 20 vigil honoring Justice Ginsburg at Cleveland’s Old Courthouse was comprised of a noticeable majority of women. “Almost every woman in my professional circle was there,” she said. “Judges, most of them women, showed up in their black robes – not to boast about themselves being judges, but to acknowledge that they would not be so, were it not for her. It was a time for the women in our legal community to comfort one another.”

“The Notorious RBG... that is a nickname fit for a superhero.” - Scalise

Shaker Heights Municipal Court Judge K.J. Montgomery has spent her entire professional life in public service.

“I have always believed every person working hard can make a difference,” Montgomery said.

Judge Ginsburg once said, “If you want to be a true professional, you will do something outside yourself. Something to repair tears in your community. Something to make life a little better for people less fortunate than you. That’s what I think a meaningful life is – living not for oneself, but for one’s community.”

Judge Ginsburg walked the walk, and the judiciary has been enriched by the examples she set, Montgomery added.
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Local defense attorney Kimberly Corrall is also taking the loss hard.

“I’m a little lost and a little broken with the loss of one of my idols,” Corrall said. “Ruth was a superstar of justice. She is gone, but her legacy lives on in the women who followed her path to the top.”

Corrall was invited by her law school to be sworn in at the United States Supreme Court. “It meant the world to me that Ruth looked right at me as they called my name and I took the oath.”

University Heights residents may remember Ashley Jones from last year’s Summer Concert Series, where she helped her husband Byron run the Smokqued CLE food truck. She is a defense attorney, and she also has fond memories of Ginsburg.

A couple of years ago, Jones had the opportunity to attend a live oral argument before the Supreme Court. “We sat in the front row, and I was directly across from RBG,” Jones recalled. “The magnitude of that moment was not lost on me, and I can’t help but think about it every day since her passing.”

Jones says Ginsburg cleared a path for women like her. “I’m the first person in my family to go to college. I never thought I could become a lawyer, let alone a successful one. And every time things get hard, and every time I’m the only woman in the room, and every time someone makes a joke about how I should be home cooking dinner or home with my baby,” she said, “I try to channel her resilience and her grace.”

Like so many, Scalise referred to Justice Ginsburg as “The Notorious RBG” because “that is a nickname fit for a superhero.”

Corrall said that thanks to Ginsburg, “No one can lawfully be discriminated against on the basis of sex.”

“In that way,” Corrall said, “We all have a little tiny RBG in our hearts we carry forward. I am personally working hard to make sure my girls have an RBG wildfire in their hearts.”

In 2018, Corrall and her friends went to see the RBG documentary at the Cedar Lee Theater in Cleveland Heights.

“I dressed (my daughter) Anuhea as Ruth and took her with us. They wouldn’t let her in because they have a policy excluding children at the Cedar Lee,” Corrall said. “We dissented (playfully, but seriously) and they eventually let her in. It is a memory she was too little to remember but I certainly won’t forget it.”
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I hadn’t been too worried about school starting. Our school district had offered a hybrid option, so for two days a week my 5-year-old daughter, Layla, would be in the classroom while I work my job at the front counter of Bialy’s Bagels.

But then, just before the start of the school year, our district made the announcement that everything was going 100% virtual instead.

My first thought was, What am I going to do? Do I just quit my job and stay home to help my daughter? I didn’t want to do that. I really like my job, and I can’t afford to lose it. But I just didn’t know how I was going to juggle all of this as a single mom.

When I shared my problem with the owners of the bagel shop, twin sisters Sarah and Rachel Gross, they said, ‘Well, what if we put a desk in the shop for her so she can do schooling here while you work?’ I was shocked that they’d be willing to offer something like that. And I felt so grateful. My bosses are really great people who adore my daughter and deeply value education. I am just so thankful to work for people like them.

Could this actually work? I wasn’t sure. In my job I cover the front counter, so I have to answer the phone, take orders, and assist customers immediately. People aren’t coming into the store yet because of COVID-19 restrictions so they pick up orders at the door, and I didn’t want my co-workers to think I wasn’t doing my job if a customer needed our attention at the same time my daughter did.

I so appreciated the offer, though, and didn’t have a lot of other great options, so we decided to try it. My bosses set up a desk for my daughter and bought her some supplies. The school provided a computer, and in early September, Layla started coming to work with me.

I’m not going to lie – the first day was a little stressful. I have to set her up on the computer, and she logs in and out three different times a day. In between, she has breaks where she needs to do independent work and eat lunch. But you know what? It’s going much better than I expected. We have had some tech issues, but having her at work with me really hasn’t been a problem at all. Layla is doing so well. She is really learning. She’s especially excited about numbers. She’s doing well wearing a mask while in the shop, too. I am really proud of her.

My bosses are very hands on and supportive, which is a big help. They read to Layla on her breaks and jump in to help whenever either of us needs it. There is a lot of balancing, for sure, but everyone has been very understanding.

There have been some surprising benefits from our arrangement, too. Layla spent two years in a classroom in preschool, and I thought she would miss that environment, but she says she’s enjoying this more. She loves seeing her friends on screen and she adores also getting to see Rachel and Sarah, so she has a wonderful time in the bakery. Having other adults around makes it fun for her.

She’s also become a bit of a celebrity. When they heard our story, a local mom’s group asked if they could post a picture of her working on their Facebook page and share our story. It quickly went viral. Layla was even on the news! We’ve gotten a lot of supportive comments and compliments. One woman wanted to buy her a more comfortable school chair. Another wants to set up a college fund for her. We’re grateful for all of this kindness.

This pandemic is hard. There’s so much that is so nerve wracking, so I’m really proud and grateful that we’ve figured out a way to keep my daughter safe and still get an education. It’s also empowering to be able to work and have her see me do my job. That teaches a really important life lesson and work ethic that I think she will remember for a long time.

I hope our story inspires other parents dealing with the same struggle to find supportive workplaces. I also hope it encourages other employers to realize that you can take unconventional approaches to assist the parents that work for you, and that can actually be good for those families - and for your reputation, business, and brand.

There’s just one thing I’m still working on: getting Layla to try a bagel. Our store serves the best, but my girl is a picky eater and keeps saying she is more of a cereal girl. I’ve got the whole school year to try to change her mind.

A longer version of this piece originally appeared on the webmd blog.
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University Heights residents are taking to social media to show they’re united in efforts to protect each other from the spread of COVID-19. The sooner we stop the spread of this disease, the sooner our lives can return to normal. Thank you to everyone who is showing concern for their neighbors.
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Whether You go to Your Polling Location, Your Mailbox, or the Board of Elections... VOTE!

University Heights, it’s time for your voice to be heard. No matter which candidates or issues you support, make sure your vote counts.

Voting Early-By-Mail.
If you’ve already applied to Vote Early-By-Mail, your ballot should be on its way to your mailbox. If you’d like to vote by mail, but haven’t applied to do so, you still have time. However, you should apply as soon as possible. To request to vote early by mail, visit boe.cuyahogacounty.gov.

Once you receive your ballot, you should complete it and mail it in quickly. Don’t wait until the last minute. Or, if you prefer, you may deliver your ballot the Cuyahoga County Board of Elections. The BOE is located at 2925 Euclid Avenue in Cleveland, next door to the WEWS studios. The ballot drop-off box is located in the back parking lot. Election officials will not let you turn in your mail-in ballot at your polling place on Election Day.
Voting in-person at the BOE

Early in-person voting began on October 6. University Heights residents may choose to vote early in-person at the Cuyahoga County Board of Elections. Review the chart for specific dates and times. You may wish to call before you make the trip downtown, just in case hours change for any reason. (216) 443-8683.

Voting in University Heights on November 3

If you are planning on voting at your polling place on November 3, please take a good look at this map, as your voting location may have changed. University Heights voters will vote at either the University Heights Library, the John Carroll University Recreation Center, or Gearity Professional Development School.

Polling locations open at 6:30 a.m. and close at 7:30 p.m. Remember, if you are in line to vote at 7:30 p.m., you will be permitted to vote – no matter how long the line is.

Many voters choose to vote before they go to work, during their lunch break, or on their way home from work. So, if you are interested in avoiding a crowded polling place, your best bet is to vote between 9 and 11:30 a.m., or from 1:30 to 4 p.m.

One of the best parts of voting on Election Day is receiving your “I Voted Today” sticker. Wear it with pride, and don’t be shy about sharing a selfie on social media.
The Return of Browsing and Computer Use at the University Heights Library

Last month, our friends at the Heights Libraries expanded services in its four buildings to include browsing and limited computer use.

Due to COVID-19, however, computer use and browsing continues to look different due to safeguards in place to keep customers and staff as safe as possible.

Computer use will require a reservation, and reservations may only be made by phone – walk-ups and online reservations are not available at this time. Computer use will also now require a library card – guest passes will not be available. Customers may make a reservation by calling (216) 932-3600, ext. 1251. Use is limited to one computer session per day, and sessions last for 45 minutes.

Browsing will be permitted in all sections – Adult, Teen, and Children’s – but customers will be asked to stay only as long as they need to get their materials. To achieve safe social distancing, the Library is limiting the number of customers in the buildings, and has removed chairs and tables to discourage lingering. If a staff member thinks an area is too crowded, they will ask customers to move along so that others may enter the building. Reference staff will be at reference desks again, but will assist customers from behind Plexiglas barriers.

Heights Libraries have provided the following answers to frequently asked questions:

**Why do things at the library keep changing?**
Right? It’s confusing! The COVID-19 pandemic is unprecedented. Public health authorities are learning new things seemingly every day. This information has an impact on what activities and services are, and are not, considered safe. As this information changes, we must update and change our policies, too, to keep customers and staff safe.

**Do I still have to wear a mask?**
Yes! You must wear a mask in our buildings, with both your nose and mouth covered. It must remain on your face while you are in the building.

**How long can I stay in the building?**
Please stay only as long as you need to get your materials. To achieve safe social distancing, we are limiting the number of customers in the buildings. If a staff member thinks an area is too crowded, or we have customers waiting to come in, we may ask you to move along so that others may enter the building.

**Can I use a computer?**
Yes! But you must make a reservation in advance, and have a library card. We will not offer guest passes at this time.

**Where are the chairs and tables?**
To discourage customers from staying too long and congregating in groups, we have removed the tables and chairs.

**Can my kids play in the play areas?**
Not yet. It is very difficult for young children to understand, and engage in, social distancing. At this time, we do not want customers to linger in the buildings.

**Can I get help from a reference staff person?**
Yes! Reference staff can answer your questions. They will stay behind a Plexiglass shield while they do so. If your questions require extensive research, staff may ask for your phone number or email address so they can contact you with the information at a later time.

**Can I still eat and drink in the library?**
No. To discourage lingering, we have removed all chairs and tables, so we are not allowing food and drink in our buildings at this time.
Heights Libraries is happy to offer free access to Tutor.com, a free online tutoring service for students of all ages.

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Halloween Update: Trick-or-Treat is on in University Heights, for Now

On September 18th, the Ohio Department of Health made recommendations on how Ohioans can participate in trick-or-treating as safely as possible during the COVID-19 pandemic. If you and your family choose to participate this year, please follow the department’s suggestions.

If COVID-19 conditions worsen in Cuyahoga County before Halloween, these plans may be revised. Updates will be posted on our social media accounts and website.

Guidance for parents.
• If taking your children trick-or-treating, limit the number of houses you visit and ask your children to stay as far from treat-givers as possible. For small children, consider holding the bag for them.
• Wipe off candy wrappers with sanitizing wipes when you arrive home. (NOTE: Never wipe unpackaged food with wipes.)
• Allow children to eat only factory-wrapped treats. Avoid homemade treats made by strangers.
• If your child is at greater risk of complications from COVID-19, contact your doctor before allowing participation in Halloween activities.

Guidance for residents.
• For trick-or-treating, reach out to neighbors to discuss ways to ensure 6-foot social distancing, how candy can most safely be distributed, and the need for face coverings.
• Refrain from having children select their own treats from a bowl/common container or set up a hand-sanitizing station. Consider distanced ways of providing treats, such as placing treats on porch steps or a table in the driveway with a sign asking children to take only one.
• Try creative ways to distribute treats, such as using a candy “slide” made of PVC pipe, or hanging treats from a wall or fence.

Pending any new orders from the state or county boards of health, Trick-or-Treat night in University Heights will take place on Halloween October 31st, from 6 to 8 p.m.

Hazardous Waste Collection & Paper Shredding

University Heights collects hazardous waste and shreds paper like clockwork. Twice a year, on the weekend when the clocks change, University Heights participates in the Cuyahoga County Solid Waste District’s annual collection program. We “fall back in fall” the last weekend in October, so that’s when the Service Department will be open to collect hazardous waste, as well as paper for shredding.

The event “Household Hazardous Waste Collection & Paper Shredding” is scheduled for Friday, October 30th from 8 a.m. to 3 p.m., and Saturday, October 31st from 9 a.m. to 1 p.m.

For a list of which waste materials may be collected, and which ones are not accepted, please visit cuyahogarecycles.org/hazardous_waste.
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Pope Francis

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ALL ARE WELCOME
Odd Dog Coffee Adds Sunday Coffee Service at The Walt

For almost a year, Odd Dog Coffee has set up shop at Walter Stinson Community Park on summer and fall Saturdays. Once a week was clearly not enough to meet local demand, so Odd Dog Coffee recently added Sunday service at The Walt.

Owners Mary-Elizabeth Fenn and Michael Hancock are offering their usual menu of products out of their new mobile trailer, including regular and flavored hot coffee, cold drinks, and baked goods including s’mores bars, and pop tarts. New items include espresso and Doggie Donuts. In addition, dog bandanas and hand-thrown ceramic mugs are now for sale.

University Heights resident Heather Terro Hanks is a regular at the Odd Dog Coffee trailer. “The coffee is fantastic, and Mike and Mary-Elizabeth are the friendliest hosts,” she said. “It’s the perfect place to meet neighbors, as well as some furry friends.”

Odd Dog Coffee is a specialty roaster based in University Heights, offering a re-imagination of ‘flavored’ coffee. At the core of their coffee program is a high-quality roast, profiled to create a solid bean upon which to innovate.

They refuse to spray their beans with cheap, stale chemicals. Rather, Odd Dog Coffee uses true and honest (if a bit unexpected) ingredients like cacao nibs, cayenne pepper, and chunks of cinnamon sticks.

Weather permitting, Odd Dog Coffee will set up shop at The Walt on weekends through December.
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Fall 2020
University Heights Mosaic
Fairmount Cleaners Remains so Fresh and so Clean Through COVID-19 Pandemic

Despite the pandemic, Fairmount Cleaners in University Heights is continuing to celebrate being named “Best Eco-Conscious Business” in the Heights. As part of their celebration, Steve and Adam Grace are offering $5 off cleaning of blankets, bedspreads, and comforters through the end of 2020.

Also, during the month of October, Fairmount Cleaners will provide free hanger recycling carriers to make it easier to clean out your old hangers without adding to your landfill footprint. Stop in and pick one up while supplies last.

While being green, Fairmount Cleaners have also adapted to the need for social distancing and COVID-19 safety protocols. Steve and Adam Grace are still offering curbside and free pickup and delivery service, thus avoiding unnecessary personal contact. Fairmount Cleaners specializes in sanitizing all your clothing and household textiles.

If you’ve been working at home in sweatpants since March, it might be time to take your grown-up clothes to Steve and Adam at Fairmount Cleaners.

Fairmount Cleaners owners Steve and Adam Grace.
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Taking It to the Streets: Daniel Terburg Rides Bike Through Every Street in City

So, what did you do this summer?

With summer camp canceled due to COVID-19, Daniel Terburg accepted his parents’ challenge to bike every street in the City of University Heights.

Daniel mapped out the rides. Bart and Carolyn rode along and took pictures of Daniel with street signs throughout the city. Daniel learned how to blog and recorded his whole experience at biketheheights.blogspot.com.

When asked what he liked best about riding all of University Heights, Daniel said he loved how quiet most of our streets are and how easy it is to ride. He said he loved exploring and seeing all the beautiful homes. He even found the pocket park on Silsby, which he didn’t even know about until he saw it.

Mayor Michael Dylan Brennan heard about Daniel’s project. He told Daniel, “I’ve walked every street in this city, but I’ve never kept such careful notes.” The Mayor presented Daniel with a proclamation today, recognizing his achievement and proclaiming today “Daniel Terburg Day” in the City of University Heights.

What about next summer? Daniel hopes COVID-19 will be behind us all and he can resume playing team sports. But he also has bigger rides in mind. Maybe all the streets of another nearby city. Maybe the Netherlands where his father is from.

Thank you, Daniel, and thank you to his parents Carolyn and Bart, for inspiring Daniel to explore our bikeable streets and showcase them as you did by recording the experience. Families like this one, and our bikeable streets are among the reasons why University Heights is So Much More Than Home.

THANK YOU FOR 50 YEARS OF SERVICE

On September 22, Mayor Michael Dylan Brennan and Police Chief Dustin Rogers presented Rich Fried with a Joint Proclamation and Resolution celebrating his 50 years of service in the University Heights Police Auxiliary. The resolution was signed by the Mayor and all members of City Council. Thank you for your service to our city, Sergeant Fried.
UNIVERSITY HEIGHTS – ONE OF THE BEST PLACES TO CALL HOME

The one constant I’ve heard from clients over three decades, is buying a home in University Heights was one of the best decisions of their life. Now there is an opportunity for three more families to do the same.

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These three homes are on the market and with this hot housing market – hurry – don’t miss out!

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My team is here to help, 216-319-3333 or MaryLouMcHenry@HowardHanna.com
Wherever you attended college, there’s one place you always ate that lives on in your memories. In Bowling Green, it’s Campus Pollyeyes. In Kent, it’s Ray’s Place. In University Heights, it’s Pizzazz. University Heights has the best pizza per capita this side of Youngstown. Since 1992, Pizzazz on the Circle has been contributing its family recipes and hospitality to this rich tradition.

On a Saturday afternoon, the Mayor and I masked up and sat on the patio just steps from John Carroll University. Before I get to the meat of the review (wings!), I have to confess to being nervous about dining-in. Like many others during this time, we have been supporting local restaurants by ordering takeout, and have been impressed by the adjustments these businesses have made while maintaining high-quality services.

The minute we took our seats, my anxiety was eased. The tables are spaced widely and, according to posted guidance, cannot be moved. The servers are masked and surfaces routinely sanitized.

According to Pizzazz co-owner Chris Spiccia, these changes are all part of providing a comfortable and safe experience at this neighborhood gathering spot. “In addition to our extensive sanitation practices, we have implemented various other elements into our service, including plexiglass at the front registers, rearranging our dining room for safety purposes, and text message alerts sent out when takeout orders are ready for pickup to reduce the number of people in our lobby,” says Spiccia.

It was sunny and warm, one of the last truly warm Saturdays of the year, and we were going to have pizza, so of course we ordered summery beers – a Fat Head’s Head Hunter for me and a Great Lakes Chillwave for the Mayor. The wedge salad ($8.50) was dressed with creamy, peppery ranch and topped generously with bacon and a piquant bleu cheese that I could have eaten all day.

If you like heat, and are watching your carbs like the Mayor is, the shrimp and calamari diablo ($12.00) is a must. Sautéed shrimp and calamari nestled in a fiery tomato broth that will make your pulse race. The Buffalo wings (6/$6.50 or 12/$11.50) were substantial and glossed in a savory hot sauce.

The centerpiece of our meal was the white pizza (small $9.25, large $14.00), a Sicilian-style pie we topped with artichokes and kalamata olives. It was everything a white pizza should be: simple, robust without being heavy, delicately balanced between the olive oil and garlic. The crust was substantial, with a touch of sweetness. My grandmother Ventre would approve.

When you’re ready to settle up, a new touchless payment option helps you do so safely by QR code. Says Spiccia, “Our customers are our number one priority, and have been amazing through all of our necessary changes and updates we have been implementing... While we are all in a unique time right now, we want to continue providing you with the perfect comfort food.”

Patio weather may not last, but the hearty family favorites and neighborly company at Pizzazz continue to comfort us all.

For digital menu, go to pizzazz.menu. For takeout orders, call (216) 321-7272 or order online at PizzazzToGo.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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Fall 2020 University Heights Mosaic
COVID-19 Pandemic Response

Thanks to a waiver extension from the USDA, the CH-UH City School District is once again serving meals to all children in the community. Weekend meals are also provided during Friday pickups.

In March, the USDA issued a waiver related to the restrictions of site eligibility requirements, which allowed the District to serve meals for each day of the week to all children in the area until the start of school. The USDA extended this waiver through December 31, recognizing the need for flexibility in serving meals to children while managing the impacts of COVID-19.

The District was able to extend its spring Farmers to Families program through June 25, ultimately distributing around 400,000 pounds of produce to families and community members. Heights High School served as the pickup spot each Thursday beginning May 28. Recipients were able to drive through and receive a 20-pound box of assorted produce. This initiative was thanks to Perfect Pact, which received a grant from the USDA to make the District a site for Farmers to Families. In addition, the District distributed 50,000 pounds of prepared foods through the Hunger Network of Greater Cleveland and their partnership with Gordon Food Service.

Check CHUH.org for information about a potential new distribution starting this fall.

Garity Professional Development School/Canterbury Elementary

CH-UH partnered with the Springboard Collaborative to offer a five-week summer program for elementary school students. The purpose of this initiative was to increase parent engagement over the summer and slow the educational phenomena known as "summer slide," where students lose a portion of their academic skills over the summer months.

Tammy Bishko, the Instructional Coach at Garity Professional Development School, oversaw the summer program. Teachers from each elementary building were assigned 15 students and their primary caregiver. Every week, caregivers would gather online to learn a new instructional strategy. These hour-long sessions included everything from how to make personal connections to a text to identifying the main features of a story.

Heights High

Heights High School seniors Maple Buescher and Xavier Routh have been named National Merit Scholarship Semifinalists.

The National Merit Scholarship Program is an annual academic competition for recognition and college undergraduate scholarships. Maple and Xavier qualified for the award because of their performances on the PSAT (Preliminary Scholastic Aptitude Test). Currently, more than 1.5 million students enter the National Merit Scholarship Program each year. Only about 16,000 students were named semifinalists in the program this year, representing less than 1 percent of the nation’s high school graduating seniors.

Cathan Cavanaugh is the Supervisor of Communications for the Cleveland Heights-University Heights City School District.
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John Carroll University Announces Graduate School, New Program Offerings

As part of its strategic plan to develop a clearer and more distinctive vision for the future of the University, John Carroll announced the enhancement of its graduate-level programs with the introduction of the Graduate School. Additionally, Rebecca Drenovsky, Ph.D., former associate dean for Graduate and Professional Programs in the College of Arts and Sciences, was named the new Dean of Graduate Studies.

"JCU has a rich, 60-year tradition of graduate education that prepares the next generation to bravely forge new paths and lead with conviction. The Graduate School will provide opportunities for greater student and faculty success, as well as increased administrative efficiencies and long-term sustainability," said Steven T. Herbert, Ph.D., provost and academic vice president. "Dr. Drenovsky was the unanimous recommendation from our Graduate Studies Search Committee and has already begun working with the deans to support our graduate programs."

Dr. Drenovsky has held positions of increasing leadership responsibilities in both research and professional service for the last 15 years at John Carroll. Most recently in her role of associate dean, she co-led cross-college and cross-divisional teams focused on new program development and centralization of graduate operations, which provided a solid foundation for the reinstatement of the Graduate School.

"A centralized Graduate School will generate opportunities for collaboration - even outside each student’s program of study. With an increased focus on networking and real-world experience, the Graduate School will work with Northeast Ohio businesses and organizations to strengthen our partnerships with community leaders," said Dr. Drenovsky.

As part of the enhanced focus on new and enriched curricula to better serve the needs of our community and students, the University is excited to offer two new strategic offerings from the Boer College of Business: Master of Science in Innovation and Entrepreneurship and an Online Master of Business Administration.

The new Master of Science in Innovation and Entrepreneurship program is an immersive and project-based professional degree program serving a wide range of aspiring business and social entrepreneurs and innovators. It helps develop the skills needed to identify opportunities and create prosperity and possibility with purpose.

The new Online Boer MBA program is designed with the same rigor, curriculum, and benefits of the Boer MBA curriculum - but with additional flexibility of being completely online to meet any time or location restrictions. It can be completed in one academic year or a longer term of two to three years.

"Based on both market and student demands, these programs are just the beginning of new and focused offerings you’ll see from the John Carroll University Graduate School," said Dr. Drenovsky. "We are poised to uphold our strong mission-driven programs and strongly advocate and serve our grad students. Whether that is through the hours our offices and services are available... or the development of a Graduate Student Association that can advocate on behalf of this student demographic, we strive to create an office that can direct and strategically implement these efforts."

For more information about the programs and opportunities with the new Graduate School at John Carroll, visit jcu.edu/academics/graduateschool.
City Council Contact Information

Vice Mayor and City Council Member
Michele Weiss
14485 Summerfield Road
University Heights, OH 44118
mweiss@universityheights.com

City Council Member
Saundra Berry
3729 Silsby Road
University Heights, OH 44118
sberry@universityheights.com

City Council Member
Barbara Blankfeld
2588 Saybrook Road
University Heights, OH 44118
bblankfeld@universityheights.com

City Council Member
Phillip Ertel
2296 Miramar Boulevard
University Heights, OH 44118
pertel@universityheights.com

City Council Member
Justin Gould
3610 Northcliffe Road
University Heights, OH 44118
jgould@universityheights.com

City Council Member
Susan D. Pardee
2343 Charney Road
University Heights, OH 44118
spardee@universityheights.com

City Council Member
John P. Rach
2603 Fenwick Road
University Heights, OH 44118
jrach@universityheights.com

City Council Member
Saundra Berry
3729 Silsby Road
University Heights, OH 44118
sberry@universityheights.com

WindsorHeightsRet.com
Walter Stinson Community Park is an attraction. The playground attracts young children. The large open space is an attraction to dog walkers. Coffee seekers flock to the park every weekend. And when we’re not in the middle of a pandemic, The Walt attracts large crowds for Fall Fest, concerts and movies.

The beautiful organic gardens at The Walt attract all sorts of birds and butterflies. But unfortunately, the gardens also attract a wide variety of weeds.

The weeds have found their match in The Friends of The Walt, a newly created group of friends who have volunteered to help beautify our park. They’re kind of like the Avengers, but without all the high-tech gadgets and elaborate costumes.

The Friends of The Walt volunteer group was formed organically (no pun intended) by Eran Shiloh and Emma Shook after the city organized the first volunteer opportunity to clean the park back in August.

“We started by focusing on the rain gardens at the entrance to the park, and the flower beds adjacent to the road,” Shiloh said. “Since then we have been meeting every Saturday morning at 8 a.m. by the Fenwick Road entrance to the park.”

Since then, a regular group of Avengers have assembled every Saturday, including Donald Vicarel, Joanna Homann, Darlene and Brian Floden, Rosalia Rozsahegyi, as well as Shook and Shiloh.

Walter Stinson Community Park was wisely planned to incorporate plantings beneficial not only to people, but to nature. A rain garden and native plants provide beautification as well as storm water management and food and shelter for birds and insects.

“Public green spaces like the park are vitally important to residents, yet often a city does not have the means or expertise to maintain them beyond mowing and caring for trees,” Shiloh explained. “This is where citizen activism and community involvement can make a difference.”

The Friends of The Walt are focused on removing plans on Ohio’s noxious weed list, including bull thistle, bindweed, buckthorn. They also plant additional native plants.

Thanks to donations from residents and contributions from the city, the group is replacing shrubs that have died.

Future plans include installing educations signage to promote ecological gardening.

Shiloh said more volunteers are welcome to help, regardless of residency. To volunteer, contact City Hall at info@universityheights.com, and your request to volunteer will be shared with the group.

This is part of a greater environmental effort in University Heights, as many residents have already joined the Heights Pollinator Pathways project by planting front yard gardens composed of native plants for an ecologically healthy city environment.
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