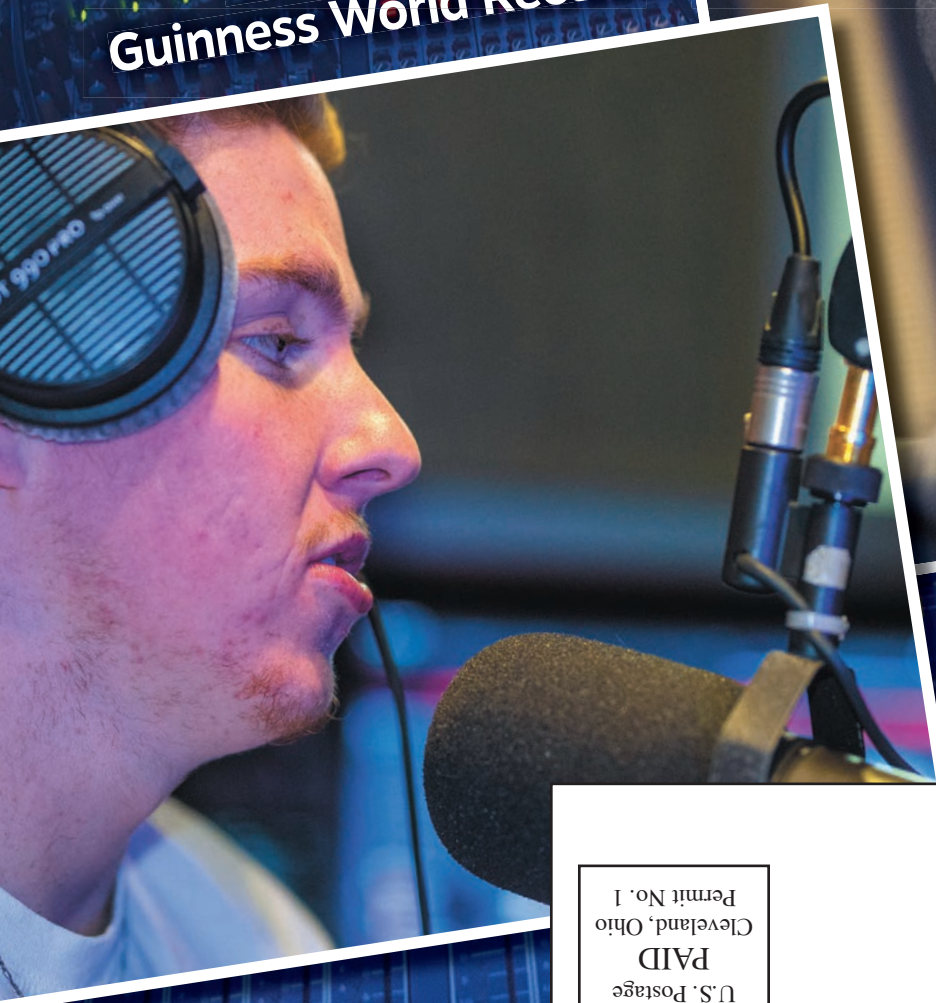


UNIVERSITY HEIGHTS MOSAIC

Winter/Spring 2022

TALKING HEADS

JCU Sophomores Talk
Their Way Into The
Guinness World Records



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Incorporate these 7 habits for a healthy heart.



Melina Aguinaga-Meza, MD
Cleveland Clinic
South Pointe Hospital

As we near the two-year anniversary of the pandemic, our lives have changed immensely. For some, these changes affected their health – especially their heart health.

“Did you know that 77% of Americans are more likely to sit throughout the day now than before the pandemic? That’s not good for your heart,” says Melina Aguinaga-Meza, MD, a cardiologist at Cleveland Clinic South Pointe Hospital.

Dr. Aguinaga-Meza recommends incorporating these habits for a healthy heart:

1. Get enough exercise.

Exercise can lower blood pressure and heart rate – meaning less stress on the heart.

2. Eat a heart-healthy diet.

Incorporate foods that are low in fat, salt and calories. Include fresh vegetables and fruits, whole grains, lean proteins and nuts.

3. Lower your blood pressure.

Chronically high blood pressure is directly linked to cardiovascular disease. Weight loss, exercise and prescription medications can help lower your blood pressure.

4. Reach a healthy weight.

Diet modification and exercise with associated weight loss can lead to a healthier heart.

5. Focus on your mental health.

There is a strong connection between our mind and our heart. Heart issues can exacerbate or worsen mental health problems, and vice versa. Reach out to your physician if you unexpectedly start to experience sadness, tiredness, fatigue, or loss of interest or pleasure in activities.

6. Manage your stress.

Stress can cause arteries to constrict, starving the heart of nourishing blood and triggering chest pain or a heart attack. Relaxation practices, such as mindfulness, yoga, meditation and tai chi are beneficial to your heart and mind.

7. Quit smoking.

Individuals who smoke are more likely to experience heart attacks than nonsmokers. Smoking cessation can have positive outcomes for your body – and especially your heart.

“Be proactive with your heart health. It’s better to get answers early so your doctor can guide you to a solution,” recommends Dr. Aguinaga-Meza.

For more information about heart health, visit ClevelandClinic.org/LoveYourHeart. To schedule an appointment with Dr. Aguinaga-Meza or another cardiologist at South Pointe Hospital, call 216.491.7380.

Are you at risk for a sleep disorder?



Robon Vanek, CNP
Cleveland Clinic
Willoughby Hills Family
Health Center

Too little sleep – even for just one night – can leave you feeling irritable, sleepy, unable to focus or concentrate, anxious or depressed. And when you don’t get enough sleep night after night over the long term, it can have an impact on your heart health, mental health and cognitive abilities.



Kassandra Bernard, CNP
Cleveland Clinic
Beachwood Family
Health Center

“If you’re experiencing poor sleep, you are not alone. It’s estimated that more than 70 million Americans experience sleep issues that affect their quality of life,” says Robon Vanek, CNP, a sleep medicine specialist who treats patients in the Sleep Disorders Center at Cleveland Clinic Willoughby Hills Family Health Center. “Left untreated, sleep problems can cause serious health issues like high blood pressure, heart disease and stroke.”

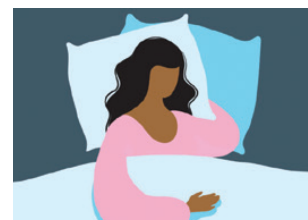
Finding out if you are at risk for a sleep disorder may be easier than you think thanks to a free smartphone app developed by Cleveland Clinic.

SLEEP by Cleveland Clinic™ features a

sleep assessment tool that can calculate your risk for the most common sleep disorders that affect sleep patterns and sleep quality in adults:

- Obstructive sleep apnea.
- Insufficient sleep.
- Shift work sleep disorder.
- Insomnia.

“The app also provides easy access to the latest information on treatment options and offers useful tips and strategies for improving your sleep habits and sleep quality,” says Kassandra Bernard, CNP, who treats patients with sleep disorders at Cleveland Clinic Beachwood Family Health Center.



For more information or to download SLEEP by Cleveland Clinic™ (currently available for iPhone/iOS only), go to ClevelandClinic.org/SleepApp. To schedule an appointment with a sleep specialist, call 216.444.2165.



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Interested in advertising in University Heights Mosaic Magazine?

Make sure to schedule your advertisement for the Summer 2022 issue. Call Marilyn Evans at (216) 577-8125 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:
Photo by Mike Cook.



UNIVERSITY
HEIGHTS



Process begins to replace outdated facilities



Crumbling walls and cramped facilities are unfortunate features of current city buildings.

Welcome to Season Four of Mosaic. By this, our tenth issue, you probably know what to expect. Your city magazine aims to provide useful information to University Heights residents, while spreading the good news about local businesses, schools, events, and people.

You haven't read an article in Mosaic about anything bad in University Heights – until now.

Buckle up. There's no graceful or articulate way to say this, but the City Hall building is a dump. Same with the Firehouse, Police Station, and Service Yard and Garage. They all need to be replaced, and frankly, they should have been replaced decades ago.

Built in 1925, the City Hall building is worn out and obsolete. The building is not compliant with the Americans with Disabilities Act. The chair lift doesn't work, because it's so old that no vendor can properly fix it or replace it. As a result, the City Council chambers go unused for public meetings.

There's not enough office space at City Hall, so visitors might be able to find the employee they're looking for, but maybe they won't. Economic Development Director Susan Drucker isn't at City Hall. She is in rented office space across the street behind Rascal House Pizza.

Looking for the Building or Housing Departments? Those employees are located in a two-story brick house next door.

Oh, and don't ask about any community or meeting space at City Hall, because there is none. Book club, birthday party, Bar or Bat Mitzvah? Sorry, we wish we could help just like other cities do.

What else? The awning by the main entrance is water damaged and looks as if it would collapse with the next strong gust of wind. The City Hall basement has a bit of a foul odor, and is seemingly overdue for a periodic sewer backup.

Attached to City Hall is the slightly newer Fire

Department building, built in 1941. The lack of space puts limits on the Fire Department's ability to serve the public. The length of the vehicle bay limits the size of ladder truck that can be utilized. Remember the new ladder truck we bought? We had to remove the top rails of the ladder so it would clear the garage door.

There's little to no space for training and drills. The fire station does not meet modern standards for size, or for optimum working and living conditions for emergency responders. Even the showers and the structure under them are dilapidated.

The Fire Administration – the Fire Chief and staff – are not even housed at the fire station, but in a city-owned house on the west side of Saybrook Road by Walter Stinson Community Park. This decentralization does not lend itself to efficient operation and functioning of the department, and serves as an obstacle to achieving the level of emergency services University Heights residents expect and deserve.

The Andy Griffith Show debuted on CBS in 1960, seven years after the University Heights Police Department facility was built. But at least in Mayberry, Andy and Barney were able to hold Otis in a cell in their building. Here in University Heights, the state shut down our jail in 2017. It is not feasible to renovate it to state standards. Our police must transport their arrests to Solon jail for processing and detention. Our officers also must transfer them from Solon to Shaker Court for hearings (some are done now by video conferencing).

It is inconvenient, and consumes patrol officer time and resources that could be spent on our city streets.

The 2003 University Heights Master plan identified the Police Department as lacking in space and most in need of a complete overhaul. Nearly 20 years later, nothing has improved.

Over the years, some police spaces have been recon-



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figured to accommodate differing functions, but the result is that the Police Department is not ideally organized nor are the spaces adequate for efficient day-to-day operations, thus compromising the level of service to the community. For example, the women’s facilities have been retrofitted into the police garage. The detective bureau is housed offsite instead of within the station.

In addition, the open, unsecure, and inadequate parking for police vehicles remains a problem. Leaving cars out in the open not only exposes the vehicles to the elements, but to vandals as well.

Squeezed behind City Hall, the Firehouse and the Police Station is the Service Yard. Vehicles remain uncovered and unsecure due to a lack of garage space. There’s not enough space to store materials, including road salt. Office space and break room space are outdated. Facilities for men are deficient, and nonexistent for women.

Mayor Michael Dylan Brennan’s 2022 budget proposal includes an additional \$100,000 for the new facility fund. More is needed, with plans in the works to hire a project manager and architect to design new facilities.

“The residents of University Heights expect better. City Hall is out of date and inaccessible. There is no gathering space for the community. The buildings for our police, fire, service, and administrative department are woefully inadequate, and impede our ability to deliver the high quality services our residents expect and deserve,” Brennan said.

“The city has been studying the facilities issue off and

on since the mid 1980s. In 2022, we are going to take action and put people first.”

City Hall, Fire, and Police would ideally remain at the corner of Warrensville Center Road and Silsby Road. Additional property has been acquired and cleared, and more may be acquired for a comprehensive redevelopment. The Service Department remains a suitable candidate for relocation.

“Residents need and deserve year-round senior and community programming, and new facilities are necessary for that to happen,” Brennan said. “We know the demand is there, from the response to summer programming at The Walt.”

“The new City Hall will be environmentally efficient and ADA compliant with community spaces. New buildings for fire and police will allow greater access and help us serve the public more effectively and efficiently.”

New municipal facilities were studied in the 2003 University Heights Master Plan, and adopted in the updated plan in 2016.

A Needs Assessment Report by GDP Group will be released soon, and will be available at universityheights.com.

Residents will soon be invited to tour current city facilities for themselves. Once the weather warms up and COVID-19 restrictions relax, the city will host several open houses so residents can review the conditions of municipal buildings and ask questions.

“As always, we are at your service,” said Brennan. “All of this is to better serve you.”

JCU students talk themselves into record book



Earlier this month, two John Carroll University students talked themselves into the Guinness World Records for longest radio interview.

Sophomores Zachary Sinutko and Collin Kennedy, producers and hosts of WJCU FM 88.7’s hip-hop show “808’s and Mixtapes,” surpassed the previously standing record of 25 hours and 26 minutes. The pair hosted the marathon interview through February 5 and 6, fueled by questions submitted by listeners, as well as many cans of Red Bull.

The extensive interview was cheered on many community members, including the Mayor Michael Dylan Brennan, JCU President Alan Miciak, staff from both the University Heights police and fire departments, and Cooper the Brand Ambassador.



Friends old and new dropped by to cheer on Sinutko and Kennedy as they broke the record.

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City celebrates Black History Month 2022

This resolution was adopted at the first February meeting of the University Heights City Council.



WHEREAS, the City of University Heights is a community that values its diverse population and celebrates the many cultures, backgrounds, and histories of its residents; and

WHEREAS, Black History Month has been recognized each February by U.S. Presidents since 1976 and grew out of the creation of Negro History Week in 1926 by Carter G. Woodson, an author, historian, and son of enslaved persons; and

WHEREAS, it is recognized that Black history is American history, while also underscoring that the story of Black Americans precedes the founding of our nation, with hundreds of thousands of individuals having been forcefully brought to these shores and millions more to the Caribbean and Central & South America; and

WHEREAS, Black Americans have struggled and persevered through enslavement, persecution, and oppression, facing still today systemic barriers to equality in our economy, at the ballot box, and in many other facets of American society; and

WHEREAS, despite these seemingly unending challenges, Black Americans have continuously made critical contributions to America and the world through innovation in arts, science, business, law and governance, healthcare, education, and more, as well as to our broader national culture and heritage; and

WHEREAS, the Association for the Study of African American Life and History – founded by Mr. Woodson –

has declared the 2022 theme for Black History Month to be “Black Health and Wellness,” recognizing both the long, troubled relationship between Black Americans and the healthcare system, as well as the contributions to said system by members of the Black community. Of particularly recent import, Dr. Kizzmekia Corbett led a team of scientists in the development of the mRNA-1273 vaccine (Moderna) in the fight against COVID-19.

WHEREAS, this theme also recognizes the importance of financial, economic, and social wellness in the Black community and these factors’ interconnectedness as “social determinants” of physical and mental health; and

WHEREAS, it is essential to our continued growth and progress as a nation that we honor the legacy and contributions of Black Americans while vowing to continue the necessary work of reckoning with past injustice and seeking equity for our present and future – not only in this month, but indeed all year round.

NOW, THEREFORE, BE IT JOINTLY PROCLAIMED BY THE MAYOR AND RESOLVED BY THE CITY COUNCIL OF THE CITY OF UNIVERSITY HEIGHTS, OHIO, THAT:

Section 1. The City of University Heights recognizes and honors Black History Month in February 2022, celebrates our Black neighbors, and encourages all residents to further educate themselves on Black history in America and seek remedies to continued injustices.

Section 2. It is hereby found that all formal actions of this Council concerning and relating to the passage of this Resolution were adopted in an open meeting of this Council, and that all deliberations of this Council and of any of its committees that resulted in such formal action, were in meetings open to the public, in compliance of all legal requirements.

Section 3. This resolution is hereby declared to be an emergency measure necessary for the immediate preservation of the public peace, health and safety of the City, the emergency being for the reason that this resolution pertains to the concurrent celebration of Black History Month in February 2022; wherefore, this resolution shall be in full force and effect from and immediately after its adoption and approval by the Mayor.

Happy Buddha Cafe'

To all our valued guests and friends,

It is with great sadness and a heavy heart that we will be permanently closing Happy Buddha Café in the early spring of 2022. The final decision to close our doors and move out of state has been a difficult one. We have provided the local community with authentic Chinese cuisine for the past 16 years and could not be more grateful for the continued support. Thank you for making Happy Buddha Café one of the town's most popular eating establishments!

Our small yet full-of-life café has always been a place filled with joy and happy people. We cherish all the memories, love, and support from our dear customers. Over the years, many of you have joined us in being part of our great extended family. We will miss the impromptu chats, shared stories, and fun holiday cheers. Most of all, we will sincerely miss watching your families grow; all my little buddies, their smiles and hugs, and creative drawings from them. We thank you for the fond memories throughout the years. These special moments will always be a part of us.

We appreciate your loyal patronage. It is our greatest pleasure to have had the opportunity to serve you one of the best Chinese foods in the area. We could not have been more successful than we were without your loyalty and encouragement. We want to thank all our amazing guests and employees for supporting us over the past 16 years. We love you all!

We wish you all the best for a happy and prosperous future!

Sincerely,
Shirley & Gordon



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Heights Libraries offers a large collection of digital media, including books, magazines, comics, music, movies, and television shows.

Visit heightslibraries.org/digital-collection and start exploring!



Matchmaker, matchmaker – find me a match

Librarians are finding love, via books, for University Heights residents

Similar to Tinder or Yente from Fiddler on the Roof, the staff at University Heights Public Library is very good at matchmaking.

It's matchmaking, in the sense of setting you up with a book that you will enjoy - not a prospective spouse.

The Heights Libraries Matchmakers are a group of librarians who specialize in helping customers find books. While the program has been in existence for nearly a decade, a new online Match Me Up form has made it easier for University Heights residents find a book they'd love.

"The Matchmakers team is thrilled at the community response to our new online Match Me Up program," said librarian Andrea Lynn. "We have had requests for historical fiction, literary fiction, book club suggestions, fantasy, romance, and non-fiction. Many of our requests are from readers who ask us to surprise them with new titles to try. Our team is delighted to serve our community of such ardent readers."

To begin the match up process, visit heightslibrary.org. Find the Match Me Up form, enter your contact information and information about your reading interests. From there, the Matchmakers will suggest titles and even put them on hold for you.

Everybody's doing it, including Mayor Michael Dylan Brennan.

Brennan relayed his favorite genres, including Literary Fiction, Non-Fiction and Biographies.

Next, Brennan explained his reading history. He explained his appreciation for the works of George Orwell and David Foster Wallace, despite his never quite getting his head around *Infinite Jest*. Brennan also told the Matchmakers of his admiration for midcentury authors including James Jones, William Styron, and John Irving, as well as contemporary authors including Heather Cox Richardson, Doris Kearns Goodwin, Ta-Nehisi Coates, and Claire Vaye Watkins.

Armed with this information, Matchmaker Luke Neubecker went to work and came back with the following recommendations for Brennan.

Let Me Tell You What I Mean by Joan Didion

These Truths by Jill Lepore

First Person Singular by Harucki Murakami

Feel Free by Zadie Smith

Brennan said the Matchmaker Neubecker made great suggestions. "Joan Didion is someone I have long meant to read and never have," he said. "My wife Gina has read Didion and I know she has enjoyed her essays. The fact that she just passed away also seems reading even her works from the 60s and 70s immediately relevant as a review of her life's work. I will start here with this suggestion."

"I try to match my recommendations to the genres the patron selects," Neubecker said. "If they include a note



Librarian and Matchmaker Andrea Lynn can match you up with a good book or four. (Photo courtesy of Heights Libraries)

about a favorite author or book, that helps me narrow the focus. Mayor Brennan listed several books and authors he has enjoyed in the past; based on that and my own taste, I suggested a mix of titles I thought he might enjoy."

With millions of books to choose from, finding a new book said can be overwhelming, Lynn said. "Where do you start? It's like finding a needle in a haystack," she said.

"We wanted to make it as easy as possible to help folks find something they'll enjoy, and the new form makes it easier."

The new system also gives the Matchmakers time to fully research the request, and get input from other staff who might specialize in particular genres or areas of interest.

"A written request allows us to the time to reach out to other staff who really know a subject area to get the best recommendation we can," Lynn said. "I know a lot about Jane Austen, for instance, but someone in the Youth Services Department would know more than I do about graphic novels for young adults."

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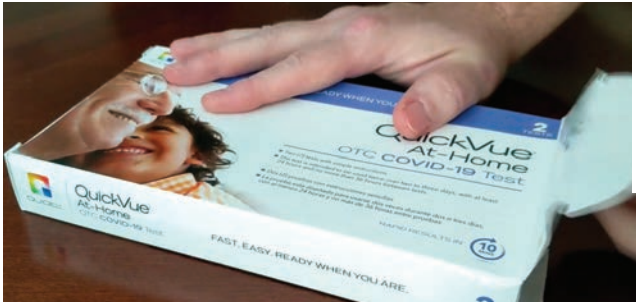
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To order your free tests, visit www.covidtests.gov.



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News You Can Use

Did you know University Heights homeowners may receive a reduction in fees from the Northeast Ohio Regional Sewer District if they take measures to reduce stormwater volume or minimize the pollutants flowing from their properties?

Stormwater control measures could include rain gardens, vegetated filter strips, and rain barrels.

There are three types of credits available: The Individual Residential Property Credit (Flat reduction of 25%), the Stormwater Quantity Credit (Reduction up to 75%), and the Stormwater Quality Credit (Reduction up to 25%).

For more information, please visit www.neorsd.org/stormwater.

Ground broken at site of future Zichron Chaim

Despite cold and snowy weather, ground was broken last month at the future site of Zichron Chaim on South Green Road in University Heights. Participants in the ceremony included, from left to right, Rabbi Alexander Charlop, Mayor Michael Dylan Brennan, and Rabbi Eric "Yitz" Frank.



Photo Credit: Rami Berner, Berner Architecture Studio.



Cooper's Big Night Out

Cooper the University Heights Brand Ambassador happily accepted a recent invitation to tour the Coventry PEACE Campus. The chicken enjoyed skating on the pop-up roller rink, participating in a tour of the facility, and reviewing the work of local artists.

Located in Cleveland Heights, the Coventry PEACE Campus serves organizations throughout Northeast Ohio, including those in University Heights.

Cooper got to hang out with his friends TJ the Tiger and Deanna Bremer Fisher.

The first PEACE Summit took place on Friday, January 28. The Summit is part of a new series of events to connect its non-profit tenants with community stakeholders.



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Boaz offers fast-casual with a Lebanese twist

The snow (when's the last time we saw grass?) and arctic temperatures have us thinking about cozy couch blankets, warm socks, and generous portions of comfort food to lift our spirits and fuel us for whatever our day brings, whether it's Zoom meetings, shoveling driveways, or snowshoeing at The Walt.

In our house, that means sumptuous stews and chilis simmering all afternoon, and homemade desserts with obscene amounts of butter. This is food eaten with naps in mind.

Sometimes, especially after a weekend of playoff football meals, you need something lighter, though equally satisfying. On a rare sunny day, the Mayor and I had a still rarer opportunity to enjoy a weekday lunch together. We headed over to Boaz Fresh Lebanese, ideally located on John Carroll Boulevard just steps from the entrance to John Carroll University.

The first thing I noticed was how clean and open the dining room is. At noon, it brims with natural light, which, let's face it, we crave this time of year.

If all we did was sit for a few minutes and enjoy a baklava and fresh-pressed juice, it would have done wonders for the seasonal grays. But we brought our appetites and were eager to dig in to the menu.

The build-your-own bowls offer a familiar fast-casual staple with a Lebanese twist. In keeping with the brisk lunch business, service was efficient and pleasant, and the counter and prep area extremely clean and sanitized. My chicken shawarma came on a bed of greens and lentils, topped with baba, purple cabbage, shredded carrots, tabouli, salata, turnips, and Boaz dressing.

To me, you can't go wrong with a



Build your own bowl at Boaz in University Heights.

bowl of assorted flavors and textures, mixed sauces, and a fresh vegetable or two thrown in for crunch. If I could eat this way every day, I would, and often do with whatever I've prepared at home. Whenever there's two or more meal elements, I reach for a huge bowl and say, "I'm gonna use a trough."

But back to Boaz. The baba set this bowl apart. The baba at Boaz is bewitching. Its luscious texture and hearty, but graceful flavor tied the bowl together perfectly.

In its magenta glory, the anti-inflammatory fresh-pressed juice was a balanced blend of orange, ginger, beet, and carrot that simply tasted like health restored. I felt like it was neutralizing free radicals and protecting cells as I ate. It even earned a grudging nod of approval from my beet-hating lunch partner.

And speaking of, for his bowl, he chose beef shawarma and falafel on a bed of greens, lentils, and rice,

topped with hummus, tabouli, sumac onions, banana peppers, purple cabbage, Za'atar pita chips, and garlic and hot sauces. The protein was well-seasoned without being salty or overly, carelessly spicy.

Even with the double protein, the portion was substantial without being a gut buster, satisfying without feeling too full or sluggish afterwards. He held up the pungent garlic sauce and winked. "Thank God for Zoom meetings."

Boaz is located in University Heights at 20630 John Carroll Boulevard. (216) 417-7765. Boazfresh.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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March 24 & 25 at 7:00 pm / March 26 at 2:00 pm
Gilmour Performing Arts Center
visit gesu.com for details

Gesu Catholic School Open House
Sunday, March 27, from 12:30-2:30 pm



Chef Searcy's Sauce the City is coming soon to University Heights the City



Chef Victor Searcy's Sauce the City opens in the prior site of Fishstix this spring.

Chef Victor Searcy isn't just throwing darts at a map on a wall.

When Searcy decided to open his first Sauce the City restaurant outside of Cleveland, he did extensive research. When the former Fishstix location on Cedar Road became available, he pounced at the opportunity.

"We chose this location within University Heights because of the potential community support, location, and franchise potential," Searcy said. "We chose University Heights over several potential communities."

Take that, Hudson!

Chef Vick's menu features premium chicken sandwiches, wings,

salads, wraps, street corn, and desserts. But the star of the show is the Cleveland Hot Chicken Sandwich. Consider yourself warned. Voted the #1 chicken sandwich in Cleveland in three separate competitions, the Cleveland Hot Chicken Sandwich has a base of "kooling sauce," chicken tossed in Cleveland hot sauce, topped with house kale slaw, and sprinkled with a hint of Cleveland Hot Seasoning on a butter brioche bun.

The original Sauce the City opened in 2018 in the Ohio City Galley on the west side of Cleveland. Since then, Sauce the City has partnered with the Cleveland Cavaliers and Cleveland Browns to serve hungry sports fan establishing restaurants in both FirstEnergy Stadium and Rocket Mortgage Field House via ARAMARK. The University Heights location will be just Searcy's second stand-alone restaurant.

Searcy not only serves good food, but prides himself in being a good neighbor. His restaurant works with local food vendors and suppliers. In addition, Sauce the City supported the Feed the Nurses campaign

during the height of the COVID-19 pandemic, as well as feeding the homeless at the Lutheran Metropolitan Ministry Men's Shelter.

All of the chicken served at Sauce the City is locally sourced and farmed raised, and does not contain antibiotics or preservatives.

The inspiration for Sauce the City started when Searcy was a student at Kent State University. As a sophomore, Searcy gained culinary experience working for Darden Restaurants. He soon established a signature line of sauces. Searcy promoted his sauces at local fairs, festivals, and carnivals.

Shari Garzone at Jamaican-Me Tan has heard the hype about the Sauce the City location in Cleveland, and is looking forward to the restaurant opening three doors down from her tanning salon.

"I've heard all sorts of good things about Sauce the City, and it's somewhere I've been dying to try.

"I truly cannot wait to have lunch there!"

Sauce the City is set to open in University Heights this spring.



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John Carroll University emerges as regional hub for interreligious dialogue with an endowed chair in Jewish Studies

John Carroll University recently announced a \$1.5 million gift from the Jack, Joseph and Morton Mandel Supporting Foundation to establish an endowed chair in Jewish Studies within the Theology and Religious Studies Department.

The Jack, Joseph and Morton Mandel Chair in Jewish Studies is also supported by a \$1 million gift from The Milton and Tamar Maltz Family Foundation and a very generous lead gift from JCU alumna Norma Geller, an early advocate of the University's efforts to create the opportunity.

John Carroll University is now poised to become a center for interreligious engagement around the three great Abrahamic traditions, Judaism, Christianity, and Islam, with endowed chairs in each discipline.

"We are so grateful to the Mandel Foundation, the Maltz Family Foundation, and Norma Geller for investing in the 'Inspired Futures' of John Carroll University's students through the Jewish Studies endowment," said Alan R. Miciak, Ph.D., president of John Carroll University. "As a Jesuit Catholic institution, we welcome people of all faiths and worldviews. Our proximity to and engagement with Cleveland's Jewish community, combined with the strength of our Theology and Religious Studies department, provides a natural gathering spot for the interreligious scholarship and dialogue that is so vital in our region."

Dr. Jehuda Reinharz, President and CEO of the Mandel Foundation, added, "The Mandel brothers were committed to Jewish learning and understood the significance of interreligious engagement. Establishing an Endowed Chair in Jewish Studies will secure a permanent presence for the study of Jews, Judaism, and Israel at the University. Our hope is that this will foster conversations that move us beyond misunderstanding and towards a shared concern for the common good."

Milton Maltz commented, "Tamar and I are delighted to support John Carroll University's effort to promote knowledge and appreciation for the Jewish religion. The Endowed Chair in Jewish studies will be a complement to the academic chairs already established in interreligious studies, Islamic studies, and Catholic theology. The grant from our family foundation will enable the University to engage in curriculum and program planning in the area of Jewish Studies and raise awareness of Judaism on campus and in the local community."

The Jack, Joseph and Morton Mandel Chair in Jewish



A gift from the Mandel Supporting Foundation aims for increased religious understanding.

Studies will support a full-time faculty member who will:

- Further develop the Jewish Studies curriculum;
- Advance scholarship in Jewish Studies through research and publication;
- Collaborate with the Theology and Religious Studies department, Campus Ministry, the Center for Student Diversity and Inclusion (CSDI), and other campus partners to promote interreligious understanding and opportunity;
- Develop both short- and long-term options for John Carroll students to visit and study in Israel;
- Coordinate public lectures, panels, and other programming on subjects relating to Jewish Studies and contemporary issues of interest to the Jewish community;
- Foster connections with local and regional Jewish communities by partnering with area synagogues and Jewish day schools;
- Support new undergraduate and graduate programs in Jewish Studies and interfaith engagement.

Visit JCU.edu to learn more.



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Employers benefit from diversity of Wayfinders Program at John Carroll

Students from historically excluded communities often lack access to equitable opportunities in the workplace. At the same time, employers often lament the lack of diversity in the pool of applicants for internships.

Center for Student Diversity and Inclusion (CSDI) launched the new initiative with the support of the Cleveland Fenn Foundation in 2020. This program offers professional development workshops, leadership opportunities, and micro-internships.

The Wayfinders Program focuses on students who come from historically excluded communities:

- First generation students
- Students of color
- Students with disabilities
- Low socioeconomic background
- LGBTQIA+

The local, small, non-profit or for-profit organizations are eligible to host a micro-intern free of charge. Under the grant, the student can complete any project up to 20 hours. This impacts your company's diversity, equity and inclusion initiatives by helping a student gain hands-on experience.

"I think that Wayfinders Program has opened a lot of opportunities for the students to get exposure to local organizations searching for skilled talent," according to the People Program Manager at Code 3, "but also opens up the organization's eyes to the amount of diverse talent right in front of us."

CSDI is the first multicultural office to provide micro-internships with professional readiness workshops nationwide. We have partnered with 49 Non-profit organizations and 38 For-profit organizations thus far. Some of these organizations are Network Ohio for Arts and Healing, CHN Housing Partners, Empowered and Poised, LGBT Community Center of Greater Cleveland, LGBTQ+Allies Lake County, Cleveland Opera Theater, ASIA INC.

The organizations were left astonished by the work our students do in 20 hours. "The student successfully completed her summer micro-internship. She communicated well through the whole micro-internship. She is

able to work through uncertainty and ask questions to resolve challenges. Very pleased with her work and appreciated the opportunity the school offered to her and agencies," reported ASIA INC.

Interns also provided positive feedback, "The micro-internship explored the need for mental health support in the AAPI community and it was very eye-opening," said one former CSDI micro-intern. "One of my favorite projects was the Zoom calls we held for parents to inform them about vaccinating their children. This project lowered the anxiety towards vaccines for many people, and it helped increase vaccination numbers."

Centers like CSDI exist as a result of the need to provide equitable student support services when colleges began to integrate their student bodies in terms of ability, gender, race, socio-economic backgrounds. CSDI helps aid in transforming the student experience in-and-outside the classroom by addressing issues of power, privilege, oppression, and social justice through cultural and programmatic frameworks rooted in advancing the multiple dimensions of identities.

Similarly, career centers work towards inspiring and supporting students and alumni in making career-related decisions, developing skills to achieve their goals, and connecting to opportunities.

What is often missing is a clear bridge between centers for student diversity, equity, and inclusion and career services. The Wayfinders Program at John Carroll University is an attempt to respond to this gap.

For more information about the Wayfinders Program, or to learn how to partner with us, please reach out at dflores@jcu.edu or give us a call at (216) 397-1583.



Flores (she/her/hers) is the Program Coordinator of JCU's Wayfinders Program. She is from Cleveland, Ohio. She is a first-year graduate student majoring in Innovation and Entrepreneurship through John Carroll's Boler College of Business.



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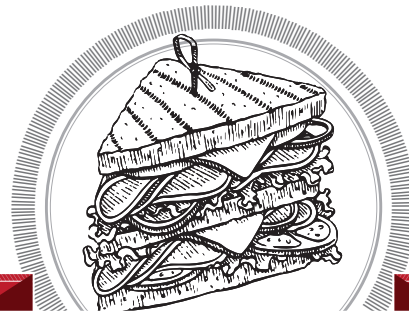


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Welcome Back, *Jeune*

Due to the pandemic, University Heights hasn't been able to hold an in-person Civic Awards ceremony since 2019. One of the things we miss most about the event is the walk-up music.

Who can forget Executive Captain Andy Boylan of the Fire Prevention Bureau receiving his award as "Fire" by Jimi Hendrix blared over the speakers at John Carroll University? Or participants in the Gesu Kindness Rocks program walking up to "Love is Like a Rock" by Donnie Iris and the Cruisers?

Anyway, if Jeune Drayton takes the stage at the 2022 ceremony, she'll most likely walk-up to the theme from TV show *Welcome Back Kotter*.

Welcome back

Your dreams were your ticket out

Welcome back

To that same old place that you laughed about

Drayton was hired last month as the new Assistant Clerk of Council for University Heights. It's her second tour of duty in the Clerk's office, as she worked in City Hall from 1982 through 1986. When hired, Drayton was the first African-American to become Clerk of Council in the city's history.

She says her first stint at City Hall was "wonderful and challenging." Drayton left to pursue opportunities in the private sector.

Well, the names have all changed

Since you hung around

But those dreams have remained

And they've turned around

"It's sort of like I never left," Drayton said. "There are structural changes, and a lot of new faces."

One familiar face to Drayton is that of Clerk of



Council Kelly Thomas. Drayton worked with Thomas at City Hall during the 1980s. In fact, Drayton hired Thomas to assist her. "It was such a joy to have her as my mentor," Thomas said. "Fast forward to 2022, Jeune and I have come full circle. I am ecstatic to have her on my team to help handle City Council work for all the benefit of residents of University Heights.

"Jeune brings an electric positive energy to the Clerk of Council office."

Drayton also brings a great amount of public service experience back with her. She has served as Assistant Clerk of Council in Bedford Heights, and most recently as Executive Assistant as well as Clerk of Council in Highland Hills.

Who'd have thought they'd lead you

Back here where we need you?

"The responsibilities of the Clerk of Council's office had gotten too big for just one person," Mayor Michael Dylan Brennan said. "We needed help, and we were very fortunate that Jeune was available and prepared to come back. This is good news for the residents of University Heights."

State of the City is strong and online

Mayor Michael Dylan Brennan's 2022 State of the City Address is now available on all University Heights social media accounts. The video of the virtual address, as well as the text, is up on universityheights.com. In his presentation, Brennan discusses the need for new facilities, the 2022 budget, and more. In addition, the State of the City includes an announcement of the annual Summer Concert Series.



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Cleveland Heights-University Heights City Schools update

What's Happening in Your Neighborhood Schools

By Charlie Swift, Communications Assistant



State of our Schools Address

CH-UH Schools Superintendent Elizabeth Kirby will deliver the annual State of our Schools Address on March 16, 2022 at 7 p.m. The community is invited to watch the livestream on YouTube. Scan the QR code to go directly to the District's channel.



Partnership With MetroHealth Going Strong

During the 2021-2022 school year, the CH-UH City School District and MetroHealth held two COVID-19 vaccination clinics for children 5-18 years old at the Wiley campus. The clinics were open to the community. MetroHealth providers also regularly offer health care services for CH-UH students at school, including physicals and care for chronic conditions. There is never a co-pay or any out-of-pocket expenses for these services.

Elementary Students Take Action to Help Others

Canterbury families are encouraged to submit stories about their children's good deeds. Parents have shared around 100 tales this year of their kids helping others, including raking leaves for an elderly neighbor, comforting a younger sibling, and packing food for the hungry. A main tenet of an International Baccalaure-



ate education is promoting agency among children – the idea that they have the power to create positive change. Canterbury has been a certified IB World School since 2016, one of five IB schools in the CH-UH City School District.

Full-Day Preschool Program Incorporates Arts and STEM

Gearity's related arts team, those who teach music, art, physical education, Spanish and STEM, now offer those same classes to the full-day preschool students at Gearity, Noble and Oxford.



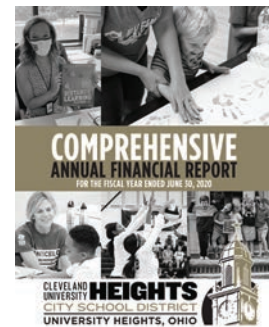
For STEM teacher Sean Sullivan, it's all about hands-on experiences. "I try to provide as many artifacts as possible, things they actually see and touch" as they focus on investigation, exploration and inquiry.

Early Childhood Instructional Specialist Danielle Foran believes the classes help lay a strong foundation for future growth and success.

"Children are offered intentional learning experiences that build on the classroom curriculum and offer additional opportunities to practice skills."

Finance Department Receives Award for CAFR

The CH-UH City School District's finance department has been awarded the Certificate of Achievement for Excellence in Financial Reporting for its comprehensive annual financial report (CAFR) for the fiscal year ended June 30, 2020.



The award was given by the Government Finance Officers Association of the United States and Canada. A panel determined that the document clearly communicates the CH-UH financial story. This report, along with the recently published 2021 CAFR, can be found on CHUH.org.

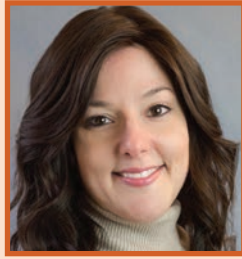
Heights Seniors Win Art Awards

Heights High School students participated in the Annual Greater Cleveland Scholastic Art + Writing Competition and Exhibition. Their pieces were judged and selected from nearly 2,000 entries. Heights senior Rose Goodluck was awarded both the Silver and Gold Key for her painting and drawing illustration. Senior Grace Pindel was awarded the Gold Key for her expanded project. Both students will move on to compete at the national competition in New York City in the spring.

Visit CHUH.org to read more about these news stories and many others.



Mayor & Safety Director
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 mdb@universityheights.com



Vice Mayor and City Council Member
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City Council Member
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Issue to make it easier for city to hire police and firefighters headed to ballot

On May 3, University Heights voters will see familiar and new names on the ballot. They will choose candidates for U.S. Senate, Governor, Ohio Statehouse and local judgeships. Some races will be contested, some folks will have no opposition.

Voters will also see a ballot issue with this language:

Shall Article 7, Section 3 of the Charter of the City of University Heights be amended to allow the City's Civil Service Commission to enact Rules to expand the number of permitted eligible candidates who may be appointed to open positions in the Police and Fire Service?

That's a lot of words. What does it mean?

A "yes" vote by the majority of voters would allow the University Heights Civil Service Commission to certify as many candidates for the Police or Fire Department as it deems necessary. A "no" vote would maintain the status quo.

Currently, when Police or Fire needs to make hires, the city charter restricts the Civil Service Commission to certify only three candidates out of all those who take the police or fire entrance exam.

As a result, University Heights often loses qualified candidates to other cities.

"What happens is we go to certify that list of three, and candidates are taking exams all over (in other communities)," Mayor Michael Dylan Brennan said. "We can certify (for hiring) three people and then discover that all three people have taken jobs someplace else.

Brennan said that, in other communities, the charter allows a civil service commission to pass along for



University Heights voters will be asked in May to approve a change to the City Charter that would make it easier for the Fire and Police Departments to hire qualified employees.

hiring whatever number of candidates the commission sees fit.

The request for the charter change comes at a time when area communities are having a difficult time attracting candidates to take tests for police and fire jobs, which makes the pool of candidates from which area safety forces can choose even smaller.

With the backing of Brennan, Police Chief Dustin Rogers, and Fire Chief Robert Perko, City Council voted unanimously to put the issue before voters in the May election. Voters will see the issue whether they request a political party primary ballot, or an Issues Only ballot.

MDB, Justin. Justin, MDB.

Mayor Michael Dylan Brennan met Cleveland Mayor Justin Bibb after a speech at a recent meeting of the Cuyahoga County Mayors and City Managers Association.

"I was pleased to hear Mayor Bibb's commitment to work together on economic development and other regional issues," Brennan said. "I'm looking forward to working with him and all our mayors to move our region forward."

Bibb has designated Cleveland's Chief Government Affairs Officer Ryan Puente to represent the administration at any meeting that the Cleveland mayor cannot personally attend.



Cleveland Mayor Justin Bibb introduces himself to Mayor Brennan.

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National Girls and Women in Sports Day celebrates successes of female athletes

National Girls and Women in Sports Day is celebrated each year on February 2. However, participation in sports by females deserves to be celebrated every day.

NGWSD recognizes student-athletes and professional athletes, as well as coaches, administrators and lawmakers committed to providing equitable access to sports for all girls and women.

Athletics play an important role in girls' lives. Besides helping to establish a routine for a healthy, active lifestyle, sports build confidence, leadership skills, and the ability to work with a team.

Women who participated in sports in school are more likely to graduate from college. According to a study by the EY Womens Athletes Business Network, women increase their odds of landing leadership positions when they have a background in athletics.



University Heights resident Brenna Czszak of Beaumont School competes in the Golden Racquet match last fall at Purvis Park.

I am not a number

University Heights names trucks of snow plow fleet

It's been a long, cold, snowy winter. To break up the monotony of this dreary season, University Heights residents expressed on social media a desire to name the city's snow plows.

At the February 7 meeting of City Council, Mayor Michael Dylan Brennan delivered. After reviewing suggestions from residents and staff, Brennan announced the new names for the trucks of the city's snow plow fleet. No longer known as 1, 2, 3, 4, and 5, the plows now have proper names.

Long Johns Carroll. Submitted via Instagram, Long Johns Carroll is a combination of winter undergarments and the university that is the city's namesake.

Veruca Salt. This was the favorite of the salt pun names, beating out Morton, and Sir Salts A Lot. Veruca Salt is a character from the Roald Dahl's book "Charlie and the Chocolate Factory." She was the second Golden Ticket winner.

Sprinkles. The name just feels fun. Sprinkles sounds like the name of a child's pony, instead of a five-ton truck. The name can refer to either snow sprinkles, or the sprinkling of salt on city roads.



Plow Truck #2 is now named "Veruca Salt."

Darth Blader. While many Star Wars names were considered, including Han Snowlo, Snowbegone Kenobi, Snowba Fett, and The Meltalorian, Darth Blader was deemed to be the best choice.

The Big LePlowski. In the hit 1998 movie, Jeff "The Dude" Lebowski is the ultimate slacker and bowler. The movie is very popular with City Hall staff.

Just missing the cut were the names Betty Whiteout, Snowkemon Go, Plowy McPlowface, Snowball, Control Salt Delete, Mr. Plow, and Snow Force One.

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Scammers are always trying to find ways to get your money. If someone calls you, texts you, emails you, or sends you online messages asking for money.



Scammers can be very convincing and would love to take your money from you.

Some things to look for to avoid being scammed:

- Never pay people over the phone/online with gift cards.
- Don't give out your credit card or bank information to someone unless you are certain you know who you are giving it to.
- Scammers might say they are from the government and you will be arrested if you hang up the phone. They're lying to you!
- Does what they're saying seem too good to be true?
(i.e. free money)
- Scammers might pretend to be someone you know. Verify who you are talking to before giving out ANY personal information.

Online and phone scams can be reported to the
Federal Trade Commission:
1-877-FTC-HELP (1-877-382-4357)
ftc.gov/complaint

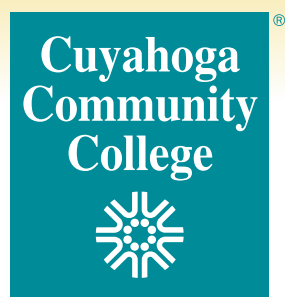


Back to getting answers, lots of answers.

COME BACK
TO GO FORWARD



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