

2022 SUMMER CONCERT SERIES PREVIEW

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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**.

## Tonsillectomy: Not just for kids.



Sanford Timen, MD Cleveland Clinic Beachwood Family Health Center

Our tonsils are located at the back of the throat and serve as part of our immune system. However, removing them doesn't increase your risk for infection.

"Tonsillectomy, or surgery to remove the tonsils, is one of the most common pediatric surgeries. It's also performed on adults who suffer from recurring

throat infections or have difficulty breathing during sleep," says otolaryngologist Sanford Timen, MD, who treats patients at Cleveland Clinic Beachwood Family Health Center.

Typically performed on an outpatient basis under general anesthesia, complications from tonsillectomy are rare. However, the procedure and recovery can be more difficult for adults.



"In kids, the tonsils

are mostly in the throat, but in adults, they've become recessed into tissue and are harder to access," says Dr. Timen. "In addition, adults prone to tonsil inflammation tend to have many more years of infection than children. That can cause scarring, which makes the tonsils more difficult to remove."

So when is it time to consider surgery? Experts say if you're missing work for days at a time, you should have your tonsils checked. And if you get really sick a few times each year – to the point you cannot swallow and are missing several days of work each time – then surgery may make sense.

"It's not a fun operation, and people can experience more soreness than they expected," says Dr. Timen. "When I decide whether or not to recommend surgery, I base the decision on intensity and frequency of symptoms and their impact on daily life."

To make an appointment with Dr. Timen or another Cleveland Clinic otolaryngologist, call **216.444.8500**.



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## Interested in Advertising in University Heights Mosaic Magazine?

Make sure to schedule your advertisement for the Fall 2022 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.

## On the Cover

The Michael Weber Show will perform at The Walt on Thursday, June 16.

Photo credit: Robin Weber



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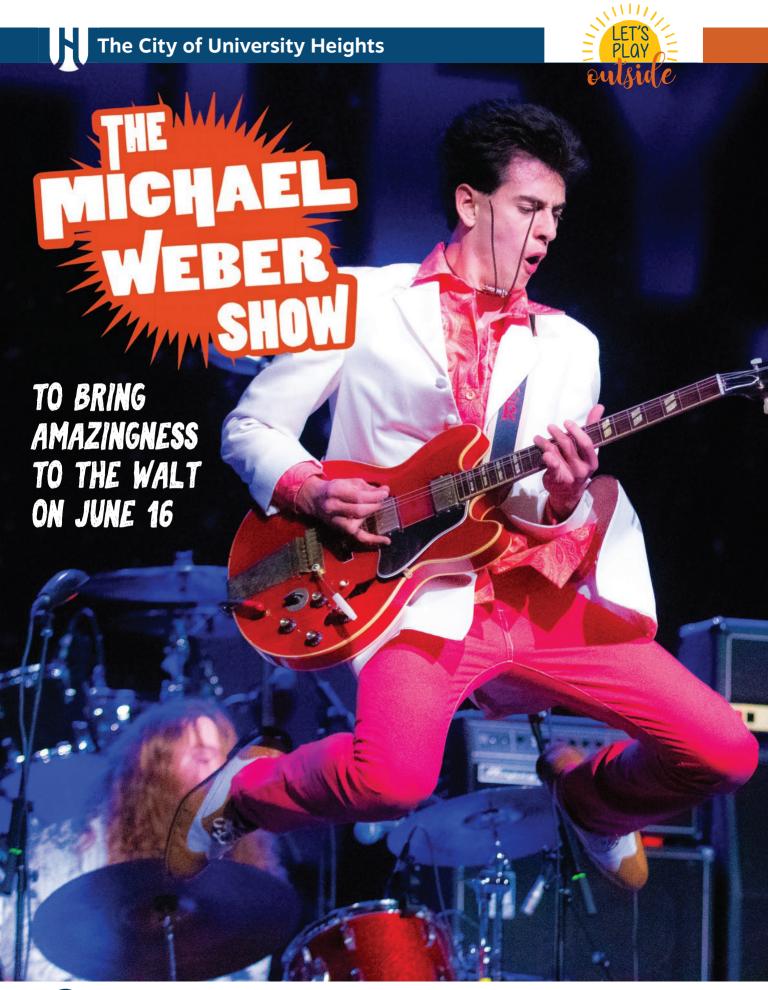
Summer Programs START June 13



Browse through academic, athletics, adventure, theatre, and specialty camp options to create your own one-of-a-kind experience.

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## **The City of University Heights**

H

he word is out about the University Heights Summer Concert Series. The series has been getting bigger and better over the last few years. Larger crowds have piqued the interest of popular bands. In return, popular bands have drawn even more fans from University Heights and surrounding areas.

"University Heights has a nice vibe," said Michael Weber, lead singer and guitar player of The Michael Weber Show. "The way University Heights supports the arts made me want to be a part of this."

The Michael Weber Show will open the 2022 University Heights Summer Concert Series on June 16 at Walter Stinson Community Park. The free show begins promptly at 7 p.m.

While this will be Weber's first ever concert in University Heights, residents may have seen him before from the comfort of their own living rooms. In 2018, Weber won MTV's "Amazingness" talent and variety show.

"The people I competed against were very talented, and a lot of them were the best people in their field, so it was an honor to be showcased among them," Weber said.

In addition to winning the MTV contest, Weber has performed with numerous Grammy winners and Rock Hall inductees, including Counting Crows, Nils Lofgren, and Jim Peterik.

Weber promises to bring passion and vibrance to his upcoming show at The Walt.



"My brand of high-energy rock 'n' roll is based on the idea of vibrance," Weber said. "Whether it's the clothing I'm wearing on stage or it's the music in which we're playing, it's all about energy, power, and a voracious attitude that makes people feel something. The band is very passionate in what we do, and that same passion radiates through the music and the performance."

Weber's many fans include Little Steven Van Zandt, the longtime guitar player for Bruce Springsteen & the E Street Band. Van Zandt has featured Weber on his XM Radio station, Little Steven's Underground Garage.

"In 2020, I wrote, produced, and performed on the single 'Wild Man' with The Shadows of Knight," Weber said. "Little Steven was interested in the song, so he signed us to his record label, and the song got a lot of airplay on his station."

Little Steven's listeners nearly voted the song as "Coolest Song of the Year" in the year-end listeners' poll. They came in fourth, behind a band you might have heard of. "We lost to Green Day," Weber said.

The Michael Weber Show has released two albums and two extended plays. His debut album, Speck in Time, was released when Weber was a sophomore in high school. The Hollywood E.P. was recorded at the legendary United Recording Studios in Hollywood, California, featuring Grammy winner and Rock Hall inductee musicians, Mike Mills (R.E.M.), Jay Bellerose (Elton John, Robert Plant & Alison Krauss), and Jennifer Condos (Ray Lamontagne, Stevie Nicks). Weber's live album, Live at the Palace documents a wild headlining show at the Lorain Palace Theater. Alone is collection of home recordings, written, produced, engineered, and performed by Weber.

Rounding out the lineup for The Michael Weber Show are drummer James O'Commor, keyboardist Billy Brock, and multi-instrumentalist Josh Isn't.

A music graduate from Ohio State University, O'Connor also performs with local groups The Prom Queens and Omni-tet.

Brock has been playing keyboards since he was just 8 years old. When not performing, Brock works as a stage hand, and rebuilds music gear.

Isn't keeps himself busy by writing songs, producing, and creating videos. He's an avid gamer and amateur game designer. In addition to performing with The Michael Weber Show, he is a part of local glam folk pop trio The Prom Queens.

While Weber is busy creating a name for himself, he's also working to celebrate the legacy of Cleveland music legend Michael Stanley. This summer, Weber will perform with members of the Michael Stanley Band, as well as The Resonators for a series of concerts promoted by Live Nation.

"Having grown up in the Cleveland area, it's really meaningful to play these songs with the band that made the records," Weber said. "I'm honored to have been chosen to join them on lead guitar, as well as singing Michael Stanley's vocals on a couple of songs."



## 2022 Summer Concert Series

Don't miss The Michael Weber Show, or any of the other great concerts on this year's schedule.

June 23 - Flannel Planet. The dream of the 90s is alive in University Heights. Flannel Planet plays tribute to the very best of 90s alternative, rock, pop, and hip hop. Their song list includes hits by The Foo Fighters, The Breeders, Will Smith, Snoop Dog, and the Red Hot Chili Peppers. The Walt will be transformed into a Mosh Pit during this high-energy, Vegasstyle concert.

June 30, July 28 - University Heights Symphonic Band (at John Carroll University). Our Symphonic Band will once again perform two concerts at JCU this summer. The first, on June 30, will be the annual patriotic show. The concert on July 28 will feature classics, as well as selections from Broadway and movie soundtracks.

July 7 - Old Skool. Back by popular demand this season is Old Skool. The band takes a fresh approach to their live show, featuring hard hitting song blocks, mashups, and medleys, combined with choreographed stage moves and throwback costumes. With an ever-evolving song list, Old Skool will play tribute to the 80s and 90s golden age of hip hop, R&B, Pop, Rock, Funk, and even some classic disco if the mood is right.

July 14 - Rubix Groove. A nine-member band based in Cleveland, Rubix Groove pushes the limits of new blue funk. With a rich, full sound featuring a three-piece horn section, drums, bass, keyboards, electric guitar, and powerful lead vocals from Shannon Hogarth, Rubix Groove is a dominating force onstage, but they're also able to pull back and create delicate musical moments.



Flannel Planet

**University Heights** Symphonic Band





**Rubix Groove** 





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## **The City of University Heights**





July 21 – Back 2 The Future (Concert + Movie). We've got to go back... to the future! After a great performance at last year's Fall Fest, 80s dance band Back 2 The Future returns to The Walt for the Summer Concert Series. This time, the band will introduce new lead singer Stephanie Nemecek (a John Carroll University grad!) and drummer Michael Scott Nelson. Stick around after the concert for a free showing of the 1985 movie "Back to the Future," starring Michael J. Fox and Christopher Lloyd.

August 4 – Oregon Space Trail of Doom (Concert + Movie). Drifting on the light waves of ghost stars, these cosmic cowboys have but one intention: to create a musical score for the impending interstellar apocalypse. Exploratory rock-jazz band Oregon Space Trail of Doom will put on a show like none ever seen at The Walt. After the show, enjoy a screening the science fiction classic, "It Came from Outer Space." The double feature night will be hosted by Leopold and Lenora from WUAB's "The Big Bad B-Movie Show."

August 11 – One World Tribe. Founded by Pennsylvania's Kennedy Thompson, One World Tribe was created on the premise of bringing together musicians of various backgrounds in order to break down social and racial barriers. One World Tribe is a Musical Feast whose sensibilities delight even the most exotic taste, they are Afro-Beat, Funk, Latin and World Beat Orchestra with a myriad of musicians, dancers and extras. With members hailing from Africa, Jamaica and Puerto Rico, One World Tribe is a true Multicultural ensemble.

August 18 – Yiddishe Cup. Summer isn't over, until Yiddishe Cup says it's over. A University Heights tradition, Yiddishe Cup is a local klezmer band with a Motown twist that's been around as long as anyone can remember. You shouldn't go back to school until you've heard Yiddishe Cup's mashup of "Tradition" from "Fiddler on the Roof" and "Ball of Confusion" by The Temptations.

Oregon Space Trail of Doom





**Yiddishe Cup** 



## Stiggers Dental Care

14100 Cedar Road Suite #300 University Heights, Ohio 44121 216-751-8377

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**Business Hours** 

Monday – Friday: 9 a – 5 p Saturdays: 9:30 a - 1 p **Closed Sundays** 



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## The City of University Heights



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## **Growing to New Heights Adult Program**

Read this summer and win! Between June 6 and August 31, complete an entry form for each book you read or listen to. With each entry, you'll be eligible for a chance to win weekly prizes, as well as one of four grand prizes: an Apple iPad 256 GB, a two-person yearlong membership to the Cleveland Botanical Garden and Holden Arboretum, a gardening prize package including a \$50 Bremec Garden Center gift card and gardening books, and an indoor herb garden grow kit. Entries may be submitted by visiting any of our branches or by completing a digital form at heightslibrary.org. You can also enter each time you attend any of the Growth themed library programs.

## **Growing to New Heights Kids Program**

Celebrate growing, gardening, going green with us by signing up for our Summer Reading Program! Preschoolers through Teens select a prize book at sign up and after reading for 30 days, all the while earning raffle tickets for a chance to win some awesome grand prizes! Parents, don't forget to sign up your little ones for our preschool program! Register at any branch starting June 6.

### **Summer Reading Kick-Off Party**

## Sunday, June 12, 3 - 6 p.m. at Walter Stinson Park

Plant the seeds for a great summer at our Summer Reading Kick-Off Party at The Walt! Join us in the park for a sweet treat and enjoy an exciting performance for all ages. Register for the Growing to New Heights program and receive a voucher for a prize book! Weather permitting.

## Kids

## Arts and Crafts in the Park

## Wednesday, June 8 & 22, July 6 & 20, 1:30 p.m.

Calling all crafters! Come paint, and create at Walter Stinson Park this summer! Join us every other week for fun arts and crafts projects and let your inner artist shine this summer. Ages 7 and up. Registration begins May 25.

### **Colorful Fun Run**

### Saturday, June 11, 11 a.m.

Let's celebrate pride month with a rainbow run! Join us at Walter Stinson Park for a colorful lap around the park. Walk, run, jog or dance around the park as we decorate your clothes with colorful powder. We'll end the run with a messy, colorful dance party! Mark your calendars and don't miss the fun celebration. Registration begins May 5. Weather permitting.



## Family Fun Challenge Water and Ice at The Walt

## Monday, July 18 6:30 p.m.

Bring your family to try these fun and challenging games with water and ice. Families will be challenged to fill a bucket of water as well as trying to put on a frozen T-shirt! Is your family up for the challenge? Registration begins June 27.

### Field Day at The Walt

## Saturday, August 6, 11 a.m.

Let's celebrate the beginning of August with a fun time at the park! Join us at Walter Stinson Park for some field day fun. All ages are invited to participate. Refreshments available while supplies last. Registration begins July 23. Weather permitting.

## **Readers Roller Rink**

### Wednesday, August 10, 6 p.m.

Lace up your skates and snap on your helmet! We're turning the parking lot into an after-hours roller disco party! Join us for music, snacks, and fun. Please note: Patrons are responsible for bringing their own skates and safety equipment.

### Teens

## Minute to Win It Tween and Teens @ the Library

## Monday, June 13, 6 p.m.

Enjoy some fun minute-to-win-it games at the Library! This month's theme will be games featuring food! Registration begins May 31. For Ages 11-16.

### **Stamp Carving Kits**

## Friday, July 15, All Day

Learn a new hobby with your own stamp carving kits. Registration begins July 1.

## Adults

## **Plant Propagation Kits**

## Friday, June 24, All Day

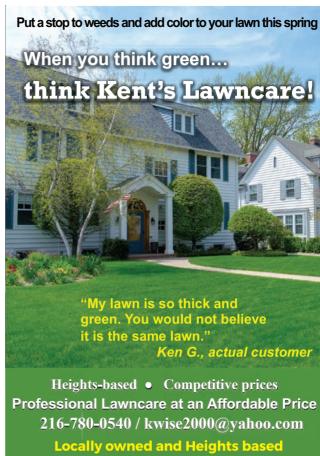
Want to learn how to propagate a plant from a cutting of an existing plant? Pick up a take-and-make kit with all the supplies and information you need to start rooting your very own plant! In no time at all, you'll be ready to put your new plant in soil and watch it keep growing. Registration begins June 10.

### **DIY Terracotta Pots Kits**

### Friday, July 22, All Day

This DIY kit will contain everything you need to make your terracotta pot look like a work of art that is worthy of a spot in your home! This kit is perfect if you picked up the Plant Propagation Kit and now need a new home for your cutting, but anyone is welcome to register. Registration begins July 8.







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SUMMER READING

Heights
JUNE 6 - AUGUST 31

Celebrate growing, gardening, going green with us by signing up for our Summer Reading Program!

Preschoolers through
Teens select a prize book
at sign up and after
reading for 30 days, all
the while earning raffle
tickets for a chance to win
some awesome grand
prizes! Parents: don't
forget to sign up your
babies and toddlers for
our preschool program!

Stop in at any branch to sign up.

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## LET'S = PLQY

## Have a fun summer, but stay safe from fire

The University Heights Fire Department's Fire Prevention Bureau encourages you to have a fun summer while taking best practice to be safe!

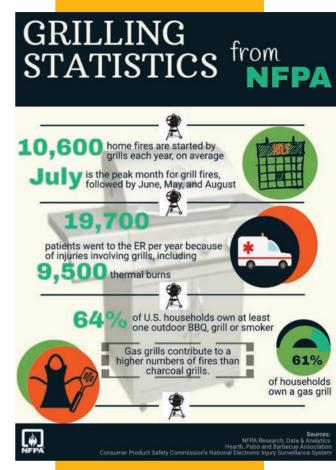
Be mindful of heat related illness. Stay hydrated and remain in cool areas when temperatures rise. Check in on those who are elderly or sick. Do not leave children or pets in unattended vehicles and limit strenuous outdoor activities. BBQ grilling accounts for over 10,000 home fires each year, on average. Ensure that safe grilling habits include checking your grill before and after each use. Keep children and pets a safe distance away. Keep the grill at least 3 feet away from any combustible materials such as your house or outdoor furniture.

Smoke detectors save lives! Schedule a free Home Safety Inspection to have a certified fire inspector check your home for hazards, give advice on home safety plans, and hang your new smoke detectors. All Home Safety Inspections will include a Community Risk Reduction safety bag with educational literature.

## **Community Risk Reduction**

Your Fire Department has been identifying and prioritizing local risks. We are coordinating emergency operations with prevention and mitigation efforts community wide. University Heights Fire Department is offering FREE Home Safety Inspections.

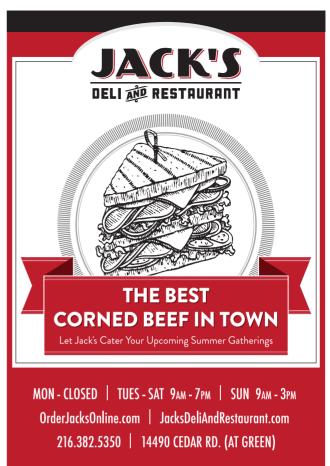
An appointment for your FREE Home Safety Inspection can be made by calling the Fire Prevention Bureau at 216-321-1939. There is no charge for these services.

















## Private fireworks now banned across NE Ohio

If you are planning a party this summer, buy your burgers, your drinks, your decorations, and your cornhole board. But do not bother buying commercial grade fireworks, as it is illegal for individuals to set them off in University Heights.

Last year, the Ohio General Assembly passed a law loosening restrictions regarding private use of fireworks. However, House Bill 172 allowed local communities to opt out. By a unanimous vote of city council, and with the support of both the police and fire chief, University Heights maintained a local ban on fireworks.

"We've got to be courteous to our neighbors," said Mayor Michael Dylan Brennan. "University Heights is the second-most densely populated city in Cuyahoga County. We're too close together to safely set off fireworks."

"We feel the ban is needed," said Vice Mayor Michele Weiss, "because of our dense population, and the effects on people who has PTSD, and animals as well."

The local ban is part of a regional effort, as other cities have instituted similar bans, including Cleveland Heights and South Euclid.

## Fireworks can be very dangerous when not handled by professionals.

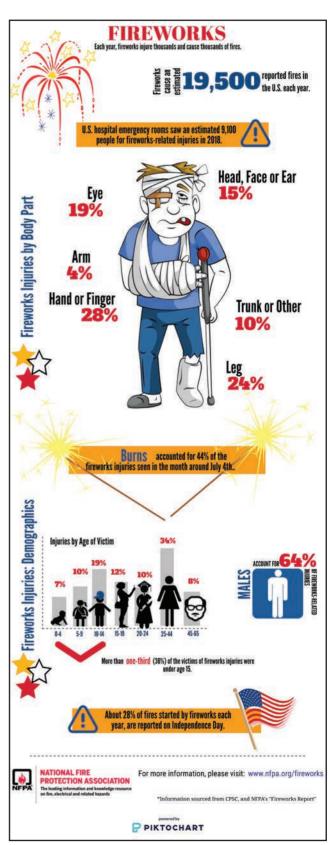
Fire Chief Robert Perko said he is happy to see Northeast Ohio communities opting out of HB 172. "Fireworks can be very dangerous when not handled by professionals," he said. "It's not only a danger when residents are shooting them off, there's a risk with the storage as well."

For instance, if a resident stored fireworks in a home garage or basement, it would be unlikely to have a sprinkler system. Perko said a home fire involving fireworks "would be very unpredictable, and difficult for us to try to combat."

Police Chief Dustin Rogers said the ban is data driven. According to Rogers, the Consumer Product Safety Commission reported a 50% increase across the country in fireworks-related deaths and injuries in 2020, compared to the previous year.

The Journal of the American College of Emergency Physicians Open Report states emergency department visits for firework injuries are increasing in the United States. The majority of victims are children and young adult males, with most of the accidents happening around the Fourth of July and New Year's Eve.

In addition, a professionally run fireworks display is permitted in University Heights, such as the five-minute display last year as part of the John Carroll University homecoming celebration.









## COME HOME TO GESU

All are welcome to Come Home to Gesu to celebrate with us on the Feast of Pentecost!

## **MASS TIMES**

Saturday, June 4

4:30 pm

Sunday, June 5

8:00 am,

10:00 am & 11:30 am

This festive weekend is to celebrate being "Gesu Together" - past, present and future.

Connect over refreshments with old and new friends in the Gesu Family Center following all the liturgies.

We invite you to wear red for this special Feast.



2470 Miramar Boulevard | University Heights (216) 932-0617 | churchofthegesu.org

## **The City of University Heights**

## **Pool Information 2022**

## **Pool Pass Online Registration**

- · All pool pass registration will take place online.
- Visit www.universityheights.com to register for passes.
  - Passes take 7-10 days to arrive via the U.S. Mail. To swim before this, please show your confirmation email at the front desk upon arrival.
  - All payments must be made at the pool prior to first admission. Credit card, check, and cash is accepted. Credit cards are preferred.
- Only residents of University Heights may purchase passes.
- To renew last year's pass, you do not need to complete another online application.
- You will need to bring a valid ID showing University Heights residency along with a current utility bill.
   This needs to be completed prior to any swimming.

### **Pool Pass Fees**

- Family Pass \$140 per season
  - Includes a maximum of 2 adults over 19 and children 6+.
  - · 5 and under are free.
- Individual \$50 per season Senior (62+) \$25 per season
- 5 Use Guest Pass: \$40 purchased only with a current pool pass
  - Pass holders must accompany guests and are responsible for their guests.
  - Guest passes expire at the end of the season.
  - Guest admission may be limited by the pool staff based on capacity
- Women's Night & Men's Night Entry: Residents only; season passes, pre-registered day passes, or guest accompanied by a resident is required.
- \$5 per replacement pass
- Day Pass: \$10 Must complete the online application before visiting the pool to pre-register for day pass eligibility. Visit www.universityheights. com to register. This only needs to be completed once to be registered for purchasing day passes for the entire season.

## **General Schedule**

- Opening Weekend: Saturday, May 28 -Monday, May 30
- Closed May 31- June 3
- Evening Pass and Swimming Lesson Registration: May 31 and June 1: 5:30 - 7:30 p.m.
- Pool Opens Saturday, June 4 through Monday, September 5
- Morning lap swim, swimming lessons, and men's night all begin on Monday, June 13



- Men's nights are on Mondays beginning June 13 and Women's nights are on Tuesdays beginning June 14
- Toddler pool is only open during swimming lesson hours, pool pass required
- Must have a 2022 Pool Pass to register, please make sure you have purchased your pool pass prior to registering.
- Swimmers 6 and older must have their own pass and swimmers 5 and under will be signed up under their parent/guardian.
- · Cost: \$30 per session

Session 1: June 13- July 7- Monday/Wednesday Class or Tuesday/Thursday Class

Session 2: July 11- August 4 - Monday/Wednesday Class or Tuesday/Thursday Class

### **Class Times:**

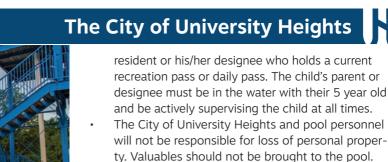
9:30 - 10:15 a.m.: Levels 1, 2, 4, 5, 6 10:15 - 11:00 a.m.: Levels 1, 2, 3, 4 11:15 - 11:45 a.m.: Preschool

- Adult Exer-Swim- Open Swim: Cost: \$30 per season
- Monday Thursday: 10 to 11 a.m.; and Friday: 9 to 10 a.m.

## **Class Descriptions and Age Requirements**

- Levels: Ages 4 and up
- Placement is based on previous swimming experience and ability
- Level 1: Introduction to water skills, pool safety
- Level 2: Fundamental aquatic skills
- Level 3: Stroke development guided practice
- Level 4: Stroke improvement develop confidence
- Level 5: Stroke refinement and further coordination
- Level 6: Swimming and skill proficiency (fitness swimming)
- Preschool: Ages 3-5: Swimmers must be over
   3 years old, no parents in water. Getting comfortable in water, smaller teacher to student ratio.
- We will attempt to reschedule canceled classes due to inclement weather. However, if we are not able to reschedule or make up the class, refunds will not be issued.

For more information contact Erin Moore at emoore@universityheights.com.



- No one under the influence of drugs or alcohol will be permitted to use the pool/pool area.
- The pool and concession area is not available for the use of parties. Please see Picnic Pavilion Rules for party usage.

## Rules and Regulations for Purvis Park Pool

### **Admission**

- Recreation passes are sold only to University Heights Residents and are non-transferable.
- Anyone entering the pool area is required to have a valid Recreation ID, swimming with a resident on a guest pass, or pre-register and pay the daily admission rate, whether swimming or not.
- ALL PAYMENTS FOR PASSES AND LESSONS ARE MADE AT THE POOL. WE ACCEPT CREDIT, CHECK, AND CASH.
- Seasonal Fees Memorial Day Labor Day: Resident Family Pass: (maximum of only 2 adults over 19) - \$135
  - Resident Individual and Sitter Pass: ages 6 and up: \$50
  - Resident Senior (ages 62 and up): \$25
  - 5 Use Guest Pass: \$40 purchased only with a current pool pass
    - Pass holders must accompany and are responsible for their guests.
    - Guest passes expire at the end of the season.
    - Guest admission may be limited by the pool staff based on capacity
    - Day Pass: \$10 Must initially pre-register by completing the online application
  - Women's Night and Men's Night Entry: Residents

only; season passes, pre-registered day passes, or accompanied by a guest is required.

- \$5 per replacement pass
- Any person purchasing a family pass who falsifies family information is subject to removal and/or revocation of their recreation pass by the Aquatics Director and his/her subordinates.
- Children under 11 years of age must be accompanied by someone 15 years of age or older.
- A valid recreation pass is required to register for swimming lessons.
- Children ages 5 and under will be admitted free when accompanied by a University Heights adult

## **Changing Rooms**

- 1. A dressing room is available for changing purposes.
- Purvis Park is a non-smoking facility. This includes all of the pool, park, tennis courts, and parking lot. (See Ordinance No 2004-13, Section 660.13 of Codified Ordinances, also by Ohio Constitutional Amendment passed by voters on November 7, 2006)
- 3. Patrons should shower if they will be using the pool.
- 4. Individuals with open sores, cuts, burns, or other visible skin problems will not be permitted to use the pool facilities. (Ohio Administrative Code 3701-31-05)
- 5. Boisterous conduct will not be tolerated in the changing rooms.
- 6. No glass bottles in the pool area or changing rooms.







## Our parade is finally back where it belongs

For the first time since 2019, the University Heights parade returns to Memorial Day

t was wiped out in 2020 due to the pandemic. The pandemic lingered into spring of 2021, so a parade was postponed to Independence Day.

But with return to normal (knock on wood), Northeast Ohio's biggest and best Memorial Day parade will return to its proper place on the calendar – **Monday, May 30** at **11 a.m.** The parade will travel east on Silsby Road, then head south on South Belvoir Boulevard, before ending at John Carroll University.

This year's parade will feature returning crowd favorites like stilt walkers from Pickup Stix, the rocket car and Batmobile from Euclid Beach Rocket Car, musical entertainment from the Heights High Marching Band, and many more.

After an absence of many years, the Mighty Shaw Marching Band will return for the 2022 Memorial Day parade.

At the conclusion of the parade, join us at John Carroll University for a memorial ceremony. After the ceremony, there will be fun activities for the kids, including



inflatables and pony rides.

"On Memorial Day, we remember those who died in service to our country. But we also say 'thank you,' and we celebrate the freedoms they left behind for us to enjoy," said Mayor Michael Dylan Brennan. "Our parade is fun, and the ceremony that follows is solemn and moving."







## Let's play outside at Purvis Park

Tennis, Pickle Ball, Arts & Crafts return for Summer 2022



Registration will be held on Tuesday May 31 and Wednesday June 1 from 5:30 to 7:30 p.m. at the Purvis Park pavilion.

## **TENNIS LESSONS**

**Beginner Youth - \$35** 

One 9.5 week session

**Thursday June 9 - Tuesday August 9** 

5 to 6 p.m. Tuesdays and Thursdays

Youth - \$30 Per Session

Two 4.5 Week Sessions Monday-Wednesday-Friday

Session I - Wednesday June 8 - Friday July 8

Session II - Monday July 11 - Wednesday August 10

Beginner: 9 to 10 a.m. Beginner: 10 to 11 a.m. Advanced: 11 a.m. to noon

Adults-\$50

One 9.5-week session

Thursday June 9 - Tuesday August 9

6:30 to 8 p.m. Tuesdays and Thursdays

No Lessons on Monday July 4

## **Round Robin Tournament for Women**

Wednesday June 15 - Wednesday August 10

6 to 8 p.m. Wednesdays

Youth Tennis Team - \$40

One 9.5-week session

**Thursday June 9 - Tuesday August 9** 

1 to 3 p.m. Tuesdays and Thursdays

## **Pickle Ball Courts**

Equipment is available at the pool office. ID required.

## Arts and Crafts in the Park

Kids Only, 3 and Up

Tuesday June 14 - Thursday August 4

1 to 3 p.m. Tuesdays and Thursdays

### **Questions?**

If you have questions, or would like to inquire about pickle ball lessons, please contact Melissa Canowitz at mcanowitz@universityheights.com.

## **University Heights celebrates Education & Sharing Day**



On April 12, Mayor Michael Dylan Brennan presented a proclamation to Rabbi Yosef and Rabbi Yossi to celebrate Education & Sharing Day.

he Lubavitcher Rebbee, Rabbi Menachem Schneerson stressed the importance of education as the bedrock of humanity and the hallmark of a healthy society. For over 40 years, his birthday has been celebrated nationally as Education & Sharing Day. Last month, Mayor Michael Dylan Brennan presented a proclamation declaring April 12, 2022 as Education & Sharing Day in University Heights. The proclamation said, in part, "together, we can nurture the unity of diverse peoples through encouraging increased acts of goodness and kindness, imbued with awareness that even a single positive act of an individual can make a major impact in this world."





## Inaugural Celebration to include music, poetry, and food

his summer, not only will traditional events return to University Heights, there will be a brand new celebration. The Inaugural University Heights Juneteenth Celebration will take place on Sunday, June 19 from 1:30 to 8:30 p.m. at Walter Stinson Community Park.

Juneteenth is the holiday commemorating the end of slavery by marking the day enslaved people in Texas learned they were free. Juneteenth has now finally recognized as a federal holiday. The move comes after growing support nationwide for observing the day of reflection and celebration.

And how we will celebrate in University Heights! Performers at our Juneteenth Celebration will include the All City Choir, DJ Marcus Alan Ward, local poets including Raja Belle Freeman, dancers, and a concert from Forecast. Local Black fraternities and sororities

will participate. The emcee for the event will be Kierra Cotton from WKYC.

Food trucks will be on site at The Walt, including The Dawg Bowl Cajun Cuisine.

Last year after Juneteenth became a national holiday, Mayor Michael Dylan Brennan called for the establishment of a Citizens Committee to plan for an annual celebration. Geoff Englebrecht happily swerved out of his lane as the City's Director of Housing and Community Development to help organize the University Heights celebration.

"For both visitors and residents, I am hoping they are both educated and entertained during the event," Englebrecht said. "I believe the Juneteenth Celebration will help showcase the city as a great place to visit, and will give residents something they will be able to enjoy and look forward to every year." >>>



## The City of University Heights

The Inaugural University Heights Juneteenth Celebration local band Forecast, and DJ Marcus Alan Ward.



>> Forecast will headline the event. A quintet from Cleveland, Forecast plays a blend of jazz, funk, rock, reggae, and pop. The band has headlined across the region, and has served as the house band or the Cleveland Cavaliers and the stage band for the regional Emmy Awards.

The University Heights Juneteenth Celebration will be hosted by WKYC's Kierra Cotton. As digital reporter, Cotton shares with the 3News audience the top trending stories in entertainment during the daily segment, "Pop Break." Additionally, she also enterprises her own stories with focus on local businesses. the Black community and unique characters across Northeast Ohio.

Englebrecht and Brennan both thanked the planning committee members for making the event possible, including Dr. Alicia Sloan, Lawuana Anderson, Faye Benson, Saundra Berry, and Council Member Justin Gould.

This year, Juneteenth falls on Father's Day. Englebrecht said the overlap is perfect. "Instead of just grilling out at home, bring your dad to Juneteenth," Englebrecht said. "It's a family-friendly event that everyone will enjoy."





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## Aiden the Former Intern goes to Washington



Aiden Keenan brings his JCU education, City Hall experience, and plenty of coffee to his internship at "Meet the Press."

ohn Carroll University senior Aiden Keenan is the 14th recipient of the 2022 NBC "Meet the Press" Fellowship.

The fellowship is exclusive to John Carroll University students and was first awarded in 2009 in honor of Tim Russert, '72, who passed away in 2008 following more than 16 years at the helm of "Meet the Press." The University's Department of Communication also bears his

Keenan, a Communication and Political Science double major with a minor in Peace, Justice, and Human Rights was the class president of John Carroll University's student government during the 2021-2022 academic year. Among many other accolades, he was awarded the Tim Russert Department of Communication Academic Excellence Award in 2022.

"I am honored to be selected as this year's Meet the Press Fellow and am humbled to work with the incredible team at NBC," Keenan said. "I have always loved working as part of a team to produce important shows for engaged audiences and am looking forward to being able to apply lessons that I've learned at JCU to Meet the Press. I am so excited to learn from and work with everyone at NBC and am thankful for this opportunity and the support of the JCU community over the years."

Keenan's on-campus involvement extended to The Carroll News, where he was a photo editor and staff

reporter, and the speech and debate team, where he earned several awards of excellence, including second place in the 2022 Ohio State championship for impromptu speaking.

Keenan held several internships during his time at John Carroll, highlighted by positions at Capitol Partners. University Heights City Hall, and WSYR News Channel 9.

"Aiden did a great job here at City Hall," said Mayor Michael Dylan Brennan. "It was obvious from his first interview that Aiden was a young man who is going places and has a bright future in public service."

Keenan's many other activities on campus have led to equally impressive outcomes, including: Washington Media Scholars Foundation Media Fellow (November 2021), Tim Russert Department of Communication Kathryn E. Dolan Communication Memorial Scholarship (November 2021), Lambda Pi Eta Communication Honor Society Inductee (November 2021), Order of Omega Honor Society Parker F. Enright Scholarship (April 2022), and JCU Office of Fraternity and Sorority Life Fraternity Legacy Award (April 2022).

The NBC/JCU Meet the Press Fellowship is a ninemonth position at "Meet the Press," the top-rated Sunday morning public affairs program and the longest-running television program in the world.

A version of this article previously appeared at jcu.edu.





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## Cleveland Heights-University Heights City Schools Update

## What's Happening in Your Neighborhood Schools

By Charlie Swift, CH-UH Communications Assistant

## Kindergarten Registration

Registration for incoming kindergarten students is now open in the Cleve-



land Heights-University Heights City Schools. Visit CHUH.org/RegistrationEnrollment.aspx or scan the QR code for details on how to enroll your child. We look forward to welcoming our newest Tigers!

## Heights student plays coming to Dobama Theatre stage

Several CH-UH student playwrights will see their work come to life at the 44th Annual Marilyn Bianchi Kids' Playwriting Festival. The following student plays will appear in the production:

The Haunted Forest by Charlie Douglas, 2nd Grade, Canterbury Elementary The Fairy Gem by Elle Safran, 4th Grade, Fairfax Elementary Nordic Raid by Nicholas Hogan, 5th Grade, Gearity Professional **Development School** 

Recognition was given to the following student submissions:

The Forest Of Life by Grace Kluge, 4th Grade, Fairfax Elementary The Adventures Of Cheetow by Elom Donou-Adonsou, 4th Grade, Gearity Professional **Development School** Space Enigma by Charlotte Walker, 4th Grade, Noble Elementary

The festival performances will take place at the Dobama Theatre, June 3-5, 2022.

## Teachers, community make Canterbury's book fair special

For some children, the week of their school book fair feels magical. But for others, it can be a time when their own family's tight budget



renders them feeling left out. Heights High science teacher Nicole Zubik and math teacher Becky McDonald, who live in the Canterbury neighborhood, realized they could do something about it. With nothing more than a Facebook post, they collected \$775 in two days from friends, family, neighbors and fellow teachers. They delivered the funds to Canterbury kindergarten teacher Lisa Stewart, who was running the book fair, who then worked with teachers to distribute the cash to children in need.

## **Rox Mid girls become** engineers for a day

To celebrate Introduce a Girl to Engineering Day on February 24, eighth grade girls from Roxboro Middle School attended a virtual field trip through Parks College of Engineering, Aviation, and Technology at St. Louis University. Introduce a Girl to Engineering Day is a time when volunteers, educators, and others act as role models, facilitate engineering activities, and show girls how engineers change our world.

The students participated in a Zoom webinar with current college engineering students to learn about different kinds of engineers, as well as supporting hands-on activities that mimicked some of the areas of study from the college. Students collaborated to create water filters, crab robots, and "prosthetic" hands.

## **Board of Education reaches** contract agreement with teachers union

The Cleveland Heights-University Heights Board of Education reached a contract agreement with the Cleveland Heights Teachers Union Local 795. On March 8, the Union ratified the three-year agreement through June 30, 2025, with 92% approval from the membership. The Board of Education voted unanimously to approve the tentative agreement on March 15. The current contract was set to expire June 30 of this year.



### Coleman breaks record

Heights High is proud to call Ohio's fastest 400-meter runner one of their own. Senior Marius Coleman won the Division 1 400-meter dash at the Ohio Indoor Track State Championship at Spire Institute on March 4. His time of 48.58 set a new Heights indoor record. The victory topped off a successful night and season for the Heights Tigers, whose boys team finished the State Meet ranked eighth out of 68 teams from Ohio. Qualifying in five events, every Heights competitor clocked a personal best to close out the indoor season.

"To be a champion, you have to have physical ability and mental toughness," said Heights head track coach Scott McNulty. "Marius has both. He is representative of all that we already have at Heights, a validation of who we are and who we can become."

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





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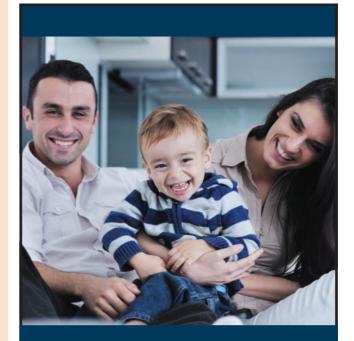
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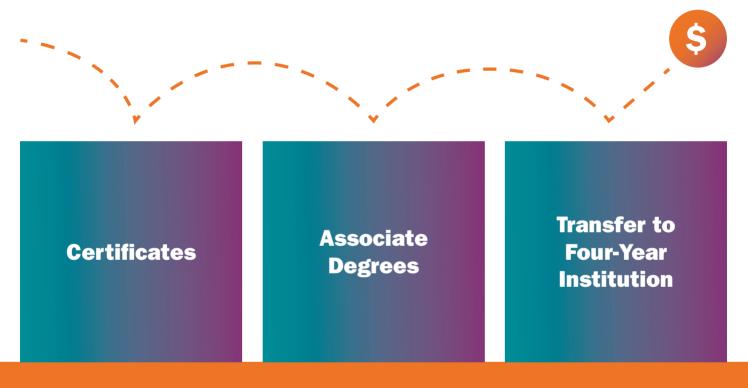
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