New CH-UH superintendent outlines vision

Kaitlin Bushinski

When the Cleveland Heights-University Heights Board of Education named Douglas Heuer as the new superintendent, it sparked a protest at the board meeting and drew mixed reactions from the local community.

The board chose Heuer, 59, over the interim superintendent Christine Fowler-Mack, a familiar figure in the district.

On June 16 the board approved Heuer and gave him a three-year contract effective Aug. 1, with a starting salary of $140,000.

In a phone interview with the Heights Observer, Heuer spoke about his vision for the district and his efforts to reach out to the community.

Heuer’s search for a new superintendent came from a mostly white district, sparking controversy among parents and community groups.

Heuer said he chose to come to CH-UH because of the goals that the district seeks to carry out, such as closing the disparity in achievement between students with different social and economic backgrounds.

Heuer's vision, he said, is one of collaboration and citizen involvement.

He also said that parking and congestion are an attempt to make the station more accessible, and he expressed concern for the current plans that call for the major stops to be moved out of downtown.

Jeremy Hebebrand

The Greater Cleveland Regional Transit Authority hosted a community meeting on June 9 regarding the design of a new RTA station.

The meeting attracted a crowd of riders and residents. Cleveland Heights Mayor Edward J. Kelley opened the meeting, reminding the audience that the new station is going to be “the gateway to Cleveland Heights.”

He encouraged those who attended to be accepting of the current design, but also to provide feedback to the planners and architect, so that the station could better serve their needs.

The station has seen a large increase in customers over the years, which RTA General Manager and CEO Joe Calabrese said is the reason RTA wants to renovate it. It is used by nearly 1,800 people a day for bus-to-rail transfers, said Director of Planning Maribeth Feke. She also said that parking and congestion are among its biggest problems.

The design process, in the works for over a year, has cost $67,270, with foundation funding totaling $180,000. Contributing foundations include The Cleveland Foundation, University Hospitals Health Systems, Case Western Reserve University, University Circle Incorporated and Little Italy. The project funds come from capital money that goes directly to RTA.

Feke said that the design process should be finished in early 2010, and construction, which is set to cost $1 million, will begin in the fall of that year.

The designers hope to win a Gold or Silver Leadership in Energy and Environmental Design Certification for the station.

Design architect Mehrdad Yazdani said that designing a station for Cleveland was a change from his usual L.A. comfort zone. He stressed the concern of making the new station a community landmark that would stand out both to residents and visitors to the city.

The current plans call for the major stops to be moved to the north side of Cedar Road in an attempt to make the station more

Jeremy Hebebrand

The Cleveland Heights-University Heights libraries turned off their power for five minutes on June 26 to save money and to show solidarity with other libraries whose services are threatened.

Libraries face a 52 percent cut in state funding – part of Gov. Ted Strickland’s last-minute effort to close a $2.2 billion revenue shortfall in the Ohio budget.

At press time on July 3 – three days after the budget was supposed to become final – legislators were still arguing over details of the spending plan. But
Think regional: A resurgent University Circle is good for the Heights

Mary Dunbar

Cleveland Heights and University Circle have long had a mutually beneficial relationship. The Heights’ cultural, academic and healthcare institutions employ many Cleveland Heights residents, and proximity to the Circle’s world-class attractions and facilities is seen as a benefit of living here.

Now University Circle Inc. (UCI) is in the midst of a five-year plan to create “the premier urban district.” The plan builds on the Circle’s anchor institutions to make it “the fastest growing area in the region,” with new housing, shopping, and other improved and new amenities.

Tangible progress is already evident. A state-of-the-art hospital is under construction at the Louis Stokes Cleveland VA Medical Center, and will bring 2,000 jobs. University Hospitals’ Case Medical Center is adding a new cancer center, a new emergency medicine center, and a new neonatal intensive care unit.

In July 2008, UCI opened its Visitor and Living in the Circle Center to show case the Circle’s resources and boost renting and buying homes there. We also coordinate foundations and institutions that are offering incentives to attract homebuyers and renters to Greater University Circle, which includes nearby neighborhoods in Cleveland Heights.

The renovated Park Lane Villa is already fully occupied. Is this dynamism and job growth in the Circle an opportunity for Cleveland Heights residents? Can we do business, such as NeuroWave Systems Inc., which recently relocated its 21 employees to the Rockefeller Pointe building on Mayfield Road in Cleveland Heights?

NeuroWave has support from BioEnterprises, a Circle-based business development incubator for healthcare companies. But University Circle lacks space for these businesses to grow as they do elsewhere. Other companies like NeuroWave will look for facilities that provide room for growth while staying near University Circle.

Traditionally, to attract new residents, Cleveland Heights has provided marketing materials. Coordination and sharing of amenities. Coordination and sharing of services such as purchasing can help maintain our service quality at lower cost.

Preliminary dialogue has already begun among leaders of Cleveland Heights, Shaker Heights and Circle institutions, but we need agreement on a shared vision, strategic direction, commitment and sense of urgency to realize the opportunities and to keep this the place to be.

Mary Dunbar, a financial and communications expert who has lived in Cleveland Heights since 1970, is a candidate for Cleveland Heights City Council this fall.

Our Community Adult Care

Help the special seniors in your life maintain the lifestyle of their dreams. Our Community Adult Care provides quality assistance that helps families enjoy more time with one another.

We can help with:
• Personal care/hygiene
• Meal preparation and clean up
• Companion services
• Housekeeping/laundry
• Transportation/Errands

Mentioned reminders
• Medication reminders
• Activities and trips
• Much More!

Our Community Adult Care
24300 Chagrin Boulevard, suite 314 Beachwood, OH 44122
216-820-8860
OurLeveledOnes@yahoo.com

Opinions

Chris Ronayne, president of UCI, praises the support that the Circle receives from people in Cleveland Heights and Shaker Heights, but suggests a broader way of thinking. “University Circle, Cleveland Heights, Shaker Heights — we’re all really birds of the same feather,” Ronayne says. “We’re in competition with the cornfields, with our migration and sprawl. In contrast, we are the answer to the growing quest for sustainability. I’d like to see us jointly pursuing an intown, urban revitalization strategy that promotes our wonderful lifestyle.”

Ronayne says that the 1,000 new housing units UCI envisions in the Circle by 2013 will be largely vertical, due to limited undeveloped space in the Circle. This will complement housing choices in Shaker and Cleveland Heights.

Cleveland Heights, Shaker Heights and the Circle should view one another as allies, not competitors. We should plan together for redevelopment; it would make sense to join in marketing our collective amenities. Coordination and sharing of services such as purchasing can help maintain our service quality at lower cost.

So if the library cuts become law, Administrators will likely focus on raising money, rather than providing services. Book sales have been a reliable fund-raiser for the Heights Library. The Library spent $88,000 a year for the library system, Levin said. More book sales and other fundraising efforts will likely be part of the future.

Ironically, the same economic climate that created this situation is responsible for making libraries more important than ever. Use of the Heights libraries is up 19 percent this year, Levin said.

But the Heights Library hasn’t accepted the reduction passively. The system sent a 75-page petition containing roughly 1,500 signatures to the governor in late June, seeking a stay in the funding cut. But through July 3, Strickland had remained firm on his plan — and had placed it in the hands of legislators, who only gave themselves an extra week to discuss and enact it.

Jeremy Hiebbrand is a summer intern for the Heights Observer and a senior magazine journalism major at Kent State University.

LETTERS TO THE EDITOR

Prevent littering; keep the community clean

I think it is a good idea to stop littering but it’s time to rethink how we do things.

Anne S. McFarland, Kevin Mohr, Louisa Oliver, Susan Kazarian, Christina Klenotic, Elizabeth Leitch, Beth Lucas, Mary Dunbar, Doug Freer, Carol Gibson, Tonya Gibson, Maryann Barnes, Meryl Borato, Deanna Daniel Adiletta, Brenda Gray, Jeremy Hebebrand, Gillian Irwin, Anita Mentch, Charlene Morse, Jewel Moulthrop, Holly Mentch.

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Thanks to over 400 FutureHeights volunteers who are sowing the seeds of community

“FutureHeights is a wonderful organization and the Heights Observer is great community outreach. The Heights Observer lets people know what’s going on around town. And it reminds us of what we need to do to become better citizens and to care about one another as a community.

Andrea Morris

“Delivering the Heights Observer gives our kids at Heights Youth Club an opportunity to give back and help others. And it gives them a sense that giving back can be easy and rewarding at the same time.

The partnership with FutureHeights helps us tell our story: the youth who come to our club are doing positive things in the community.”

Jeff Haynes

“The Heights Observer gives the community immediate access to information. It focuses on what you want to know. And it gives you a voice, a real chance to say something about things that are important.

FutureHeights is an important organization. They give you a chance to know about and participate in your own community.”

Joanne Campbell

“I deliver the Heights Observer every month. It gives me a great opportunity to meet the merchants in the area. Local businesses love the Heights Observer; they look forward to getting it. They know it’s a great way to get the word out.

I live in South Euclid, but I love Cleveland Heights. FutureHeights is doing good things here and I see such value in what they’re doing.

Tracey Cooley

Act now: double your impact by July 15

Community volunteers and FutureHeights are planting the seeds of community—and you can help them grow. Every dollar you donate to FutureHeights—by July 15—will be matched by an anonymous benefactor, dollar-for-dollar, up to $15,000! Your donation today cultivates healthy, sustainable neighborhoods in the Heights through:

- The Heights Observer The East Side’s number one nonprofit citizen-written, neighborhood news source serves Cleveland Heights and University Heights and links citizens to resources, to information and to one another. Over 9,000 copies are distributed monthly by volunteers and heightsobserver.org provides online access to the local news you need to know.
- Town meetings and online forums like the annual Cleveland Heights State of the City address allow citizens to talk about important issues and exchange ideas.
- Volunteer opportunities There are more than 400 citizens who give their time and talent as FutureHeights volunteers.
- The Best of the Heights Awards and Shop Local campaign Supporting our vibrant, diverse independent business community helps strengthen the local economy.
- Creative collaborations WJCU 88.7 FM; the Home Repair Resource Center; the CH-UH Public Library; Heights Youth Club, Heights Parent Center, Coventry Village; Cedar Fairmount, and Lee Road Special Improvement Districts; the cities of Cleveland Heights and University Heights and Cleveland Bridge Builders, among others, have joined with FutureHeights to strengthen our quality of life.
- Community tours and National Preservation Month events remind everyone of the unique and historic qualities of our area.
- With only two staff in a small office above the Cedar Lee Theatre, this efficient, grassroots organization creates a lot of bang for the buck.

FutureHeights relies heavily on individual contributions from people like you to stay afloat. Please don’t miss out on this chance to make a gift that will go twice as far in maintaining vital community programs.

Donate online at www.futureheights.org or www.heightsobserver.org. Call 216-337-1423 with your credit card today! Or fill out and send in the form below with your check. Then, sit back and watch your investment grow—times two. Thank you!

• Please charge my MasterCard or Visa (AMEX and Discover not accepted)

□ Please divide my credit card payment into equal amounts charged

□ Monthly □ Quarterly

□ I/We have enclosed a check made payable to FutureHeights

□ I/We have a checking account at

□ I/We wish to volunteer with FutureHeights in the following capacity

□ I/We have remembered FutureHeights in our will or estate plan.

□ I/We wish to volunteer with FutureHeights in the following capacity

□ I/We want to support citizen-driven, community media. With a $50 or more gift, FutureHeights will send 12 issues of the Heights Observer directly to my home or business. (_____) Don’t send to me. Send to:__________________________

□ I/We want to support the community newsletter that brings you the local news you need to know.

□ I/We want to support our volunteer efforts.

□ I/We want to support the organization that provides online access to the local news you need to know.

□ I/We want to support the volunteer opportunities that offer more than 400 citizens who give their time and talent as FutureHeights volunteers.

□ I/We want to support our diverse, independent business community’s efforts to strengthen the local economy.

□ I/We want to support our community events that remind everyone of the unique and historic qualities of our area.

□ I/We want to support our community tours and National Preservation Month events that tell our story, our history, and our future.

□ I/We want to keep our community newspaper (The Heights Observer) available to all residents of the Heights.

□ I/We want to support our special events that bring our community together.
University Heights City Council Meeting highlights

JUNE 1, 2009

VICE Mayor Adele Zucker, Kevin Murphy excused.

Computerized fingerprint system The purchase for the Police Department of a computerized fingerprint system, required for compliance with state and federal systems, was placed on first reading after some discussion. The request to pass the ordinance on emergency in order to secure the system at a favorable, quoted price of $14,183 failed to pass with Councilman Frank Consolo voting no. Fine votes are required for an emergency vote. Consolo explained that he preferred that council pay for this purchase by reducing the budget in another area rather than increasing the overall budget in order to make the purchase. Consolo further stated that he would like to cut $2 million from the budget. The mayor noted that tax receipts had increased by $11,000 and that the city can smoothly and with a balanced budget. Consolo and Steven Sems pointed out that the fingerprinting system had been included as a capital item in the original budget but was held off as budget priorities were being set.

Roadwork for University Parkway Council authorized an application for funding University Parkway reconstruction through the Ohio Department of Transportation State Infrastructure Bank. There was discussion about a discrepancy in the amount of equipment originally quoted from the finance director and the amount now shown on the ordinance. The mayor indicated that the bid came in lower, at $400,000, about $850,000, and interest would be charged at 3 percent over 10 years. Consolo questioned how much the city is paying on credit. Sems reported that it was not inappropriate to borrow for long-term capital projects such as reconstructing University Parkway. The City Engineer reported that the city should look to the operating fund for repayment. At the law director’s suggestion, a resolution to contract Mr. Escar for the University Parkway reconstruction was put on first reading rather than subjected to an emergency vote.

Roadwork for Taylor Road Council approved an agreement with Burton-Scatt Contractors for resurfacing the University Heights portion of South Taylor Road from Oakwood Road to Silky Road. Part of a shared project with Cleveland Heights, the cost was estimated at $55,548.

Space restrictions sometimes require the summaries have been edited and prepared from LWV observers’ written reports. The summaries have been edited and prepared by Maryann Barnes and Maryann Barns. To receive e-mails of postings, send an e-mail to lWvobserveronline@gmail.com. posted online at www.heightsobserver.org. For more complete summaries view online postings at www.heightsobserver.org. Content summaries are obtained from LWV observers’ written reports. The summaries have been edited and prepared by Maryann Barns and Maryann Barns. To receive e-mails of postings, send an e-mail to lWvobserveronline@gmail.com. For more complete summaries view online postings at www.heightsobserver.org. Content summaries are obtained from LWV observers’ written reports.

Council approved an agreement with Burton-Scatt Contractors for resurfacing the University Heights portion of South Taylor Road from Oakwood Road to Silky Road. Part of a shared project with Cleveland Heights, the cost was estimated at $55,548.

The board's decision was controversial among community members, many of whom supported interim Superintendent Christine Fowler-Mack. The Minority Achievement Par

The area beneath the platform will be backlit, making it safer at night. The area will also have restrooms, but we want it to give back to the community, and no vertical objects,” Yazdani said.

He would also like to see a higher graduation rate and a larger percentage of students in the amount of scholarships CH-UH students receive for higher education.

The chart that Fowler-Mack was a better fit for the school district and its students, he said. He said he plans to introduce himself to the community and that he looks forward to working with “everyone in the district” people who care deeply about the district and the education it provides.

“I respect that they wanted to sup- port the internal candidate, but the board made their decision,” he said. Heur. “I'm very hopeful that we will have the opportunity to work together to achieve our goals together.”

A split decision Vice President of the CH-UH School Board Ronald Register was the only board member to vote “no” on awarding Heuer a contract.

Register said he was on a phone interview that he believed Fowler-Mack was a better fit for the school district and its students.

“We needed to be in a position with someone who knows the district,” said Register. “People are familiar with Christine Fowler-Mack.”

Although he is up for re-election this November, Register said his vote was not intended to gain more support in the community.

“That wasn’t a primary consideration for me,” said Register. “I believe I didn’t help or hurt myself” by voting “no” on Heuer, he said.

Register said it was now his respon- sibility to work with the new superin- tendent, saying, “We all have to be on board as far as moving forward.”

Fellow board member Nancy Pep- penberger Register did not vote as a surprise since board members some- times differ on what they believe is in the school's best interest.

“It’s not perfect, but we have a chance to look forward.”

Community relations The board's decision was controversial among community members, many of whom supported interim Superintendent Christine Fowler-Mack.

The Minority Achievement Par- ents Alliance, the group that vocally protested Heuer's contract at the board meeting, says it will work with the new superintendent and continue to watch the administration carefully this election year.

According to MAPA's president, Andrea Freedman, the group's largest concern about Heuer was his ability to handle a larger, majority African Ameri- can school district.

"Heur is culturally capable of dealing with a population that is 76 percent minority and economically disadvantaged and the challenges that come with educating that population? Despite his background and perceived successes, we did not feel he had that skill," Freedman.

MAPA supported Fowler-Mack, who the group said was already familiar with the district and the community and was one of their top choices.

"We already had someone in place. Contrary to what some members of the board believe, we were moving forward. It’s sort of like now we have to start from the beginning [with Heuer],” said Freedman.

Yet some say that now the board has voted, it is time to work with the new superintendent to improve the school.

Lita Gonzalez, a mother whose chil- dren have attended CH-UH schools and a volunteer for the district said although she was a supporter of Fowler-Mack, she believes getting to know Heuer and being ing together should be the next step.

“We choose members of the school board to be stewards of the district and too important, difficult, some unpopular decisions,” said Gonzalez.

This was a very difficult decision but I believe that the board members made it honestly based on the informa- tion they had,” said Gonzalez.

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Cleveland Heights City Council Meeting highlights

MondAy May 18, 2009
Mayor Edward J. Kelley accused
Ohio crime concerns rebuffed
Frank Minto, of Lyn Park Drive, expressed concern that the Cleveland Heights police were not cooperating with the schools effort to start a crime prevention program within the schools. His focus was particularly on the Oxford area. City Manager Robert Downey, supported by council members, strongly rebutted the suggestion that any gang activity was taking place in the Oxford neighborhood and assured that Captain Mike Cannon and Chief Martin Lent are in close and cooperative contact with the schools. Later in the meeting, Council Member Tomsley noted that a new jail program, which grew out of an Oxford neighborhood meeting, was appointed for Oxford lion, who goes over weekly with the police. What is being discovered is that not many bad things are happening, so fears are being abated with information.

Nonprofits to block grant funds
Council authorized the city manager to enter into agreements with three local nonprofit organizations—the Heights Community Congress, the Heights Emergency Food Center, and the Heights Youth Club— for the use of Community Development Block Grants that had been received last fall. These funds are to be used to promote integration and for housing to pay operating expenses, and to provide assistance with Project Learn (The Educational Enrichment Program), respectively, at the three organizations.

Council seeks help with vacant houses
Council members expressed concern about the longer response time to nonemergency complaints due to cuts in personnel. Residents were urged to be patient and also to cut the grass on vacant properties to help the city and their neighborhoods.

Cleveland Heights needs leaders who will take on the tough issues and promote the big ideas that will lead to an exciting future. They must be willing to:

1. Establish a vision for our city as a 21st century suburb that includes financial and environmental sustainability.
2. Advocate for and actively promote the city’s support of the CH-UH corporations—the Heights Community Congress, the Heights Emergency Food Center, and the Heights Youth Club—for the use of Community Development Block Grants that had been received last fall. These funds are to be used to promote integration and for housing to pay operating expenses, and to provide assistance with Project Learn (The Educational Enrichment Program), respectively, at the three organizations.
3. Set social and economic development goals for the next decade and formulate a strategic plan to achieve them.
4. Work collaboratively with all sectors of the community to create effective responses to the housing crisis that will convert vacant and deteriorating properties into positive resources for our city.
5. Actively engage all residents and promote policies that continue and strengthen the rich diversity that we value in our community.

In summary, we are seeking city leaders who will genuinely engage our citizens to create new solutions and ignite our confidence in the possibilities that lie ahead for Cleveland Heights. We are looking for candidates to inspire, unite and mobilize our residents and shape an exceptional future.

For those who wish to support this effort and sign the statement, the July 16 meeting is the place to do it. Contact any member of the original authors or e-mail dwoodbridge@sbcglobal.net.

Mark Crapps lives in the Coventry neighborhood and is a parent of two Heights High graduates.

Editor’s note: See a list of signers at www.heightsobserver.org.

CH CERT needs volunteers

Kevin Mohr
The City of Cleveland Heights prepares for everyday emergencies but during a disaster the community needs all the help it can get. Residents may initially be on their own when disaster strikes, but being prepared can make a difference. The Community Emergency Response Team (CERT) program is designed to teach residents to help protect themselves, their families and their neighbors in an emergency.

CERT training sessions will be held at Cleveland Heights City Hall, 40 Severance Circle, on eight consecutive Thursday evenings, starting September 17 and ending November 5. All classes will be held from 7 to 9 p.m.

CH CERT has been approved by the Cleveland Heights Fire Department and is in close and cooperative contact with the school system.

Kevin Mohr is the Cleveland Heights fire chief and is the city’s emergency coordinator.

DELICIOUS food and grill
New lunch Hours: Tuesday & Friday open @ 11:30
Saturday & Sunday open @ 12:00

Daily Specials! Family Friendly Patio!

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It Up has not endorsed any candidate and is inviting all those seeking office to respond to the statement and its content in a public forum to be held in September.

Over 100 citizens have already signed the statement. To learn more about Step It Up Cleveland Heights or to be included in the statement, a public meeting will be held on July 16 at 7:00 p.m. at the Lee Road Library, 2345 Lee Rd.

Citizens’ Agenda for Step It Up Cleveland Heights:

As proud residents of Cleveland Heights we value our city government and the substantial contribution it makes to the quality of life in our community. The November 2009 city council election is an important opportunity for us, the citizens of Cleveland Heights, to shape our city’s future. We are looking for city council candidates who will seek out and embrace new ideas and carry out the necessary steps to ensure that Cleveland Heights is the best suburb in the nation.

Cleveland Heights needs leaders who will approach issues in ways that will:

• Capitalize on the ideas and expertise of our talented and diverse citizens, businesses and nonprofits to develop creative solutions to demanding issues.
• Work across city boundaries and regionally to cut across neighborhood barriers.
• Work in partnership with our public schools and neighborhoods to strengthen our city and guide it into the future.

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CH-UH Public Library Board
Meeting highlights

M O N D AY M A Y 1 8 , 2009
Board member Esther Moser excused.

Financial reports available
The Acting Business Manager, Frank J. Bichakajian, answered questions from board members about the three months of financial reports now available. The new formatting was praised for making the reports easier to understand.

Cutting expenses
Director Nancy Larrin described the necessary cuts in light of reduced Public Library Fund (state government contribution to local libraries) money and lower tax receipts. The 2.5 percent raise granted to employees in January will be rolled back. The library’s portion of the Ohio Public Employees Retirement System “pick-up” will be reduced from six percent to four percent. Benefits will be capped at $1,000 for a single person and $2,000 for a family. All part-time staff will work 16 hours a week. Fewer materials will be purchased and some of the leased-used databases dropped. The newsletter, Check Us Out, has been reduced to four pages. Security personnel will be hired on staff instead of hiring police officers. Additional income can be garnered by adding local business promotions to the Flashcard checkout receipts. Larrin said that the staff has been supportive of the cuts and glad not to have layoffs. She expects revenue to drop through 2011 and would like to carry over $1 million for the 2010 budget year.

Dobama getting ready to open
Construction is being completed on the Dobama Theater. A community-open house to open the new theater will take place on September 12. The library, Heights Parent Center, and Heights Acts will participate. The production, Ten More Minutes from Cleveland by Cleveland Heights resident Eric Coble, will open with a gala event on September 25. Gutenberg, the mascot will begin early December and Blue Door in late January.

Tonya Gibson

Heights Libraries has lots of fun activities for bored teens. Here’s what you can do:

The Summer SPOT
Every Monday – Friday, 3:30 to 5:30 p.m.
All Heights library locations
We have all summer to be creative! The usual SPOT after school hangout is extended to the summer. We’re talk- ing crafts, art contests, gaming tour-naments, and open mic Fridays! No Registration.

Summer Babysitting Clinic
Monday, July 13 and 14, 9 a.m. - Lee Road Library
Are you interested in becoming an excellent babysitter? This two-day program will teach you basic safety tips, how to make babysitting fun, and earn you a certificate of completion. You must attend both days to be certified. Registration required.

Teen Back to School Party
Saturday August 22, 2 p.m.
Lee Road Library
The summer’s almost over but don’t fret, we’re going to celebrate its exit in style! Hang out with Teen Department staff and get your eat on. We’ll provide snacks and soda, an art show exhibit from our summer contestants, music and of course gaming stations for the Wii and Playsta- tion 2. No Registration.

Tonya Gibson is an employee of the Heights Libraries who enjoys writing and photography in her free time.

If you need help navigating the Foundation Center Cooperating Collection or database, contact the collection’s supervising librarian, Kirsten Rosebrock-Hayes, at 216-932-3600, ext. 1.

The Foundation Center Cleveland offers many free introductory classes and fee-based full day training opportunities at their office, 1422 Euclid Avenue, Suite 1600. Their staff and library are a wonder- ful resource. You can find more information about what’s offered there, and much more, at www.foundationcenter.org/cleveland, or contact them at 216-861-9937.

Times are tough: get grant help at the library

Tonya Gibson

Do you know what you need to do in order to seek a grant? Do you know how to approach the foundation when applying for a grant? If not, the Lee Road Library can help!

Heights Libraries is a proud partner of the Foundation Center Cleveland, a nonprofit organization with more than 50 years of experience at connecting grantseekers and grantmakers. The Lee Road library houses the Foundation Center Cooperating Collection, which is full of information from how to get started in your grantseeking process, to directories of grantmakers. You can also access the Foundation Center’s Online Database to search for grantmakers and grants based on different criteria.

When asked whether there were any plans to involve the drama department at Heights High, Dobama Managing Director Diane Boduszak promised to look into it.

Collaboration with JCU
Technical Services Coordinator Mary Murphy told of the collaboration between the library and Grasselli Library at John Carroll University. Grasselli has become, in effect, a branch where beat sellers can be offered to students. There is also interest in genealogy and host book signings by JCU authors. University Heights branch personnel are marketing this feature and John Carroll students are volunteering in the Homework Center.

Tonya Gibson

It’s not too late to register for the library’s Summer Reading Program. There are prizes for all ages! See what Barbara Walker, last year’s Adult Summer Reading winner, had to say about her prize:

“I imagine my delight when I walked into the library early last summer and saw the sign regarding a summer reading program for adults. This opportunity ignited both fond memories of childhood reading contests as well as my natural competitive spirit. What fun! And it’s about time!”

“Heading decreasing among all populations, what a perfect chance to encourage even greater use of our great library’s offerings. I put myself under continual pressure to keep on reading, even with some good toll. As well as helping my work I was building my reading skills. It didn’t matter to me that I had no idea whom or how many competitors I had; there was joy just from the personal challenge I had set myself. I never thought that I would be the grand prize winner.

“As the winner, my prize is one new book a month for a full year. So far I have received sixteen books. Some of my favorites have been P. D. James’ latest Adam Dalgleish mystery and The Story Of Edgar Sawtelle by David Wroblewski.

“I have been able to request some of my books and others that were chosen by the skilled library staff who took the time to interview me and find out my reading interests. I am looking forward to the library continuing this challenge for adult readers, and I encourage even more adults to participate. It would be terrific to see if we can beat out the children in number of books read. And who knows, maybe you’ll be the one to get that call. Congratula- tions! You’ve won the grand prize in the library Summer Reading Program!”

Registration required.

When you sign up for the adult summer reading program, you will be the one to get that call: Congratulations! You’ve won the grand prize in the library Summer Reading Program!”

Barbara Walker was the 2008 Adult Summer Reading Grand Prize Winner

Tonya Gibson

Heights Libraries offer resources for job seekers
Debbie Rosman

The tough economy is really taking its toll. Unemployment and underemploy- ment are on the rise. Job seekers and those looking to upgrade their job skills can find help at local branches of the Cleveland Heights-University Heights Public Library.

Hang out with the library staff or in the libraries we’re going to celebrate its exit in style! Join the conversation at www.heightsobserver.org

www.heightsobserver.org
**Students at Oxford Elementary learn the importance of helping others**

Maureen Jane Carey

Sherrie Malek, kindergarten teacher at the Oxford Elementary School, had an idea for helping the community. She asked her students, and their parents, to donate Teddy bears for children at Providence House, a crisis center in Cleveland.

The project, called “A Beary Nice Holiday,” was a success and inspired Sean Sullivan, a fifth grade teacher and colleague of Malek, to take her idea a step further.

Sullivan wanted to find ways to involve more people. He organized a school dance to celebrate students’ accomplishments. Students were encouraged to bring bears, which were thenunsigned to help with the bear project. All the bears, which included planting flowers around the school, cleaning up around the school, packing food for homeless shelters, and tutoring younger children at school.

The “Beary Nice Holiday” program continues to flourish under Sullivan’s enthusiastic leadership. Donations jumped from 120 the first year to 2,000 four years later, which is impressive, considering that Oxford Elementary has an enrollment of only 300 children.

“The kids really learned a valuable lesson about helping others,” Sullivan said. On a field trip to Providence House, Sullivan’s fifth graders were able to see the impact their hard work made in the lives of other children. They held a fundraiser for Providence House at which they raised $500 to buy children’s aspirin, baby formula and diapers for the nursery.

Sullivan and his students have been recognized several times for their community service. They were featured on local television, received an award from Cleveland City Council, and had a class visit from Mayor Ed Kelly, who commended them for their good work.

Sullivan’s ultimate goal is to get the entire school district involved. He is reaching out to all the schools in Cleveland Heights and University Heights.

“This is a very easy way to come together as a community,” he says. Sullivan is looking for volunteers to help with the bear project. All those interested in helping in any way should contact Sean Sullivan at 216-894-4505.

Maureen Jane Carey is an aspiring writer who enjoys writing poetry and plays and has lived in Cleveland Heights since 1982.

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**CH-UH Board of Education Meeting highlights**

TUESDAY MAY 19, 2009

All board members present.

Facilities report

Steve Shergalis, director of business services, and George Pelkas, assistant director of business services, reported on the district’s facilities, which include the buildings, furniture, and grounds. Since the buildings were designed for the late 19th and 20th century, the technology concerns of the 21st century must be addressed. A 2007 district-wide architectural survey found the buildings in good condition, but needing repairs and remodeling. Debt obligations once at a high of $1.7 million were now down to about $650,000. However, issues related to safety and security issues, upgrade emergency lighting, install emergency generators, keep roofs in good condition, modernize restrooms, replace exterior doors and windows, and remodel key education spaces like libraries. This year’s projects would include emergency lighting and power upgrades at Boulevard and Canterbury, below grade waterproofing and interior wall replacement at All Hallows, chimney repair at Geantry, and locker room renovation, science wing roof replacement and other projects at the high school. The district sought the current permanent improvement levy of 3.8 mills, which generates about $3,500,000 in revenue, which would be enough for upcoming projects. The district could seek “green” money for these projects, but stimulus money requested has not been turned down. These grants have also been submitted.

Status of Millikin and Coventry Millikin was appraised at $2,400,000 in 2003. It was offered for sale, but no reasonable offers came in. Now options include selling, having a public auction, or approaching (with verbal quotes of approximately $1,400,000), in line with the Lakeview Park School. After researching these options the board will publicize more about its use of the twelve acres of the building.

Leasing negotiations with the Cleveland Music School Settlement for use of Coventry School were unsuccessful. Negotiations on the language held up were due to a decrease in funding of the settlement’s expansion plan. The goal is to have a signed lease by December 2009.

TUESDAY JUNE 2, 2009

All board members present.

Recognition of student artwork

Student artwork was presented. Heights Arts, the library, the teachers union, and the board of education bought art pieces.

Athletes honored

Athletic Director Kristen Hughes honored seniors who have committed to play at college. Five students have been named Athlete of the Year by the district for their participation in these teams. Twenty-two retiring teachers honored

Superintendent search

Hudspeth and Associates gave an update on the superintendent search. A link to the position profile was on the district’s Web site. The board will meet with the recommended candidates this week and next. Five parents spoke regarding the selection of a superintendent. All praised Christine Fowler-Mack on the State of the School Address and how well she has continued to move the school forward.

High school incident

The interim superintendent reported on the June 1 incident at the high school involving food-throwing, two smoke bombs and street fights outside the school. The police and/or the school will deal with the matter, which may result in suspensions or expulsions will carry over to the next school year.

Textbook approval

The board approved textbooks for high school social studies and Spanish.

Grant applications

The board approved the submission of the following grant applications:

• Project Citizen in the Classroom, to the Martha Holden Jennings Foundation for $1,327,955

• English Literacy and Civics Education, to the Office of Career Technical and Adult Education, Ohio Department of Education for $23,472

• P.R.E.D. Casting Grant, to the Honda America Foundation for $38,098

• 2009 National School Lunch Program Equipment Assistance Grant Application, to the Ohio Department of Education Office for Safety, Health and Nutrition for $117,500

• Adult Basic and Literacy Education, to the Ohio Department of Education Office of Career Technical and Adult Education for $274,589

Senior scholarships

Board Member Kal Zuckar noted that Heights High School had received over $6.4 million in scholarships.

CH-UH students blast off with summer reading

Tracy Hill-Adognravi

Saturday, June 6, the students and families of the Cleveland Heights-University Heights School District were launched into a summer of reading by the first CH-UH Summer Blast Off.

Hosted by the CH-UH City School District and held at Fairfax Elementary School, the event was co-sponsored by CH-UH Council of PTA’s, Heights Parent Center, Reaching Heights, Arts and the Cleveland Heights-University Heights Library.

Families from all of the district’s elementary and middle schools were invited. Over 2000 students were treated by the music of Blue Lunch, rode in the Rocket Car, enjoyed free hotdogs, popcorn and lemonade, listened to poetry, wrote science crafts, and most importantly, signed up for the Cleveland Heights-University Heights Library’s Summer Reading Program.

Interim Superintendent Christine Fowler-Mack was in attendance with her family and said, “Summer Blast Off was a wonderful event! Thank you to the

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**Schools in the Heights Observer**

See disclaimer on page 4.

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Ten alumni inducted into Heights High Hall of Fame

Michael Dougherty

Coming on the heels of a record 549 attendees at their Scholarship Pancake Breakfast at Cleveland Heights High School on April 19, the Cleveland Heights High School Alumni Foundation had another capacity crowd at Executive Caterers at Landerhaven on May 7. This time it was for the 29th annual Cleveland Heights High School Distinguished Alumni Hall of Fame induction.

The Hall of Fame was created as a way to honor the accomplishments of Heights alumni while giving current students examples of what they can accomplish in life, hearing from adults who sat in the same seats and walked the same halls as they do. With over 50,000 graduates, students have an impressive and diverse list of alumni from which to select for induction. A student committee selects inductees from nominations made by the general public. Students do not know the names of the nominees, only their accomplishments.

This year’s inductees include:

- Natalie Zuckerman Epstein, Class of 1944
- Robert J. Freeman, Class of 1945
- James K. Fox, Class of 1965
- Karen G. Yasinow, Class of 1975
- Yijin Chen, Class of 1987
- Kurt L. Wallach, Class of 1945
- Dominique Goodwin, Class of 2007
- Dr. Eric M. Yasinow, Class of 1975
- Susan Scheps, Class of 1988

A community activist as well as patron and promoter of the arts, Epstein currently co-chairs the Great Lakes Theatre Festival.

Freeman is the co-founder of Café 458, Heights observer July 7, 2009. Join the conversation at www.heightsobserver.org

By the Pentagon working on the Ballistic Missile Defense System, Jackson is also active as a volunteer wrestling coach at Fort Belvoir Youth Recreation.

Katz is the acting chairman of Otolaryngology, head and neck surgery, at the Cleveland Clinic and is also a professor of surgery. He was named Outstanding Clinician in 2006, and was named Best Doctor in America and among America’s Top Doctors.

A civil rights activist and former member of the Peace Corps, Miller is an associate professor of medicine, emeritus, at Case Western Reserve University.

Coming to America as an exchange student, Starr graduated from Kenyon College and is now vice president and CFO of John Hancock Annuities.

Wallach is the president of Kurrent Growth Industries and is the president and chairman of Prime Kurrpett Properties as well as a lecturer at Florida Atlantic University.

Dr. Eric M. Yasinow, Class of 1975

Yasinow is a physician and medical director of risk management at University Hospitals Medical Practices, and an assistant clinical professor of medicine at Case Western Reserve University.

“...we had another outstanding group of inductees,” Heights High Alumni Foundation President Eric Silverman said. “Not only do the students select the inductees, but they also pick alumni who truly represent the pluralism that is Heights High. It is not until you hear the powerful stories from the inductees at the ceremony that you truly understand why they have been selected.”

To read more about this year’s inductees, view past inductees, or to nominate someone for the Cleveland Heights High School Distinguished Alumni Hall of Fame, visit www.heightsdistinguishedalumni.org.

Michael Dougherty is the former coordinator of communications and community engagement for the Cleveland Heights-University Heights City School District.

Maria Chan wins $1,000 Zonta Club of Cleveland Scholarship

Elizabeth Leitch and Sarojini Rao

Maria Chan, a Cleveland Heights High School graduate, is one of three winners of the 2009 Zonta Club of Cleveland Foundation Scholarship.

Chan graduated with a 4.4 GPA and has been accepted at the Massachusetts Institute of Technology where she plans to study chemistry and Arabic. She would like to eventually earn a doctorate in biochemistry.

Chan is a National Merit Cemed Scholar and an AP Scholar with Distinction. She also received the Cleveland Heights High School Summer Enrichment Scholarship for summer Arabic studies and the Laurel School Lawrence Scholarship.

A regular competitor in math competitions, Chan interned in the Molecular Biotechnology Core at the Cleveland Clinic. She belongs to the National Honors Society and is on the varsity swim team. In her spare time, she volunteers at the Cleveland Botanical Garden as a glasshouse interpreter and tour guide.

Zonta Club of Cleveland is an affiliate of Zonta International whose mission is to advance the status of women worldwide. For more information, visit www.zontacleveland.org or www.zonta.org.

Elizabeth Leitch and Sarojini Rao are both members of the Zonta Club of Cleveland.

Farewell to high school intern

Heights Observer Staff

FutureHeights bids farewell to Dominique Goodwin who volunteered as an office intern during her 2009 spring semester at Cleveland Heights High School.

Dominique graduated in May and will attend Shawnee State University in Portsmouth, Ohio this fall.

“It was a fun experience,” she said, “I learned to write better, what it takes to put a newspaper together, and how hectic an office can be.”

Susan Scheps receives Carolyn Grossman Award from Heights Parent Center

Dominique Goodwin with Joanne Federman of Family Connections, Heights Parent Center, May 19. Photo: Courtesy of Maria Chan

Susan Scheps (center), Carolyn Grossman Award winner, with Joanne Federman of Family Connections and Margaret Simon of the Shaker Heights Public Library.

Louise Oliver

Heights Parent Center honored Susan Scheps with the 2009 Carolyn Grossman Award during its annual gala benefit, “A Night Under the Stars,” at the Great Lakes Science Center in May.

Scheps, the youth services manager of the Shaker Heights Public Library, won the award for her extraordinary commitment to families and children.

More than 175 participants and friends of the center enjoyed the live music of Vinyl Replay, from the Jam Session School in Kent, and the center’s live auction of donated items conducted by Steve Presser of Big Fun on Coventry. Everyone had BIG FUN!

The center raised over $13,000 to support its family literacy programs for parents and their young children.

The center thanks its guests, sponsors and silent auction donors for their support. See www.heightsparentcenter.org for details.

Louise Oliver is the executive director of Heights Parent Center.
Ariyoshi serves up a taste of authentic Japanese eats

Christina Klenotic

In April, I had the good fortune of visiting Japan during hanami season when the lovely cherry blossoms bloomed. Since I returned, I've been holding on to those memories ever so tightly, including the wonderful "experience" meals like shabu-shabu and yakitori sampled in cozy restaurants. Shabu-shabu is like a Japanese version of fondue, but features a large pot of boiling water for cooking thin slices of meats, veggies and udon noodles. Yakitori consists of barbecued skewered meats and veggies on bamboo sticks.

I was ecstatic when I heard that Ariyoshi on Lee Road offered shabu-shabu and set up a date with my Japan traveling companion and our significant others. My first visit to Ariyoshi was last summer. I enjoyed my meal, but I delayed returning because I felt the atmosphere was lacking. With the exception of the sushi bar, the interior resembles a dining hall and certainly could benefit from a layout that makes dining feel more intimate.

I must have postponed my second visit too many times because Ariyoshi recently updated its menu to feature a separate sashimi fare and, unfortunately, shabu-shabu didn't make the cut.

After our server shared the news, we consoled ourselves with Kirin beer and fruity drinks like Zombie, which is billed as the world's most lethal cocktail, and Kirin beer was another favorite dish I sampled in Japan. Ariyoshi's large bowl, featuring sweet tofu skin, carrots and broccoli, hit the spot ($7.95). The miso soup served with combination dinners like teriyaki ($16.95) was also very flavorful. Unfortunately, the kushiyaki dish that featured beef, chicken, shrimp, scallop and scallion on a skewer, didn't live up to the yakitori we sampled in Japan ($6.95). However, the sushi selection was vast, fresh and reasonably priced.

Ariyoshi offers free parking in the back of the restaurant, which is a definite perk for busy Lee Road. I initially parked in a metered space nearby and a staff person offered to move my car to a free spot when I asked for change to feed the meter. I may have missed out on some of the finest wines in the world's most lethal cocktail, but Ariyoshi's hospitality helped to fill the void.

Some very nice wines are made right here—in our own backyard. Ohio winemakers deserve our support as much as our local merchants and farmers. Here are three Rieslings that are great on their own, before a meal, or with lighter summer fare.

Ferrante (Harpersfield, Ohio) 2007 Golden Bunches Dry Riesling at $12 is one of the best wines being produced in the state. Last winter, when I served as a judge for a competition of the best Michigan and Ohio wines, this was one of the top wines! It is so good that you don't need to qualify that statement by saying "for an Ohio wine." It has plenty of fruit and complexity. The wine goes well with chicken, fish or vegetarian dishes. It is not bone dry and its only sweetness comes from the ripeness of the fruit.

I bought my bottle at Heinen's in University Heights.

Kinkade Ridge (Ripley, Ohio) 2008 Reisling down along the Ohio River, is making some of the finest wines in the state. Heinen's has a big bottle on its shelves and it is a semi-sweet white wine. This is a wine that anyone can enjoy. It is made with 100% Riesling grapes and it is semi-sweet, making it cool choice for a warm summer evening. It has lovely peach and pineapple notes and pairs nicely with cheeses before a meal. It is also relatively low in alcohol.

I bought my bottle for $19 at Zagster in Cleveland Heights.

For those who prefer a wine that's a bit sweeter, look for the Debonné (Madison, Ohio) 2008 Riesling Reserve. Debonné wines have really improved in quality over the last few years. This wine is semi-sweet, making it a good choice for a meal. The wine goes well with chicken, fish or vegetarian dishes. It is not bone dry and its only sweetness comes from the ripeness of the fruit.

I bought my bottle for $19 at Zagster in Cleveland Heights.

Loren Sonkin lives in Cleveland Heights and writes for 1100Wine.com. He welcomes your comments and suggestions at Sonkinspostcards@skyglobal.net.

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**Loren Sonkin**

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A Simply Charming talk with Elisabeth Gevelber

Jeremy Hebebrand

Elisabeth Gevelber is no stranger to business. The single mother started her first business in San Francisco selling men’s clothing when she was just 22.

Years later she opened another business called La Tea Da in Rocky River selling retail and, of course, tea.

“We got a lot of press, it was nice, but the store was just way too busy,” Gevelber said. Her second business lasted less than two years and she decided it was time for a break.

Then, in December 2007, Gevelber shifted her attention towards the Cleveland Heights area and opened her third store, Simply Charming.

“My grandma lived near here and I spent a lot of my childhood around town, so it was fitting,” Gevelber said.

The store, which is subtitled “The October issue will contain information submitted solely from a standardized questionnaire uniformly formatted by the observer, and will be drawn solely from a standardized questionnaire supplied by the Observer itself. During this pre-election period, all candidate contributions of news or opinion will continue to be accepted for publication online at www.heightsobserver.org.

Simply Charming is a nice change from her previous stores, Gevelber said. Most of the time she is there by herself, and she enjoys being in the small space on Lee Road. She makes her own hours, so she still has time to spend with her 16-year-old son.

“You know, my son is at that age where he figured out that mom runs a jewelry store and he can get his girl friends all kinds of stuff,” Gevelber said with a laugh.

She started the store with her own funds and says she has continued to keep her current business stable despite the rough economy. The store has broken even in revenue and Gevelber is not worried that she will have a hard time keeping the customers coming.

“The hard part of running a business is getting people to know you exist,” Gevelber said.

She advertises in the San News, Heights Observer and at the Cedar Lee Theatre. She also supports local events around town.

“The people in this area are so nice, I have made so many friends over the years. And because of the store I continue to make new ones,” Gevelber said.

She said that some familiar faces have dropped by to shop at her store, including Plain Dealer columnist Regina Brett.

What’s up at Horizon?

Diane Roberto

If you’ve walked by the Horizon Montessori School recently, you may have asked “What are they doing over there?” or perhaps you’ve wondered “Why is that crane at the school?” Well, here are the answers.

Horizon Montessori School is undergoing a major renovation of its exterior on both the Mayfield Road and Newbury Drive facades. Among the new features are a 15-foot steeple, pitched roof with an illuminated cupola and functional bell, a 27-foot single-covered entry at Newbury Drive; new siding and brickwork; and new, energy-efficient windows. The renovation began on June 1 and the crane arrived in January. Architect, John Roush, and building contractors, Bleick and Kessler, expect to complete the job by summer’s end. Meanwhile, Horizon’s director invites the public to walk by, smile and wave, and watch the progress!

Diane Roberto is the director of Horizon Montessori School which was founded in 1973.
Pianist psychoanalyzes George Gershwin

Brenda Gray

Without George Gershwin the hyperactive, neglected juvenile delinquent, George Gershwin the musical genius wouldn’t exist. So explained psychiatrist and concert pianist Dr. Richard Kogan to a packed house at a benefit for Cleveland Psychoanalytic Center, a Cleveland Heights-based organization that trains psychotherapists and promotes the value of psychoanalysis. The event was held at the Cleveland Institute of Music. Kogan’s presentation of “The Mind and Music of George Gershwin” featured a unique blend of lecture and performance.

The son of habitual gamblers, who moved 28 times during his childhood, Gershwin was “educated by roaming the streets” and thought “music was for sissies” before being transfixed by a classmate playing a violin. He then channeled his boundless energy into learning to play the piano and composing music influenced by his urban surroundings.

“He had a remarkable ability to extract music out of what other people would consider noise,” Kogan said before performing a lush solo arrangement of Rhapsody in Blue, a piece hastily written by Gershwin after hearing the rhythm of a train. At the time, critics labeled the work a “structural mess.”

According to Kogan, Gershwin was a commercially successful narcissist who told cab drivers, “Drive carefully — you got Gershwin in the car,” yet he yearned for acceptance by the classical music world. He wrote his last great work, Porgy and Bess, while undergoing psychoanalysis to treat depression, before a brain tumor killed him at age 38 in 1937. Kogan concluded with an intense medley from the opera, including “I Got Plenty O’ Nuttin’,” and “Summertime.”

This was Kogan’s fifth appearance at the institute to benefit the Cleveland Psychoanalytic Center. His prior subjects included Mozart and Beethoven. Kogan believes that composers are best understood in the context of their personal lives, “and I’ve come to the conclusion,” he said, “that great music is created because of suffering, not in spite of it.”

Brenda Gray is an attorney and freelance writer in Cleveland Heights.

Heights Writes

Meredith Holmes

Sometimes we are happiest when nothing happens.

Fishing for Stillness

by Kathleen Cerveny

The dry grass scratches the backs of her eight-year-old legs below her shorts. The sun freckles her thighs in leaf shadow.

Nothing moves except the confusion of gnats stumbling through the humid air at the edge of the lake.

Her father stands a little farther down the shore, whipping his line in shining curves above the water.

Her bamboo pole rests steady in her hand, balanced midway to its tip on a stone between her knees.

She thinks about the worm, drowning as it hangs beneath the bobber, and wills it to be dead. Its wriggling could attract a fish and end the perfect stillness of the day.

Kathleen Cerveny has been a potter, a high school arts teacher, and a public radio producer. She is now director of evaluation and institutional learning and senior arts advisor at the Cleveland Foundation.
Keep your lawn healthy and green this summer

Douglas Freer

Will your lawn survive the summer heat? Here are some tips for growing and keeping it healthy.

Mowing tips

• Mow the grass tall, at least three inches, even three and a half. The taller the better. Longer leaf blades collect more sunlight for increased photosynthesis, which is how the plant creates food for itself. More food means more energy and stronger grass plants and healthier roots. Tall grass shades the soil, keeping it cooler, and minimizes sunlight that weed seeds need to germinate.

• Cut shady lawn areas less frequently, allowing the grass to grow taller so it can capture more sunlight.

• Sharpen your lawn mower blade before summer heat, and again in late summer for best results, or any time you run over sticks or rocks.

• Change the direction of travel with each mowing to help the grass stand up.

• Mulch the grass clippings back into the lawn. Rake out clumps of clippings. Clippings are more than 80 percent water and they will return nutrients and water to the lawn. Clippings do not contribute to the build up of thatch.

Watering tips

• Measure the amount of water your sprinkler delivers by setting out some plastic items will heat up and bake the pools or other items on the lawn. Mowing over sticks and debris may contribute to excessive lawn when the weather is dry and hot. Wait until cooler temperatures return this fall, or if you must do it now, then

• Fertilize the lawn with either traditional or organic products to deliver the equivalent of four pounds of nitrogen per thousand square feet for the season. Break up the fertilizer into four or five applications. Reduce the amount of fertilizer you apply in shady lawn areas by half or two-thirds.

• Avoid aerating and dethatching the lawn when the weather is dry and hot. It is easier to keep a lawn green and healthy than it is to make a lawn green and healthy. Follow these tips to avoid having to repair or renovate your lawn this fall.

Douglas Freer is a Cleveland Heights native and the owner of Lawn Lad, Inc. Lawn Lad provides residential landscape services in the Heights area. Call 216-571-9351 or visit www.lawnlad.com.

Bug of the month: fleas

Barry Zucker

I receive many calls from people telling me they had a simple pest problem, called an exterminator, and the next thing they knew, they and their family and pets were ill from pesticide exposure. Sometimes they develop temporary flu-like symptoms. Others are not so fortunate, experiencing more serious problems.

Pesticides have been linked to asthma, childhood leukemia, attention deficit disorder, learning disabilities and neurological disorders. There is no such thing as a safe pesticide, even if used as directed. Indeed, there is a federal law prohibiting pesticide manufacturing companies from making such claims.

For virtually every pest problem there is a safe, nontoxic solution. Usually it involves focusing on sanitation, prevention, vacuuming, baiting and trapping. This month, we focus on the flea. Fleas are amazing survivors. The Egyptians used to smear a slave with petroleum jelly will immobilize the flea. And vacuum, vacuum and vacuum to get rid of flea larvae. Seal the vacuum bag and dispose of it before fleas can escape.

Cedar-filled bedding for pets makes a good flea repellent. In fact, the ancient Greeks and Romans used cedar on the backs of parchment manuscripts to keep insects from eating them.

For more information, e-mail bzucker@BeyondPesticidesOhio.org, or call 216-291-3441.

Barry Zucker is executive director of Beyond Pesticides Ohio, which promotes the safer use of pesticides and the rights of those who are exposed to them.

For information call 216.791.3172 or visit www.cedarfairmount.org

Friends of Cedar Fairmount, Chase Bank, Dave’s Supermarkets, & Fifth Third Bank

Cedar Fairmont Special Improvement District, Cedar Fairmont Merchants, Integrated Pest Management (IPM).

Barry Zucker is executive director of Beyond Pesticides Ohio, which promotes the safer use of pesticides and the rights of those who are exposed to them.
Fight Alzheimer’s: exercise the brain

Natalie Reis

“What can I do to protect myself from Alzheimer’s?” is a tricky question to answer, since there is no “magic bullet” to prevent people from developing this devastating disease that affects approximately 4.5 million people in the U.S. The standard response, based on current research, is eat a healthy diet – lots of fruits, vegetables, whole grains, and low amounts of saturated fat – control your blood pressure and cholesterol levels, exercise your body and brain, and cultivate a close network of friends and acquaintances.

A recent study comparing the longterm effects of social, physical and cognitive activity in mice showed that cognitive activity was the best protector against developing Alzheimer’s disease (AD) in the future. These AD mice didn’t live very long, so it is easier for researchers to follow them across their entire lifespan. Scientists use MRI scans in order to view subtle brain changes in these mice while they are alive. Scientists also tightly control the environments of these mice, ensuring that only the variable of interest is changed across different groups, which strengthens their ability to draw conclusions.

Researchers took young adult AD mice and assigned them to one of four groups: 1) high social activity 2) high physical activity 3) high cognitive activity and 4) a control group with no special activity. Only the mice in group 3, who were given a lifelong high level of cognitive activity, were protected against memory impairment. Mice in group 3 performed as well as normal mice that do not go on to develop Alzheimer’s disease. In addition, brain levels of beta-amyloid were substantially reduced only in group 3.

This study suggests that cognitive activity may be more important than social or physical activity for protecting against or delaying Alzheimer’s disease. The take-home message? Start “exercising” your brain now to help prevent developing Alzheimer’s disease later.

Here are some tips to help you “exercise” your brain:

- Learn new things in your workplace, at home, or where you volunteer
- Limit the amount of time you spend watching noneducational TV and using the computer for passive entertainment
- Read books, newspapers and related educational on-line sites
- Join a book discussion, poetry discussion or art discussion group
- Have intellectually-stimulating conversations
- Play puzzle games (crosswords, Sudoku)
- Go to museums.

Natalie Reis is a licensed clinical geropsychologist, freelance medical writer and editor, a mother of two and a Cleveland Heights resident.

Free classes offer adventure for seniors

Anita Kazarian

Bored? Missing the thrill of challenge and adventure in your life? They say wisdom comes with age, so why not put it to good use and try something different? Cleveland State University, Case Western Reserve University and other institutions offer free classes to seniors.

Project 60 is CSU’s program. If you are 60 or over, you can audit most classes. Phone 216-368-4413 or check the link below for details.

CWRU’s College of Arts and Sciences opens the majority of its courses to auditors, as does CSU – though special permission may be required in some cases. Students are responsible for purchasing textbooks, lab and other fees as applicable. You can choose day or evening classes, campus location, the professor, and in almost all cases, you do not need to complete prerequisite requirements. Heaths senior residents have free access to these excellent universities. Who knows, maybe one of your life long dreams may be awaiting you. Rocket science anyone?

Links:
- CWRU: www.case.edu/arts/audit
- CSU: www.csuohio.edu/enrollment/services/project60
- ToC: www.tri-c.edu/enrollment/seniors/Pages/Default.aspx

Anita Kazarian is a resident of University Heights and is a candidate for UH City Council this fall.

the link below for details.

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Parents train for triathlon to honor daughter

Beth Lucas

Parents will do anything for their children, and Andrew Koonce and Tania Younkin are no exception.

This August, the Cleveland Heights couple will compete in the Cleveland Triathlon in support of United Cerebral Palsy of Greater Cleveland as a tribute to their daughter, Elsie.

Married for seven years, the couple never dreamed they would compete in a race like this together — but it is now common for neighbors to see them training, often with two kids in tow.

Tania, a former National Champion Collegiate swimmer, pushed Elsie across the finish line at last year’s triathlon as a part of Team UCP. This year Andrew will join them.

A Cleveland Heights native, Andrew played basketball and some team sports, but definitely did not aspire to be a triathlete! That changed when Elsie was born.

Elsie is two-and-a-half years old and has been diagnosed with cerebral palsy. The exact cause of her condition is unknown.

Cerebral palsy is not a disease; it is defined as a group of chronic conditions affecting body movement and muscle coordination resulting from damage to one or more specific areas of the brain before, during or shortly after birth.

Elsie’s case left her blind with optic nerve damage and limited coordination. When she began working with United Cerebral Palsy of Greater Cleveland in early 2008, Elsie was unable to hold her head up, sit, crawl or walk independently.

With the help of traditional physical and occupational therapy, as well as UCP’s intensive Steps to Independence® program, the future looks bright for Elsie.

She can now sit up on her own and crawl independently — in fact, you just might see her in the Heights cruising down the sidewalk in her walker, chasing after her five year old sister, Camryn.

Inspired by Elsie and her daily fight into the water as part of a relay with her family cheering her on.

Team UCP includes triathletes, recreational enthusiasts and nonathletes united to raise funds and awareness for United Cerebral Palsy of Greater Cleveland.

Last year, Team UCP members raised over $50,000 in pledges for the miles they ran, biked and swam, with close to $20,000 raised by Tania and Andrew.

Each contribution impacts pro grams for over 1,000 children and adults with disabilities throughout Northeast Ohio.

To support Elsie and her family’s efforts to raise funds or to learn more about Elsie, visit www.active.com/donate/ teamucp09/taniayounkin.

You do not need to be a client family to be a part of the team. For more information on Team UCP or the Cleveland Triathlon, contact blucas@ucpcleveland.org, call 216-791-6169, extension 237 or log on to www.pacificsportsllc.com/cleveland/athlete.html.

Participants should register under Team UCP.

Beth Lucas is the Director of Development at United Cerebral Palsy of Greater Cleveland and is a resident of University Heights.

Cedar Fairmount Festival will celebrate local neighborhood

Kaitlin Bushinski

Don’t miss the chance to celebrate the Cedar Fairmount neighborhood during an afternoon of food, fun and festivities!

Cedar Fairmount’s Business District will come alive on Sunday, August 9 as artists, musicians and street vendors pack the sidewalks as part of the 8th Annual Cedar Fairmount Festival. The festival will run from noon to 4 p.m.

Started in 2001, the festival celebrates the local community by bringing the neighborhood together. The Cedar Fairmount Special Improvement District (SID), along with local merchants and foundations, will sponsor diverse activities for festival goers of all ages.

This year’s highlights for the kids include pony rides, a bouncing castle and a “cool pet” contest that will give awards to the area’s most talented and best-dressed pets.

In addition to plenty of attractions for kids, adults can enjoy more sophisticated entertainment by perusing the arts and crafts show, getting a free massage or taking tours of the historic Alcazar hotel.

“It is our way of giving back to the community,” said Kaye Lowe, executive director of Cedar Fairmount SID. “We are grateful for the support of Friends of Cedar Fairmount and the merchants, professionals and neighbors whose donations make the festival possible.”

Kaitlin Bushinski is a recent graduate of Oberlin College and a summer intern with the Heights Observer.
Sometimes we need a smack in the face

Mary Courtwright

You never know when life will smack you in the face with the unexpected. They happen to everyone, those moments of clarity when you realize you were inches from disaster, walking a tightrope between life and death. It could be a car accident, disease, natural disaster, or a random act of negligence by a stranger...

Remembering such times immediately brings back visceral reactions. Time flows in different directions. Night falls on the feelings of shock, the lump in your throat, the stomach ache that sets in when you realize you almost lost someone you love – or that they almost lost you.

Back then, I recall these moments in my own life so easily The first time my husband had a gun pulled on him while at work. The morning my daughter was on her way to school, not three minutes from our house, and the car she was riding in was side swiped by a van going 50 mph. The call on Christmas Eve telling me my father had a stroke, and the following one that said he’d need brain surgery. And finding out my youngest brother had flipped the car several times while driving back from New York – thankfully, he emerged without a scratch. Had any of those moments gone differently I would have lost a piece of my heart.

Of course these moments don’t always have a happy ending. Life is about change and no one lives forever. But I have learned that if we recognize these moments they can be a gift, not a disaster. Sometimes you remember them years later and wish you had more time connecting than arguing. To make the writing process fast and easy , without any of the anxiety that many people have when faced with a blank computer screen. Information will include who to interview and what to ask, which facts to include in the article, how to start the article and how to assure its readability.

“Newswriting doesn’t have to be difficult. In fact, there’s a lot of formula involved,” Rosenbaum said. “Our goal in this workshop is to provide that formula so everyone can feel qualified to make their contribution.”

The workshop will include hands-on exercises with guidance from other working journalists who are involved with the Heights Observer project. It will conclude with ample open time for questions and one-on-one guidance. The workshop is free, but reservations are highly recommended. To make reservations, please call FutureHeights at 216-370-1423. You can also sign up on Facebook.com, in the “events” box of the “FutureHeights” group.

Free citizen-journalism workshop to be held again on July 15

Heights Observer Staff

“You Too Can Write the News,” a free workshop for citizen journalists, will be held from 6:30 to 8:30 p.m. on Wednesday, July 15, in Meeting Room A of the Lee Road Library, 2345 Lee Road. This is a repeat event of the workshop, which was first held in May.

The workshop, hosted by the Heights Observer and FutureHeights, is the first in a series designed to help people who want to foster discussion of community issues by writing in the Heights Observer or any other citizen journalism project.

Topics covered in the workshop are vital reporting skills and techniques to make the writing process fast and easy. They are comparable to those taught in college-level journalism courses.

Tim Weeks

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Deadline for ballot submission is August 24, 2009

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**Q’s**

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