A Report From Mayor Dell’Aquila

**Rockside Road.** There is exciting news on two possible new Rockside developments. Please attend the future city meetings to learn more about these multi-million dollar investments to our community.

These revenue generating projects are all part of the long discussed mixed use development along Rockside that could mean so much for the future of Seven Hills. However, the audiences at city meetings are dominated by a small group who oppose every development with the most outlandish claims. This is your city too. Please attend our meetings. Listen and judge for yourself which path your city should take.

**Budget/Revenue.** The 2011 U.S. Gross Domestic Product (GDP) when I took office was only 1.6%, in third quarter 2015 it was just 2.2%. A healthy rate is 2-4%. In my first term, we improved city finances, reduced operating costs by about 15%, tripled cash reserves to about $5.6 million, and brought the Recreation Center to practically “break even.”

These and other measures were planned to get through a tough time, worsened by the national recession. The 2014 failure of the police levy was a huge set-back to those plans, and Seven Hills now needs to find other ways to bring in more money.

We’ve talked about this for years. The Finance Department distributes monthly reports to Council. At the end of every year, the budget is adjusted to reflect any changes. In 2015, these changes included street repairs, staffing, tornado sirens, an economic development loan, legal fees, etc. Council must pass another budget by the end of March that will likely also require changes at the end of 2016.

Even after all the financial improvements, in 2016 the city still needs about $1 million more to avoid spending from the General Fund. This is partly due to cuts in municipal funding by the state that have wreaked havoc in most Ohio municipalities. Then, a minimum of another half million dollars is needed to do any more things like street repairs. So, I was relieved to hear Council leadership finally admit at its January 4th meeting that they will need to ask you for another tax increase in 2017, even if the Trafis income tax plan passes in 2016.

**Renew Energy Program.** This energy conserving program is close to completion, with solar panels remaining to be installed at city hall. As explained to Council in December, the Renew Energy debt service is being listed under individual city buildings to better track the utility savings although it is a single debt item. The savings are guaranteed by insurance.

**Decorum.** City meetings are continuing to suffer interruptions, intimidation, and even threats from the audience. If these continue to be left unchecked, city operations will suffer. It has become necessary to have police security at all city meetings. All parties need to conduct themselves respectfully and professionally. The reputation of our city has been kicked around enough.

**Bentkowski Litigation.** The internet has become the “Wild West” of the 21st century, with people posting the most bizarre claims and vile slurs online. After almost three years and about $200,000 in legal costs to the city, the David Bentkowski lawsuit has been dismissed by the Court of Appeals.
The former mayor’s suit arose from the proper release of a police investigation report over some disgusting internet postings against him. Although his suit had no factual or legal basis, the big question of who started this mess by posting all those repulsive things online was never answered.

**Personnel.** None of the recent successes would have been possible without our hard-working staff. Our Police, Fire, and Service Departments are well regarded everywhere. We operate with fewer personnel, positions left unfilled, and all employees performing more tasks than their job descriptions require. Nonetheless, Seven Hills continues to provide a high level of service to our residents. The new Council is proposing more staff and payroll reductions, even though the small savings will have little positive effect and will cause significant cuts in resident services.

Our Planning Commission members are basically volunteers paid $300 per year to help develop a vision for the city’s future. Now, when millions of dollars in projects so critical to the future are moving forward, they are being threatened and intimidated by a loud group in the audience.

As they just explained to Council, the Commission needs help to protect the integrity of the process. It will be a huge setback if these highly experienced volunteers leave at the very worst possible time because they feel unsupported by the city.

**Recreation Center.** Municipal Recreation Centers are notorious “money losers,” and ours is no exception. It was built in the Trafis years without an operating levy and was planned to lose about $250,000 annually. Then, construction defects and inspection failures were discovered, which cost even more money. During the Bentkowski years, the center lost almost $400,000 annually to operate. The Finance Department estimates Recreation Center costs are around $20 million, or almost $4000 per household.

When I came into office, all operations there were restructured and annual operating expenses were reduced. As a result, the Recreation Center operating losses were cut to a total of just $119,000 for all four years combined! In 2015, the Recreation Center actually operated at a net profit for the first time ever of almost $25,000! At a recent meeting, City Councilman Fraundorf said to me, “Any monkey could have done that.” I replied, “Well, I’m the monkey who did it.”

But seriously, the new Council would be wise to not tinker with the Recreation Center since we have it running so well. Congratulations to Recreation Director Jen Burger and her entire staff for all their hard work in achieving this huge turnaround!

**Senior Bus.** Negotiations are underway with the City of Parma to “jump-start” a senior bus service with the University Hospitals grant money Seven Hills received a while ago. Director of Senior and Community Services, Tony Terry, is also speaking with our business community to obtain sponsorships to help continue the service in future years.

**Charter Change.** The annual mayor’s salary has been $14,000 since 1983. To paraphrase the TV commercial, “This is not your father’s Seven Hills.” After 33 years, it’s time for the next mayor’s salary to be brought in line with the complexity of the work. This can only happen by a Charter change. I will submit this to Council for the November ballot.

**Why Serve?** You may be puzzling over why anyone would want this job. I love living here and promoting Seven Hills. I’ve been working to minimize the awful small town politics that has poisoned our city for two decades. I believe I’ve done a good job, and you apparently agreed by re-electing me in a landslide.

But all that work is now in jeopardy. Sadly, our efforts are being undermined by the same disgruntled minority at our public meetings and on the internet. My hope for the future is that our leaders will come together on a realistic and effective approach to position our city for the future.

Seven Hills is a great city with wonderful residents, one of the safest cities in the country and one of the best places in Ohio to own a home. It’s important for you to get involved to keep it that way. The future is unknown and we must work together to shape it. However, I can't do it alone. Thank you again for the privilege of continuing to serve as our Mayor.

--Mayor Richard Dell'Aquila
City Directory

Police / Fire Emergency 911

Seven Hills City Hall  216-524-4421

Police NON-Emergency  216-524-3911

Fire NON-Emergency  216-524-3321

Mayor’s Office - Kathy Holland  216-525-6227

Recreation Center - Front Desk  216-524-6262

Senior & Community Services - Tony Terry  216-525-6230

Mayor’s Court  216-524-4421

Building Department  216-524-4427

Council Clerk - Carol Sekerak  216-525-6235

Finance Department  216-525-6249

Law Department  216-525-6237

Service Department-  216-525-6225

Engineering Department  216-525-6226

Seven Hills Food Pantry

Canned-food donations came from all across Seven Hills to stock the shelves of the City’s Food Pantry.

It’s all for residents who are in a time of need. One senior resident said “If it wasn’t here I’d have no idea where to go”. Seven Hills Food Pantry serves over 30 families through its location at City Hall. Director of Senior and Community Services Tony Terry has led this year’s food drive and says “It’s the giving spirit and sense of community that defines this city. Our residents and business partners have rallied around this and helped to get this project going”.

The Food Drive which took place throughout the month of December had drop locations at City Hall, the Community Recreation Center and George’s Deli yielded great returns.

The outpouring of support at George’s Deli was amazing, as they filled their 4ft. by 4 ft. box to the top. “We have been in the Seven Hills Community for 24 years and are really happy to be a part of something bigger than us”, said Fadia Rizk Kheralla owner of George’s.

Monetary donations came in as well. St. Peter United Church of Christ and their congregation collected $798.00 and The Parma Rotary Club donated $1000.00.

If you would like to contribute to the efforts please contact Tony Terry at 216-525-6230 or at ttterrsey@sevenhillsohio.org

VII HILLS
CITY OF SEVENHILLS
Seven Hills
City Council Update

Seven Hills is a great community that each of us is proud to call home. Over the past decade our City has experienced many challenges. 2015 was no different and 2016 will be even more challenging. There are many things on the horizon that have potential for Seven Hills. It is clear that revenues need to increase and expenses need to decrease. The nursing home on Rockside Road will begin generating revenue this year and there are plans for new development on Rockside as well. When the project begins to move forward, we will be communicating with you and hope to receive as much input as possible from our residents on the potential plans.

This year, City Council is off to a great start and I want to thank and acknowledge the efforts of its members. Seven Hills is a multi-million dollar entity and has well over 100 employees with a part time Mayor. Running the day to day operations has significant full time responsibilities and Council is here to assist the Mayor in any way possible.

At the beginning of the new term, Council placed on the ballot for the March primary, a charter change that would allow residents to vote on Income Tax related issues at a Primary or Special Election, as opposed to only a November Election as it currently stands. If this issue passes in March, it is the intention of Council to call a special election at the soonest possible time to place on the ballot an Income Tax rate change. One of the current proposals that is being considered is increasing the tax rate from 2% to 2.5% and also adjusting the credit that we give Income Tax paying residents from 1.1% to 1.65%. This would generate approximately $500,000 - $600,000 annually and the vast majority of Income Tax paying residents in Seven Hills would receive a slight decrease in the Income Tax they pay. (Retirees that do not receive W2 wages would not be affected at all.)

Also at the beginning of the new term, one day after the new Council was sworn into office, we called special meetings to pass two ordinances; a wage freeze (except for any contractual obligations) and also a significant hiring freeze. The philosophy on this was to begin the process of stopping the financial bleeding. These ordinances were passed and subsequently vetoed by the Mayor. At the following Council meeting after the veto’s, Council voted to override those veto’s and the wage freeze and hiring freeze were enacted.

Difficult decisions need to be made this year. Council is committed to making reductions to get our expenses under control. At the time of this printing, there are proposed ordinances on our agenda that reduce expenses by over $50,000. Each and every department is being looked at and there will be many more cost saving ordinances that will come before Council in the near future.

Many positive changes are happening in Seven Hills. It is a process that will take time. I thank you for the support you have provided to us and we will work hard during the next two years to implement the needed changes.

As always, Don’t Stop Thinking About Tomorrow and Be Proud of Seven Hills!

Respectfully,
Council President Matt Trafis

2016 City Council

Matt Trafis President of Council (216) 410-4062 matt@trafis.com
Tim Fraundorf President Pro Tem (Ward 2) (216) 339-8845 tim_fraundorf@yahoo.com
Tony Biasiotta Council Ward 1 (216) 459-9312 tonybfor1@gmail.com
Jim Kukral Council Ward 3 (216) 272-4383 jim@votekukral.com
Frank J. Petro Council Ward 4 (440) 343-0348 frankp1012@yahoo.com
Michael Barth Councilman at Large (216) 524-8516 mcbarth@cox.net
Tom Kraynak Councilman at Large (440) 526-7338 tomkraynak@cox.net
The City of Seven Hills Farmers’ Market Will Return Summer 2016!

The inaugural season of the City of Seven Hills Farmers’ Market was a great success. Located at the corner of Broadview Road and Hillside Road, the tents that appeared every Thursday were a visual reminder that it was market day! We are grateful to our vendors and patrons for their support.

The idea began as a market where local farmers could sell their own produce, local artisans could sell their specialty products, and people from Seven Hills would know that they could purchase quality produce and goods at affordable prices.

The Seven Hills Farmers’ Market mission is threefold:

- to foster a connection between local growers and artisans with our residents and consumers;
- to educate our residents and consumers about the benefits of preserving local agriculture;
- to serve our Seven Hills neighborhood by providing fresh, locally grown produce, and high quality artisanal products in an environment that fosters social gathering and interaction.

Looking ahead, save the date for Thursday, June 30th at 4:00PM for the opening of the City of Seven Hills Farmers’ Market, 2016! Planning is underway to have cooking demonstrations, recipe suggestions, and performances from local musicians as well as other activities.

Market Manager Jo Ann Rencz says, “Visiting our Farmers’ Market benefits your well-being in many unexpected ways, including close-to-home convenience, buying local, and encouraging healthy eating habits. What better way to spend a Thursday afternoon than by stopping at the Seven Hills Farmers’ Market where our friendly vendors will welcome you to their stands?!"

Join us every Thursday, June 30th through October 2nd, 4-7PM, at the corner of Broadview Road and Hillside Road. Support local farmers, entrepreneurs and our environment, all while enjoying nutritious and flavorful fresh vegetables, fruits and herbs or mouth-watering home-baked goods as well as unique, locally handmade, items from ketchup to soap. We are continuously adding vendors so please, if you know of some good people we need to invite, contact Jen jb burger@sevenhillsohio.org, Kathy khol land@sevenhillsohio.org or Jo Ann jrencz@sevenhillsohio.org.

The City of Seven Hills Farmers’ Market; growing community by inspiring healthy, sustainable, abundant living!

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Senior Health & Fitness Day
Wednesday, May 25th 9am - 1pm
SPONSORED BY
Mount Alverna Village, City of Seven Hills &
Seven Hills Community Recreation Center
HEALTH FAIR – SCREENING / TESTING (No Fasting Needed) – ACTIVITY DAY
7777 Summitview Drive – Seven Hills, OH 216-524-6262
Over 100 Vendors with Wonderful Information!

Senior Wednesdays In May - Breakfast, Speaker and Activity @ Rec! 9am
SNOW REMOVAL
Throughout the winter season, it may become very difficult for students who walk to and from school to navigate through high accumulation of snow. If you are a homeowner within close proximity to Hillside Middle School, you are asked to help mitigate this hazard by doing your best to have your sidewalks cleared.

Some children will resort to walking down one of Seven Hills very busy streets because the sidewalks aren’t cleared. This is very dangerous. For this reason we are asking all residents to do what they can to ensure the safety of our children.

Please be aware that C.O. 521.06 requires you to remove snow and ice from your side walks and C.O. 311.01 prohibits you from placing snow or ice onto a street or alley or obstructing or covering a fire hydrant. However, it is legal to operate powered snow removal equipment 24 hours a day, 7 days a week. The entire ordinances can be viewed at www.sevenhillsohio.org.

THEFTS FROM VEHICLES
Thefts from unlocked vehicles continue to occur throughout the city. In each one of these cases, the vehicles entered were all unlocked and the thefts were committed overnight. The police department encourages all residents to keep all vehicles that are parked in your driveway locked and remove all valuables (for example, purses, wallets, laptops, GPS units, etc..) each night. Many of these thefts can be prevented by simply removing your valuables and locking your vehicles.

Remember, the people committing these crimes are simply walking through our neighborhoods and going through your vehicles. The police department wants to remind all residents to report any people acting in a suspicious manner immediately by calling our dispatch center at 216-524-3911. If you see anyone committing a criminal act (i.e. going through an unoccupied car in a driveway or on the street) immediately call 911 before taking any other action. Through cooperation and vigilance, we can continue to keep our neighborhoods safe.

PARKING HOURS
No person, operator or owner shall park or permit a vehicle to remain on the roadway portion of any street or highway in the City between the hours of 3:00 A.M. and 6:00 A.M. C.O. 351.11(a) can be viewed at www.sevenhillsohio.org.

City of Seven Hills Residential Lock-Box Program
This is recommended for Senior Citizens & Disabled Residents.

The resident may be unable to open the door for EMS/Fire in the event of an emergency. We adopted a program that other cities already use, the affordable Roper Lock Box. When you or the victim dial 911, most times you or a victim can’t unlock the door or open it for EMS/Fire. Our only way of getting into the resident’s home is to break a window or the door causing hundreds of dollars in damage. This is a great resource for a resident who is living alone, with no one close by to help them in an emergency.

We will even install the Lock box at no charge for residents.

- $35 each and installed by Seven Hills Fire Department
- Keys not duplicated and will only be on securely locked fire vehicles
- Seven Hills Fire Department will keep a database and the dispatch will know who has them and their location

Contact Tony at 216-525-6230 for more info!
THE MISSION OF THE SEVEN HILLS COMMUNITY RECREATION CENTER

The City of Seven Hills Community Recreation Center is dedicated to creating a healthy, fun and educational environment where safety is paramount. Our year-round programming is offered to all ages and skill levels, helping to create exactly what each member or participant needs to achieve his or her personal goals.

We strive to enhance physical, emotional and social development of our Community while providing a safe and healthy atmosphere.

SEVEN HILLS SPRING SOCCER FEDERATION-
Registration Information:

Registration for the Spring 2016 Seven Hills Youth Soccer Program will be going on Feb. 10th - March 5th, 2016 for ages 7 - 14. Registration Covers BOTH Fall 2015 and Spring 2016 Seasons (So if you played in the Fall, DO NOT REGISTER AGAIN)!

For additional league information, please visit the Suburban Recreational Soccer League’s website at www.srslonline.org. **PARENTS - we are always looking for volunteers to help with coaching and other activities involving the soccer program.** Please designate your interest on your child’s registration form! For Under Age 7, please visit www.rookieathletics.org

Fees: **RESIDENTS: $40  NON-RESIDENTS: $50**  
(This fee covers Fall 2015 and Spring 2016 Sessions for SRSL!)

$10 Late Fee will apply for those that register after March 5th.

Spring Soccer begins April 9th, 2016.

Recreation Center Hours:
- Sundays: 12pm - 6pm
- Mondays- Fridays: 5:30am - 9pm
- Saturdays: 8am - 8pm
*Pool Closes 15-minutes Prior to rest of building.

RECREATION CENTER INFO:

- **Main Number:** 216.524.6262
- **Recreation Director**
  - Jennifer Burger  ext. 401
- **Assistant Director / Adult Leagues**
  - Ursula Drinko  ext. 402
- **City Rentals**
  - Spencer Abbott  ext. 400
- **Before / After Care and Day Camp**
  - JoAnn Rencz  ext. 408
- **Aquatics**
  - Brooke Hoysak  ext. 404

Updates, Sales and Events Can be found at http://www.sevenhillsohio.org/departments/recreation.aspx
Seven Hills Resident Membership Info - Annual / Upfront Payment

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$105</td>
<td>A resident 12 years old or younger (must be purchased with Adult Membership).</td>
</tr>
<tr>
<td>Teen w Parent</td>
<td>$160</td>
<td>A resident between the age of 13 and 17 (must be purchased with an Adult).</td>
</tr>
<tr>
<td>Teen w/o Parent</td>
<td>$210</td>
<td>A resident between the ages of 13 and 17.</td>
</tr>
<tr>
<td>Adult</td>
<td>$210</td>
<td>A resident 18 to 61 years old.</td>
</tr>
<tr>
<td>Adult Couple</td>
<td>$345</td>
<td>2 Adults at the same address whose full time residence is in Seven Hills.</td>
</tr>
<tr>
<td>Family</td>
<td>$400</td>
<td>Immediate family household members, up to four people living in Seven Hills (max. 2 adults).</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$40</td>
<td>Additional children may be added for $40 each per year.</td>
</tr>
<tr>
<td>Senior</td>
<td>$100</td>
<td>Resident 62 or over.</td>
</tr>
<tr>
<td>Disabled Resident</td>
<td>$100</td>
<td>Resident that is &quot;Totally Disabled&quot; determined case by case. Must provide State Disability Info.</td>
</tr>
<tr>
<td>Resident College</td>
<td>$100</td>
<td>Resident full time college student with permanent residence in Seven Hills.</td>
</tr>
</tbody>
</table>

Parma Resident Membership Info - Annual / Upfront Payment for NEW Parma Members (No previous Membership)

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$150</td>
<td>A Parma resident 12 years old or younger (must be purchased with Adult Membership).</td>
</tr>
<tr>
<td>Teen w Parent</td>
<td>$200</td>
<td>A Parma resident between the age of 13 and 17 (must be purchased with an Adult).</td>
</tr>
<tr>
<td>Teen w/o Parent</td>
<td>$275</td>
<td>A Parma resident between the ages of 13 and 17.</td>
</tr>
<tr>
<td>Adult</td>
<td>$275</td>
<td>A Parma resident 18 to 61 years old.</td>
</tr>
<tr>
<td>Parma Couple</td>
<td>$450</td>
<td>2 Adults at the same address whose full time residence is in Parma.</td>
</tr>
<tr>
<td>Family</td>
<td>$525</td>
<td>Immediate family household members, up to four people living in Parma (max. 2 adults).</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$50</td>
<td>Additional children may be added for $50 each per year.</td>
</tr>
<tr>
<td>Senior</td>
<td>$150</td>
<td>Parma Resident 62 or over.</td>
</tr>
<tr>
<td>Disabled Resident</td>
<td>$150</td>
<td>Parma Resident that is &quot;Totally Disabled&quot;. Must provide State Disability Info.</td>
</tr>
<tr>
<td>Resident College</td>
<td>$150</td>
<td>Resident full time college student with permanent residence in Parma.</td>
</tr>
</tbody>
</table>

Non-Resident Membership Info - Annual / Upfront Payment

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$400</td>
<td>One Person living outside of Seven Hills or Parma</td>
</tr>
<tr>
<td>Non Resident Couple</td>
<td>$605</td>
<td>2 Adults outside of Seven Hills or Parma living at the same address.</td>
</tr>
<tr>
<td>Family</td>
<td>$675</td>
<td>Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults).</td>
</tr>
<tr>
<td>Adtl. Children</td>
<td>$105</td>
<td>Additional Children may be added for $105 each per year.</td>
</tr>
</tbody>
</table>

The above listed memberships are purchased for one full year - one time upfront payment. Monthly payment options are available as well for the duration of one full year. All memberships are non-refundable and non-transferrable.
Totally Toned has several training packages available to accommodate your specific needs, and rates start as low as $25 per session! Visit us on the web at www.totallytonedpersonaltraining.com, find us on Facebook, or call 216-548-5383 today to schedule your free 30-minute consultation and workout!

- **Cardio** - How to use your heart rate to achieve your desired result.
- **Nutrition** - Which foods will help or hinder your progress and long-term results.
- **Weight Training** - Gain lean muscle mass helping to burn more calories—even at rest.

Contact Trainer Mike at 216-548-5383 TODAY!

**KERRY FAIRCHILD, RDN, LD  NUTRITION CONSULTANT**

Helping you reach your nutrition goals during....

- Weight Loss
- Disease Management
  - Pregnancy & Lactation
- Fitness and Training
- Infancy & Childhood

Appointments held at the Seven Hills Recreation Center
440-227-4275 or Kerryfairchild.diet@gmail.com

Kerry is a registered, licensed dietitian & has been practicing nutrition counseling since 1998.

**Kerry offers flexible scheduling Monday - Saturday. Call or email if you have any questions!**
SilverSneakers Fitness Program

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

Individuals 65 & over who have Medicare coverage through their insurance company are eligible to take SilverSneakers’ fitness classes for FREE.

Non-SilverSneakers members who are members of the center pay $4 per class. Punch Cards are available as well to purchase in advance.

Classes are limited to 30 participants - Pick up a monthly schedule at the front desk today!

SilverSneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® CardioFit
SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout. Tanya’s Tuesday Classes include Zumba Gold and Tone!

SilverSneakers® Yoga
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Silver and Fit - New!

Seven Hills Community Recreation Center is now offering Silver&Fit classes!

Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low cost fitness memberships and older adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

If your health plan offers Silver&Fit and you would like more information about classes, please contact Seven Hills Community Recreation Center at 216-524-6262.

You may also visit www.silverandfit.com To see if you are Eligible!
ADULT PROGRAMS

Session Dates:
Winter 1: January 4th - February 13th (Registration Begins 12/20)
Winter 2: February 15th - March 26th (Registration Begins 2/1/16)
Spring: April 4th - May 28th - 8 WEEKS! (Registration Begins 3/21/16)

ZUMBA WITH CARMEN
Try this super-popular new program! Instructors fuse Latin rhythms and easy-to-follow moves to help create a one-of-a-kind fitness program! Have a blast in this one hour of calorie-burning, body energizing, awe-inspiring movements meant to engage and captivate life! Instructor: Carmen Quintana
Days: Thursday Evenings: 7:35pm - 8:35pm with Carmen
Fees: Member Punch Card: $27 or $6 Drop In
Non-Member Punch Card: $37 or $8 Drop In

INSANITY WITH LYNN
INSANITY live classes will bring the workout we have all seen on DVD to a live group setting. Using max interval training with explosive cardio and plyometric drills combined with your own power and strength. No weights needed, your own body weight will tone and sculpt your body. All levels welcome!
Instructor: Lynn Johnson
Days: Monday Evenings 7:30pm - 8:00pm
Fees: Member Punch Card: $27 or $6 Drop In
Non-Member Punch Card: $37 or $8 Drop In

INTERVAL FITNESS TRAINING CLASS WITH TONY TOTH
New to working out? Intimidated by machines and weights and muscle-bound people? Don't know where to start? Then this is the class for you!! NASM Certified Trainer Tony Toth will guide you through your start as you "Create Ur Nu Life". Join this BEGINNER'S class that will work both cardio and muscle toning. Don't delay, space IS limited! In the Aerobics Studio.
Instructor: Tony Toth
Days: Tuesdays & Thursdays 5:15pm-6:15pm & Saturdays 8:30am – 9:30am
Fees: Member Punch Card: $25 or Drop In: $5 (Cards are good for 8 classes)
Non-Member Punch Card: $30 or Drop In: $6

JAZZERCISE
The ORIGINAL Dance Exercise Phenomenon! Each 60-minute class offers a blend of exercise with the fun of dance set to your favorite music - Top 40, Jazz, Country, Funk & Classic! Easy to follow, fun choreography includes a gentle warm-up, a 30-minute aerobic workout, muscle toning and strength segment with weight-band stretching. Pilates, yoga and kickboxing movements are incorporated too. Sessions and Registrations are continuous (does not follow Rec Dates)!
Instructor: Lois Powers (loispowers@hotmail.com) or 330.468.6637
Days: Mondays & Wednesdays 6:30pm - 7:30pm
Fees: 1 Month: $37 (EFT)
2 Months: $82 (At the Door) Drop-In $12
Session Dates:
Winter 1: January 4th - February 13th (Registration Begins 12/20)
Winter 2: February 15th - March 26th (Registration Begins 2/1/16)
Spring: April 4th - May 28th - 8 WEEKS! (Registration Begins 3/21/16)

PILATES SCULPT WITH TANYA
Standing and mat Pilates exercises using light hand weights to totally reshape your body from the inside out. All muscle groups will be lengthened and toned, improving core strength, back health and overall well being. Modifications are taught. Beginners and advanced.
Tuesdays 9:30am - 10:30am

TRIM & TONE WITH TANYA
A unique, head to toe, feel good workout combining cardio moves with resistance training and core work led by an AFAA certified instructor. Every muscle group will be targeted and toned, even some you didn't even know you have! Modifications are taught so every "body" can enjoy this fun and innovative class. Wednesdays & Fridays 9:30am - 10:30am

YOGA PILATES FUSION WITH TANYA
Increase your strength and flexibility with a combination of Yoga poses and Pilates exercises. Focusing on breath and movement, you will challenge your upper body, lower body and torso. All Levels Welcome! Thursdays 9:30am - 10:30am

ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA’S PUNCH CARD:
Member Card: $26 (6 Classes) or $6 Drop In  Non-Member Card: $36 (6 Classes) or $8 Drop In
Tanya’s 12-Class Punch Card - Members: $50  Non-Members: $70

GOLF SWING WITH PHIL PALMER
Prepare for next season with some expert training! Learn and improve upon the fundamentals of your golf swing as you work closely with a certified teaching professional! Bring a 7 or 8 Iron to class and wear tennis shoes - all other indoor supplies - including State-of-the-Art Training Aides are provided! Offered WINTER and SPRING Sessions.
Saturday Mornings - 8:30am - 9:30am in the Gym. This is a 6-class program!
Members: $62  Non-Members: $72

EVENING YOGA
This Yoga class is meditation in motion. Through movement, breathing and relaxation, use the mind/body connection to boost your energy, strength, flexibility and ability to manage stress. Punch card is for six classes.
Instructor: Susan Laurenzi, MA Ed
Days: Mondays 6:00pm - 7:00pm
Fees: Members: $40 Per Punch Card  Non-Members: $45 Per Punch Card  Drop-In: $10

PiYo LIVE With MELISSA!
Introducing PiYo Live! Define yourself and look long and lean with no weights and no jumps. Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. Crank up the music and the fun with this calorie burning workout. All levels welcome.
Days: Wednesday Evenings 7:30-8:30pm and NOW Saturday Mornings 11am - 12noon
Fees: Member Punch Card: $27 or $6 drop in  Non Member Punch Card: $37 or $8 drop in
SPRING BREAK CAMP!

Our Spring Break Camp offers your children the opportunity to get exercise and fresh air during their time off school with our experienced camp staff! Children will enjoy a Spring Break filled with games, activities, arts and crafts, a field trip and so much more! New pricing INCLUDES Before & After Care! Please pack a lunch, a snack and swim gear each day! Contact JoAnn Rencz at 216.524.6262 for more info!

Camp Runs March 28, 29, 30, 31 & April 1, 2016.
Get here as early 6:30am and stay until 6pm - with no extra fees!

Full Time Fee (4 or More Days): Members: $135 Non-Members: $165
Part Time Fee (3 Days or Less): Members: $115 Non-Members: $130
Single Day Drop In Fee (Max 1 Day): Members: $30 Non-Members: $37

Field Trip 3/31/2016– Seven Hills Bowling Lanes! Includes Lunch & Bowling – $15

Child Watch Room Available While You Work Out!

Now Located in hallway of Family Changing –

Monday - Friday: 9:00am - 12:00pm
Saturdays: 8:30am - 12:30pm
Monday - Thursday: 5:30pm - 8:30pm
♦ Ages 6 months and older please ♦ 2 Hour stay limit.

♦ For the protection of others, we cannot allow sick children to remain in Child Care Room

Payment Options: $2.50 per visit per child or Punch Card: $25 - good for 10 visits!
2015 - 2016
BEFORE AND AFTER CARE

KIDS DAYS OFF CAMPS
Need a safe, fun place to leave the kids on their random days off school? The Seven Hills Recreation Center Day Camp Staff offers individual camp dates to help! Bring the kids as early as 6:30am and leave them until 6pm - no extra charges! The day is filled with activities, crafts, swimming and more fun! Please pack a brown bag lunch, a snack and your swim gear! Call for info. Choose from the following:

1/18  • 2/15  • 3/15  • 3/24

Members: $30 each day
Non-Members: $35 each

HAVE YOU DOWNLOADED THE CITY’S APP?
AVAILABLE FOR FREE: JUST SEARCH CITY OF SEVEN HILLS

SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM - 2015 - 2016
Our energetic staff is geared up to provide your child with an active, fun and productive alternative to their before or after school hours. These activities will include the following: swimming, arts & crafts, board/card games, various sports and games in the gymnasium, snack time, dedicated time for homework and much more. Open to students in grades K – 6th, so sign up early to avoid being shut out.

Parma Bussing provided for children attending John Muir, Denker, Hillside, Green Valley, Pleasant Valley Stem and St. Columbille!

Weekly Registration begins August 10th! Program calendar follows the Parma City schools schedule.

Participants must register by Thursday of the previous week to avoid being closed out! Rosters are sent on Friday mornings for busing!

Part-Time (up to 3 days per week):
Before School – Member: $12 Non-Member: $18
After School – Member: $21 Non-Member: $27
(after school cost covers daily snack tool)

Full Time (at least 4 days per week):
Before School – Member: $20 Non-Member: $30
After School – Member: $35 Non-Member: $45
(after school cost covers daily snack tool)

Contact JoAnn Renz at 216.524.6262 ext. 408 OR jrenz@sevenhillsohio.org for more details!
CARDIO & TONING WITH LEIGH:
Change-up your workouts at the Pool! This class is a combination of cardio intervals along with strengthening and toning moves. Great for beginners or those with experience - a fun time for everyone! Taught by certified instructors around the 4-foot depth.

Tuesdays & Thursdays: 6:00pm - 7:00pm Forever and Ever, Per Leigh

LOW IMPACT WATER AEROBICS:
Get a great work-out without the pain! Water Aerobics offers great results while you enjoy the water. Low-Impact, High Intensity! All classes taught by certified instructors - class meets around the 4-foot depth.

Mondays, Wednesdays & Fridays: 9:00am - 9:45am with Renee

ARTHritis WATER AEROBICS:
This program is specifically geared towards adults with Arthritis. Participants are provided with gentle aquatic activities with the guidance of a certified Arthritis Foundation Instructor. All exercises are low-impact and done around the 4-foot depth.

NOW a SILVER and FIT PROGRAM - FREE to SILVER and FIT!

Mondays, Wednesdays & Fridays: 10am - 10:45am with Leigh

AQUA BARRE - NEW!!
Aqua Barre is a fitness class that combines all the components of cardio, strength, and flexibility found in a ballet barre class with the benefits and fun of aquatic strength and conditioning. Ballet barre combines principles of Ballet, Yoga, and Pilates, and general calisthenics with a strong emphasis on posture, core strength, and proper technique. Instead of the classic barre and light dumbbells, gravity and buoyancy are both used to provide resistance and toning for the lower body, core, and upper body. No dance experience is necessary, and modifications can be provided to appeal to both beginners and experienced aquatic enthusiasts!

Mondays: 7:45pm - 8:45pm with Katie - Begins February 1st!

All Water Aerobics Classes are offered through our Punch Card System

Punch Cards are good for any 12 water classes. (Cards Expire after 8 Months)

Members: $37 (Drop In $5) Non-Members: $49 (Drop In $7)

Winter Session
January 4th - April 1st

Spring Session
April 4th - May 30th
**WINTER & SPRING POOL PROGRAMS**

**LEARN TO SWIM GUIDELINES**

**Water Wigglers:** Build readiness by emphasizing fun in the water. Parents & children will participate in several guided sessions that help children learn basic water skills & adjust to the water. Most importantly, it’s fun for parents & kids!

**Preschool 1:** Helps children adjust safely to the water at their own pace -- Working on going under water, blowing bubbles, floating & kicking.

**Preschool 2:** Students will work on becoming more independent in the water -- Floating on their own, swimming on their own & much more!

**Level 1:** Students will work on being more comfortable in the water & learn to enjoy it safely while working on independent floating & kicking, underwater exploration, swimming pool safety & more!

**Level 2:** Students will work on front glides, back glides, front crawl with breathing, back crawl & much more!

**Level 3:** Students will work on front crawl with rhythmic breathing, back crawl, elementary backstroke & much more!

**Level 4:** Students will work on refining their current strokes along with learning the breaststroke & sidestroke, while building their endurance. New skills will include butterfly, turns, survival swimming & much more!

**Level 5:** Skills refined include front crawl, back crawl, elementary backstroke, breaststroke, side stroke, turns & endurance. New skills include surface dives, back skull, & much more!

**Level 6:** New skills include 500 meter continuous swim, understanding basic water rescue, personal rescues techniques, pool safety, personal fitness skills, etc… Course choices include Fitness Swim and Personal Water Safety

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<tr>
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<th>Mon. &amp; Wed. Evening</th>
<th>Tues. &amp; Thurs. Morning</th>
<th>Saturday</th>
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<tr>
<td><strong>Water Wigglers</strong></td>
<td>5:45-6:15</td>
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<td><strong>Preschool 1</strong></td>
<td>5:00-5:30</td>
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<td>5:45-6:15</td>
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<tr>
<td><strong>Preschool 2</strong></td>
<td>5:45-6:15</td>
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<td><strong>Level 1</strong></td>
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<td><strong>Adult</strong></td>
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<td>12:00-12:45</td>
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POOL PROGRAMS

LIFEGUARD CLASS
Certifications will include American Red Cross Lifeguarding, First Aid, CPR and AED for the Professional Rescuer. Books and materials included! All classes are MANDATORY to be certified! Winter Class Dates TBD!

Members: $185  Non-Members: $205  Call Brooke at 216.524.6262 ext. 404

PRIVATE SWIM LESSONS
If group lessons aren’t for you or your child, try our Private Swim Lessons! Classes provide individualized attention to work on your choice of skills. All Levels welcome - individuals or small groups welcome!

Contact Aquatics Dept. for pricing and scheduling - bhoysak@sevenhillsohio.org

INFANT SWIM RESOURSE
Keep your family safe - Give your child the competence, confidence and skills of Aquatic Safety with Infant Swimming Resource’s Self-Rescue Program. The safest provider of survival swimming lessons for children 6 Months - 6 Years of age.  Jullia Buddle  Phone: 419-376-4636

Email: j.buddie@infantswim.com  Website: http://isrbuddie.com

New Session Begins Feb. 15th!

SEVEN HILLS SEAHAWKS SPRING SWIM TEAM

Members: $40  /  Non-Members: $60

Session Runs March 21st - May 11th, 2016  (Registration Opens March 1st)

Ages 10 & Under Practice:
Mondays & Wednesdays  5:00pm - 6:00pm

Ages 11 & Up Practice:
Mondays & Wednesdays  6:00pm - 7:00pm

Contact Brooke Hoysak at bhoysak@sevenhillsohio.org
**Gathering Rooms are available for Members & Non-Members**

**All Rental Rates are Per Hour**

<table>
<thead>
<tr>
<th>Room / Rental</th>
<th>Member Rate</th>
<th>Non-Member Rate</th>
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<tr>
<td>Gathering Rooms</td>
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<tr>
<td>1 Room</td>
<td>$37.50</td>
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<td>$15 Flat Fee</td>
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<td>Kitchen</td>
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<td>$20 Flat Fee</td>
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<td>Pool (After Hours)</td>
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<td>Up To 50 People</td>
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<td>51 - 75 People</td>
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<td>76 - 100 People</td>
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<td>151 - 175 People</td>
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<td>$445</td>
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<tr>
<td>176 - 200 People</td>
<td>$380</td>
<td>$480</td>
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<tr>
<td>Pool Party</td>
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<td>$60</td>
<td>$90</td>
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<td>(Includes Rental of Pool &amp; Room 1)</td>
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**Gymnasium**

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<tr>
<td>1 Court</td>
<td>$55</td>
<td>$75</td>
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<tr>
<td>2 Courts</td>
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**Aerobic Studio**

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<th>Member Rate</th>
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<td>$35</td>
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Reservations are not considered final or confirmed until full payment is received and all forms and contracts are completed in full. By signing the contract, the applicant acknowledges that the Renter is responsible for adhering to all rules and regulations.

Credit Card number is required for deposit.

Reservations are not accepted more than 180 days in advance of the event (excluding entire facility rentals) and no less than 14 days before the event, depending on availability. Credit card information serves as security deposit and is due on the date that the application is submitted. Payment is due 30 days prior to rental. Failure to receive payment 30 days prior to event may result in loss of room or charges applied to the credit card provided.

Contact Spencer Abbott at 216.524.6262 ext. 400 for all rentals:

Mon. 10am-2pm • Tues. 10am-1pm
Thurs. 1pm-7pm • Fri. 10am-2pm

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**SEVEN HILLS NEWSLETTER DISTRIBUTION LOCATIONS**

Giant Eagle at Midtown, Walgreens on Broadview and Rockside, Dairy Deli on Crossview, The Store on Broadview, City Hall, Recreation Center, Giant Eagle on Broadview, Walgreens on Broadview, Sears Hardware on Broadview and Tony’s Family Restaurant on Pleasant Valley Road.

Mayor’s Office Hours Monday 5:00-6:00 p.m. Contact Kathy to schedule an appointment with Mayor Dell’Aquila. 216-525-6227. kholland@sevenhillsohio.org
**NEW** Seven Hills Women’s Basketball Spring 2016 –

League play will be Wednesday evenings and start April 8th. Registration is $215 and will open March 1st. The league will consist of 7-8 games plus playoffs concluding mid-June. Shirts provided for an 8 member roster, participants must be 17 & older. Registrations will close March 24th. Game fees are $32 per team per game. Contact Ursula at udrinko@sevenhillsohio.org with questions.

Ladies Summer Session to be offered, games running June 15th thru August 17th (Dates may change depending on Spring League end). Registration will open May 10th.

Men’s Summer 2016 Basketball - League play begins the week of June 5th. More detailed information available on our website www.sevenhillsohio.org or contact Ursula at udrinko@sevenhillsohio.org

- Registration for new teams begins April 19th.
- Registration closes for Tuesday, Gold and Thursday, Silver on May 5th unless already full.
- Registration closes for Monday 30 & Older and Sunday Silver or Bronze on May 12th unless already full.

Fees: 
- Monday 30 and Over **(8 games plus playoffs)** $260
- Tuesday Gold $315
- Thursday Silver $315
- Sunday Silver Division 1/ Bronze Division 2 $315

Spring 2016 Men’s 6-on-6 Flag Football – League plays Saturday Mornings on the field adjacent to City Hall. Play will be “minimum contact”. Registration opens February 10th (registration deadline is March 5th)- Games begin March 19th. Game fees are $25 per game. Please contact Ron at ronaldrose@sbcglobal.net for more information.
Sewer Problem Can Be Quite Costly $$$$$

**Free Service to our Residents** - Always call the Service Department, (216) 525-6224, when you have a sewer backing up through your drain or if water is not going down in your sink or toilet. With a call to the Service Department, we can come out and address any issues that you might have and point you in the right direction to resolve your problem. Please contact us first, (216) 525-6224, before you spend your money to have a contractor come out and tell you that the problem is on the city side.

When the Service Department comes out to your home on a call, they will snake from the cleanout in your yard to the road to make sure there are no obstructions. If Service determines that the problem is from the cleanout to the house however, then it will be the homeowner’s responsibility to hire a contractor to take care of the problem.

**Flooding Emergency** - Please call Non-Emergency Dispatch at (216) 524-3911 and they will contact the Service Department to assist in any Flooding Emergency.

Mailbox Guidelines

Mailboxes take a beating from the weather so we recommend an annual mailbox checkup to avoid damage to your mail or difficulty identifying your address. Springtime is a good time of the year to check the condition of your mailbox in your front yard. Make sure that your mailbox and pole are in good condition; anything loose or broken, should be replaced. If your mailbox is leaning over, it needs to be straightened.

**Here are some Independence USPS guidelines for you to follow:**
- Place the mailbox approximately 12” inches from the curb, on either side of the driveway.
- The mailbox should be between 46” to 56” High
- Your address should be on the outside as well as inside the box to prevent misdeliveries
- Your mailbox needs to be secured to a 4”x 4” wooden support or a 2” diameter standard steel or aluminum pipe
- Bury your support post no more than 24” deep

**If your mailbox has been damaged by a snow plow:**
If your mailbox is damaged, report it to the Service Department (216) 525-6224 and we will temporarily repair your mailbox so you can receive your mail. More permanent fixes will be done later in the year. **Service Department phone number** (216) 525-6224 Email service@sevenhillsohio.org

HHW & Computer Round Up Dates 2016:
- **Tuesday, May 17th** 8am - 6pm
- **Tuesday, September 13th** 8am - 6pm

- Behind Seven Hills City Hall.

Document Shred Dates 2016:
- **Tuesday, April 12th** and **Tuesday, August 16th** - both 1pm - 7pm
- Behind Seven Hills City Hall.
Snow plowing season is upon us again and the building department would like to remind the residents to be courteous to their neighbors. No owner, lessee or occupant, or his agent or employee, shall remove or cause to be removed from his real property accumulations of snow or ice by depositing such accumulations of snow or ice into or upon any street or alley within the Municipality, thereby causing a hazardous condition in such street or alley or obstructing or covering fire hydrants located in such street or alley.

Snow, ice or slush may not be deposited upon any tree lawn area other than that tree lawn area which abuts the property from which the snow has been removed.

(a) No person shall cause snow to be removed from public or private property in such a manner as to obstruct free and clear access to fire hydrants within the City.

(b) No person shall engage the services of another to cause the removal of snow from their property where the snow shall become deposited in such a manner as to obstruct free and clear access to fire hydrants within the City.

Seven Hills VFW Post 7609 would like to invite you to join them the 3rd Monday of each month at 6:30pm at Seven Hills City Hall located at 7325 Summitview Drive In Seven Hills. For more information, please call Nada Fleming, Vice Commander of the Post at 216-642-0234.

E-Mail Can Save Thousands of Dollars
If you wish to be added to the City's email list for updates, please send your email address to, Tony Terry, Director of Senior and Community Services at tterry@sevenhillsohio.org.

Please be aware that your email address becomes a public record once it is obtained by the City. We understand the expectation you place in the city to use your email address only to receive email from the city. However, if and when a request is made for the email address list, the city has no choice but must legally abide by this request.

Please contact Tony Terry 216-525-6230 if you have any questions.
Seven Hills Resident Courteney Boyle is 15 years old. She has many challenges...physical, cognitive, and medical. But, the awesome thing about Courteney is that she is a champ...she is a fighter! She is never going "beat" her challenges...but she is a fighter because her life is awesome despite her many challenges. She fights for joy, perseverance, love, and hope each and every day! She chooses to WIN and with God’s strength...SHE DOES! AMEN!!

Many years ago her father, Dan, started pushing her in her wheelchair in races...5ks and 10ks. Courteney loves to "run!" Her Daddy sweats bullets as he pushes about 150 pounds of a young lady and a wheelchair all the while she smiles and waves her sparkly pom-pom, like a princess!! This has become her "thing" with her Dad.

Walt Disney World has been a very special place for Courteney and her family. She had her Make-A-Wish trip there back in 2006. Disney World is a place where dreams and wishes have come true for Courteney and her family. Her father realized about a year ago that he would love nothing more than to push her in the Disney Glass Slipper Challenge for her 16th birthday (Feb 2017). The Challenge is a 10k on Saturday 2/20/16 and then a half marathon the following day, both through the Magic Kingdom and Epcot. Due to some very unexpected, life threatening circumstances that have come up in Courteney’s life in the last 8 months, Dan realized that the time was NOW for the Glass Slipper Challenge! None of us are guaranteed tomorrow and with the medical challenges that are on the horizon for Courteney, Dan didn't want to miss an opportunity like this with her. That realization led to the decision to tackle the Challenge in February of 2016.

Soon after though, Dan found out that runDisney had not had any individuals with mobility aids (wheelchairs, crutches, walkers, etc.) participate in past Disney races for safety reasons. With a great deal of determination and persistence (and a few safety accommodations!) Courteney has been invited to participate in the Glass Slipper Challenge while being pushed in her wheelchair...Making her THE FIRST person approved to participate by being pushed in a wheelchair in the Disney Princess Half Marathon Weekend—she is a trailblazer! runDisney has stated that they want to be more inclusive! Way to go runDisney!!! And because of her efforts, others in wheelchairs are also now participating! Courteney is going to be participating in what could literally be the race of her lifetime!
Continued from page 22....

What cause would Courteney run for? Well, one that is near and dear to the Boyle's hearts. She'll be Running for Rina, a 20 year-old young lady in El Salvador, Central America, who has significant challenges...physical, cognitive, and medical...just like Courteney, except that this young lady has had a very different story than hers. Rina's life has been one of neglect and darkness. She has laid in a dark room in a dirty bed, often alone and neglected beyond what we can truly imagine. The Boyles have sponsored Rina financially, providing food and seizure medications, for about 9 years. Christine, Courteney's mother, met Rina on her very first mission trip to El Salvador back in 2005 when she brought to her a special pediatric wheelchair. Over the years, the Boyles have prayed for Rina, supported her, and visited her on their trips to El Salvador, yet Rina was still very much alone and neglected. After much searching for a long term care facility in El Salvador that could rescue Rina from her extreme poverty and neglect, the Boyles only found that they don't exist. Instead though, and even better, a family in El Salvador stepped up and said that they were willing to bring Rina into their home, make her a part of their family, and to care for Rina on a daily basis. After 9 years, in the blink of an eye, Rina went from darkness into light; from despair to hope; from anguish to joy; and from isolation to family!!!

It has been an absolute miracle to see how God has provided for Rina and cared for her so well! The family that has taken her in is even poorer beyond what we can imagine. Yet, they are servants of God, desiring and choosing to care about what He cares about and doing what He would do. They have demonstrated selflessness in a way we could easily never see firsthand in our lifetimes. They have laid down their lives for another.

The care and the needs that Rina requires comes with a cost and so it is the Boyle's hope to raise funds and awareness, to come along side this family, and provide for Rina's special and on-going needs. The beautiful story here is that ONE special young lady is making it her mission to live with joy, purpose, and freedom and care for ANOTHER special young lady 2,000 miles away, who is, for the first time in 20 years, experiencing joy, purpose, and freedom!

Visit www.crowdrise.com/runningforrina for more information.
6th Annual

TASTE of SEVEN HILLS

Thursday, April 21, 2016
6:00pm-9:00pm

Seven Hills Community Recreation Center
7777 Summitview Dr, Seven Hills

20+ LOCAL RESTAURANTS FOR YOU TO SAMPLE

$30 Donation per person
Price includes:
Food, Beer, Wine & Beverages

21+Only

PRE-SALE DISCOUNT OPTION!

Reserve Your Table of 8 before March 25, 2016
for only $200 - A Savings of $40!
Call Tony now at 216-525-6230
TOTS SPORTS: Introduces sports exercise and coordination to young athletes in an exciting environment while promoting social development in a class setting. With a new sport every class, each athlete will have the opportunity to experience what each of the major sports has to offer through fun skill drills and games.
  Ages 3-4: Wednesdays 6pm – 6:45pm
  Winter Session 2 runs 2/17 – 3/23 • Spring Runs 4/13 – 5/18
  $45 Per Session. Program held in Rec. Center Gym

HOOPS: Through specialized skill drills and games, your young athlete will have a great time learning the fundamentals while becoming game ready. See improvement in defensive ability, shooting form, proper passing technique and ball handling skills. First week will be a basic skills and fundamentals review followed by five weeks of games.
  Ages 3-4, Saturdays 9am-9:45am • Ages 5-6 Saturdays 10am • Ages 7-8 Saturdays 12pm  
  Winter II Session runs 2/20- 4/2 • Spring Session runs 4/16- 5/21
  $70 Per Session – Rec Center Gym 1

Cheerleading Available – Contact Philip @ rookieathletics@gmail.com for info!

DODGEBALL: Dodgeball is great fun for everyone. After a brief rule review we dive directly into game play in a fast paced, ball-flying, dippin n’ dodgin’ exciting time. We use a low density foam ball, making contact pain free.
  Ages 6-9, Sundays 11:15am-12 • Ages 10-14, Sundays 12-12:45pm
  Winter Session 2 runs 2/21- 4/3 • Spring Session runs 4/17- 5/22
  $45 per session / Program held in Rec. Center Gym

SNAG GOLF: SNAG Golf – [Starting New At Golf] is the best first-touch approach to effectively teach the game of golf to people of all ages! SNAG contains all the elements of golf, but in a modified form making it fun and easy to learn!
  Ages 5 & Up: Sundays at 2pm • Spring Session Runs 4/11 - 5/22
  $70 per session / Program held outside by Pavilion

ROOKIE SOCCER: After the initial training weeks, we will develop teams and begin “league play”! No travel involved.
  Ages 3-4 years  Mondays 5:30 – 6:16pm
  Ages 5-7 years  Mondays 6:15 – 7pm • Spring Session Runs 4/11 – 5/22
  $70 per session / Program held outside by Pavilion

More For Spring: Flag Football • Coach Pitch Baseball • Rookie T-Ball

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www.sevenhillsohio.org