

City of Seven Hills Community Newsletter

Winter - Spring 2024



Dear Residents,

Welcome to the Winter – Spring 2024 edition of our quarterly newsletter.

I want to encourage everyone to vote in this upcoming Primary Election. *Your vote helps us ensure we are represented at our greatest potential.* Please be sure to complete an absentee ballot or vote in person on March 19th. On the ballot is Issue 19, which is a renewal of our service vehicle levy that will not increase your taxes. You can learn more about Issue 19 in this newsletter. Wards 3 and 4 will vote at Seven Hills Recreation Center, 7777 Summitview Dr. and Wards 1 and 2 will vote at St. Peter United Church of Christ, 125 E. Ridgewood Dr., 44131

Partnerships and Progress

A regular topic in our newsletter is our focus on partnerships. This edition, we will focus on our partnership with the Cuyahoga County Prosecutor's Office. Our County Prosecutor is Michael C. O'Malley and he is charged with tackling crime head-on. To do so requires reliance on the solid working relationships that Prosecutor O'Malley has forged with law enforcement partners, like the Seven Hills Police Department, and community leaders county- wide. Together, they not only seek justice for victims, but take affirmative steps to prevent and deter crime. They do this by employing Prosecutors and Crime Analysts in their Crime Strategies Unit who analyze details of crimes and overall trends, and work to identify the individuals or groups who are responsible. They then have them arrested and hold them responsible for their criminal acts.



The Cuyahoga County Prosecutor's Office also participates in our Safety Fair during our annual Home Days event Their participation began under Prosecutor Michael O'Malley as part of their community engagement initiative. Each year, the Prosecutor's Office provides an assistant prosecutor to meet the public and provide them with pamphlets and other material on how they can help our residents. They also provide coloring books for children and are available to answer any questions residents may have.

Cuyahoga County has over 76 law enforcement agencies specifically focused on keeping our communities safe. Prosecutor O'Malley leads an office comprised of 230 Assistant Prosecuting Attorneys and more than 170 Professional Staff Members dedicated to that mission and to seeking equal justice. It takes a great deal of experience and effort to coordinate the results of the investigations being conducted by these agencies. I want to thank Prosecutor O'Malley and his team for their partnership with Seven Hills and their unwavering commitment to both public safety and achieving justice for victims. The work of the Prosecutor's Office helps to foster vibrant and thriving communities for all citizens to enjoy.

Service Vehicle Renewal Levy - Issue 19

This renewal will not increase your taxes. The levy was first passed by voters in 2004. Issue 19 - the five-year renewal levy - is for the benefit of the City's service department to acquire various motorized vehicles and equipment. Examples of equipment previously purchased with this fund are snowplows, tractors, a front-end loader, backhoe, dump trucks, pickup trucks, salt spreaders, and other related equipment. The 0.5 mill renewal levy is estimated to generate about \$159,000 in property taxes per year. Annual cost to a homeowner is about \$13 per \$100,000 in home valuation. First year of collections for Issue 19 would be 2025 (tax year 2024) and last year of collections would be 2029 (tax year 2028). To reiterate, Issue 19 is important to protect our fiscal health and because this is a renewal levy that will not increase a homeowner's property taxes.

Continued on next page...

Continued from front cover...

Recognition

Our theme for 2024 is going to be Recalibrate, Reset, Refurbish. First thing we're going to do is look at big projects that either finished up in 2023 or are coming to completion in early 2024.

We're going to evaluate their success, look at what we could have done better, and look for new opportunities. Based upon that research, we're going to set up a new multi-year plan for the streets, sewers, and other infrastructure projects, much in the same manner as we did four years ago. Our recent accomplishments could not have happened without a great team. As such, shortly after becoming mayor, I implemented an employee recognition program recognizing the extraordinary efforts of our team members. One aspect of that program is Employee of the Year. Past recipients have included Director of Community Services Tony Terry, Fire Chief Jamie Meklemburg, and City Hall Custodian Todd Stimetz.

Please join us in congratulating Jen Burger as the City of Seven Hills 2023 Employee of the Year.

Jen has been an excellent steward of our recreation center for many years. Her service and commitment to our city continues to grow to meet the challenges of our robust park improvement program. However, her service doesn't end there. She has gone above and beyond her responsibilities for over 18 years. From managing our quarterly newsletters to running the city social media and IT functions, she always puts our residents first. In addition, she often performs these duties outside of traditional workdays and work hours. Her esprit de corp and can-do attitude is greatly appreciated by many but perhaps by no one more so than me. Jen has been and will continue to be an integral part of our Seven Hills success story. We are very honored and grateful to have this individual on our team! Once again, I thank Jen for her exceptional service to our city



Save the Dates

Preparations for city events are in full swing. We would love to see you at as many events as possible. So please save the following dates: Easter Egg Hunt on Saturday, March 30th, The Memorial Day Parade on Monday, May 27th, our Home Days Weekend July 19th, 20th, and 21st, and December 7th for our Christmas Parade and Santa Event. Stay tuned for more dates and details.

Conclusion

We have just started the second term of this administration. Next month is former Mayor Michael Barth's birthday. I see this as an opportunity to thank Mayor Barth for his contribution to our community.

Wrapping up, I will share the 6 tips Charlie Munger (Warren Buffett's assistant who passed away last year at 99 years old) believed in for a long and happy life. Don't have a lot of envy, don't have a lot of resentment, don't overspend your income, stay cheerful in spite of your troubles. Deal with reliable people and do what you're supposed to do.

Sincerely,

Mayor Tony Biasiotta



FIRE DEPARTMENT—EMERGENCY: 9-1-1
FIRE NON-EMERGENCY: 216.524.3321

2023

By The Numbers

1818

TOTAL CALLS

★ **765 MORE CALLS
THAN 2013**

★ **6 MINUTES:
AVERAGE
RESPONSE TIME
(DISPATCH TO
ARRIVAL)**

★ **26 TIMES WE
RECEIVED AID
FROM OTHER
DEPARTMENTS**

★ **55 TIMES WE
PROVIDED AID
TO OTHER
DEPARTMENTS**

★ **1477 WERE EMS
CALLS
(83%)**

★ **339 WERE FIRE/
RESCUE CALLS
(17%)**

★ **231 CALLS
OVERLAPPED
ONE ANOTHER
(13%)**

★ **22 CALLS FOR
STRUCTURE
FIRES BOTH IN
SEVEN HILLS
AND MUTUAL
AID**

★ **30 CALLS FOR
HAZARDOUS
MATERIALS
RESPONSES
(SPILLS, LEAKS,
ETC)**

★ **998 PATIENTS
TRANSPORTED
TO AREA
HOSPITALS**

We continue to serve our residents due to your support of our department. Thank you, and Happy New Year!

POLICE DEPARTMENT—EMERGENCY: 9-1-1
POLICE NON-EMERGENCY: 216.524.3911



PHONE SCAMS

Be aware that several of our residents have received phone calls from unknown people requesting money for various fictitious reasons.

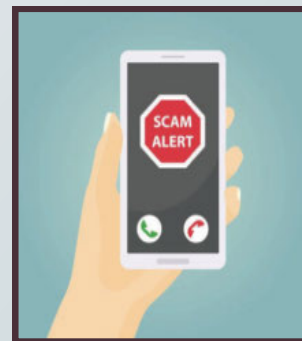
Typically, the caller will request that the victim send money by electronic transfer, often times to a location outside the United States. Some of the callers will claim the victim has won the lottery and request that a sum of money be sent via Western Union to release the winnings.

Others state that there is a family member in jail or in trouble and they need money and request either cash or gift cards and they ask you to send the cash or give them information on the gift cards over the phone.

All of these solicitations are fraudulent. The caller is attempting to obtain money and banking information from you. Some of these scams are also being sent through the U.S. Postal Service.

Immediately hang up on the caller and never provide any information over the phone.

If you receive one of these types of solicitations or feel you may already have been a victim, please contact the Seven Hills Police Department at (216) 524-4423.



HOW TO RECOGNIZE PHISHING SCAMS

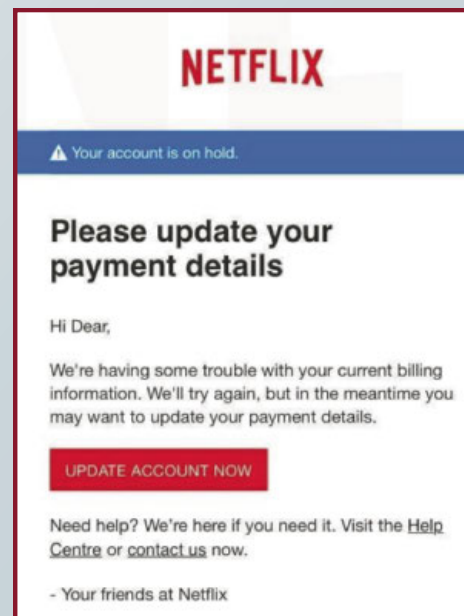
Scammers use email or text messages to try to steal your passwords, account numbers, or Social Security numbers. If they get that information, they could get access to your email, bank, or other accounts. Or they could sell your information to other scammers. Scammers launch thousands of phishing attacks like these every day — and they're often successful.

Scammers often update their tactics to keep up with the latest news or trends, below are some common tactics used in phishing emails or text messages

Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. You might get an unexpected email or text message that looks like it's from a company you know or trust, like a bank or a credit card or utility company. Or maybe it's from an online payment website or app. The message could be from a scammer, who might:

- say they've noticed some suspicious activity or log-in attempts — they haven't
- claim there's a problem with your account or your payment information — there isn't
- say you need to confirm some personal or financial information — you don't
- include an invoice you don't recognize — it's fake
- want you to click on a link to make a payment — but the link has malware
- say you're eligible to register for a government refund — it's a scam
- offer a coupon for free stuff — it's not real

Here's a real-world example of a phishing email (Image to the right):



(Continued on next page)

Imagine you saw that in your inbox. At first glance, the email looks real, but it's not. Scammers who send emails like this one are hoping you won't notice it's a fake.

Here are signs that this email is a scam, even though it looks like it comes from a company you know — and even uses the company's logo in the header:

- The email has a generic greeting.
- The email says your account is on hold because of a billing problem.
- The email invites you to click on a link to update your payment details.



While real companies might communicate with you by email, legitimate companies won't email or text with a link to update your payment information. Phishing emails can often have real consequences for people who give scammers their information, including identity theft. And they might harm the reputation of the companies they're spoofing.

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.



Police / Fire Emergency 911

| | | | |
|-----------------------------|--------------|------------------------|--------------|
| Seven Hills City Hall | 216-524-4421 | Mayor's Court | 216-524-4421 |
| Police NON-Emergency | 216-524-3911 | Building Department | 216-524-4427 |
| Fire NON-Emergency | 216-524-3321 | Council Clerk | 216-525-6235 |
| Mayor's Office | 216-525-6227 | Finance Department | 216-525-6249 |
| Recreation Center | 216-524-6262 | Law Department | 216-525-6237 |
| Senior & Community Services | 216-525-6230 | Service Department | 216-525-6225 |
| | | Engineering Department | 216-525-6277 |

Utilities Contact Information

| | | | |
|-------------------------|--------------|---|--------------|
| Water Department: | 216.664.3130 | Cox Communications: | 216.676.8100 |
| Emergency Only: | 216.664.3060 | Emergency Only: | 216.535.3351 |
| Illuminating Company: | 800.589.3101 | AT&T: | 800.572.4545 |
| Emergency Only: | 888.544.4877 | Waste Management Refuse: | 866.797.9018 |
| Dominion East Ohio Gas: | 800.362.7557 | Northeast Ohio Regional Sewer District: | 216.881.8247 |
| Emergency Only: | 877.542.2630 | | |

COMMUNITY SERVICES 216.525.6230



Happy New Year,

We are excited to usher in a new year and look forward to sharing it with all of you. 2023 was yet another successful year for our Community Services department. I want to take some time to highlight some of the great things we have accomplished as well as sharing what's on the horizon in 2024.

Our Food Pantry took in an amazing \$10,948.08 in donations from various residents, businesses, and non-profits. We distributed \$8,700 in aid to 52 Seven Hills families throughout the year. Some of the ways we helped included groceries, gas cards, holiday meals, utilities assistance and more! The Salvation Army's "Christmas Kettle Campaign" raised over \$8,240. All these funds will help keep electricity and natural gas on for our qualifying low-income neighbors facing shutoff throughout 2024. In addition, Seven Hills residents volunteered to cover over 30 hours of shifts ringing the bell.

Our Yuletide program was a massive success yet again. Seven Hills had the opportunity to help 36 families from our community. Each family received food, gift certificates to Aldi's, Meijer, and Target, and more. These incredible accomplishments would not have been possible without the generosity of our amazing residents.

Seven Hills was hopping this year with the addition of our Easter Egg Hunt at the gazebo. Our first event of the year had us lay out 2500 prize filled eggs which were chased down by a large crowd of our youngest residents. Summer was particularly active as we kicked it off with the annual Memorial Day Parade, then had four different summer concerts and a record setting Home Days. Fall started with Oktoberfest which drew a great crowd of people to enjoy great food and live music while the kids played in the bounce houses, visited the petting zoo, or rode the hayride. Santa Claus came to town in December with a parade and a picture with Santa event at City Hall which rivaled the old Higbee days!

In 2024, we are packing our calendar with exciting family events again. The Easter Egg Hunt will be expanded to a new location with even more eggs! We will be celebrating our 50th annual Home Days July 19, 20 and 21 with great bands like Boaterhead, 1988, Elvis and Ace Molar. Our other city favorites like Memorial Day Parade, Summer Concerts, Oktoberfest and Christmas events will also provide memorable experiences. Stay tuned to our website for dates and events!

Thank you all for your continued support of our awesome community!

Tony Terry

Director of Community Services

Breakfast & Bingo - 8:30am

Feb 14th
March 13th
April 10th
May 8th



Bingo Only - 10:00am

March 4th
March 18th
April 1st
April 15th
May 6th
May 20th

**Breakfast & Bingo is held at City Hall in the Community Room!*



SERVICE DEPARTMENT

216.525.6225

Emergencies after hours - Contact Seven Hills Dispatch at 216-524-3911. Dispatch will contact the Service Department to handle City related issues such as snow removal, sewers backing up, flooding, downed trees, and dead animals. For Medical and other emergencies dial 911.

Mailboxes - The Service Department will make repairs to mailboxes that have been directly hit by the snowplows. Typically, damage is a result of the snow hitting the mailbox and not direct contact with the plow. Please check the condition of your mailbox in preparation for snowfall. Anything loose, broken or rotted mailboxes need to be replaced.

Snow Removal - One truck is assigned in every ward for snow removal. However, additional trucks may be used depending on the amount of snowfall. Main streets and hills are a priority followed by the side streets and subdivisions. The City typically plows and salts only the intersections, hills and curves as part of our salt sensibility program which has been in effect for years.

Rubbish Pickup – NEW LIMIT - Four (4) additional bags or cans (35-gallon, 40 pound limit), allowed outside the cart. Bags or cans may be filled with trash, yard waste or construction debris. ONLY 4 Allowed.

NEW LIMIT - WM will pick up no more than 2 bulk items on your regular trash collection day. Please schedule your bulk pickup to ensure it is collected. Please visit www.wm.com/us/en/home/bulk-trash-pickup to schedule your pickup.

Bulk items include:

- Carpet - please cut, roll, and tie in lengths no greater than 4 ft.
- Appliances - remove appliance doors
- Large screen TVs - 42" and up
- Furniture, mattresses and/or box springs - must be wrapped in plastic with duct tape
- Lumber - bundle and tie wood products in lengths no longer than 3 feet and 40 pounds. Lumber such as 2 x 4 to be bundled and tied in lengths or 36 inches and 40 pounds
- If the truck picking up your trash leaves the bulk item, a separate truck will be sent to collect it.
- Bulky Construction debris is limited to 2 bundles of 40 pounds x 48 inches or two items such as 2 cabinet fixtures.

Rubbish should be placed on the tree lawn by 7:00AM on the scheduled day of collection and shall not be placed earlier than 4:00PM on the day prior to the scheduled date of collection. Schedule a bulk pickup by calling Waste Management at 866-797-9018 or the Service Department at 216-525-6225.

Water Main Breaks - Should you notice bubbling or streaming water along the roadway or tree lawn, please call the Cleveland Water Department at 216-664-3060 to report the break.

Street Light Outages - To report a street light outage, broken fixture or light flickering please call The Illuminating Company at 1-888-544-4877 or the Service Department at 216-525-6225.

Document Shred Day - The City will have document shredding behind City Hall on April 16th, and August 13th from 1PM to 7PM. Shred-it will be doing on site shredding.

Household Hazardous Waste & Computer Roundup - The City will have a roundup on May 14th from 8AM – 6PM and September 17th from 8AM-6PM behind City Hall. For more information, please contact the Service Department at 216-525-6225 or check the Cuyahoga County Solid Waste District Website: www.cuyahogarecycles.org

Tires - The city will collect tires 20 inches or less at the Household and Hazardous Waste Roundup on September 17th from 8am - 6pm behind City Hall. Tires must be off the rim.

ENGINEERING DEPARTMENT 216.525.6277



Happy New Year to all! We are in the process of preparing programs for the 2024 calendar year. The Engineering Department plans to go out for public bid on the following projects:

Skyview Drive Watermain Replacement

This project was awarded by the Cleveland Water Department's (CWD's) "Suburban Water Main Renewal Program" and will be funded by CWD. Projects awarded have three (3) years to be completed. Plans for Skyview Drive are in for final review with CWD and bidding documents will be prepared for public bidding thereafter.



2024 Pavement Markings Program

The 2024 Pavement Markings Program refreshes the street striping throughout the City and will begin after the City has finished performing crack-sealing and pavement rejuvenation on the City streets in early Summer 2024.



The City has been awarded another watermain replacement project by the Cleveland Water Department's "Suburban Water Main Renewal Program" in Spring 2023. This project is along Graydon Drive and will replace the watermain along this street. This project will follow the Skyview Drive Watermain Replacement project when it is completed later this year. Plans to bid this project will be for Winter 2025.

Informational Updates

Throughout any given year, the Engineering Department receives applications from various entities (cable, phone, gas, and electric) to improve their facilities. These improvements may be above ground or below ground, or a combination of the two. In any case, an application for permit is reviewed by the Engineering Department for these entities to perform the work within the City's public right of way or within an easement designated for the utility. If there is such a project in your area, you may contact the Engineering Department to learn more as indicated below.

The City partners with the Northeast Ohio Regional Sewer District (NEORS) and Cuyahoga Soil & Water Conservation District (CSWCD) to assist with the management of stormwater in our City. There are helpful resources available from each of these groups for residents. Please check the following links for more information:

Northeast Ohio Regional Sewer District

<https://www.neorsd.org/>

Cuyahoga Soil & Water Conservation District

<https://cuyahogaswcd.org/>

If you have any questions and/or concerns about any of the above-mentioned projects, feel free to e-mail Mark Schmitzer, P.E., City Engineer at mschmitzer@rlba.com , David Bradt, P.E., Assistant City Engineer at dbradt@rlba.com or, call (216) 525-6258.

Seven Hills Memorial Wall Application

Memorial Wall Sponsorship: \$225

1. Must have resided in Seven Hills

2. Please Circle One: US ARMY US NAVY USMC USAF USCG USMM

Please Print Clearly:

First Name: _____

Middle Initial: _____

Last Name: _____

Years of Service: _____ (Example: 1968-72)

Applications will be accepted until May 1st in order to be inscribed prior to the Memorial Day Ceremony.

Contact Info (Person Submitting Application): _____

Phone: _____ Email: _____

Please make checks payable to "City of Seven Hills" and return to the Seven Hills Recreation Center 7777 Summitview Drive, Seven Hills, OH 44131 attention: Jen Burger

Please submit Memorial Wall Applications no later than May 1st, 2024



★ ★ ★

Memorial Day Parade

Monday, May 27th

Steps Off at 10:30am from Saint Columbkille

Honoring those who paid the Ultimate Sacrifice.

Contact Taylor at TTomecko@sevenhillsohio.org to participate.

★ ★ ★

Council Quarterly



Greetings from At Large / President of Council Pro Tem! As the winter chill settles in, many of us experience seasonal depression commonly known as the "winter blues." The combination of colder temperatures, shorter days, and reduced sunlight can impact our mental well-being. However, there are practical strategies to lift your spirits and infuse some warmth into the season:

1. Embrace Natural Light

Make the most of daylight hours by spending time outdoors right in the morning/afternoon. Take a short walk during lunch, open curtains wide to let in sunlight, and position yourself near windows whenever possible.

2. Stay Active

Physical activity is a powerful mood booster. Find winter-friendly exercises such as indoor workouts, yoga, or even dance. Not only does exercise release endorphins, but it also helps combat the lethargy that can accompany winter. A quick 20 minute workout can help with daily blood flow and relaxation.

3. Socialize

Maintain social connections at home and in the community. Plan cozy get-togethers with friends or family, whether it's a movie night, game evening, or a shared meal. Connecting with loved ones can significantly improve your mood. If you find yourself busy you can connect online with your friends and family as well!

4. Mindful Practices

Engage in mindfulness and relaxation techniques. Practices such as meditation, deep breathing, or journaling can help alleviate stress and improve your overall mental well-being.

5. Set Goals and Plan Activities

Combat the winter blues by setting small, achievable goals. Whether it's learning a new hobby, reading books, or pursuing indoor projects, having activities to look forward to can boost your mood.

6. Optimize Nutrition

Maintain a balanced diet rich in mood-boosting nutrients. Include fruits, vegetables, whole grains, and foods high in omega-3 fatty acids. Limit caffeine and sugar intake, as they can affect energy levels and mood.

Remember, the key to overcoming the winter blues lies in incorporating these strategies into your daily routine. By prioritizing self-care and staying connected, you can navigate the winter season with a positive mindset. Embrace the beauty of the season and focus on the activities that bring you joy.

Stay Warm and Cheerful!

Justin Costanzo
Councilman at Large
Beating the Winter Blues: Strategies for a Brighter Season





Happy New Year to all. It is the end of the semester for students and end of the year for the City of Seven Hills. Time for “Report Cards” to be sent home. Here is a reflection on the past year:

Report Card City of Seven Hills

| Subject | Grade | Teacher's Comments |
|-----------------------------------|-------|--|
| Emergency Medical & Fire | A+ | Saving lives and servicing the community 24 hours a day, every day. New ambulance/squad coming in 2024. A highly trained staff. An essential service. |
| Roadway Snow Removal | A+ | Better snow removal equipment was added. A dedicated staff of trained professional drivers and maintenance personnel results in safer roads for our wintertime commutes to work and doctor visits. Always on the job early for all of us each time it snows. |
| Leaf Pickup | A+ | The leaves my fall, but the service department keeps up and keeps our roadway drainage ditches clear. |
| Road Repair & Repaving | A+ | The pavement replacement program is now being budgeted for every two years and based upon an evaluation system that ensures the roads with the most deterioration get paved first. |
| Police Services | A+ | Officers keep the peace and they put their lives on the line every day to protect us. Leadership kept the officers well equipped. |
| Recreation Center | A+ | Excellent youth and adult programming. Updated equipment and clean facilities. A community jewel. |
| City Parks | A+ | Success in transforming and updating the parks in 2023 but there are expectations that the North Park Pavilion and Calvin Park water park will be a great addition in 2024! |
| Community Services | A+ | Providing solutions and caring for those in our community who have special needs. Coordination and support for numerous major events in Seven Hills. It is all about providing customer service. |
| Building Department & Engineering | A+ | Busy, busy, busy. Many home improvement projects and building updates that make our neighborhoods stronger are monitored by a dedicated staff of inspectors and administrative personnel. |
| Capital Improvements | A+ | Deferred maintenance items, in some cases from 30-40 years ago, are being addressed. It is an insurance policy for the future by investing in our roadways, drainage, and sewer infrastructure. |
| Trash Pickup & Recycling | A+ | A contracted service that is timely and cost efficient. |
| Hazardous Waste & Shred Days | A+ | A unique opportunity for residents to properly dispose of items not able to be recycled via the curb side. |
| Farmers Market | A+ | Well attended summer event. Great variety. Good music. Good food. |
| Home Days | A+ | Fireworks!! Fun! Excellent work by the city and volunteers. |
| City Communication | A+ | Multiple newsletters issued last year as well as numerous updates from the mayor's office. The city website and Facebook allowed for information to be communicated quickly and clearly. |
| Finance | A+ | No net tax increases occurred. City finances reflect fiscal integrity. Excellent audit. |
| Leadership & Working Together | A+ | Short term goals were achieved. Long-term goals have been identified. Real lasting improvements have been manifested. Good discussion and understanding of the important issues for Seven Hills |

Teacher's Summary: Well done! The City of Seven Hills had a milestone year during 2023. The city should look forward to the opportunities of 2024 by recalibrating the city's goals, resetting the priorities, and refurbish ongoing identified needs. Continue the good work.

-Councilman Norman Martin, Ward 2

Council Quarterly



Hello Seven Hills Residents:

Happy New Year 2024! As we roll into another year many of us make New Years resolutions to better ourselves and our overall well-being. According to a 2023 survey, 37% committed to making a New Years resolution and by February, only 22% had followed through*. Most folks want to improve their health, exercise more, lose weight, be happier and save more money. Of course, at some point I have tried to do all of the above. Some years more successful than others, but you can never go wrong with self-improvement. I find interesting that wanting to improve kindness and tolerance did not make the list. Afterall, these are two traits that not only help our self-improvement but benefit others as well. Just something to think about as we begin a new year filled with hope and promise. I wish our Seven Hills residents nothing but a year filled with health, love and happiness.

This is the coldest time of the year. Please be mindful of the following and if you see something, say something:

DOGS/CATS: Leaving animals outside for long periods of time in extreme temperatures is cruel and inhumane. If you see any dogs/cats outside during extreme temperatures, PLEASE call the Independence Animal Control Officer at: 216-524-3940. The City of Seven Hills has partnered with the City of Independence as a shared resource for their Animal Control Officer. You may also reach out to the following:

Seven Hills Dispatch Center Non-Emergency at: 216-524-3911 or Northeast Ohio SPCA: 216-351-7387

As always, please reach out to me with any questions, concerns, comments or complaints. You will not be ignored as I respond to everyone. If you would like a call back, please be sure to leave your name and phone number. Thank you, God bless and again, Happy New Year. Stay safe and healthy.

Stacey L. Kelly, Council-at-Large

216-642-3722 / slk7hills@gmail.com

**<https://discoverhappyhabits.com/new-years-resolution-statistics/#2023-statistics>*

2024 Seven Hills City Council Representatives

Ward 1

Council President
Philip Kiriazis
440-547-6832
pkiriazis@sevenhillsohio.org

Ward 2

Norman Martin
216-317-4600
nmartin@sevenhillsohio.org

Ward 3

Thomas J. Snitzky
216-236-6322
tsnitzky@sevenhillsohio.org

Ward 4

Michael Morrow
216-769-3973
mmorrow@sevenhillsohio.org

Council-At-Large

Patrick Elliott
216-990-8725
pelliott@sevenhillsohio.org

Stacey L. Kelly
216-642-3722
slk7hills@gmail.com

President Pro-Tem
Justin Costanzo
216-408-2314
jcostanzo@sevenhillsohio.org



Hello Ward 3

The recent inauguration of City Elected Officials has led to reflection on my 10 years of public service to the residents. I would like to thank Mayor Biasiotta and Former Mayor Dell'Aquila for their support and advice. The entire Council, all the Department heads, and the City Personnel have always been responsive to my requests for information and assistances. Responsive, is a word that I value. These individuals have improved this city to a level I never dreamed possible in my early years on council. The town has really grown since my family moved here in 1970.

And not just from an Economic Development point of view, Which is HUGE. But from a Quality of Life point of view. All you need to know to prove that point is look at the condition of the Roads! The Parks, the Recreation Center, the improved Sewers, the New Service Garage. It goes on and on.

I am very proud of my Service and Appreciative of my Friends and Neighbors in Ward 3 that have allowed me to pursue the most Rewarding position in my entire life. Have great safe winter. See you around the neighborhood (but not likely till spring).

Tom's Tips

If you are concerned about the recycle barrels blowing open and a modest breeze spreading the paper trash all over the neighborhood I have a solution. The large rubber bands that are wrapped around the romaine and green leaf lettuce bunches can also be recycled to hold the lids on the recycle bins shut. You just need to stretch one over the front lid lip. When the recycle truck lifts the barrel up and dumps it over into the receptacle, the rubber band pops off and the recyclables slide into the bucket in one solid column. Keeping the neighborhood neat and tidy.

- Tom Snitzky

Councilman City of Seven Hills, Ward 3

FINANCE DEPARTMENT NEWS

Tax Year 2023 Municipal Income Taxes Filing Deadline

The filing deadline for 2023 municipal income tax returns is April 15, 2024. Tax forms and filing information can be found on the Regional Income Tax Agency's (RITA) website: www.ritaohio.com. If you need to contact RITA's Customer Service, please call (800) 860-7482.

City of Seven Hills Residential Lock-Box Program

This is recommended for Senior Citizens & Disabled Residents. This is a great resource for a resident who is living alone, with no one close by to help them in an emergency. \$35 each - installed by SHFD.

Contact Tony at 216-525-6230



SEVEN HILLS HISTORICAL SOCIETY

Our purpose is to preserve and promote the unique heritage of the City of Seven Hills. We hope to instill appreciation of past generations as well as provide enjoyment, education and inspiration for current and future generations. This will be accomplished through such activities as research, publications, acquisitions, and conservation of materials, advocacy of historic landmarks and educational opportunities.

CALVIN PARK

Calvin Park has been a source of outdoor activities for many years beginning in August 1948.

SEVEN HILLS...THE YEAR 1948

August 20, 1948 - A list of activities. Mention of the new park on Mapleview Drive Everyone was invited by Lowell Skeel and Mrs. Laurence for a basket picnic. " Everyone is to wear old clothes and bring axes, sickles and other tools".

August 22, 1948 - The men worked very hard clearing brush and trimming trees on the site for tables, benches, and fire places. The ball diamond is nearly complete. After work was finished for the day, the workers relaxed and had lunch.

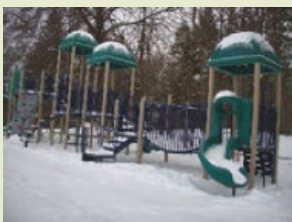
August 27, 1948 - "Seven Hills" by Emily duff. Seven Hills Civic Club held its "first basket picnic" at the new park on Mapleview Drive and baskets opened.

Calvin Park 1948



Calvin Park Today

Calvin Park has Picnic Areas, 3 Baseball Fields, Horseshoe Pits, Walking Path, and a Playground. Today it's being updated for the citizens of Seven Hills. Keep an eye out for new features like updated restrooms, a concession stand & a splash pad!



Seven Hills Historical Society Meetings are held the first Wednesday of each month in the Historical Society Room at City Hall from Noon - 2pm.

Please call Kathy Patterson -216.548.9758 / Judith O'Donnell -440.340.3445 with questions about the Cemetery.



FARMER'S MARKET

The 2024 Seven Hills Farmers Market will be celebrating its Tenth Anniversary!

Since its unassuming beginnings as an outdoor farmer's market on the Recreation Center patio in 2015, with seven vendors, the Seven Hills Farmers Market (SHFM) has grown to over twenty-four vendors, weekly musical entertainment, and popular food trucks. To have a space where neighborhood farmers, makers, and bakers can give their best and be financially sustained has been wonderful. We are excited to see this love for all things local carry into our tenth season. The market has allowed our vendors and customers to forge professional and personal relationships that have lasted for many years.

The market mission statement: To create a producers-only farmers market for the enjoyment of the residents of the City of Seven Hills as well as surrounding communities, and to support local small farms and businesses, in a friendly and safe environment, still holds today. Honest food and products from real people here in the fabulous neighborhood in the Center of the Universe, known as Seven Hills!

Our tagline - Happy, Healthy, Homegrown; the Seven Hills Farmers Market, growing community by inspiring healthy, sustainable, abundant living! sprang from our mission. Happy; to cultivate a connection between local growers and artisans with our residents & and neighbors in an environment that fosters social gathering and interaction. Healthy; to educate our residents and consumers about the benefits of preserving local agriculture and small businesses. Homegrown; to serve our neighborhood and surrounding areas by offering fresh, locally grown produce, and high-quality artisanal products. Community; to foster fellowship from sharing attitudes, interests, and goals.

The SHFM favors common sense, courtesy, and intelligence, and aims to provide an accessible, safe community space for all. Stop by at the corner of Broadview and Hillside Roads this July 2024, and experience some of the best produce, products, musical entertainment, and camaraderie around.



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM





Kulick Dental

216-236-6300

(across the street from Giant Eagle)
7393 Broadview Road, Suite G
Seven Hills, OH 44131
staff@kulickdds.com
www.kulickdental.com



SOUTH WEST FLOORS

- Hardwood
- Carpet
- Vinyl Plank
- Tile
- Professional Installation

216-447-0066 • www.swfloors.com



TONY'S PLUMBING WORKS

Complete Home Plumbing Services
Remodeling • Hot Water Tanks
(216) 299-3276
Tony DiMaria, Owner
Resident of Seven Hills

FREE ESTIMATES Lic #17408

KEN'S HOME IMPROVEMENT "THE ROOFMAN"

Flat Roofs and Roofing Repairs
Chimney Pointing and Rebuilds
Gutters Cleaning and Replacing
Siding Repairs

Licensed • Bonded • Insured



Home: **(216) 661-3505**
Cell: **(216) 407-8252**

BIG LOU'S ELECTRIC



LOU SIMONYI, ELECTRICIAN

COMPLETE RESIDENTIAL ELECTRICAL SERVICES

LICENSED • BONDED • INSURED
OHIO LICENSE #EL45444

216-374-6090

PANEL UPGRADES • NEW CIRCUITS • FREE ESTIMATES
Replace Unsafe "Federal Pacific" Panels & Settled Meter Bases

ISH'S LAWN CARE

Let us take care of your lawn so you don't have to
Chris - Entrepreneur

440-667-5799 FREE QUOTES
VETERANS & SENIOR DISCOUNTS

Lawns, Mulching, Snow Removal,
Hardscaping, Tree Removal,
Fall and Spring Clean Ups

SUPPORT OUR ADVERTISERS!



Only an Allstate agent can give you a fast, free Good Hands Coverage Checkup. You'll see what coverage you may need and what discounts you deserve. Are you saving all you can?

A-All American Insurance
John Cymbal, *Parma resident*
440-888-8884



440-740-0700

7893 Broadview Road,
Seven Hills, Ohio 44131

Family owned in Seven Hills since 2006! ASE

Brad Sussman Insurance, Ltd.

844-200-4800

InsureMeBrad.net

Serving Seven Hills, Broadview Heights,
Brecksville, and all of Ohio.

*Best Protection
Superior Service
Impressive Rates*



Auto, Home, Life & Commercial

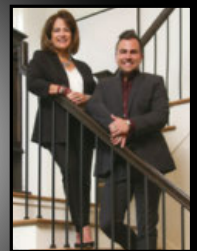


KW ELEVATE

KELLERWILLIAMS.

Diane and Justin Weseloh
ABR, CRS, SRES, RRS

216.440.0432
diane@dianeweseloh.com
www.dianeweseloh.com



#1 AGENT IN 44131 ZIP CODE SINCE 2010 PER MLS!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Christopher Nance

cnance@lpicommunities.com

(800) 477-4574 x6107



Firehawk
AUTOMOTIVE

If it has a motor, we can fix it!
5700 Broadview Road
216-351-4295
www.firehawkautomotive.com
For all your automotive needs!

Parma Dental Vladimir Belikov, D.D.S

America's Top Dentist Award 2019
We accept all major insurances including
Medicaid, Care Source, Buckeye,
Molina, United Healthcare

Parma Office:
(440) 885-1111

5500 Ridge Rd, Ste 135 • Parma, OH
Highland Hts Office: **(440) 995-9999**
6151 Wilson Mills Rd, Ste 250 • Highland Hts, OH

THRIVE
LOCALLY



COMMUNITY RECREATION CENTER HOURS:

Sundays: 12pm - 6pm • Mondays- Fridays: 5:30am - 9pm • Saturdays: 8am - 8pm



United States Military Active Duty: Always Free with valid ID
US Veteran Membership: Resident: \$100 Non-Resident: \$150
(Proof of Honorary Discharge via DD-214 or ID required)



Seven Hills Resident Membership Info - Annual / Upfront Payment

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

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

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

Non-Resident Membership Info - Annual / Upfront Payment

| | | |
|---------------------|-------|---|
| Individual | \$400 | One Person living outside of Seven Hills or Parma |
| Non Resident Couple | \$605 | 2 Adults outside of Seven Hills or Parma with same address |
| Family | \$675 | Immediate family household members, up to four people living outside of Seven Hills or Parma (max. 2 adults). |
| Additional Children | \$105 | Additional Children may be added for \$105 each per year. |

***The above listed memberships are purchased for one full year - one time upfront payment.
All memberships are non-refundable and non-transferrable.***

Daily Drop In: Resident: \$5 with Valid ID • Parma Resident: \$10 Valid ID Required
Effective 6/1/2023 Non-Resident (Outside Seven Hills & Parma) \$15 Valid ID Required

SEVEN HILLS INDOOR RENTAL INFORMATION

RECREATION CENTER GATHERING ROOMS

POOL PARTIES:

POOL PARTIES INCLUDE USE OF ONE ROOM AND THE POOL FOR UP TO 20 SWIMMERS FOR THE ENTIRE RENTAL. POOL PARTIES CAN BE RENTED FOR 2-HOURS ON THURSDAY, AND FRIDAY EVENINGS; SATURDAY AND SUNDAY AFTERNOONS.

MEMBERS: \$130 NON-MEMBERS: \$190

GATHERING ROOM RENTALS:

THE PRICING FOR THE GATHERING ROOMS AT THE RECREATION CENTER ARE DEPENDENT ON MEMBERSHIP AS WELL AS THE NUMBER OF PEOPLE YOU ARE LOOKING TO HOST. THE KITCHEN AND PATIO CAN BE RENTED FOR ADDITIONAL FEES.

MEMBERS:

1 ROOM – \$40 / HOUR

2 ROOMS – \$70 / HOUR

3 ROOMS UP – \$100 / HOUR

NON-MEMBERS:

1 ROOM – \$65 / HOUR

2 ROOMS – \$100 / HOUR

3 ROOMS – \$130 / HOUR

TO BOOK A ROOM AT THE RECREATION CENTER PLEASE VISIT WWW.SEVENHILLSOHIO.ORG/RENTALS TO BEGIN!

CITY HALL COMMUNITY ROOMS

THE COMMUNITY ROOMS AT CITY HALL ARE AVAILABLE TO RENT TO RESIDENTS OF SEVEN HILLS FOR A FEE OF \$25 PER HOUR. COMMUNITY ROOM RENTALS ARE A MINIMUM OF 4-HOURS AND SECURITY IS REQUIRED FOR ALL EVENTS AT CITY HALL. PAYMENT TO SECURITY IS TO BE PAID ON THE DAY OF THE EVENT.

CONTACT & ADDITIONAL INFORMATION

TO BOOK YOUR EVENT AT THE CITY HALL COMMUNITY ROOMS PLEASE CONTACT TAYLOR TOMECKO AT 216-524-4421.

RESERVATIONS ARE NOT CONSIDERED FINAL OR CONFIRMED UNTIL FULL PAYMENT IS RECEIVED.

RESERVATIONS CAN BE MADE NO MORE THAN 180 DAYS IN ADVANCE AND NO LESS THAN 14 DAYS IN ADVANCE FOR THE RECREATION CENTER AND 30 DAYS IN ADVANCE FOR THE CITY HALL COMMUNITY ROOMS.



CHECK OUT OUR FREE ORIENTATIONS! LEARN HOW TO USE THE EQUIPMENT AND CIRCUIT PROPERLY AND SAFELY!

TOTALLY TONED PERSONAL TRAINING

WITH SUMMER RIGHT AROUND THE CORNER THERE HAS NEVER BEEN A BETTER TIME TO START WORKING ON YOUR HEALTH AND FITNESS GOALS. TOTALLY TONED PERSONAL TRAINING CAN HELP YOU NOT ONLY AVOID GAINING THOSE UNWANTED POUNDS, BUT WE'LL SHOW YOU HOW TO KEEP UP THOSE NEW YEAR GOALS TO BE YOUR BEST SELF YET!! LET OUR KNOWLEDGE, MOTIVATION, AND ACCOUNTABILITY BE YOUR GUIDE TO A HAPPIER, HEALTHIER, YOU. CALL TO SCHEDULE YOUR FREE 30 MINUTE CONSULTATION.

* GIFT CERTIFICATES ARE AVAILABLE *

* WWW.TOTALLYTONEDPERSONALTRAINING.COM *

GET THE MOST OUT OF YOUR RECREATION MEMBERSHIP WITH OUR FREE GROUP ORIENTATIONS

CONTACT MIKE AT 216-548-5383 TODAY!

· DIET · CARDIO · EXERCISE



RenewActive™

Silver&Fit.



AARP | Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company



SilverSneakers® Classic. Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.



SilverSneakers® Circuit. Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.



SilverSneakers® Yoga. Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.



SilverSneakers® Splash. In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.



SilverSneakers® Stability. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.



SilverSneakers BOOM™ MIND. The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

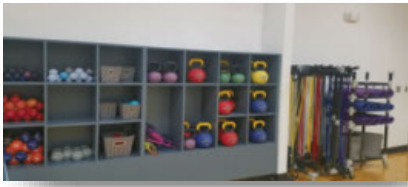


SilverSneakers BOOM™ MUSCLE. This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.



SilverSneakers BOOM™ MOVE. This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

**Stop in today to see if you are eligible for a free or discounted
Rec Center Membership!
Monthly Schedules for Inclusive Programming are available at
sevenhillsohio.org**



ADULT PROGRAMS

SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

WINTER 1: JANUARY 8TH – FEBRUARY 24TH (REGISTRATION IS OPEN!)

WINTER 2: FEBRUARY 26TH – APRIL 6TH (REGISTRATION OPENS FEB. 18TH)

SPRING: APRIL 8TH – MAY 25TH (REGISTRATION OPENS MARCH 31ST)

FIT HAPPENS WITH DEBBIE JOIN US FOR A FULL BODY WORK OUT USING WEIGHTS, RESISTANCE BANDS, YOUR OWN BODY WEIGHT, AND EXERCISE BALLS TO SCULPT AND STRENGTHEN YOUR BODY. THIS WORK OUT TARGETS ALL MUSCLES GROUPS TO TONE AND DEVELOP YOUR ENTIRE BODY, INCLUDING YOUR ABDOMINALS AND MID-SECTION. MODIFICATIONS ARE TAUGHT TO MAKE THIS AN EFFECTIVE CLASS FOR BEGINNERS TO ADVANCED FITNESS LEVELS. DEBBIE IS ALSO A CERTIFIED NUTRITIONIST WHO PROVIDES TIPS AND STRATEGIES TO ENHANCE YOUR OVERALL HEALTH AND WELL BEING. JOIN IN AND SEE HOW GREAT YOU CAN FEEL!

INSTRUCTOR: DEBBIE MAKOWSKI

DAYS: TUESDAY EVENINGS: 6:30PM – 7:30PM

FEES: 6-CLASS PUNCH CARD: \$42 12-CLASS PUNCH CARD: \$82 OR DROP-IN \$10



BEGINNER'S YOGA WITH HEATHER

FOR THOSE THAT WANT TO TRY YOGA FOR THE FIRST TIME OR THOSE THAT NEED A BIT MORE INSTRUCTION & SLOWER PACED CLASS. WE WILL CONNECTOUR BODY, MIND, AND SPIRIT THROUGH BREATH AND MOVEMENT, HELPING TO IMPROVE STRENGTH AND FLEXIBILITY. A GREAT WORKOUT OPTION FOR THOSE JUST STARTING OUT THEIR YOGA JOURNEY!

INSTRUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 5:30PM – 6:30PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10



ALL LEVELS POWER YOGA WITH HEATHER

UPBEAT MUSIC, HIGH ENERGY CLASS! OFFERING HIGHER LEVEL BALANCES, BINDS, AND POSES BUT ALWAYS GIVING MODIFICATIONS FOR THOSE WHO MAY NEED THEM. NO ONE SHOULD BE AFRAID TO TRY THIS CLASS... ALL LEVELS WELCOME!

INSTRUCTOR: HEATHER HANCHUK-RYT 200 HOURS / CYT 500

DAYS: MONDAY EVENINGS: 7PM – 8PM

FEES: 5-CLASS PUNCH CARD: MEMBERS: \$40 NON-MEMBERS: \$45

10-CLASS PUNCH CARD: MEMBERS: \$70 NON-MEMBERS: 80 OR DROP-IN \$10

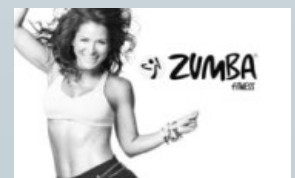


ZUMBA WITH NELA

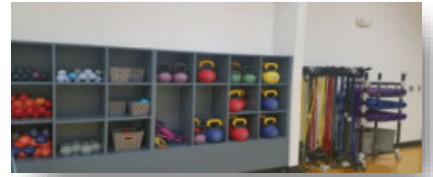
PERFECT FOR EVERYBODY AND EVERY BODY! EACH ZUMBA® CLASS IS DESIGNED TO BRING PEOPLE TOGETHER TO SWEAT IT ON. A TOTAL WORKOUT, COMBINING ALL ELEMENTS OF FITNESS – CARDIO, MUSCLE CONDITIONING, BALANCE AND FLEXIBILITY, BOOSTED ENERGY AND A SERIOUS DOSE OF AWESOME EACH TIME YOU LEAVE CLASS.

INSTRUCTOR: NELA SERRANO DAYS: WEDNESDAY & THURSDAY EVENINGS 6:30PM – 7:30PM

FEES: MEMBER PUNCH CARD: \$27 OR \$6 DROP IN NON-MEMBER PUNCH CARD: \$37 OR \$8 DROP IN



ADULT PROGRAMS



SESSION DATES – DROP IN TO MOST PROGRAMS AT ANY TIME!

WINTER 1: JANUARY 8TH – FEBRUARY 24TH (REGISTRATION IS OPEN!)

WINTER 2: FEBRUARY 26TH – APRIL 6TH (REGISTRATION OPENS FEB. 18TH)

SPRING: APRIL 8TH – MAY 25TH (REGISTRATION OPENS MARCH 31ST)

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



STRESS RELIEF YOGA

THIS CLASS BEGINS WITH A GENTLE YOGA FLOW TO WARM THE BODY INCLUDING SOME LIGHT CORE WORK TO STRENGTHEN THE ABS AND BACK. IT CONTINUES WITH DEEP STRETCHING AND RESTORATIVE YOGA POSES ON THE FLOOR, CONCLUDING WITH A FINAL RELAXATION. THE FOCUS IS ON BREATH AND MINDFULNESS TO STRENGTHEN OUR BODIES WHILE IMPROVING FLEXIBILITY & BALANCE. YOU WILL LEAVE FEELING REFRESHED AND REJUVENATED. ALL LEVELS AND AGES WILL BENEFIT FROM THIS RESTORATIVE CLASS.

THURSDAYS 9:30AM – 10:30AM



ALL OF THE ABOVE CLASSES ARE ELIGIBLE FOR TANYA'S PUNCH CARD:

MEMBER CARD: \$50 (10 CLASSES) OR \$7 DROP IN NON-MEMBER CARD: \$70 (10 CLASSES) OR \$9 DROP IN

JAZZERCISE

THE ORIGINAL DANCE EXERCISE PHENOMENON—OPEN TO ALL AGES! 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! PILATES, YOGA AND KICKBOXING MOVEMENTS ARE INCORPORATED TOO. SESSIONS AND REGISTRATIONS ARE CONTINUOUS (DOES NOT FOLLOW REC DATES) !

CLASSES MEET IN REC. CENTER GYM 1 FEES: 1 MONTH: \$50 DROP-IN \$15 JOIN AT ANY TIME!

DAYS: MONDAY & WEDNESDAY EVENINGS 6:30PM – 7:30PM WITH LOIS POWERS– LOISJAZZERCISE@GMAIL.COM / 330.468.6637

DAYS: TUESDAY & THURSDAY MORNINGS 8:30AM – 9:30AM WITH CAROL MASON

DAYS: MONDAY & WEDNESDAY EVENINGS 5:15PM – 6:15PM WITH CAROL MASON

COMING SOON – NEW JETTI WALKING PROGRAM WITH LEIGH!

BUILD MUSCLE, IMPROVE POSTURE, INCREASE STABILITY AND WORK YOUR WHOLE BODY ALL WHILE WALKING WITH JETTI. MORE INFO COMING SOON!



SEVEN HILLS BEFORE AND AFTER SCHOOL PROGRAM 2023– 2024

FULL & PART TIME RATES AVAILABLE!

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 – 7, SO SIGN UP EARLY TO AVOID BEING SHUT OUT!

**PARMA BUSSING PROVIDED FOR CHILDREN ATTENDING GREEN VALLEY, DENTZLER, & HILLSIDE!
PROGRAM CALENDAR FOLLOWS THE PARMA CITY SCHOOLS SCHEDULE**

BEFORE CARE PART TIME (1–3 DAYS):

MEMBERS: \$22 PER WEEK

NON-MEMBERS: \$27 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$30 PER WEEK

NON-MEMBERS: \$40 PER WEEK



AFTER CARE PART TIME (1–3 DAYS)

MEMBERS: \$28 PER WEEK

NON-MEMBERS: \$34 PER WEEK

FULL TIME (4 OR MORE DAYS):

MEMBERS: \$40 PER WEEK

NON-MEMBERS: \$50 PER WEEK

Kids Day Off Program

BRING THE KIDS AS EARLY AS 6:30AM AND LEAVE THEM UNTIL 6PM – NO EXTRA CHARGES! \$50 PER STUDENT PER DAY

THE DAY IS FILLED WITH ACTIVITIES, CRAFTS, SWIMMING AND MORE FUN! BRING A LUNCH, A SNACK, AND SWIM GEAR!

CONTACT CAMP STAFF WITH QUESTIONS – CAMPS@SEVENHILLSOHIO.ORG

2024: MONDAY, FEBRUARY 19TH · TUESDAY, MARCH 19TH · FRIDAY MARCH 29TH

SPRING BREAK CAMP!

SPRING BREAK CAMPERS WILL HAVE THE OPPORTUNITY TO GET EXERCISE AND FRESH AIR DURING THEIR TIME OFF SCHOOL WITH OUR EXPERIENCED CAMP STAFF! WITH GAMES, ACTIVITIES, ARTS AND CRAFTS, A FIELD TRIP AND SO MUCH MORE THERE'S ALWAYS SOMETHING FOR YOUR CHILD TO DO! PLEASE PACK A LUNCH, A SNACK AND SWIM GEAR EACH DAY! CONTACT CAMP STAFF AT 216.524.6262 OR CAMPS@SEVENHILLSOHIO.ORG FOR MORE INFO!

CAMP DATES: APRIL 1ST – APRIL 5TH, 2024. DROP OFF AS EARLY AS 6:30AM AND PICK UP BY 6PM

PART TIME (3 DAYS OR LESS): MEMBERS: \$135 / NON-MEMBERS \$150 FULL TIME (4 DAYS OR MORE): MEMBERS: \$225 / NON-MEMBERS: \$250



SUMMER CAMP 20 24

REGISTRATION OPENS APRIL 10

\$ PRICING \$

MEMBERS:

FULL-TIME: \$170

PART-TIME: \$150

NON-MEMBERS:

FULL-TIME: \$200

PART-TIME: \$170

PAYMENT PLANS AVAILABLE

FILL YOUR CHILD'S SUMMER WITH "AROUND-THE-WORLD" FUN, FRIENDLY COMPETITION, AND ADVENTURE AT THIS YEAR'S SUMMER DAY CAMP!

★ BRONZE CAMP (3-5 YEARS)

★ SILVER CAMP (6-10 YEARS)

★ GOLD CAMP (11-13 YEARS)

OUR CAMP IS OFFERED FOR 10 WEEKS, BEGINNING JUNE 17TH RUNNING THROUGH AUGUST 23RD!

**FOR MORE INFORMATION-
CAMPS@SEVENHILLSOHIO.ORG**



Seven Hills Youth Soccer Federation

Registration for the Spring 2024 Seven Hills Youth Soccer Program will run February 10th - March 15th (or until teams are full) for ages 7 - 15 years old. If you registered for Fall 2023, no need to re-register! Contact Dave at diluzio@cox.net with questions!
Spring Soccer begins April 6, 2024

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!



Fees: RESIDENTS: \$45 NON-RESIDENTS: \$55
\$10 Late Fee will apply for those that register after March 15th.

Seven Hills Baseball Federation

Registration Begins February 1st - check out www.leaguelineup.com/shbf for more info!



Spring Bocce League

Warm up your pallino! Bocce will be returning this Spring at Summitview Commons Bocce Courts (behind City Hall). League organization and registration will begin in late February. Tentative start of league play is mid-April. Look for upcoming information on our website and Facebook Page! As long as no league games are being played, courts are open to the public. Any general questions at this time can be directed to Michael Klubnik at mklubnik@sevenhillsohio.org or 216-525-6273

Our Parks are Growing & Seven Hills Parks Crew is NOW HIRING!!
Visit sevenhillsohio.org/careers
Flexible Hours & great shifts to choose from!

We Love Our Parks!

Please remember -
Field & Pavilion Use
is by PERMIT ONLY!

Contact Holly to utilize any
City of Seven Hills Field/Park Facility
(Baseball diamonds, soccer fields, pavilions, etc.)



Coming Soon -
Information on
The Lodge at
North Park!

HZak@sevenhillsohio.org

Ball Field Rental Rates

| Rentals Per Day | 10 Pack Pricing |
|------------------------|-------------------------|
| 2-Hour Unprepped: \$55 | 2-Hour Unprepped: \$350 |
| 2-Hour Prepped: \$75 | 2-Hour Prepped: \$475 |
| 3-Hour Unprepped: \$80 | 3-Hour Unprepped: \$500 |
| 3-Hour Prepped: \$110 | 3-Hour Prepped: \$600 |

Contact Holly for more info!
HZak@sevenhillsohio.org





SCAN CODE FOR MORE
INFORMATION & TO
REGISTER



Basketball Skills

If you are looking to learn the fundamentals or gain more experience and knowledge on the court, our skills class is for you! Through skill drills and games, see improvement in all areas of basketball. Tuesdays, 5 class program

- \$65

Day and Time: Tuesdays

Ages 3-4: 4:30pm - 5pm

Ages 5-6: 5:15pm - 6pm

Ages 7-8: 6:15pm - 7pm

Grade 3&4: 7:15pm - 8pm

Grade 5&6: 8:15pm - 9pm

WINTER 2 STARTS FEBRUARY 13TH

NO CLASS 3/12 & 3/19

REGISTRATION NOW OPEN

SPRING 1 STARTS APRIL 2ND REGISTRATION OPENS 3/11

Basketball League

For Ages 3-8. Your young athlete will have a great time learning the fundamentals while becoming game ready. 5 game season. Each gameday will contain a quick skills review prior to the game. *Gameday will start between 9am - 3pm Saturdays and will last 1 hour.* Younger ages play first. You will be emailed prior to Week 1 with a schedule. - \$80

Day and Time: Saturdays

Ages 3-4: Possible Gameday start time 9, 10, or 11am

Ages 5-6: Possible Gameday start time 11am, 12, or 1pm

Ages 7-8: Possible Gameday start time 12, 1, or 2pm

WINTER 2 WILL BEGIN 3/2

NO GAMES 3/9

REGISTRATION NOW OPEN

PickUp Basketball

Just want to play basketball? Pick up is a perfect way to get some extra play in. 90 minutes of game after game after game. 5 class program. - \$80

SATURDAYS

3&4 GRADE: 3-4:30PM

5&6 GRADE: 4:30-6PM

WINTER 2 WILL BEGIN 3/2

REGISTRATION NOW OPEN

Dodgeball

We use light foam balls making any impact pain free. After some warmup drills & rule review we dive into game play in a fast paced, ball-flying, dippin n' dodgin exciting time. 5 class program - \$65

Day and Time: *Mondays*

Ages 5-7: 6:15 pm - 7:00 pm

Ages 9-11: 7:15 pm - 8:00 pm

WINTER 2 STARTS FEBRUARY 12TH REGISTRATION NOW OPEN

SPRING 1 STARTS APRIL 1ST REGISTRATION OPENS 3/11

Rookie All Sports

Rookie All Sports introduces sports to beginners in an exciting environment while promoting social development. Each athlete will develop their ABCS (Ability, Balance, Coordination, & Skills) through fun drills and games. You will be contacted by email prior to week 1 with an exact schedule. 5 class program. -\$65

Day and Time: *Mondays*

Ages 3-4: 4:45-5:15pm or 5:30-6pm

WINTER 2 STARTS FEBRUARY 12TH REGISTRATION NOW OPEN

SPRING 1 STARTS APRIL 1ST REGISTRATION OPENS 3/11

Rookie PhysEd

Rookie PhysEd Develops the fundamentals of movement while building positive character traits. Each athlete will develop these skills through team building drills, races, relays and games! 5 class program -\$65

Day and Time: *Thursdays*

Ages 5-6: 5:15pm - 6

Ages 7-8: 6:15pm - 7

WINTER 2 STARTS FEBRUARY 15TH REGISTRATION NOW OPEN

FOOTBALL SKILLS
AGES 3-8 FRIDAY NIGHTS

Spring 2/Summer Programs

SOCCER SKILLS
AGES 3-8 MONDAY NIGHTS

SOCCER LEAGUE
AGES 3-6 & BEGINNER 7YR OLDS

TEE-BALL LEAGUE
AGES 3-4 & BEGINNER 5YR OLDS



**SCAN CODE FOR MORE
INFORMATION OR TO
REGISTER**



2024 Winter/Spring Aquatic Programs

Group Learn-To-Swim

For ages 6 months and up

Per Session Fees

Members: \$50 | Non-Members: \$60

Winter #2 Session

Registration Begins February 15th

Mon. PM Only: Feb 26th to Apr 1st

Wed. PM Only: Feb 28th to Apr 3rd

Sat. AM Only: Feb 24th to Mar 30th

Spring Session

Registration Begins April 5th

Mon. PM Only: Apr 15th to May 20th

Wed. PM Only: Apr 17th to May 22nd

Sat. AM Only: Apr 13th to May 18th

Summer Dates TBD

Groups times will be posted on
the registration portal at
sevenhillsohio.org/aquatics



For more information about
our aquatics programs,
contact Mike w/ questions at
216-524-6262 ext. 404
or mgallagher@sevenhillsohio.org



Group Descriptions

- **Cuttlefish:** For ages 6 months to 3 years, the parent/guardian and participant will participate together in fun activities to help your child adjust to the water.
- **Newt (Pre-School #1):** For ages 3 and up, the goal of this group is to have the child learn to use their arms and legs with a floatation device, enter/exit the pool independently, and float, jump in, and exit the pool with or without assistance.
- **Salamander (Preschool #2):** For ages 3 and up, the goal of this group is to have the child improve their arm and leg strength, and float, jump in, and exit the pool with very little or without assistance.
- **Seahorse (Preschool #3):** For ages 3 and up, the goal of this group is to the float, jump in, and swim with their face in to the instructor without assistance.
- **Sea Dragon (Preschool #4):** For ages 4 to 7, the goal of this group is to improve on swimming skills, incorporate rhythmic breathing, and swimming farther than the previous levels.
- **Jellyfish (Level #1):** For ages 5 and up, the goal of this group is learn freestyle with rotary breathing and backstroke without assistance.
- **Sea Lion (Level #2):** For ages 5 and up, the goal of this group is improve on their freestyle swimming and swim backstroke farther with their body at the surface.
- **Otter (Level #3):** For ages 5 and up, this group is to improve freestyle and backstroke swimming and introduce breaststroke.
- **Polar Bear (Level #4):** For ages 5 and up, this group will improve technique, strength, endurance with free-style, backstroke, and breaststroke, and introduce butterfly.

Become Part of the Seven Hills Aquatic Team!

Flexible Scheduling! We can train you as a lifeguard and/or swim lessons instructor!

Contact Mike for more details and bonus information.

216-524-6262 | mgallagher@sevenhillsohio.org

Seahawks Recreation Swim Team: We offer an inclusive year round competitive swimming program for all ability levels ages 5 and up. If your child can swim 25-yards/meters freestyle and 25-yards/meters backstroke non-stop, they can participate in this program. Contact the aquatics supervisor to schedule an evaluation to see if this program is right for your child. **Summer Dates TBD**



Members \$50 | Non-Members \$60 (*No Practice Apr 8th)

Mondays & Wednesdays

10 & Under from 5-6 pm | 11 & Over from 6-7 pm

Winter Session #2: Feb 19th to Mar 20th

Spring Session: Apr 1st to May 8th*

Saturdays Only

9:30 to 10:30 am (All Age Groups)

Winter Session #2: Mar 16th to May 18th

Seahawks Elite Swim Team: The Seahawks Elite Swim Team is for swimmers 12 to 18 years of age that have at least one year of competitive swimming experience. Each practice will consist of stroke technique and conditioning elements. This program is located at Normandy High School in the Fall and in the Spring. **Dates TBD.**

Kraken Pre-Swim Team Group: Not ready for the swim team yet? We can get your child ready. Contact the aquatics supervisor/swim lessons coordinator to schedule an evaluation to see if this program is right for your child.

Saturdays Only from 10:30 to 11:15 am – Members: \$50 | Non-Members: \$60

Winter Session #2: Mar 16th to May 18th

Private Swimming Lessons: This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children 16 & under. The emphasis can be on learning to swim or improving stroke technique. Contact the Aquatics Supervisor for more information.

American Red Cross Lifeguard Training Courses: For ages 15 and up, this program provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. *Winter & Spring Classes Available!* Contact the aquatics supervisor for more information.



**For more information or
to register go to
sevenhillsohio.org/aquatics
or scan the QR Code**



SEVEN HILLS WATER EXERCISE

All classes are offered through our punch system
BLUE PUNCH CARDS = 12 water classes (valid: 8 months)

MEMBERS: \$38

NON-MEMBERS: \$50

DROP-IN: \$10

High Intensity Interval Training

Monday (Deep Water) / 8:00 - 8:45 AM
Tuesday, Thursday (Shallow Water) / 8:15 - 8:45 AM

Eases joint stress while exerting maximal energy



Cardio and Toning

Tuesday, Thursday / 9:00 - 9:45 AM & 6:00 - 7:00 PM

Cardio intervals, strengthening & toning movements

Great for beginners & those with experience



Low-Impact Water Exercise

Monday, Wednesday, Friday / 9:00 - 9:45 AM

Great workout without the pain

High intensity but low impact



Arthritis Foundation Aquatic Program

Monday, Wednesday, Friday / 10:00 - 10:45 AM

Specifically geared towards adults with arthritis or
those seeking low impact workouts

Class held in shallow end of lap pool

Participants are instructed under the guidance of
certified Arthritis Foundation instructor

**Friday classes (Arthritis and Low-Impact) will be FREE for all*



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

Vince Hrobat Insurance Agency, Inc.
Personalized attention for all your insurance needs

216-524-2007
Serving the local Seven Hills
community for over 50 years
7252 Broadview Rd
Parma, OH 44134
www.hrobatinsurance.com

HOPKO
FUNERAL HOME
6020 Broadview Rd.
Parma, OH 44134
216-661-0033
*OUR FAMILY SERVING
YOUR FAMILY FOR
OVER 100 YEARS*

\$5.99 BREAKFAST
\$5.99 GYRO

GYRO
GEORGE
IN THE AREA OVER 25 YEARS

Order Online


OPEN AT 7am!
5690 BROADVIEW RD
PARMA, OH
216-739-0800

Order Delivery


We Deliver!
WWW.GYROGEORGE.COM

DOORDASH **Uber Eats** **GRUBHUB**



Demetrio's
Family Restaurant
Family Owned and Operated
*Home Cooking -
at prices you can afford*
7851 Broadview Rd • Seven Hills
216-447-4444
Mon-Thurs 7am-3pm • Fri 7am-8pm • Sat-Sun 7am-3pm
Demetriosrestaurant.com

MODERN M ROOFING
& Home Improvement
"Above and Beyond Industry Standard"
Insurance Restoration Specialist
Resident of Seven Hills
Your Local Roofing Expert for over 15 years
216-394-7663 • ModernRoof.net



**SUPPORT THE
ADVERTISERS**
that Support our
Community!



City of Seven Hills
7325 Summitview Drive
Seven Hills, OH 44131

Presort Standard
US Postage
PAID
Cleveland, OH
Permit No. 1132

*****ECRWSEDDM*****

Postal Customer
Seven Hills, OH 44131

To schedule an appointment with Mayor Biasiotta, contact Kathy
at 216-525-6227 / kholland@sevenhillsohio.org



Rec Tax Season Discount:
2/15-4/15

Recreation Center Holiday Hours:

Sunday, March 31st - CLOSED
Monday, May 27th - 5:30am - Noon

City Hall Holiday Hours:

Monday, February 19th - CLOSED
Monday, May 27th - CLOSED

Delays in Trash Pick Up:

Memorial Day – Monday, May 27th
Delayed one day

Independence Day - Thursday, July 4th
Thursday picked up on Friday

Shred Day:

Tuesday, April 16th 1pm-7pm

Hazardous Waste Round Up:

Tuesday, May 14th 8am-6pm

Seven Hills City Hall • 7325 Summitview Drive • Seven Hills, OH 44131

Phone: 216-524-4421 • www.sevenhillsohio.org