

Beachwood Buzz

March 2019

Every Resident. Every Business. Every Month.

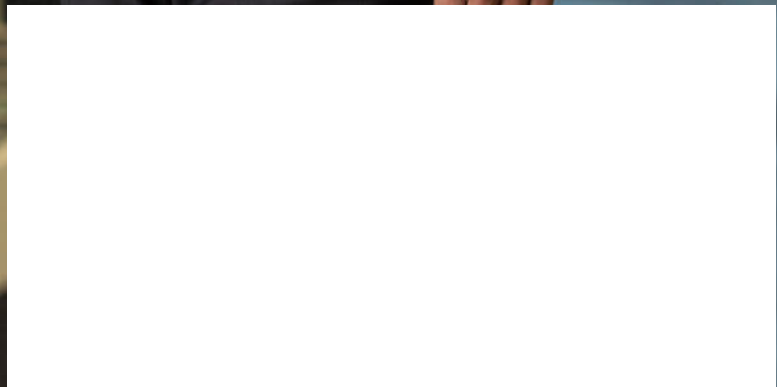
MAGAZINE

Lake Health Beachwood Medical Center

A Unique
Hospital
Experience

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A Local Perspective on World Travel
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Hey Neighbor!
Activities, programs, and so much more!





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BEACHWOOD PLACE

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When I reflect on where I am on my life's journey, I am grateful every day. Some people never have the privilege to celebrate this milestone.

Last month, I received a Golden Buckeye Card and thought, "that can't be for me." Then, I glanced down at the addressee's name and, sure enough, it was mine. This made sense because I turned 60 on February 18. Sixty years old! OMG! How can that be? My memory flashed back to when I was in playgroups with my children, who are now 28 and 31. Back then, my parents were younger than I am now!

Life comes at us fast. Nonetheless, I'm grateful for where I am today. I'm healthy and optimistic. I feel a sense of inner peace more often than not, and am surrounded by people who I love and love me. I also have have a successful business, and so much more. When I reflect on where I am on my life's journey, I am grateful every day. Some people never have the privilege to celebrate this milestone.

For those of you who read my columns regularly, you know that I love lists. This month, I don't disappoint. Here are 60 observations for 60 years:

1. Be kind.
2. Trust people until you have a reason not to trust them.
3. Pay it forward.
4. Follow your own path – not one that someone else feels you should follow.
5. Stay positive.
6. Be respectful.
7. If you want something bad enough, figure out a logical way to make it happen.
8. Live in the present.
9. Take risks.
10. Set goals.
11. Listen, and don't steal someone else's story.
12. Take care of yourself.
13. Push your personal boundaries.
14. Compliment someone every day.
15. Use the good silver.
16. Treat everyone how you want to be treated.
17. Keep secrets.
18. Do what makes you happy.
19. Write thank-you notes.
20. Don't live with regrets.
21. Vote.
22. Take responsibility for your actions.
23. Own your faults.
24. Be patient.
25. Be brave. Even if you're not, pretend to be. Nobody will know the difference.
26. Surround yourself with people who are smarter than you are.
27. Donate to causes you believe in.
28. Volunteer.
29. Recycle.
30. Pay your bills on time.
31. Take time to smell the roses.
32. Avoid negative people.
33. Never give up on what you really want.
34. Give people a second chance.
35. Set boundaries.
36. Measure people by the size of their hearts, not their bank accounts.
37. Keep promises.
38. Don't gossip.
39. Patronize local merchants, even if it costs a little bit more.
40. Remember that the only one you can change is yourself.
41. Judge your success by how much inner peace you have.
42. Forgive.
43. Act on your good ideas.
44. Say "I get to" instead of "I have to."
45. If you want animals, get them from a shelter.
46. Never waste an opportunity to tell someone you love them.
47. Evaluate yourself by your own standards, not someone else's.
48. Do something everyday to make a loved one's day brighter.
49. End all conversations as if they may be your last.
50. Experiences are more valuable than things.
51. When you're with family or friends, put your phone away.
52. Take the scenic route.
53. Don't procrastinate.
54. Do more than what's expected.
55. Take pride in what you do.
56. Don't take good friends, good health, or a good relationship for granted.
58. Lift people up, don't put them down.
59. Be happy with what you have while working for what you want.
60. Look in the mirror and love who you see.

Beachwood Buzz is a sponsor of the Cleveland International Film Festival. Use the code BBUZZ and save \$1 on each ticket.

Joint replacement: 4 benefits of outpatient surgery.

Total hip and knee replacements have come a long way.

"The surgery is basically the same for both inpatient and outpatient procedures," says orthopaedic surgeon Michael Bloomfield, MD, who sees patients at Cleveland Clinic Hillcrest Hospital. "If your doctor determines that you're a good candidate, there are several advantages to outpatient joint replacement surgery."



Michael Bloomfield, MD

1. Better pain management

At Cleveland Clinic, about 90 percent of joint replacements are performed under a short-acting spinal anesthetic which numbs the patient from the waist down for about two hours.

Patients also receive a peripheral nerve block, a long-acting local anesthetic around the surgical site which controls pain for up to two days after surgery. Use of narcotics, such as morphine and fentanyl, is limited because the drugs can cause nausea, dizziness and other complications.

2. Lower infection risk

Spending less time in the hospital may lower the chances of infection in the surgery site.

3. Recovery at home

Outpatient joint replacement surgery usually includes one overnight stay in the hospital. Being discharged the next day allows patients to recuperate in the comfort of their own home.

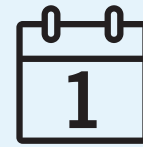
4. Faster, more aggressive physical therapy

Physical therapy begins the day of surgery and continues when the patient returns home. A physical therapist works with each patient to help regain full function in the joint.

When considering outpatient joint replacement surgery, patients should take four factors into account: overall health, level of mobility and activity prior to surgery, motivation to follow physical therapy instructions, and support system.

"In most cases, patients who have outpatient hip or knee joint replacement surgery tend to recover more quickly if they follow rehabilitation protocols and have help from family and friends," says Dr. Bloomfield.

To make an appointment with one of our orthopaedic specialists at Hillcrest Hospital or at any of our 14 orthopaedic east-side locations call 866.275.7496. Visit clevelandclinic.org/ortho for more information.



Community Calendar

Ask the Experts

Why Wait: Relieving Joint Pain

Tuesday, March 19 | 5:30 to 8:30 p.m.
Executive Caterers at Landerhaven
6111 Landerhaven Drive, Mayfield Hts.

Does joint pain or arthritis have you or your loved one missing out on the joys of life? Do not wait to find relief. Specialists from Cleveland Clinic Orthopaedics, Neurology and Pain Management will answer your questions, share their expertise and provide clinical insights on how best to protect your bones and joints – including tips on weight management and overall nutrition. Bring your questions and bring a friend.

Cost is \$10 per person, includes meal. Reservations required: clevelandclinic.org/jointpain For more information, call 440.312.4804.

➤ For more information on Cleveland Clinic events and community programs, visit clevelandclinic.org/communitycalendar

Cleveland Clinic Ortho Express Care™ is now open.

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- Joint, bone or muscle injuries
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- Simple fractures, sprains and strains

Cleveland Clinic Sports Health
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Cleveland Clinic Solon Family Health Center
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Monday through Friday, 4 to 8 p.m.
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Patients ages 2+

For more information, visit:
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Buzz
MAGAZINE

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Marcia Krantz Bakst
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Scott Morrison
Staff Photographer

Tybee Zuckerman
Proofreader

Stephen Valentine
Art Director

June Scharf
Contributing Writer

Jen Stern
Contributing Writer

Jerry Zelman
Vice President of Operations

Letters to the Editor
Please send letters via email to
beachwoodbuzz@gmail.com.

Calendar Section

Please send information about clubs, organizations, events and meetings to beachwoodbuzz@gmail.com. The deadline is the 10th of each month.

Article Submissions

If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com.

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Editorial Information

email beachwoodbuzz@gmail.com

Advertising Information

call 216.297.0200 or email beachwoodbuzzsales@gmail.com
P.O. Box 22194
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Beachwood Buzz
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2016
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Lake Health Beachwood Medical Center

A Unique Hospital Experience



A parcel of land sat vacant on the corner of Richmond Road and Chagrin Blvd., the busiest intersection in the city of Beachwood, for 50 years. The land, co-owned by Goldberg Companies and Forest City, was in high demand. Projects, including retail, restaurants and a hotel, were proposed and tabled because of zoning, unforeseen traffic issues and residential input – until now.

Complete story starts on page 7.

Pictured: Dr. Reuben Gobezie, president of Lake Health Beachwood Medical Center hospital staff.

Photo by Scott Morrison, Discovery Photo.



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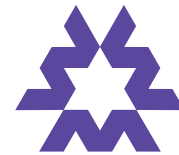
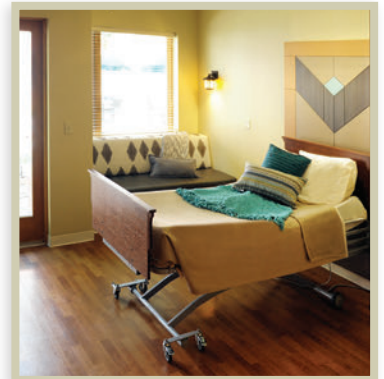
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Lake Health Beachwood Medical Center



A Unique Hospital Experience

A parcel of land sat vacant on the corner of Richmond Road and Chagrin Blvd., the busiest intersection in the city of Beachwood, for 50 years. The land, co-owned by Goldberg Companies and Forest City, was in high demand. Projects, including retail, restaurants and a hotel, were proposed and tabled because of zoning, unforeseen traffic issues and residential input – until now.

When Dr. Reuben Gobezie, an orthopedic surgeon, and other physicians approached Goldberg Companies three years ago to discuss property options for a full-service hospital, options were presented, and this prime corner was selected and acquired. The building took about 15 months to construct and later this month, Lake Health Beachwood Medical Center, a full-service, acute care hospital that specializes in orthopedics, urology, spine, and pain management will open its doors. Dr. Gobezie will serve as president of the medical staff.

“We are excited about the opening and have been impressed with everyone’s professionalism throughout the construction phase,” said Eric Bell, principal at Goldberg Companies. “This beautiful state-of-the-art building enhances this corner, and we are confident that the Beachwood Medical Center will bring value to the Beachwood community.”

City of Beachwood building commissioner William Griswald agrees.

“This is the perfect business for the location,” he said. “It meets our zoning requirements and will have minimal impact on traffic, which is always a concern with new construction. It will also provide significant tax revenues for the city. Plus, the construction team has been bending over backwards to make this a first-class operation. The building is spectacular, and its landscape plans exceed anything we’ve seen anywhere else.”



MAIN LOBBY VIEW

BEACHWOOD MEDICAL CENTER

Before the hospital plan came to fruition, Dr. Gobezie had taken steps with other surgeons to open an outpatient surgical center designed for outpatient joint replacements. "The current status of the healthcare pendulum has resulted in a system that has left physicians and patients dissatisfied and intuitively knowing that there has got to be a better way," he said. "Healthcare in Cuyahoga County is very expensive and, in many cases, inefficient, difficult to access and impersonal."

Once Dr. Gobezie's vision was released to the universe, John Lin, concept developer for Manna Isle Ohio, approached him to ask if he ever considered building a hospital. Lin, who owns private hospitals in different parts of the U.S., explained the benefits of this viable option. The idea blossomed and a joint venture was created between Lake Health, Manna Isle Ohio, and physicians. To date, there are 27 physicians, recruited by invitation only, who are in a joint venture with the hospital system.

"We partnered with Lake Health, the market leader in Lake County, because its leadership is pro-independent physician," Dr. Gobezie said. "Many of the smaller hospitals across the country have partnered with community healthcare systems because they are more open to innovative ways of partnering with physicians to deliver healthcare in their areas."



PATIENT ROOM – HEADWALL VIEW

BEACHWOOD MEDICAL CENTER

"The new Beachwood Medical Center is symbolic of Lake Health's long history of partnering with physicians to create an environment in which they can focus on what they do best: care for their patients," said Cynthia Moore Hardy, FACHE, president and CEO of Lake Health. "This new facility is about improving the patient experience and putting the patient-doctor relationship front and center."

Rob Rosencrans, managing partner at Walden in Aurora, whose background is in hospitality, designed the space. He was sought out as a partner to create an environment centered around the patient experience. "Our goal was to transform the

healthcare environment into looking and feeling like hospitality," he said. "We created an experience that you don't typically see in a hospital setting, starting with the patient rooms and working out from there."

"The building has a warm, welcoming environment with a spa-like feel that was designed for comfort and patient-centered care," he added. "The design will help patients recover and heal more quickly," he said with confidence. "This feels like home. It doesn't have an intimidating, sterile, institutional feel."

This spring, ornamental grasses, birch trees and grass – very unusual for this commercial corner – will be installed to enhance the property. "Our statement is the exterior architecture, and the landscape design complements it," Rosencrans said. He



PATIENT ROOM – FOOTWALL VIEW

BEACHWOOD MEDICAL CENTER

worked with Hasenstab Architects of Akron to bring his vision to life.

Lake Health Beachwood Medical Center highlights include:

- Full-service, inpatient hospital with 25 patient beds
- Operating and procedure rooms
- 24-hour emergency services
- Diagnostic services, such as imaging procedures
- Physical therapy services
- 150 to 200 employees
- 69,800-square-feet
- Accepts all major insurance plans, including Medicare

The concept for this type of hospital has gained popularity in the United States and Europe over the last two decades, but not in Cleveland, where big systems dominate. They are catching on because of superior outcome scores with lower complication rates, better functional outcomes, higher patient satisfaction rates, and lower costs.

“The efficiencies that are derived from gaining focus in patient care are exponential,” Dr. Gobezie explained. “The design of our hospital is ‘purpose built’ for surgical care, and our goal is to reduce complications from infection, which is a real problem in our city now.”

He explained how a hospital’s central processing department, where surgical

instruments are washed and sterilized, is run. Although all hospitals have a process in place, contamination still exists. This is an issue that he and his team are addressing because they know there is room for improvement.

He also explained how operating rooms are quarantined, so no one is allowed to walk in and out of the area wearing scrubs. “When you see people in the grocery store in their hospital-issued scrubs, contamination is not being controlled,” he said.

One of the primary goals of establishing this hospital was to bring value to health-care delivery. The definition of value, by David Porter at Harvard Business School, is Outcomes/Cost. “With a lower cost, we would aim to deliver superior outcomes,” Dr. Gobezie explained. “In Cuyahoga County, healthcare costs are expensive, at 90% nationally. Therefore, we have a lot of wiggle room to improve.”

“Competition is healthy. It drives improvement for everyone,” he said. “A rising tide lifts all the boats.”

Dr. Gobezie told us that there are more exciting developments in the works that he will share in future issues of *Beachwood Buzz*.

Beachwood Medical Center is located at 25501 Chagrin Blvd. For more information, visit lakehealth.org.

After-Prom Community Pancake Breakfast

Sunday, April 14
Beachwood High School
9 am – 1 pm

Mark your calendars! The 2019 after-prom committee is hosting a pancake breakfast to raise funds to support this year’s after prom, which will take place Sunday, May 19, at RollHouse Solon, from 12:30-2:30 am. After Prom is a safe, fun, alcohol- and drug-free event for senior students that immediately follows prom. Transportation is provided.

“This pancake breakfast will be a fun community event that will help us meet our fundraising goal!”

“We have an amazing committee, that has been working hard since last May to raise funds to make this event a success,” said Terri Sternberg, event co-chair. “This pancake breakfast will be a fun community event that will help us meet our fundraising goal.”

Bring your family and friends, and enjoy delicious all-you-can-eat pancakes, along with bacon or sausage, orange juice or coffee. Fruit will be available for an extra charge. You can also watch Pixar short movies while you eat, and enter to win great raffle prizes, which include an Amazon Echo Plus, Apple Air Pods, an LOL Surprise Basket and a Hot Wheels Basket.

Pre-Sale Tickets (through April 12) are \$8 per adult and \$5 for kids, 10 and under. Fruit cups are an additional \$1. Tickets may be purchased online at beachwood-schools.membershiptoolkit.com under upcoming events.

For more information or to purchase tickets by check, email BHSAfter-prom2019@gmail.com.

Megan Walsh Fills Beachwood Board of Education Vacancy

On January 6, Steve Rosen resigned from the Beachwood Board of Education because his new position at Key Corp. prohibits him from holding elected public office. Fifteen people applied to fill the vacant seat and Megan Walsh was selected to complete the unexpired term, which runs through December 31, 2019. In November, three board seats will open up – one two-year term, and two four-year terms.

“Megan had a passion and great experience in the areas of diversity and mental health,” said board president Dr. Brian Weiss. “Of course, she is also passionate about education. Her background and qualifications matched our board’s initiatives of mental health, cultural competence and student learning, today and moving forward.

“This was not an easy choice. We had many excellent candidates who I’m sure would have done a great job,” Brian added.

Following Megan’s appointment, we had an opportunity to learn more.

Where did you grow up?

I grew up in Mentor, attended college out of state and returned to Northeast Ohio for graduate school. My husband, Brandon, and I lived in Cleveland Heights for 10 years before moving to Beachwood in the spring of 2013.

What motivated you to move to Beachwood?

Our decision centered on high-quality public schools. My top priorities were a diverse student body and inclusive school environment. My husband’s top priority was strong academics. We both found what we were looking for in Beachwood.

How old are your children?

Nolan, nine years old, is a Hilltop third grader; and Cooper, five years old, is a Bryden kindergartener.

What are the best qualities you see in the Beachwood schools?

I love the teachers, administrators, and staff. Through their diligence and compassion, they create an accepting environment where individual differences are honored and explored, while simultaneously celebrating similarities. I love that they focus on developing the whole child while also prioritizing academics.

What motivated you to apply for this vacant seat?

When I’m in my sons’ schools or at school events, I feel that I’m experiencing the best of America. My interest in applying for the Board vacancy came from wanting to ensure that all families feel their identities and experiences are being honored and valued in our schools.

What’s your “why” for wanting to serve our schools?

Personally and professionally, I’m committed to equity. Through this role, I can work towards equity for all Beachwood students. My personal motto,



Megan and Brandon Walsh, with their children, Cooper and Nolan.

borrowed from Gandhi, is: “be the change,” so it’s important to put my values into action.

Tell us more about your professional background as a social worker.

I worked as a multisystemic therapist for one year with families that had a child who was returning home from juvenile detention. For four years, I was a community health worker and case manager for the MomsFirst program – the program for which I am now deputy project director. For five years, I was a school-services therapist at Lincoln-West High School in Cleveland.

Can you share specific tips for parents of challenging children?

It’s difficult to employ a ‘one size fits all’ set of tips. Every child is unique in their needs, and what works for one may not work for another. That said, it is good to explore all the contributing factors to the behavior. There are often drivers that are overlooked, which provide opportunities to make changes. Also, approaching any challenge with an open mind and empathy is a good idea, even though it is often easier said than done.

How did you get involved with the MomsFirst Project?

I was hired as a community health worker for the MomsFirst Adolescent Component at the May Dugan Center in 2006. The position appealed to me because of the ways in which the work supported pregnant and parenting moms. At that time, I was very interested in helping parents develop healthy attachments to their babies.

Tell us more about the organization and how readers can help if they wish to become involved.

The goal of MomsFirst is to reduce the racial disparity in infant mortality in the city of Cleveland. We work towards that goal by providing home visits, education, and support for pregnant women. We also address factors such as racism and toxic stress, which contribute to the disparity. MomsFirst offers Infant Mortality Ambassador training for all prospective volunteers. Through the training, a match is made between the program’s needs and a volunteer’s interests. MomsFirst also has an Amazon Wishlist for those who would like to help meet the material needs of participants.



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MISHLOACH MANOT

Sunday, March 10 • 10 am

MOTOWN MEGILLAH MEAL* & SPIEL

Sunday, March 10 • 6 pm Dinner / 7 pm Spiel

COFFEE HOUSE & CASINO NIGHT*

Saturday, March 16 • 9 - 11:30 pm

GET YOUR GAME ON AT THE CARNIVAL*

Sunday, March 17 • 11:30 am – 1:30 pm

FAST OF ESTHER MINYAN

Wednesday, March 20 • 7 am or 7:30 am

**CELEBRATE PURIM WITH THE
 WHOLE MEGILLAH**

Wednesday, March 20

6 pm Purimpalooza: Pre-Party for Young Families (*registration required*)

7 pm Family Megillah Reading

7:30 pm Traditional Megillah Reading

8 pm "So You Think You Know It All" Trivia For Teens

8:45 pm "After Hours" Trivia For Adults

**MORNING MINYAN MEGILLAH
 READING & BREAKFAST**

Thursday, March 21 • 7 am

PURIM KINDER SHABBAT

Friday, March 22 • 10:30 am

*There is a fee associated with these events.

Stay Amazed

by Jennifer Stern



“What is it you plan to do with your one wild and precious life?” Mary Oliver, an American poet from Cleveland, died recently at the age of 83. She spent her life finding the extraordinary in the ordinary. Losing, inspiring and healing herself in nature, as I often do. Creating poems of wonder, healing, love, connection, courage, and hope, all inspired by her observations of nature. She lived fully present and completely dazzled by our beautiful world. She found solace from her pain as well as amusement, joy, connection, and gratitude in nature. She was willing to be dazzled.

She asked, “Have I experienced happiness with sufficient gratitude? Have I endured loneliness with grace?”

Oh, how I love the power of those words! Isn't this, after all, how we live authentically with humility and the chosen awareness of, and commitment to, gratitude; to what brings light

in darkness and to what allows us to endure with grace?

Her poems reflect her deep reverence for nature as a balm to sorrow, loneliness, and isolation. She once said that she stays where she is happy: in her mind, in her soul, in the trees, and along the water. Her life was by no means easy or without

pain. On the contrary, she was molested as a child and lived courageously with that trauma.

She lost her partner to cancer and she herself was diagnosed with, and ultimately died from, cancer. Through all of life's ups and downs, she stayed connected to and found solace in her observations of nature.

What I find so powerful is that nature is available to all of us. No co-pay needed. We do not need to be wealthy, able bodied, of good health, in a relationship, or gainfully employed to find solace in nature. We just need to be present.

Her words inspire and carry me: *I acknowledge my feeling and gratitude for life by praising the world and whoever made all these things. I try to keep the emphasis on the good and the hopeful.*

There were times over the years when life was not easy, but if you're working a few hours a day and you've got a good book to read, and you can go outside to the beach and dig for clams, you're okay.

Instructions for living a life: Pay attention. Be astonished. Tell about it.

I believe in kindness. Also in mischief. Also in singing, especially when singing is not necessarily prescribed.

Someone I loved once gave me a box full of darkness. It took me

years to understand that this too, was a gift.

You must not ever stop being whimsical. And you must not, ever, give anyone else the responsibility for your life.

When it's over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms.

You must not ever stop being whimsical. And you must not, ever, give anyone else the responsibility for your life.

She accomplished her wish and died having been a bride married to amazement. She lived in gratitude and found solace and pleasure in nature. Thankfully, she shared her observations with all of us. For this, I am more mindful, grateful and present.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.

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Hayley Dubin's 7-Day Healthy Habits Challenge

Beachwood resident and certified health coach Hayley Dubin offers a 7-day challenge to *Beachwood Buzz* readers. If you're on track to a healthy 2019, keep up the good work! If you can use some motivation, read on. Just focus on one aspect of good health each day. In the large scheme of things, baby steps lead to success.

Day 1: Breakfast

Breakfast has numerous benefits for your body and mind. It energizes you and helps you start your day on track. Starting your day with a healthy breakfast can actually help you avoid overeating later in the day. When you eat breakfast, you jump-start your digestive system. When you skip breakfast, your body continues to metabolize food slower, which may lead to weight gain.

Do you normally eat breakfast? If not, are you willing to try it this week?

Day 2: Move Your Body

Diet is important, but the most important piece of any healthy lifestyle is exercise. Movement is key to establishing healthy habits. Try to fit into your schedule at least 30 minutes of exercise at least 5 times a week. In addition to weight loss, exercise helps to boost your mood by increasing endorphins, and improve your sleep by strengthening circadian rhythms, which impact quality of sleep and make you feel more refreshed when you awaken.

Can you commit to 20-30 minutes of physical activity starting today? Where can you fit exercise into your day?

Day 3: Take Realistic Baby Steps

The easier a change, the better chance that it will stick. Take baby steps and plan ahead. Look ahead at your weekly schedule so you can find time to grocery shop, prepare healthy meals and exercise. Make appointments with yourself, mark them on your calendar, and follow through.

What baby steps are you taking to benefit your lifestyle? Do you plan ahead?

Day 4: Snacks

It happens to all of us from time to time – we're out, hungry, need a snack right away, and pick the healthiest choice from a list of bad options. If this scenario happens on occasion, no problem. When you know you are going to be away from home for more than two hours, prepare to eat on the go. Find snacks that appeal to you and are easily transported. You will be rewarded with more energy and better results in your weight-loss efforts.

Do you plan ahead, or snack on the go?

Day 5: Drinks

Does your morning typically start with a latte or cappuccino? Do you find yourself reaching for a Diet Coke to help you snap out of a mid-afternoon slump? While sweet drinks may give you a temporary energy boost, they also cause energy levels to crash shortly afterwards. The more sugar you consume, the more you crave, and the only way to break the cycle is to eliminate (or drastically reduce) your sugar consumption. Try trading out sugar-laden or artificially-sweetened drinks for water or unsweetened iced tea, both of which will help you stay hydrated without adding unnecessary calories. If you're craving some flavor, try infusing your water with fruit to improve the taste. Everyone has different hydration needs, based on weight, activity level, and other factors. Make it a starting goal to drink three to four (8 oz.) glasses of water a day, and adjust according to your needs.

Are you drinking enough water daily?

Day 6: Sleep

Adequate sleep has a lot to do with overall health, and your waistline. Sometimes, when we're busy, we want to push through to get things done. However, while cutting back on sleep may seem that it will boost productivity, the opposite is true. It reduces mental clarity; makes us more susceptible to sugar cravings; boosts our body's production of cortisol, a stress hormone that causes our body to store fat; and decreases our motivation to exercise. Most people need between 7-9 hours of sleep every night to function at their best. When you have enough sleep, you wake up refreshed.

How many hours of sleep do you get each night?

Day 7: Mindful Eating

When we are mindful, we focus on what we are doing. To be mindful when you are eating, simply slow down, chew more, enjoy the food and company, and make sure that you are intentional with your food consumption. Distracted eating can lead people to consume up to 50% more food. Take time to savor the various flavors and textures as you chew. In addition to weight loss benefits, we absorb more nutrients when our food is adequately broken down in our mouth, before digestion. When you add mindful eating to your healthy lifestyle, it can help you lose weight, aid in digestion, and help you to enjoy your food more than ever before.

Are you mindful when you eat? Try slowing down to enjoy your food today.



Hayley Dubin, Certified Health Coach Cancer Recovery and Preventive Health

If you're on track to a healthy 2019, keep up the good work! If you can use some motivation, read on. Just focus on one aspect of good health each day. In the large scheme of things, baby steps lead to success.

Hayley, a 20-year, stage-3 ovarian cancer survivor, made it her mission to help others who have been touched by cancer get their lives back – with more purpose, peace, passion, and vibrant health. For more information, visit www.revivewellness.com or email hayley@revivewellness.com.

NCJW/Cleveland Screens True Story About Teen-Age Rape*



National Council of Jewish Women/Cleveland (NCJW/CLE) explores the issue of sexual assault, the rape culture in society, and how it split an Ohio community when it screens the award-winning documentary *Roll Red Roll*. The event, entitled *Rape Culture in America: Teen Age Rape, Responsibility and Repudiation*, takes place at the Mandel Jewish Community Center in its Stonehill Auditorium on Sunday, March 3, 4-6 pm. Event co-chairs are The Chagrin Documentary Film Festival and the Mandel Jewish Community Center.

Roll Red Roll is a true crime thriller that goes behind the headlines to uncover the deep-seated and social media-fueled “boys will be boys” culture at the root of high school sexual assault in America. Rachel Dissell, award-winning *Plain Dealer* reporter who helped bring this Steubenville, Ohio crime to light, will lead the post-screening conversation on sexual violence, its impact and ways to change the culture.

“This event is the second this year in our quarterly series of *Understanding the Issues*. It follows on the heels of Olympic gymnast Aly Raisman’s NCJW visit last September, when she addressed the sanctity of women’s bodies and refusal to tolerate abuse,” said Elaine Geller, president, NCJW/Cleveland. “We are continuing the conversation of sexual assault with this film and discussion.”

NCJW has a long history of advocating for women’s rights, which includes visiting Columbus and Washington


to seek legislation for gender equality, donating new clothing and toiletries to rape victims at hospitals, and presenting programs detailing the facts of Women’s Reproductive and Social Justice issues.

Filmgoers can access the Mandel JCC through the Stonehill Auditorium entrance on the west side of the building. Carpooling is recommended.

To register, visit <http://www.wizevents.com/register/6591> or call Lisa Hazlett at 216.378.2204. Cost of the event is \$5, which will be used to purchase toiletries and clothing for rape victims as they leave the emergency room. Young people under age 21 may attend free of charge.

*This film contains adult language and explicit content. Parental discretion is advised. The film’s distributor recommends it for high school age and above. View the trailer at <https://www.youtube.com/watch?v=5XJXC6VkpEM>.

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Top 25 Stop the Hate[®] Contest Finalists Announced

Winners Announced at Awards Ceremony on March 14

The Maltz Museum of Jewish Heritage is proud to announce its top 25 finalists for the 11th Annual Stop the Hate[®] Youth Speak Out essay-writing contest. The top-ten essays will be read to a panel of judges, winners will be named, and Youth Sing Out winners will perform at an awards ceremony, Thursday, March 14, 6:30 pm, at the Cleveland Museum of Art. This inspiring event is FREE and open to the community. Registration is encouraged by calling 216.593.0575 or visiting www.maltzmuseum.org to guarantee seating.

This year, students were asked to consider the benefits of a more inclusive society, the consequences of intolerance, and the role of personal responsibility in effecting change. Some issues students are confronted with and are fighting against include racism, ableism, homophobia, and xenophobia.

Through the generosity of a donor, the Maltz Museum annually awards \$100,000 in recognition of 6-12th grade upstanders. In 2019, the amount awarded to students and schools participating in Stop the Hate[®] will total \$1.1 million. An estimated 30,000+ students have participated across 12 counties in Northeast Ohio since the contest was launched, giving young people a platform to use their voices to speak out against hate and stand up for inclusion.

This prestigious contest offers students the chance to win individual scholarship money, and for schools to receive money for anti-bias education. Winners will be announced at an inspiring event, where the top-ten essays are read live in front of a panel of judges.

Top 10 Juniors and Seniors

- Heavenlee Alamo, James Ford Rhodes High School
- Marcie Baker, West Geauga High School
- Alexa Furukawa, Revere High School
- Alan Goodloe, Hudson High School
- Mackenzie Lee, Hawken School
- Samuel Oguntoyinbo, Solon High School
- Priyanka Shrestha, Beachwood High School
- Mathilde Tomter, Beaumont School
- Kennon Walton, University School
- Emma Witt, Berkshire High School

Grades 6-10

- Gabriella Censoprano, Hudson Middle School
- Elise Fletcher, St. Barnabas School
- Mallory Schenkenberger, Hudson Middle School
- Kamryn von Kunsay, Learwood Middle School
- Arianna Preston, Beachwood Middle School
- Veronica Schwartz, Beachwood Middle School
- Gigi Konrad, Rocky River Middle School
- Gianna Miller, Rocky River Middle School
- Aparna Srikanth, Solon Middle School
- Jenny Fu, Mayfield High School
- Ilana Miller, Mayfield High School
- Mykenna Roy, Mayfield High School
- Andrew Oscarson, Hudson High School
- Nathan Trost, Hudson High School
- Abigail Wilkov, Solon High School

Beachwood Drama Department Presents Fiddler On The Roof

The “Tradition” continues as *Fiddler on the Roof* returns to the beautiful Performing Arts Center at Beachwood High School on March 15 and 16 after an absence of more than ten years!

With nearly 50 students in the cast and crew, led by seniors Jonathon Slain (Tevey) and Maya Newman (Golde), the Beachwood Drama Department is proud to present one of Broadway’s most beloved and longest-running musicals. While the show focuses on the Jewish village of Anatevka in 1905, its themes of family love, grown children breaking away, and the need to end bigotry are universal. The story is told with wit and humor and revolves around Tevey, a dairyman; his wife, Golde; and their five daughters – Tzeitel (junior, Lexi Glova), Hodel (junior, Joelle Rosenthal), Chava (junior, Jordyn Zawatsky), Shprintze (6th-grader, Rachel Kantarovich), and Bielke (7th-grader, Arielle Epstein). Other featured performers are Motel (sophomore, Sam Berkowitz), Lazar Wolf (sophomore, Zach Ritzenberg), Perchik (senior, Zachary Harf), Fyedka (junior, Eric Golovan), and Yente (freshman, Shivani Rajgopal).

In addition to the heartwarming story, the show features a host of timeless songs including: “Matchmaker,” “Sunrise, Sunset,” “Tradition,” and “If I Were a Rich Man.” The musical score was composed by Jerry Bock, with lyrics written by Sheldon Harnick, and libretto by Joseph Stein. The production opened on Broadway in 1964.

All performances will be at the Beachwood High School Performing Arts Center, 25100 Fairmount Blvd., with evening performances on Friday,

March 15, 7 pm; Saturday, March 16, 7 pm; and a matinee on Saturday, March 16, 1 pm. Tickets will be available at www.beachwoodschoools.org or at the door, at the following prices: adults, \$15; seniors, \$12; and students, \$8.

Following on the success of last year’s spring musical, *FAME*, directors Robb Sapp and Patricia Haynish are thrilled with the exceptional talent and energy of these young cast members. Sapp, a Solon native, attended Syracuse University, and has appeared in on- and off-Broadway productions, including: *Wicked*, *Shrek*, and *The Lion King*. Haynish is a retired music-department chair and theater director for Chagrin Falls and Solon City Schools. She has directed multiple plays with Sapp in recent years, including *Broadway Comes to Chagrin’s Smokey Joe’s Cafe* (Chagrin Valley Little Theater’s Gala) and *Peter Pan* at the Chagrin Falls Performing Arts Center.

Sapp and Haynish are extremely excited that this year’s show will be part of the Dazzle Award adjudication process connected to Playhouse Square. A number of cast members from the fall play and the musical, *Peter and the Starcatcher*, have already had the opportunity to attend master classes at Playhouse Square. Special guest choreographer, Jack Scott, an original cast member from the Broadway production of *Newsies*, conducted two days of staging and workshops in February.

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Fiddler On The Roof

Beachwood High School Performing Arts Center
25100 Fairmount Blvd.

Friday, March 15 • 7 pm
Saturday, March 16 • 7 pm
Saturday, March 16 • 1 pm

Tickets (available at the door or at www.beachwoodschoools.org):

Adults • \$15
Seniors • \$12
Students • \$8



Front row from left: Maya Neyman (Golde), Arielle Epstein (Bielke), and Jonathon Slain (Tevey).
Middle row: Rachel Kantarovich (Shprintze), Joelle Rosenthal (Hodel), and Jordyn Zawatsky (Chava).
Back row: Lexi Glova (Tzeitel).

A Local Perspective on World Travel

by Debby Zelman Rapoport

What would it be like to travel solo? See the world? Meet people from other countries and immerse yourself in their cultures?

These were questions that Julie Rapoport, BHS class of 2009, asked herself when she finished college. Her questions did not go unanswered.

Julie completed her college journey, with a BA in finance. As a gift to herself, she booked a 34-day Contiki tour to Europe. Timing was such that this trip went back-to-back with her Birthright* trip to Israel, where she got her feet wet for travel.

"I learned from a young age to save my money, although I never knew what I was saving for," she said. "When I graduated, I had successfully saved and felt that at every stage of life we should enjoy ourselves, so I booked this tour."

On the way to the airport, Julie remembers telling me, "I know that it's good to step out of my comfort zone, but I'm so far out of my comfort zone right now that I can't believe I'm doing this!"

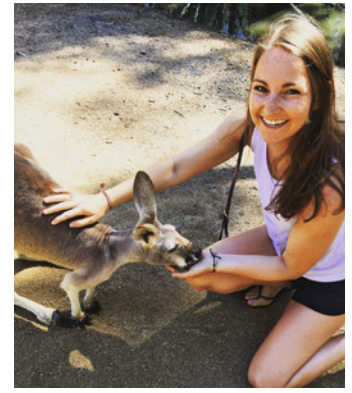
Since that day, the boundaries of Julie's comfort zone have expanded. She's learned a lot about travel, herself, people around the world and life outside of Ohio. "I wanted to meet new people, expand my horizons and see the world; and this was the perfect time to do it," she said.

There were 28 people on her trip, and Julie was the only American. There were a few people from New Zealand, two from Canada, and the rest were from Australia. From this experience, Julie learned that the American way is not how the rest of the world lives. "The people I met – and their cultures – value travel," she said. "It's the norm for people to take a gap year to travel. Employers encourage travel and balance, so employees get more than just 10 days off work each year. Overall, travel is more the norm, not the exception."

Julie visited 18 countries in 34 days, which included a cruise around the Greek Islands. Her itinerary was jam-packed; she loved the whole experience and made friends for life.

As her trip was winding down, Julie reflected on her experiences and was grateful that she had the courage to embark on this journey, saying that it was liberating. She also recognized that there is more to life than graduating from school and jumping into full-time work in corporate America.

When Julie returned home, she knew it was temporary. She wanted to go to Australia for a year, spend time with her new friends and enjoy what that



Clockwise from top: Julie Rapoport in Vietnam, Australia and Venice.

continent had to offer, but she had to first build up her funds. She obtained a temporary position as a financial analyst and about a year later, packed her bags.

Julie began her Australian adventure with another Contiki tour around Australia's northern territory and cities located on the east coast. She also stayed in hostels and rented a room in Gold Coast, a sweet little beach town that is home to her friend Brittany. She made friends, got a retail job (yes, they pay \$24/hour for retail in Australia!), and experienced life as a local.

She then signed up for a yoga retreat and an Intro Travel tour in Bali, followed by a trip home for her cousin Brett

and Courtney's wedding. She returned to Australia to tour the country's west coast and visit her friend, Naomi, in Melbourne. She also booked open-dated trips to Vietnam and Thailand, but chose to come home first.

"Sometimes I feel as though I can live that lifestyle forever but, after a while, it can get pretty tiresome to move around so often," she said. "Backpacking is amazing, and I wouldn't trade my experiences in for the world."

When Julie returned home, she landed a management position at Cleveland Yoga. She worked for a year, saved money, and decided the timing was right to take her booked trips to Thailand and Vietnam. She also tacked on Cambodia, Philippines, and



Julie's Thailand experience.

Australia, which she says couldn't have worked out better.

"My travel experiences have been the best times in my life," she said. "The places I saw were amazing, but what really stands out are the people I met.

"Travel was never really a part of my plan; my experiences paved my path," she added. "So many people follow the

path that is expected of them – they graduate high school, attend college for four years, continue their education or get a full-time job, settle down, get married, have kids.

"I'm not knocking that. I respect it. It's right for many people," she added. "At times, people have told me that they wish they'd have travelled more in their 20s, before settling down. I took that to heart and thought that's something I want to do, and now's the time.

"I'm grateful to have seen so much of the world," she added. "I'm still in my 20s and have plenty of time to build a career and settle down."

And now, since photos are the best souvenirs, Julie is creating photo books – one for each location – so her memories live on throughout her lifetime.

"I didn't do anything spectacular," she said. "I just took a different path. Others may have

opinions about what they feel you should be doing, but it's your life."

What's next?

"I don't know," she said. "I guess I'll wait and see where my path may lead!"

*Birthright is a not-for-profit educational organization that sponsors free ten-day heritage trips to Israel for young adults of Jewish heritage, aged 18–32.

"Travel was never really a part of my plan; my experiences paved my path," she said.

Lessons Learned:

- Experiences are much more valuable than things.
- If you want something badly enough, you can work to make it happen.
- Save your money.
- Cut out limiting self-talk.
- Pack light. You don't need much.
- Leave valuables at home.
- There's a lot to see in the world.

- Although most people speak English, it's good to learn a few words in the languages that are spoken in countries you visit. The locals will appreciate it.

Biggest Fears:

- Forgetting my passport or leaving it somewhere.
- Wandering and getting super lost.
- Baggage getting lost in transit.

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PROUD MEMBER Rotary 

Don Kwait, Rotarian who helped to initiate Rotary International's Polio Eradication Program.

About Chagrin Highlands Rotary

The Chagrin Highlands Rotary, which covers Beachwood, Woodmere, Orange, and Pepper Pike, is one of 31,000 clubs worldwide that provides service to its respective community.

On February 8, the Rotary invited keynote speakers from 2018 to attend its first Recognition Luncheon. John Newburger, speaker and membership chairman, introduced each guest,

who briefly reviewed his or her topic and provided an update.

Speakers included (*front row, from left*): Beachwood Mayor Martin Horwitz, Alex Gertsburg, Annie Espinoza Gonzalez, Kathleen Parri-

no, Louise Freilich, Ohio Supreme Court Justice Judi French, Rotarian Reverend Stanley Miller, and Rotarian Bruce Schermer.


Back row from left: Jason Setser, Henry Doll, previous Rotarian Dr. Ken Polke, Hilary Sparks-Roberts, Beachwood Police Chief Gary Haba, Greg McNeil, Susanna Goulder, Richard Spector, and Jack Malkin.

Not pictured: Michelle Ryb.


John thanked speakers and leaders for their contributions and presented a brief overview of the Club's activities in Beachwood, in neighboring communities throughout our district, and with Rotary International. He also acknowledged and thanked Dr. Don Kwait, a 60-year-plus Rotarian, who helped to initiate Rotary International's Polio Eradication Program in the late '70s, which resulted in eliminating the disease. Today, it is believed that there are only one or two cases worldwide.



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Rotary Pancake Breakfast

Sunday, March 10
9 am – 1 pm
Orange High School

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For more information, contact John Newburger at jnewburger@yahoo.com



Rotary Pancake Breakfast

On Sunday, March 10, 9 am to 1 pm, Chagrin Highlands Rotary Club will hold its 27th annual Pancake Breakfast in the Orange High School cafeteria. The cost is \$8 for adults and \$5 for seniors and children. This is the Club's only fundraiser, and it benefits people in need, in both local and worldwide communities.

Rotary members will be flipping regular and blueberry pancakes, which will be served with sausage and pure Ohio maple syrup. Entertainment is planned, and the public is invited. Sponsorships are available and tickets may be purchased at the door. For more information, contact John Newburger at jnewburger@yahoo.com.

City Barbeque Opens in Beachwood

City Barbeque opened its first Cleveland-area location on January 21, at 24325 Chagrin Boulevard, Beachwood. City Barbeque Beachwood is the company's 42nd location, and serves the same award-winning barbeque, homemade sides, and indulgent desserts that folks have come to know and love.

In celebration of the restaurant's opening, Mayor Martin S. Horwitz participated in the joint's "Rib Bone-Cutting Ceremony," officially opening City Barbeque for business in Beachwood. The first 50 folks in line received a free City Barbeque T-shirt.

On Saturday, January 26, from noon-8 pm, City Barbeque Beachwood hosted a grand opening celebration, filled with hourly giveaways, special offers, live music, face painting, crafts, games, and more. Festivities included a rib-eating contest with Beachwood High School athletes, appearances from local band

Raw Sugar, and WONE personality, T.K. O'Grady.

Congratulations to Beachwood High School Swim Team on winning the contest!

City Barbeque Beachwood graciously donated 10% of the day's sales to Believe in Dreams, a local non-profit organization dedicated to fulfilling the dreams of economically disadvantaged children in Northeast Ohio.

For more information, visit www.citybbq.com, and follow City Barbeque on Facebook, Twitter, and Instagram. For more information about Believe in Dreams, visit www.believeindreams.org.

Senior general manager Scott St. Clair, Mayor Martin Horwitz and manager Matthew Baughman cut the ribs to officially open the restaurant!



Congratulations to BHS swimmers, winners of the rib-eating contest! From left: Alex Pham, Gabe Colmenares, Yehonatan Hyer, Matthew Keyerleber and Grady Bystrom.

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HEY NEIGHBOR!

by Arlene Fine

Saluting Two Veteran Volunteers

Retired Navy Seaman First Class Mickey Katz, 91, and retired Army Private First Class Bob Young, 90, continue to be of service.

Once a week, Mickey and Bob drive down to the Cleveland VA Center's Cares Tower on Wade Park. They visit hospitalized vets who are going through either short-term or long-term rehab, or else require long-term skilled nursing care.

During their four-hour visits, the Beachwood residents bring life, love and lots of laughter to everyone they meet. "We are friendly guys and have no trouble building relationships with the patients," says Mickey. "All it takes is one look at the hat on a person's head designating his or her branch of service and the conversation flows naturally from there."

Wearing their VA security badges, the dynamic duo walk

through the rehab areas and skilled care units kibitzing with patients and greeting many by name. The hospitalized men and women who enjoy the lively, comedic repartee, now hallmarks of Mickey and Bob's weekly visits, often reciprocate their friendly banter.

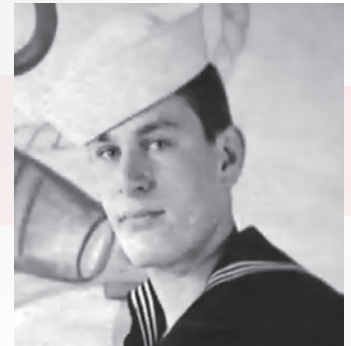
"We have a unique way of interacting and bonding with the patients during our visits," says Bob. "We have found our niche."

Whether it's telling jokes, talking about sports, playing electronic games like bowling and bingo, or just being good listeners, Mickey and Bob's magic formula is treating the men and women they visit like friends, rather than patients.

The two volunteers are also cognizant about each veteran's



Bob Young



Mickey Katz

medical needs. "We work with therapists and nursing staff, so we know what snacks the vets can eat while we are together, and what their physical limitations are," says Bob.

Mickey and Bob's magic formula is treating the men and women they visit like friends, rather than patients.

Since the veterans being treated at the Cleveland VA Center come from all walks of life, Mickey, who had a career in finance, and Bob, who earned his living in sales, have met farmers, retired policemen, firemen and a number of other interesting people. "It's eye-opening to learn about each person's career and what they did with their lives after they left the service," says Mickey.

At the end of each visit, Mickey and Bob come home exhausted. "We give it our all each week," says Bob. "And it is always worth it. The amount of appreciation we get from the vets is unbelievable. They enjoy our visits so much, that they don't want us to leave, but we tell them not to worry, they can't get rid of us, we will be back the following week."

The close friends encourage other people to consider volunteering at the VA. "Although we have a special bond because we were in the service, you don't have to be a veteran to volunteer," says Mickey. "All you have to do is look beyond the infirmity and see the whole person, and a new world opens up to you."



Bob Young and Mickey Katz volunteering at Cleveland VA Center's Cares Tower.

Feeling Isolated? You're Not Alone

As spring makes its way to northeast Ohio, many of us come out of 'hibernation' to enjoy the budding outdoors with a friend or spouse.

But for older folks living alone, it's not always as easy as just opening the door to step outside. Age brings many difficult changes that contribute to a more solitary life. According to Tina Witt, director at the Mandel Adult Day Center of Menorah Park, "One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. Friends, significant others and family members move or pass away or have less time to visit due to other obligations."

Living alone also has other drawbacks. "Nutrition also suffers with age," said Tina. "When older people are isolated, their diets often suffer. Plus, feelings of loneliness are linked to poor cognitive performance and quicker cognitive decline."

There's hope, and help for those experiencing isolation.

- Take the initiative to become a member of a formal or informal group that is united by a common theme or activity.
- Identify and reach out to neighbors who you can trust and who can check in on you periodically. These simple interactions often turn into genuine friendships.
- Community classes may be very good for social interaction. Plus, they are typically fun and educational.
- Having your own pet, or helping someone else with their pet, can be helpful. For example, walking a neighbor's dog every day gets you out of the house and into the world around you. If walking outside of the home is not an option, consider a cat or a bird- even fish! Pet responsibilities give people purpose and meaning.

- Engage in social activities with friends and loved ones.
- Enroll in an adult day center for all-day activities. Transportation is often provided.
- Join a gym, you are never too old to get in shape. Working with light weights helps to build muscle, and to improve gait and balance.
- Make use of Home Health Services to have someone besides family members checking in on you and to make sure you are taking meds on time, eating when you should, and receiving wellness checks.
- Volunteer! There are many opportunities for people of all ages and with various talents to share.
- Invite family members over to play cards, board games or to look through old photographs.
- Pick up a new hobby.

There's hope, and help
for those experiencing
isolation.

Ideastream recently did a special segment on loneliness in older adults, featuring Tina. If you or loved one experience isolation, it's time to get out and start living again!

This information was provided by the Mandel Adult Day Center of Menorah Park. Call 216.836.6673 for more information.

You can find the Ideastream segment that features Tina Witt talking about adult isolation at <https://www.ideastream.org/programs/ideas/opportunity-zones-loneliness-lorain-quick-picks>.

Age isn't chronological. IT'S PERSONAL.



Just as there were a thousand ways to be 25, there are a thousand ways to be **68, 88 or 98.**

No matter where you are in your journey,
we can help –
from therapy and brain health education,
to home health, residential care and more.

Find out more at
MenorahPark.org



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Couple Weds Cancer with Courage

Since Andy and Amy Simon married almost seven years ago, they have been playing superhero roles in each other's lives. With strength, dedication and love, they support each other through thick and thin.

Three-and-a-half years ago, they were put to the true test when Andy was diagnosed with glioblastoma multiforme (GBM) grade 4. Andy was 51 then, and he didn't know a GBM from a BMW. He also didn't learn all the details right away because Amy made sure he stayed off the internet.

GBM, the worst of all brain cancers, is very aggressive. Typically, life expectancy is no more than 15 months. It is the form of cancer that struck a well-known Beachwood fire captain, John McCain, and Ted Kennedy.

Nonetheless, Andy, a 30-year Beachwood resident, never asked, "why me?" Neither did he feel this was a death sentence. He was a busy guy who had no time for any of this. His son, Alec, was getting married and his daughter, Marisa, was graduating from college not long after his diagnosis. His positive attitude and strength – coupled with that of his wife – successfully took him down a path that nobody would choose to travel.

This is a story about, strength, connection, courage, trust, belief, and maintaining a positive attitude. "Negativity gets you nowhere," he said. "I have a lot to live for."

For years, Andy had been getting migraines every six-to-eight weeks. He'd awaken in the middle of the night feeling nauseous, and take his medication. Back on November 2, 2015, he awoke at 4 am with a debilitating headache that wasn't responding to his usual medicine. Several hours later, he insisted that he go to the hospital, and headed straight to University Hospitals Ahuja Medical Center.

They medicated him, which didn't help. A scan then revealed a brain bleed and he was transferred to University Hospitals' main campus, where he underwent further testing, which uncovered a huge mass. Four days later, Dr. Sloan performed a seven-hour surgery to remove the tumor. The good news was they removed the entire tumor. The bad news was Andy has glioblastoma multiforme, grade 4.

Amy knew what that meant, and her stomach sank. Andy didn't. They digested the information, stayed positive, and listened to advice from specialists at University Hospitals. They learned of clinical trials, and took a Herculean leap of faith to put Andy's life in the hands of Dr. Andrew Sloan, director of the Brain Tumor and Neuro-Oncology Center, and his team, which included Dr. Stan Gerson, Dr. Lisa Rogers and clinical research nurse Christopher Murphy.

Surgery and all treatments, including radiation, self-injections to grow platelets, a one-time heavy dose of chemo, a stem-cell transplant, and chemo, based on clinical trials, were sequenced and carefully administered. Andy also endured four bone-marrow aspirations – not for his treatment, but to help advance one of the clinical trials.

Four days after surgery, Andy was transferred to University Hospitals Rehabilitation Hospital. Four days after that, the staff kicked him out after a staff member laughed at how he tapped balloons and played ping pong. "You don't need to be here anymore," he was told.

Andy's clear commitment to life has stunned many people,



Katie Couric with Andy and Amy Simon at "Stand Up to Cancerfd

including co-workers at Vienna Distributing. Andy missed a mere 10 days of work over the course of his treatment and returned to work 14 days after his diagnosis. Dr. Sloan says he'd never seen anything like this and was equally as impressed.

When a staff member saw him carrying a 50-pound package, despite doctors' orders to lift nothing more than 10 pounds, the man remarked incredulously, "Who are you? Superman?"

"I've never been challenged before like this and I had no option," Andy said. "I had to go forward and beat this, and I'm going to continue to beat it. That's my message. You've just got to beat it."

– Andy Simon

He thought about it and decided that the Superman persona would be something powerful to focus on, to visualize Superman's strength while he fought his battle. With the superhero frame of mind, Andy then ran 10 miles, just because it felt good.

Amy was at Andy's side every step along the way. On his last day of treatment, with media present, Andy showed up in a Superman suit for one purpose: To bring hope to others who had received a life-threatening diagnosis.

"With trials come hope for a cure to an incurable condition," Amy told us. "It has been 40 months since Andy's diagnosis. He is the third person in the world to complete the treatment portion of these clinical trials. Every two months, he is tested and, to date, his scans not only continue to remain clean, they look better and better, which is unusual."

What appears to have made a real impact on Andy's progress is the courage and connection shared between the couple. Quite frankly, he beams, he might not have made it without Amy's unconditional support.

"Andy has a very special spouse," says Dr. Sloan. "Amy is amazing."

"There were times when we were scared," Amy said. "But we always remained – and continue to remain – positive and strong."

"Since 2014, Andy and I adopted healthy lifestyle changes, including clean eating and nutritional supplements, which resulted in a 60-pound weight loss for Andy," Amy added. "He looked and felt good going into this and we believe that because of his strength, he was better able to handle the most intense clinical trials."

What drives Andy's outspoken attitude is an interest in giving hope to others. And he doesn't sweat the small stuff. He chooses to focus on the big picture, which, if framed, would feature GBM-cancer patients being cured. It would depict this new protocol, the one

for which Andy knows he served the purpose of science. His positive outcome to date is accredited to the wisdom of Dr. Sloan and the support of the cast of characters in his life – his clinical research team and “Team Simon Strong,” his personal support team of family and friends.

Today, Andy notices some short-term memory challenges. On the flip-side, some pleasant surprises have surfaced over the past couple of years. Andy has four Superman tattoos and plenty of Superman swag as symbols of his journey. He also sports a number of message magnets on his car, including one that says “piss on cancer!” that get positive responses from passing cars.

Andy also shared that he is amused that when you google “Ohio Superman Cancer,” stories about him surface.

A groundswell of support came a year ago when Andy and Amy attended “Stand Up to Cancer,” a special star-studded annual event in New York, which was attended by about 500 people. It was hosted by Katie Couric, a very vocal advocate for cancer awareness and funding. The Simons were accompanied by several key University Hospitals researchers and donors. This was a celebration of the 30th anniversary of the Case Comprehensive Cancer Center, a partnership organization that supports cancer-related research efforts at CWRU, University Hospitals and Cleveland Clinic.

During the event, Andy and Amy were surprised to see a short video, created by University Hospitals, that featured them – a video that shared their success story and was well received.

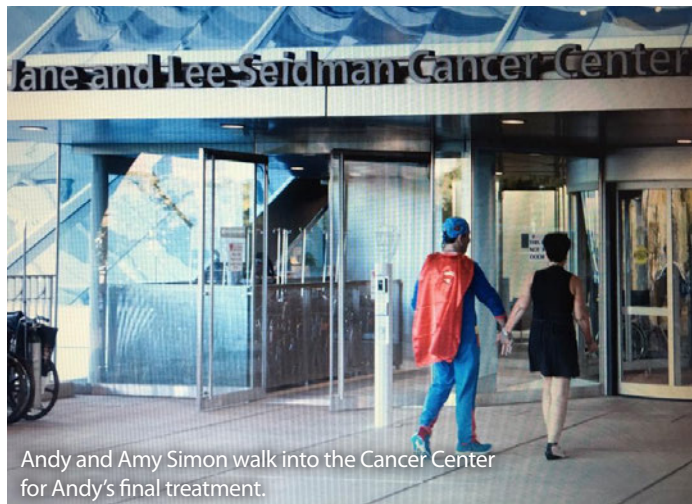
With Amy at his side 24/7 through the entire treatment and recovery process, and through trusting his team at University Hospitals, Andy was able to avoid looking at negative possibilities. He also steered away from pondering his fate.

Amy believes there’s a reason why events in their lives have sequenced as they did, and feels that as a couple they have come out stronger. They urge others to lead a healthy lifestyle, cling to a positive attitude, surround yourselves with a positive support team, always have hope, believe you are a survivor, trust your medical team, be a fighter and don’t give up.

While Andy and Amy aren’t faster than a speeding bullet, stronger than a locomotive, or able to leap tall buildings in a single bound, they both have super powers that help others remain positive. These powers require plenty of strength and resolve, which they both seem to have an abundant supply.

“It’s cancer,” Andy said, “and we’re kicking its ass.”

Andy and Amy are willing to be a resource to anyone who is fighting a their own battle. They may be reached at 216.214.0775.



Andy and Amy Simon walk into the Cancer Center for Andy’s final treatment.



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Senior Living Program at The Weils

Lunch and Learn

“Dementia from the Inside Out”

Tuesday, April 16

11:30 am lunch · 12 pm presentation

The community is invited to attend a free Lunch and Learn, entitled “Dementia from the Inside Out,” featuring the Very Rev. Tracey Lind, a newly-retired Episcopal priest and city planner whose ministry has included work for social and environmental justice, interfaith relations, sustainable urban development, arts and culture, and progressive theology. Most recently, Tracey’s ministry has extended to include the spiritual insights and lessons she has gained from a life complicated by dementia.

In November 2016, Tracey was diagnosed with the early stages of frontotemporal degeneration (also known as FTD, which is the most common form of dementia for people under the age of 60). This diagnosis hasn’t stopped her from fully immersing in what life has to offer – and what she has to give. From 2000-2017, Tracey served as dean of Trinity Episcopal Cathedral, a thriving and diverse urban congregation in Cleveland.

This program, generously supported by the Deborah Rocker Klausner Memorial Fund of the Montefiore Foundation, is free and open to the community. The Weils is located at 16695 Chilli-cothe Road, Chagrin Falls. For more information or to register, contact Ivy Kopit, manager of Senior Living Admissions and Community Relations, at 440.996.0504 or ikopit@theweils.org.

The Weils assisted living campus is owned and operated by Montefiore and offers assisted living, a rehabilitation therapy pavilion and a beautiful new assisted living memory care pavilion. Tours will be available. Space is limited, so register early.

Caregiver Education and Support Group

Tuesdays, April 2 and May 7

5-6 pm at Montefiore

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next or how to deal with it? We’re here for you! Come to Montefiore’s monthly caregiver education and support group to receive tips on how to cope and how to receive support as a caregiver. RSVP to Kristen Morelli at 216.910.2323 or kmorelli@montefiorecare.org.

More Programs at Montefiore

Journey through Grief

March 5 – April 9 • 3-4:30 pm
at Montefiore

Miriam Katz, MSSA, LISW-S, will facilitate this six-week adult bereavement group. Materials will be provided and a variety of topics discussed to assist participants in the grieving process.

To register or for more information, contact Miriam at 216.910.2796.

Summer College Internships at Montefiore

Do you know college students looking for some hands-on experience this summer? Montefiore may be the place for them. Montefiore is offering internships for six-weeks, 30-hours a week, with a small stipend. If you know someone interested in learning about marketing and public relations, human resources, activities or finance, have them contact Denise Miller at 216.910.2494 or dmiller@montefiorecare.org, and put "Summer Intern Candidate" in the subject line. Applications are available at montefiorecare.org – click on 'Careers,' go to 'Apply Online.' All applicants will be screened and asked for two letters of reference. Applications are due by Friday, April 26.

Let's Hit a Grand Slam –

Join the Montefiore Foundation's
5th Annual Home Run 5K Run/
Walk & 1 Mile Walk Event!

All are invited on Sunday, May 5, 8:30 am, at the Ursuline College Campus to support Montefiore's 5th annual Home Run 5K Run/Walk & 1 Mile Walk. Funds raised by this family-friendly event will enable Montefiore and The Weils to continue providing exemplary care to residents, patients, and families. Baseball-themed event sponsorships are available at the grand slam (\$5,000), home run (\$2,500), triple (\$1,250), double (\$750) and single (\$500) levels. Pre-register for \$25 by Friday, May 3, or register for \$30 on race day. The Run/Walk will be held rain or shine. Chip timing will be used. Every participant will receive a Dri-Fit shirt. For more information about sponsorships and event registration, visit montefiorecare.org/homerun.

For questions and more information, contact Denise Pease, development associate, at 216.910.2350 or dpease@montefiorecare.org.



Women of Fairmount Temple Programs

The Women of Fairmount Temple invite you to attend the following programs at Fairmount Temple:

Tuesday, March 12 • 1-2 pm

Cleveland Institute of Music Chamber Ensemble

CIM Students Jonathan Mak on piano, Richard Li on cello, and James Thompson on violin will perform Schubert Piano Trio No.2 in E-flat Major, Op.100 and Schumann Piano Trio No.1 in D minor, and Op.63. This program is free for WFT members, and \$5 for guests.

Also on Tuesday, March 12

Bible Class • 11 am

Diane Lavin will discuss "David and the Women He Loved."

Lunch • 12:15 pm

Bring your own lunch or purchase it. \$10 for WFT members, and \$14 for guests. Please make your reservation by Friday, March 8, by calling Phyllis Henry at 440.461.7921, or emailing womenft@fairmounttemple.org.



Monday, March 18 • 7 pm

Anti-Defamation League

Anita Gray, ADL-Cleveland's director of development, will talk about "The State of Hate and Anti-Semitism in the U.S." This event, which will take place in ACFT's Weinberg Hall, is co-hosted by Women of Fairmount Temple and Men of Fairmount Temple. RSVPs are required; send to womenft@fairmounttemple.org or call 216.464.1330, ext. 125.

Anita, former regional director for ADL-Cleveland and current director of development, will focus on expanding the regional campaign and supporting other essential elements of operations. Prior to coming on board at ADL, Gray worked for U.S. Congresswoman Marcia L. Fudge, a liaison to 33 district mayors, Cuyahoga County, 20 school districts, labor unions, and the Jewish community.

Order Your Chocolate Seder Plates Now!

For complete information, see page 40.

Coach Sam's 2019 Cleveland Legends Event

On Tuesday, April 16, please join former Cleveland Browns head coach Sam Rutigliano (event host) and Aaron Goldhammer of ESPN 850 (emcee) for Coach Sam's 2019 Cleveland Legends Event, at DoubleTree Hotel, Beachwood. A VIP Reception will start at 5:30 pm, and doors will open at 6 pm.

Honorees include:

- **2019 Cleveland Legend Austin Carr Cleveland Cavaliers**

- 1971 Naismith College Player of the Year - Notre Dame
- 1971-1980 - Cleveland Cavaliers Player and All-Star
- Current Cleveland Cavaliers Color Commentator

- **2019 Coaching Legend Coach Domenick Iammarino Beachwood High School Wrestling**

- **Football Coaches of the year Rick Finotti, John Carroll Head Football Coach**

- **Jeff Grubich, Kenston High School Football Coach**
- **Tom Lombardo, St. Edwards Football Coach**

All proceeds will benefit Coach Sam's Inner Circle Foundation, which provides educational support to at-risk children through a combination of literacy, personal development, and health and fitness programs designed to develop the whole child.

As a sponsor, you will make a difference, by bringing critical literacy resources to at-risk children in the Cleveland schools. Your contribution will make an immediate and lasting impact; plus you'll have an opportunity to celebrate Coach Iammarino and other Cleveland Legends.

Visit www.coachsams.org for tickets and sponsorship opportunities.

CITY OF *Beachwood* Insider

MARCH
2019

Contact Info

CITY OF BEACHWOOD
25325 Fairmount Blvd.
Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

TV PROGRAMMING
Spectrum - Ch. 1020
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

Departments

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216.292.1970

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POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

FIRE CHIEF PATRICK J. KEARNS RETIRES

Fire Chief Patrick J. Kearns began his career as a Beachwood firefighter in 1976. His ultimate goal was to become Fire Chief, a goal he achieved in 2003.

Under his tenure, the Beachwood Department of Fire and Rescue received accreditation from the Commission of Fire Accreditation International, which measures the delivery of fire and emergency services.

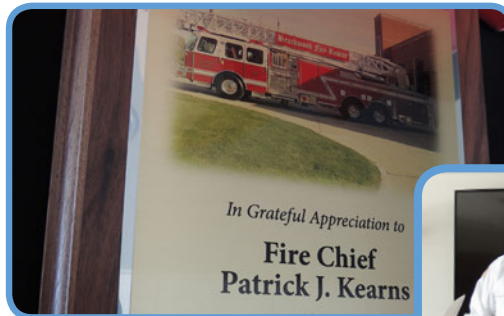
Chief Kearns also earned the professional designation of Chief Fire Officer in 2009, becoming one of only 660 people honored with this designation worldwide. The Commission on Professional Credentialing of the Center for Public Safety Excellence found that he had a rich knowledge of the emergency services profession and far surpassed critical core competencies.

In 2018, Chief Kearns oversaw the opening of the Public Safety Center, a facility that sets a new standard of safety excellence.

Chief Kearns stated that his favorite part of the job is the reward of helping to keep people safe. He also thanked Council for providing the tools to do what needed to be done. "Every day was a new challenge; it was never boring," he said. "It's been a great ride."



"I couldn't have done my job without a fantastic team. They deserve a round of applause."



In grateful appreciation to Fire Chief Patrick J. Kearns for 42 years of dedicated service to the City of Beachwood, presented by the Mayor and City Council, January 22, 2019



"Chief Kearns served under four administrations. From firefighter to chief, he has done it all," Mayor Martin Horwitz said.

"On behalf of City Council, our administration and our residents, I wish him the best during retirement."

Assistant Fire Chief Shaun Lutz has assumed the duties of Fire Chief on an interim basis.



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MARTIN S. HORWITZ



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FOLLOW US www.BeachwoodOhio.com serves as the primary source of information for City news. Follow the City on social media! Community events and more may be found at:

- [FACEBOOK.COM/BEACHWOODOH](https://www.facebook.com/BEACHWOODOH)
- [TWITTER.COM/BEACHWOODOH](https://twitter.com/BEACHWOODOH)
- WWW.NEXTDOOR.COM (SEARCH CITY OF BEACHWOOD)
- [LINKEDIN.COM](https://www.linkedin.com/company/city-of-beachwood) (SEARCH CITY OF BEACHWOOD)



INTERMATCH

Beachwood's InternMatch 2019 online internship center is now live! Internship opportunities with Beachwood companies will be matched with local students looking for Summer 2019 internships. Whether you are a local business seeking an intern or a student seeking a summer internship, the City of Beachwood is here to help!

High school juniors through graduate students: prepare your resumes and LinkedIn profiles.



Beachwood businesses: prepare your job descriptions. Register now at <https://www.beachwoodohio.com/557/InternMatch-2019>.

FIREFIGHTER/PARAMEDIC EXAM

Beachwood Civil Service Commission is conducting an examination for the position of Firefighter/Paramedic. Applications are available at Beachwood City Hall and will be accepted Mon. – Fri. from March 4 – 18. Hours are: 9:00 a.m. – Noon and 1:00 – 4:00 p.m. Applications will not be accepted after 4:00 p.m. on March 18 (completed in accordance to the instructions and certified by a Notary Public).



A copy of a valid Physical Agility Certificate from Cuyahoga Community College, dated no earlier than March 31, 2018, will need to be turned in with the completed application. Please call Tri-C to register if you need to take the agility test. Written examinations will be at the Beachwood Community Center on Wednesday, April 17 at 6:00 p.m. Registration begins at 5:00 p.m. For complete information, visit www.beachwoodohio.com/jobs.

Missed a Council Meeting? Listen to audio recordings or view live & archived videos online at www.BeachwoodOhio.com.

ALEC ISAACSON



216.291.2797

BARBARA BELLIN JANOVITZ



216.406.5914

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

UPCOMING PUBLIC HEARING

Regarding Comprehensive Zoning Changes: Ordinance 2018-94
April 1, 2019 • 7:15 p.m.
(During the City Council Meeting)

PERFECT PLEDGERS

Thank you to Hilltop third-grader Edward Hawkins and Bryden Kindergartener Jewel Imbo for leading the Pledge of Allegiance at the City Council Meetings on January 22 and February 4, respectively.



FREE PERSONAL SHRED DAY FOR RESIDENTS



Bring personal documents, mail and files to be shredded for FREE! Proof of residency required. Rain or shine. Limit: 12 blue bags or 6 banker boxes.



SUNDAY, MAY 12 from 9 A.M. – 12 P.M.
BEACHWOOD COMMUNITY CENTER PARKING LOT

UPCOMING MEETINGS

CITY COUNCIL

Mondays, March 4 and 18 at 7:00 p.m.
Questions? Call 216.595.5462.

PLANNING & ZONING COMMISSION

Thursday, March 28 at 7:00 p.m.
Questions? Call 216.292.1914.

ARCHITECTURAL BOARD OF REVIEW

Mondays, March 4 and 18 at 5:30 p.m.
Questions? 216.292.1914.

SLEDDING HILL

The Beachwood City Park West Sled Hill is located on the south end of the park. Bring your friends and family for a great winter activity.



BEACHWOOD RECREATION COMMUNITY THEATER
SPRING PRODUCTION

THE LITTLE MERMAID

Saturday, May 4: 4:00 p.m.

Sunday, May 5: 2:00 p.m.

Friday, May 10: 7:30 p.m.

Saturday, May 11: 4:00 p.m.

Sunday, May 12: 2:00 p.m.

Friday, May 17: 7:30 p.m.

Saturday, May 18: 4:00 p.m.

Sunday, May 19: 2:00 p.m.

Tickets - \$9 Adults
\$8 Students/Seniors

Beachwood Middle School
QUESTIONS? 216.292.1970

SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? In cooperation with volunteers from Village in the Heights, the City of Beachwood can help. Call 216.292.1922 to register.

RECENT CITY ACCOLADES

#1 PLACE TO RETIRE IN OHIO BY SMARTASSET

Many cities in the Buckeye State are ideal for retirees, with low tax burdens, a high percentage of senior residents and plenty of access to recreation and a healthcare. SmartAsset determined the best places to retire in Ohio and Beachwood is #1 for the second year in a row! For a complete listing, visit <https://smartasset.com/retirement/best-places-to-retire-ohio>.

#1 PLACE FOR COLLEGE STUDENTS

College Factual recently named Beachwood one of the best places in the country for students who seek a high-quality education, due to its close proximity to high-ranking colleges and universities.

BEACHWOOD POLICE DEPARTMENT RECOGNIZED BY SAFE KIDS OF GREATER CLEVELAND

The Beachwood Police Department is proud to have joined the Safe Kids of Greater Cleveland Coalition in 2018. In its first year with the group, BPD earned two awards. Safe Kids Greater Cleveland is led by Rainbow Babies and Children's Hospital, which provides dedicated and caring staff, operation support and other resources to assist in keeping kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics that help parents and caregivers prevent childhood injuries.

UPCOMING ART EXHIBIT

ROTH x 3: A FAMILY CREATES



Beachwood Community Center
MON - FRI • 9 A.M. - 4 P.M.
SAT • 10 A.M. - 3 P.M., SUN • 10 A.M. - 1 P.M.


Featuring Eileen & Sam Roth (paint) and Shayna Roth Pentecost (glass)

Friday, March 8 - Friday, April 7

Artists' Reception - Sunday,
March 10, 1:00 - 2:30 p.m.



Eileen Roth
Sam Roth
Shayna Roth Pentecost



BE IN THE KNOW!

SIGN UP FOR BEACHWOOD INSIDER
E-NEWSLETTER FOR COMMUNITY UPDATES

SIGN UP FOR CODE RED
FOR EMERGENCY UPDATES AND ALERTS

WATCH RECORDED CITY MEETINGS
LIVE STREAM ON WEB
BROADCASTED ON TV
PLAYBACK ON WEB

VISIT WWW.BEACHWOODOHIO.COM TO STAY INFORMED

ENJOY FREE MUSIC CONCERTS

SUNDAY MUSIC

2 - 3 P.M. • Beachwood Community Center

MARCH 3 • Marshall Griffith Trio with Virginia Crabtree, flute and Kallen Bierly, violin

APRIL 7 • Yaron Kohlberg, piano

MAY 5 • Kimia Ghaderi, violin and Andrew Focks, piano

FREE

CITY OF **Beachwood** **QUESTIONS?**
216.595.3733

PRESENTED IN COOPERATION WITH ARTS CONNECT CLEVELAND INTERNATIONAL PIANO COMPETITION



PARENT COACHES NEEDED

Beachwood Recreation programs cannot be offered without parental involvement. Interested in coaching? Contact Frank Vicchiarrelli at 216.292.1970. The City requires Youth Sport Volunteer Adult Coaches to submit to a background check.

HELPFUL COLD-WEATHER TIPS

- Heating appliances (such as space heaters and electric blankets) should never be left unattended or used while sleeping
- Never fold an electric blanket while it is in use: this can damage wires inside of the blanket, causing it to overheat or spark
- Only use space heaters designed for indoor use: keep all heat sources at least three feet away from curtains, carpet or furniture
- Never use a gas stove, charcoal grill or lantern intended for outdoor use inside your home because it could lead to a buildup of deadly carbon monoxide gas
- Portable generators should be placed outside and far away from windows, doors and vents. Never use a generator inside your home!
- Keep electronic devices (such as cell phones, laptops and tablet computers) fully charged to be ready in case of an emergency
- Have a flashlight, portable radio and extra batteries handy in the event a power outage occurs

ENERGY-SAVING TIPS

- Make sure your home is properly insulated to help reduce heat loss: inspect doors and windows and apply caulk or weather stripping where necessary to keep out cold air
- Keep your thermostat at a comfortable temperature: each degree lower has the potential to save about 2-percent on your heating bill
- Schedule an annual furnace inspection and tune-up by a qualified HVAC professional
- Clean or replace the furnace filter
- Keep furniture and drapes from blocking heat registers and return vents to ensure heat can flow into the room
- Close unused vents
- Avoid frozen pipes by opening faucets and maintaining a constant drip, or wrap pipes in insulation

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Northeast Ohio Innovative STEM Expo

SATURDAY, APRIL 13, 2019
BEACHWOOD HIGH SCHOOL

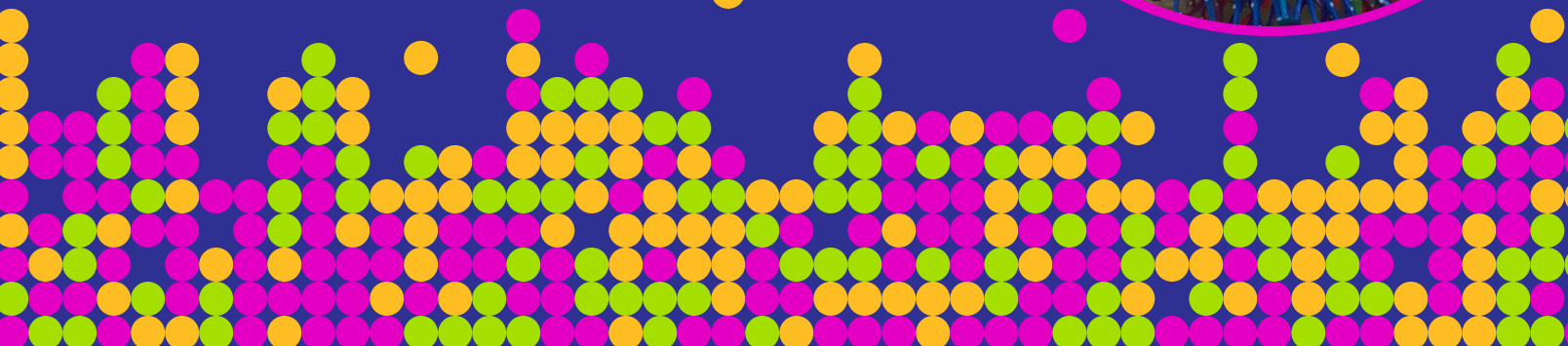
25100 FAIRMOUNT BLVD.
11:00 A.M. – 4:00 P.M.

NOISE is a one-day, family-friendly expo showcasing STEM (Science, Technology, Engineering, Mathematics) principles through hands-on activities geared towards K-12 students and a STEM Marketplace.

Featuring science Entertainer Nick Uhas from Americas Got Talent - 2 performances!

WWW.NOISEEXPO.COM

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Beachwood Figure Skaters Compete

On February 9 and 10, the Shaker Figure Skating Club hosted the Ohio High School Team Figure Skating Championships at its home rink, Thornton Park, in Shaker Heights.

Eight students from Beachwood High School and Beachwood Middle School competed as part of the Eastside Blades team, which also includes skaters from Orange.

The results are in from this year's talented crop!

Zoe Krantz, 10th grade
Junior Free Skate – 1st place
Junior Short Program – 1st place
Team A Maneuvers – 1st place overall
Pre Bronze Dance/
European Waltz – 2nd place
Junior/Senior Interpretive – 3rd place

Rebecca Gips, 9th grade
Pre-preliminary/Preliminary/
PreJuv interpretive – 3rd place

David Kuang, 9th grade
Preliminary Free Skate – 4th place


Allie Berns, 7th grade
Team B Maneuvers – 4th overall
Sarah Berns, 7th grade
Team B Maneuvers – 4th overall

Veronica Schwartz, 7th grade
Pre-preliminary Free Skate – 4th place
Pre-preliminary Compulsory Moves – 2nd place

Elizabeth Liu, 6th grade
Beginner Compulsory Moves – 1st place
No Test Beginner Free Skate – 3rd place



Pictured from left: Veronica Schwartz, Rachael Isaacson (5th grade), Allie Berns, Zoe Krantz, Sarah Berns, David Kuang, Rebecca Gips and Elizabeth Liu.



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Beachwood Medical Academy

The Beachwood Medical Academy, our unique partnership with University Hospitals, is pleased to announce its programs for the remainder of the 2018-2019 school year:

Monthly Seminars @ Ahuja Medical Center 6 - 7 pm

March 13
Dermatology
Dr. Jeffrey Scott

April 10
The Role of Hospital Social Workers
Brooke Nutter & Kelly Carroll

May 8
Obstetrics & Gynecology
Dr. Vivian Von Gruenigen

Summer Programs

June 12-13
Medical Camp for rising 9th Graders
@ Ahuja Medical Center

June 5-7
Anatomy & Physiology for rising
10th Graders @ Beachwood HS &
CWRU's Cadaver Lab

June 5-7
Genetics for rising 11th & 12th
Graders @ Beachwood HS & the
BioOhio DDC Clinic in Middlefield



BMS Model UN Wins Tournament

Congratulations to the BMS Model UN team and their advisor, middle school social studies teacher J.C. Lenk! The team overall won the Henri Pell Junod, Jr. Conference, hosted by John Carroll University in January. Individual awards are listed below:



Gavel Award
Ben Lawrence

Superior Delegation Award
Lana Lagman and Kai Zheng

Position Paper Award
Radha Pareek and Anshi Tolani

Excellent Delegation Award
Audrey Hardis and Haya Shehadeh

Beachwood PTO's BISON FEAST + FEST

The Bison Feast + Fest is a district wide, community-building event sponsored by the PTO for students, staff, teachers and families. The mission of this school festival is to come together in friendship to celebrate our unique and culturally-diverse school community.

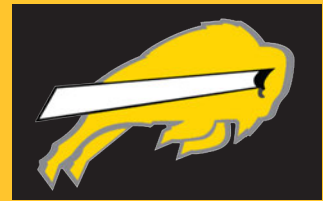


MARCH 10, 2019
Beachwood Middle School Gym
2 - 5 pm

For more information, or to volunteer, visit:
beachwoodschoools.org/BFF.aspx

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoos.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoos.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoos.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoos.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoos.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoos.org



Stop The Hate Essay Contest Finalists



(Congratulations to 7th-graders **Arianna Preston** and **Veronica Schwartz**, and 11th-grader **Priyanka Shrestha**, on being named top finalists in the Maltz Museum of Jewish Heritage's 2019 Stop The Hate Essay Contest. Stop the Hate® is designed to create an appreciation and understanding among people of differing religions, races, cultures and socioeconomic backgrounds. By challenging young people to consider the benefits of a more inclusive society, the consequences of intolerance and the role of personal responsibility in effecting change, the contest also reflects the values of responsible citizenship and respect for all humanity.

Megan Walsh Appointed to Board of Education



Megan Walsh

On January 28, 2019, the Beachwood Board of Education voted to appoint **Megan Walsh** to fill its vacant seat. Ms. Walsh was selected following an application and interview process in accordance with applicable law. Ms. Walsh was ceremonially sworn into office at our school board meeting on February 11, 2019. Former school board member Steve Rosen was also honored for his seven years of service to the Beachwood Schools community.

Megan Walsh has been a Beachwood resident for over five years and is the mother of two children in the Beachwood City Schools. Her professional background is as a social worker, with ten years of experience in mental health counseling and case management with adolescents and over three years in program administration with the City of Cleveland's MomsFirst Project. MomsFirst focuses on closing the racial disparity in infant mortality through dismantling systemic racism and providing supportive home visiting for pregnant women. Beachwood Schools' three interconnected focus areas of mental health, inter-cultural awareness and student learning appeal to Ms. Walsh's personal and professional passions.

BRYDEN LEGO CLUB

Bryden's after school Lego Club, led by teacher **Michelle Mayer**, is a favorite among our 1st and 2nd Graders. Check out what our budding architects and engineers devised as building design solutions to Ms. Mayer's "earthquake challenge"!



Visit us at www.beachwoodschoos.org



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Put the Spring Back in Your Step

William Petersilge, MD



Spring is on its way – and thousands of Northeast Ohioans are looking forward to getting outdoors to enjoy a walk, do some gardening or play a round of golf. Don't let painful joints keep you on the sidelines this season.

Joint replacement surgery can help you enjoy an active, pain-free life again, doing the things you enjoy. "With the innovative joint replacement procedures available today, patient results are excellent in most cases," says William Petersilge, MD, Chief of the Division of Orthopedic Surgery at UH Ahuja Medical Center in Beachwood. "Most patients are up and walking the same day after surgery and continue to regain strength and range of motion over the next several months."

Do I Need Joint Replacement?

Arthritis is the most common reason people need joint replacement. Arthritis causes the cartilage that lines the joints to wear down. Instead of cushioning the bones that make up the joint as they move, the bones in the joint rub together, causing pain, stiffness and swelling.

A visit to an orthopedic surgeon is the starting point to determine if you may need a joint replacement. "If you are experiencing joint pain that prevents you from enjoying your usual activities, an orthopedic surgeon can do a thorough evaluation of your situation and determine whether you may benefit from conservative treatment or if total joint replacement surgery is your best

option," Dr. Petersilge notes.

Total joint replacement surgery has come a long way over the past decade. Technology and surgical techniques have advanced significantly, expanding treatment options for patients and improving outcomes. Hips and knees still top the list of the most commonly replaced joints, but shoulders, finger joints, elbows and ankle joints also can be replaced if needed.

Positive Results

During total joint replacement surgery, the surgeon removes the worn-out joint and replaces it with an "artificial joint" made of metal and plastics. Today's artificial joints are made of the latest materials that combine safety and strength. "These high-performance materials are safe to use in the body and durable – today's hip and knee replacements can last over 20 years," Dr. Petersilge notes. Ankle and shoulder replacements also have good, although somewhat shorter lifespans, and the technology continues to evolve.

The latest surgical techniques and technology make joint replacement surgery a very safe procedure with a low complication rate.

Many patients report

immediate pain relief when they wake up after surgery, and it continues to improve over the next weeks and months, Dr. Petersilge notes.

After total joint replacement for a knee or hip, most patients are up and walking the same day. To help patients return to their normal activities as early as possible, UH Ahuja's team of physical therapists work with patients for several months after surgery to help them regain their strength and return to their normal activities safely and without pain.

Selecting a Surgeon

The comprehensive total joint replacement program at UH Ahuja Medical Center includes physicians who specialize in joint replacement surgery, orthopedic nurses and physical therapists.

UH surgeons were among the first in the world to perform total hip replacement surgery, and today UH surgeons perform more than 3,500 total joint replacement surgeries every year.

The choice of surgeon is important - considerable research has shown that experienced surgeons who routinely perform total joint replacement generally have the best results with the lowest complication rates.

UH surgeons were among the first in the world to perform total hip replacement surgery. Today, UH surgeons perform more than 3,500 total joint replacement surgeries every year.

To make an appointment for a consultation with an orthopedic surgeon at UH Ahuja Medical Center, call 216.844.7200 or schedule a consultation online at UHhospitals.org/Ahuja. UH Ahuja Medical Center is located at 3999 Richmond Road in Beachwood. Visit us at www.UHhospitals.org.

WHEN IS HIP OR KNEE REPLACEMENT RECOMMENDED?

The orthopedic surgeons at UH Ahuja Medical Center may recommend total hip or knee replacement surgery if your joint pain:

- Cannot be relieved with medications, assistive devices or physical therapy
- Affects your ability to get a good night's sleep
- Restricts your ability to work, exercise or perform day-to-day activities
- Affects your quality of life in other ways

Shaker Arts Council's *Conversations in Courage: The Visit* presented by MetroHealth System

On Sunday, March 24, MetroHealth System will present the premiere of the Shaker Arts Council's documentary film, *Conversations in Courage: The Visit*. The film, directed by Marquette Williams, depicts the events that surrounded Dr. Martin Luther King, Jr.'s 1965 visit to Shaker Heights and includes interviews with many of those involved. The premiere will be held at Tri-C East's Simon and Rose Mandel Theatre, 4250 Richmond Road, Highland Hills.

The afternoon begins at 2 pm with a director's reception attended by veteran Civil Rights activists Edwina Moss and Reverends Joan Campbell and Albert Pennybacker. The film begins at 3 pm, followed by a panel conversation moderated by Dee Perry, and an audience Q & A.

Tickets for the pre-screening reception are \$35 that include a ticket to the screening. General admission tickets are \$5 for students and seniors and \$10 for adults. For reservations and more information, call 216.916.9360. Tickets may also be purchased at www.shakerartscouncil.org.



Brain Bots Advance to World Championship

The BrainBots' FIRST LEGO League robotics team recently won the Ohio State Championship when competing in Dayton. They will now compete at the First World Championship in Detroit, April 24-27.

BrainBots won at their regional tournament in November 2018, and at their district tournament in December 2018, which allowed them to advance to the Ohio State Championship tournament last month. The annual event brought together teams of some of Ohio's brightest 9- to 14-year-old students who demonstrated their engineering and problem-solving skills, critical thinking, teamwork, competitive play, sportsmanship, and sense of community.

FIRST LEGO League is an international competition organized by FIRST (<https://www.firstinspires.org>) for students ages 9-14. Each year, FIRST LEGO League introduces a scientific and real-world challenge for teams to research. The robotics part of the competition involves designing and programming a robot, using Lego Mindstorms technology to complete tasks. The students work out solutions to the various problems presented, then meet for tournaments to share their knowledge, compare ideas, and display their robots.

"The Ohio FIRST LEGO League Championship is the culminating tournament in Ohio's program, which consisted of 30 regional tournaments and six district-qualifying tournaments that took place November through January. The top 60 of 524 teams represented Ohio at the championship event," said Brenda Ronnebaum, FIRST LEGO League Operational Partner

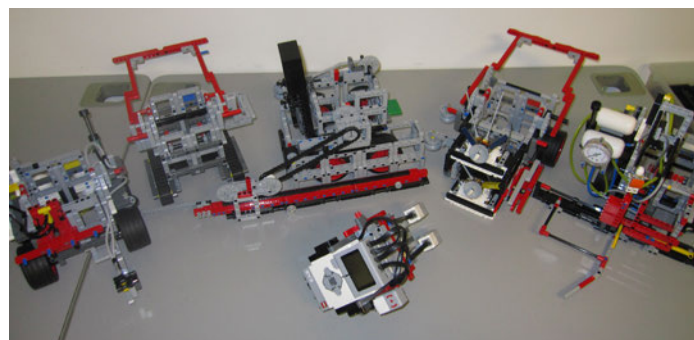
This year's theme is "Into Orbit." Teams were tasked with identifying human physical or social problems faced by humans during long-term space exploration with in our Sun's solar system, create

an innovative solution to this problem, and share their solution with others.

BrainBots, coached by Beachwood resident John Keyerleber, includes members Nate Broadbent (Beachwood), Charlie Carpenter, Reece Emrick, Ben Keyerleber (Beachwood), Leah Minadeo, and Krish Patel.

Special thanks go to Coach Keyerleber and FIRST LEGO League for arranging, hosting, and mentoring this year's future engineering and robotics champions.

The annual event brought together teams of some of Ohio's brightest 9- to 14-year-old students who demonstrated their engineering and problem-solving skills, critical thinking, teamwork, competitive play, sportsmanship, and sense of community.



LEGO robots used during competition.



BrainBots Ohio Champions from left: Reece Emrick, Charlie Carpenter, Leah Minadeo, Krish Patel, Ben Keyerleber and Nate Broadbent.

Roth Family is Drawn to Art

By Arlene Fine

The Roths have art not only in their heart, but in their genes.

Sam and Eileen Roth, and their daughter, Shayna Roth Pentecost, are nationally acclaimed artists. A selection of their work will be displayed at the Beachwood Community Center Gallery, Friday, March 8 – Sunday, April 7. The opening reception for “Roth x 3: A Family Creates” will be held Sunday, March 10, 1-2:30 pm. Refreshments will be served.

“This is the first time the three of us have shown our work together and we couldn’t be happier,” says Eileen.

“This is the first time the three of us have shown our work together and we couldn’t be happier,” says Eileen.

As painters, Sam and Eileen work mainly with acrylics; Shayna’s forte is glassblowing.

“I was incredibly fortunate to grow up in a highly creative, art-filled household,” says Shayna. “My brother Adam and I were immersed in art from an early age. My parents’ friends were artists, some of my babysitters were artists, and we went to countless gallery openings and took regular family trips to art museums. It’s

no wonder that I became an artist and my brother took up pottery as a vocation.”

Sam, who has worked full-time as an artist for 40 years, and whose work has appeared in prestigious galleries and numerous museums, works out of the Sam and Eileen Roth Studio in the Murray Hill Schoolhouse in Little Italy. Using subtle colors, the focus of his magnificent, large acrylic canvases, some of which fill the walls of the family’s Cleveland Heights home, is abstract expressionism.

Along with painting in her spare time, Eileen, a graduate of the Cooper School of Art, is the owner of Art Source Cleveland on Mercantile Road in Beachwood. “My business helps corporations, healthcare facilities, architects and designers to acquire artwork,” says Eileen. “We don’t represent a specific group of artists, but rather find the ideal art that meets each client’s needs.”

Unlike her parents who work on canvas, Shayna chose glassblowing after seeing a glassblowing demonstration at Hale Farm and Village on a school trip. “I was drawn to the physical aspect of this art form immediately,” she says. “You need a lot of stamina and strength to be a glass blower and I found that intriguing.”

The basic premise of glassblowing, which involves the blowing

of short puffs of air into a molten portion of glass, has not changed in thousands of years, says Shayna, who teaches glassblowing in her studio at the Superior Hot Glass Building and at the Cleveland Institute of Art. “I use the same glassblowing techniques employed by the ancient Romans.”

As to the artistic joy and mission the Roths feel when they create art, Sam sums it up with this quote: “The only responsibility of an artist is to know the time in which they live.”

“We are not political,” says Eileen. “But now, more than ever, people need to find a sense of inner peace and experience calm and beautiful moments in their lives. We are hoping our art will provide an oasis where people who view our exhibit may do just that.”

Roth X 3: A Family Creates

Friday, March 8 –
Sunday, April 7
Beachwood Community
Center Gallery

Gallery Hours:

Monday-Friday, 9 am – 4 pm

Saturday, 10 am – 3 pm

Sunday, 10 am – 1 pm

Artists’ Reception:

Sunday, March 10, 1– 2:30 pm



Artists Eileen and Sam Roth and their daughter Shayna Roth Pentecost will display their art at the Beachwood Community Center Gallery.



Fairmount Temple Adult Cultural Art Series presents:

The Marshall Griffith Trio

Fairmount Temple

Sunday April 14

4:15 pm • Drinks and Appetizers

5 pm • Show

6:15 pm • Dinner

The Marshall Griffith Trio, starring Marshall Griffith, pianist; Dean Newton, bassist; and Barbara Knight, vocalist, will be performing “I’ll Be Seeing You,” featuring music written by Jewish songwriters. Enjoy drinks, appetizers and a wonderful performance, followed by dinner and dessert. The cost is \$26 for Fairmount Temple members, and \$30 for non-members. RSVP by calling Susan Namen at 216.464.0607 by April 8.

Emergency Preparedness

Beachwood Library

Wednesday, March 13

7 – 8 pm

The Cuyahoga County Office of Emergency Management will provide information on the types of incidents that could occur and what it means to be prepared. Attendees will also learn what to include in an emergency kit.

Heartfulness Meditation

Beachwood Library

Wednesday, April 3

7 – 8 pm

Whether you are looking to simply rest the mind or are seeking to find a deeper purpose in life, Brian Jones, Heartfulness trainer, will provide you with practical tools for your well-being.

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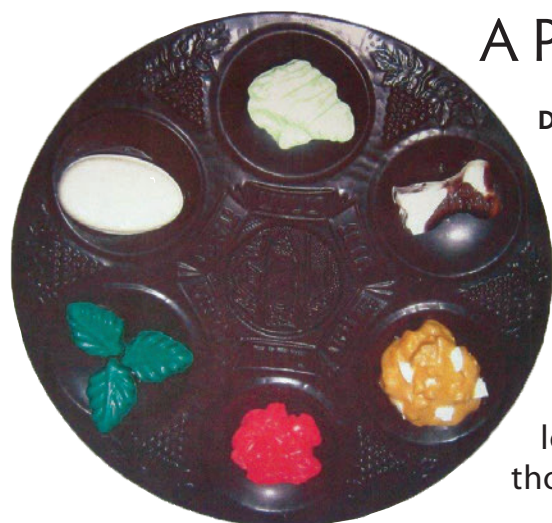
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A Passover Tradition Continues

Dark Chocolate Seder Plates to Benefit Women of Fairmount Temple

The vision of making chocolate Seder plates began with an idea from Fairmount Temple member Peg Behrens, 26 years ago. She saw a Seder plate mold, filled it with chocolate, adorned it with symbols of the Passover holiday, and brought her chocolate Seder plate to a Fairmount Temple Sisterhood meeting. The ladies loved it. At first, she made them to give away. Then she thought they would make a good fundraising project.

Over the years, Behrens has made several hundred plates and contributed all money raised to the sisterhood. The project was so time consuming, that she remembers telling her late husband, Bill, that he was not to plan any trips that would take her away from home during the months of February and March, as those were the months she would be making the chocolate Seder plates.

Behrens single-handedly ran this project for 15 years. Other organizations tried to copy these plates but were unsuccessful. Behrens was a stickler for quality and each plate had to be perfect. Over the years, she has even mailed these unique plates as far away as Israel and England and to all parts of the United States.

About ten years ago, Behrens

came to realize that she just could no longer physically continue this project alone. She went to the Fairmount Temple Sisterhood (now known as the Women of Fairmount Temple) and said the project would be discontinued unless she had help. The women decided that they wanted to keep this fundraiser going, and Behrens showed them how each piece was made and assembled. One thing she insisted upon was consistent quality.

In 2008, Bernice Goldman and Ilene Schwartz began to co-chair this project. "Four volunteers make the bases for the plates, and another six are responsible for the symbols. Then, we set up an assembly line in the temple's kitchen and each symbol is carefully placed on the base with melted chocolate," Bernice said. "We have

women check every plate to make sure everything has been done correctly before boxing the finished products."

Each plate has a little over a pound of high-quality dark chocolate, with the symbols made from colored chocolate. Seder plates are completely nut free and sell for \$25 each. To place your order, please call Bernice Goldman at 216.378.9478. Pick up dates are Tuesday, April 9, and

Sunday, April 14 in front of the Fairmount Temple gift shop. Pick-up hours are from 9 am until noon.



Pam Berkson, Bernice Goldman and Gloria Greenwald assemble solid chocolate seder plates.

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Beautiful Creations

George Bernard Shaw once said,
"You use a glass mirror to see your face;
you use works of art to see your soul."

That being said, a lot of soul expression was on display in Menorah Park's temporary art gallery, with art created by campus residents.

Lois Kline, a Wiggins Place resident, creates men's ties and believes art is important.

"Art opens other worlds for us. Some people say they are not artists and can't paint – not true. Everyone has something in them if they try; they may surprise themselves. I've created pottery; painted with watercolors, acrylics and oils; drawn with charcoals; made paper beads; have done needle point; and have worked with leaded glass. I'm willing to try anything. It's important to try – don't be afraid. Art adds dimensions to life. It gives people a reason to thrive, and it is part of good brain health. Art lights up your life."

Sue Goldberg's apartment is filled with beautiful paintings that she has created over a lifetime. She started painting in her 30s.

"I didn't know how to paint, I just painted. I read books, and I taught myself."

Sue's beautiful park scene was painted in southern Ohio. Her paintings look like those of a master. There's a ballerina in

a gentle stretch, a woman in a pensive state of quiet, flowers, vases, and so much more. One could get lost in her art.

Art opens other worlds for us. Some people say they are not artists and can't paint – not true. Everyone has something in them if they try; they may surprise themselves.

As Thomas Merton reminds us, "Art enables us to find ourselves and lose ourselves at the same time."

Marie Smith, Menorah Park campus art program coordinator, facilitates programs that are tailored to the abilities of each individual. If you or a loved

Hebrew Storytime

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at the

Cuyahoga County Public Library, Beachwood Branch
25501 Shaker Boulevard

Wednesday
March 6, 2019
4:00 p.m.



Lea by: Zehava Galun
Early Childhood Educator & Hebrew Specialist



one live on campus, call Marie at 216.831.6500 for more information. Those with loved ones on campus are permitted to sit in on art classes with residents.

If you are not on the Menorah Park campus, Marie encourages you to seek out a community recreation program, a sip-and-paint opportunity, or private lessons. Many online opportunities are also available.



Men's ties created by Lois Kline.



Sue Goldberg's Park Scene, painted in southern Ohio.

Mandel JCC Men's Club

The mission of the Mandel JCC Men's Club is to provide opportunities for men to socialize, meet new friends, and take part in discussion groups. The club meets every Monday from 11 am – 12 noon in the Mandel JCC's Stonehill Auditorium.

For more information, contact Bob Young at young-bob12@gmail.com. Guests are welcome!

Monday, March 4
Judge Keith Belkin

"Being a Judge on the Shaker Heights Court"

Monday, March 11
John Jarvey

"Friends of the Cleveland Hts/ University Hts Library"

Monday, March 18
Beachwood Mayor

Martin S. Horwitz
"State of the City"

Monday, March 25
Dr. David Hammack

History Professor Emeritus at CWRU
"Foundations and Philanthropy"

BAC Programs

The following Beachwood Arts Council programs take place at the Beachwood Community Center. **Start the year off by supporting the arts in Beachwood!** For complete information, follow Beachwood Arts Council on Facebook or visit www.beachwoodartscouncil.org.



Martin Leung Piano Concert
Sunday, March 17
2–3 pm

This California pianist will play classical music, as well as video game tunes from popular gaming series. This free program is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

Beachwood Schools K-12 Art Show and Music Program

Wednesday, April 10 –
Wednesday, May 1

Gallery Hours:
Monday-Friday • 10 am – 4 pm
Saturday • 10 am – 3 pm
Sunday • 10 am – 1 pm

OPENING RECEPTION
Wednesday, April 10
5 – 7 pm

Beachwood K-12 students will display their creative artwork, including collages, drawings, paintings, and sculptures. Entertainment will be provided by talented student musicians. This event is free and open to the community.

Jewelry Workshop with Cleveland Rocks and Beads

Saturday, April 27
9 – 11 am

Create a beautiful “floating” necklace, using silk cord, Swarovski crystals, and freshwater pearls. Fee includes all materials. \$25/BAC members; \$30/non-members. To register, please call 216.595.3400 by Saturday, April 20.



Knitters Needed!

The Beachwood Peace Pod of Women4Women-Knitting-4Peace meets the first Friday of every month at the Beachwood Library, from 10 – 11:30 am. The next meeting takes place April 5. Yarn, needles, and instructions are available at each meeting.

LakeHealth Medical Center has a need for “lapghans” for veterans who use its medical services. As many as twenty vets are treated daily. These lap afghans need to be knitted or crocheted in red, white and blue yarn, and measure about three-by-four feet.

The group is also in need of baby caps in many colors.

For more information, call Iris at 216.831.2646 or email lbertyclub@gmail.com.



Ileen Kelner Juried High School Art Show

Last month, Beachwood Arts Council hosted its Ileen Kelner Juried High School Art Show at the Beachwood Community Center. More than 90 high school students from 24 schools participated. This engaging exhibition opened on Sunday, February 10, with a festive reception and awards ceremony attended by students, friends, family members, teachers and friends of the arts.

Three winning entries plus five honorable mentions were selected by judges Sandra Noble, part-time lecturer, Art Education, Department of Art History and Art, Case Western Reserve University; Grafton J. Nunes, president and CEO, Cleveland Institute of Art; and Kevin O'Donnell, managing director, Lee Hayden Gallery, Beachwood Place.

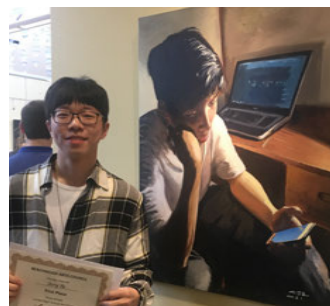
For the twenty-fourth year, Beachwood Arts Council brought together students, teachers and friends of the arts throughout northeast Ohio for this unique cultural experience. Through creative competition, the students were asked to provide work that expresses originality, craftsmanship and the students' personal views of their world.

The following prize-winning artists received monetary awards:

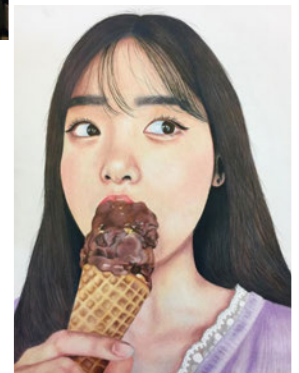
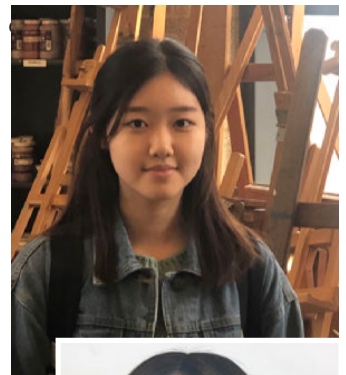
- **First Place:** Jerry He, Andrews Osborne Academy
- **Second Place:** Lilly Clark, Bay High School
- **Third Place:** Natalie Noble, Beaumont School
- **Honorable Mentions:**
 - Annatta Baltrunas, Excel TECC Studio Art & Design
 - Sophia Minello, Gilmour Academy

- Julia O'Donnell, Cleveland Heights High School
- Haeun Shim, Beachwood High School
- Lana Traum, Brecksville-Broadview Heights High School

Additional art-show photos can be found at www.beachwoodartscouncil.org/art-exhibits. Also follow Beachwood Arts Council on Facebook.



First-place winner Jerry He, Andrews Osborne Academy, with his painting, titled *Decisions*.



Haeun Shim with her honorable mention colored-pencil drawing, titled *Ice Cream*.

Friends of Beachwood Library Scholarship Opportunity

Friends of the Beachwood Library invite graduating high school seniors (Beachwood residents) to apply for scholarships. First place is \$1,250; 2nd place is \$750; and 3rd place is \$500.

Guidelines:

Please submit an essay regarding one of the following topics (not to exceed 1,500 words):

- If all of the books in the world were about to disappear, but you could save one, what would it be and why?
- Library service is recognized as an essential community need. Describe and elaborate on how libraries are fulfilling community needs.

Essays will be evaluated by mechanics/structure, purpose, style, idea development and format. A separate cover letter should include the student's name, home address, email address and phone number.

Complete guidelines are available in the Beachwood Library at the Teen desk.

The deadline for all entries is 5 pm, Friday, March 29. Entries may be delivered in person, mailed, or emailed to Friends-of-Beachwoodlibrary@gmail.com, with "Friends Scholarship 2019" on the subject line.

For more information, call 216.831.6868.

Juried Art Show

March 18 – May 5

The Mandel JCC will host its fourth annual J Show, a juried art show and sale, featuring an eclectic mix of artwork from established, emerging and amateur artists. Works selected will be displayed in the Mandel JCC lobby (26001 South Woodland Road, Beachwood) from March 18 – May 5. The opening reception will be held on Monday, March 25 from 7-9 pm.

"The J Show allows us to showcase talented artists who don't often have a chance to display and sell their art to our community," said

Deborah Bobrow, Mandel JCC Arts and Cultural director. "Last year we had more than 300 works submitted for consideration and were able to include 41 artists in The J Show."

This year's curators are Dr. Jennifer Finkel, curator, Cleveland Clinic Art Program, Arts & Medicine Institute; and Shawn Godwin, independent curator and executive director/curator of the Davis Sculpture Foundation.

For more information, contact Jan Rutsky at 216.831.0700, ext 1348, or visit mandeljcc.org/jshow.

Pet Therapy and Russian Speaking Volunteer Opportunities

Menorah Park Hospice is seeking pet therapy volunteers and Russian speaking volunteers.

For more information, please

contact hospice volunteer coordinator Cassie Fazekas, MSSA, LISW, at 216.831.5452, ext 576, or cfazekas@menorahpark.org.



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When you choose JFSA as your home care provider, you not only receive the highest quality care and plenty of services to choose from, you get something extra: **Confidence.**

Our nurses and home health aides want you to be as independent as possible and enjoy the confidence you gain when working with our supportive and caring staff.

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jfsa-cleveland.org

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Chagrin Valley Camera Club

The Chagrin Valley Camera Club usually meets twice a month from 7-9 pm. Guests are always welcome. For a complete overview of meetings, speakers and events, visit www.chagrinvalleycameraclub.com.

Tuesday, March 19 Beachwood Library

This session will feature a pair of presentations by Bud Rich and Don Goldman.

Bud will feature images from his travels in Croatia, a nation of beautiful Adriatic coastlines, rugged mountain interiors, and a collection of some of Europe's most scenic towns and villages. Bud's "stops" on this tour will include Dubrovnik (a walled city where baroque buildings meet ancient forts); Korcula (with its lovely vineyards); and Split (where Roman influence dates back to at least the third century). Bud's photos will also include shots from the Krka National Park, home to gorgeous cascading waterfalls.



Photo by Bud Rich.

Don will then take us way-out-west for an overview of "Death Valley Days and Nights." Though arid, deserts offer many opportunities for spectacular photography and Death Valley is no exception. Exotic terrains and beautiful lighting abound – along with technical challenges to capture these scenes in high-quality images. So whether your knowledge of the valley begins with the "Old Ranger" or with "Zabriskie Point," you are sure to enjoy these visual highlights from the lowest place in the United States.

Tuesday, April 2 Beachwood Library

This session will feature a pair of presentations by Alex Philip and Ken Weiss.

Alex will take us on a virtual trip to Europe with a talk that features photos from both Copenhagen, Denmark and Kiev, Ukraine. His beautiful images and numerous insights into photography should make this a highly-informative evening.



Photo by Alex Philip.

Ken will then present an overview of the Azores, an autonomous region of Portugal. These islands are characterized by dramatic landscapes, fishing villages, green pastures, and hedgerows of blue hydrangeas. São Miguel, the largest, has lake-filled calderas and the Gorreana Tea Plantation. The Azores have been called the Hawaii of the Atlantic with hot volcanic springs and magnificent crater lakes. In short, it is a spot made for great photos and great observations on the art of photography.



Photo by Ken Weiss.

For a complete overview of meetings, speakers, and events, we also invite you to visit the Chagrin Valley Camera Club's website at <http://www.chagrinvalleycameraclub.com/>.



The Michael & Anita Siegal One Happy Camper Program

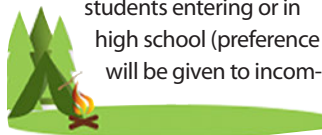
Receive up to \$1,000 for Jewish Overnight Summer Camp! Choose an approved Jewish overnight summer camp and receive up to \$1,000 for a first-time experience. Incentive grants are not need-based. Restrictions may apply.

David and Inez Myers Foundation Camp Leadership Scholarship

This Scholarship is to help students entering or in high school (preference will be given to incom-

ing 9th and 10th graders) attend a Jewish summer overnight camp that offers leadership training. Factors to be considered will include but are not be limited to: financial need, demonstrated leadership potential and an expressed desire to give back to the Jewish community as a result of this camp leadership experience.

For more information, visit www.onehappycamper.org or www.jecc.org, or contact Maya Holtz Groys at mgroys@jecc.org or 216.371.0449.



The Michael & Anita Siegal One Happy Camper Program

CAMP IS SO COOL!

(SO IS GETTING A
GRANT OF UP TO \$1,000!)

Go to www.onehappycamper.org

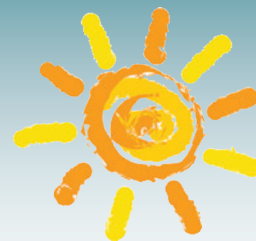
Choose a Jewish overnight
summer camp and receive
up to \$1,000 for a
first-time experience.



Restrictions may apply. For more information, visit www.onehappycamper.org, or contact Maya Holtz Groys at mgroys@jecc.org or 216-371-0449.



Summer Camps



Enjoy a fun-filled summer of dance!

Shaker Dance Academy is the premier Cleveland dance studio. We provide professional-level training in the arts of dance and drama, including ballet, jazz, hip hop, lyrical, contemporary, point'e, Broadway theater and tap, for students of all ages and levels of experience. Our performance groups, geared toward more serious dancers, meet two-to-three days per week.

For 18 years now, our mission has been to help children of all ages learn to accept,

challenge and express themselves through dance; and to prepare dancers to audition for a college dance scholarship as an option, to help parents save on the rising cost of college tuition.

Shaker Dance Academy promotes positive thinking, teamwork and leadership skills. It is a place for youth to learn the meaning of self-love, and provides the skills for them to reach for their dreams.

Our programs and summer classes are open to all dancers

from any studio. It doesn't matter where you train. We offer various classes with top teachers and choreographers for a fun-filled, exciting summer of dance!

Teachers will challenge and motivate students during these high-energy, unforgettable programs.

Teachers will challenge and motivate students during these high-energy, unforgettable programs.

Sign up today. We look forward to welcoming you to our dance family!



Shaker Dance Academy owners Jonathan and Tracey Webb.

Dance classes for age 3 & up! Summer dance camps!



**Register for 2019-2020
dance season now!
Classes fill quickly.**

[https://dancestudio-pro.com/
online/shakerdanceacademy](https://dancestudio-pro.com/online/shakerdanceacademy)



**Come see our
2018-2019 performance
Saturday, June 8th @ 6 pm &
Sunday, June 9th @ 4 pm-
At Twinsburg High School**



Convenient Beachwood Location
Shaker Dance Academy • 23440 Commerce Park Rd. • Beachwood, OH 44122
(216) 591-2300 • www.shakerdanceacademy.net



CPH SUMMER ACADEMY

This summer, students ages 4-18 are welcome to engage in a variety of theatre classes organized by America's first regional theatre. Course offerings include exploration into improvisation, scene study, and musical theatre. Classes are available for students of all abilities.

FOR MORE INFORMATION OR TO REGISTER:
clevelandplayhouse.com/academy
216.414.7111





CPH Theatre Academy

CPH believes that theatre education is important to the well-being of young people and the community, which is its mission to serve. Theatre Education is a tool to bond community with community, to bolster our knowledge of ourselves and others, and to amplify artistic awareness as participants and practitioners. CPH is committed to provide a diverse portfolio of educational programming to children, teachers and parents, both in and out of school, throughout Northeast Ohio.

For more than eight decades, CPH has offered educational programming as varied as the stories on its stages. Alumni include Academy Award®-winner Paul Newman, Academy Award- and Tony Award®-winner Joel Grey, and Toy Story 3 director Lee Unkrich, among many other successful film and theatre talents. CPH Theatre Academy has classes

for working adult professionals, preschool children with big imaginations, and everyone in between. Faculty from Tony-Award-recipient Cleveland Play House will excite creative potential and nurture your passion for live theatre!

CPH SUMMER ACADEMY truly offers something for every interest and age range

right in the heart of downtown Cleveland at our Cleveland Play House Education Center. With courses running for ages 4-18, we offer half-day, one-week, and two-week courses during which students will be inspired to create through an in-depth look at children's literature written by beloved authors, improvisation, scene study, and musical theatre. An in-class

share at the end of each summer course will provide Summer Academy performers an opportunity to showcase the skills they've built. Aftercare, where students will engage in fun, enriching activities, is also available.

For more information and registration options, visit clevelandplayhouse.com/academy or call 216.414.7111.





Summer Camps Provide Grief Support for Children

Looking for a summer camp to support a grieving child or teen? Western Reserve Grief Services offers Together We Can grief support camps. The camps connect children with peers who have also experienced a loss. They incorporate art, music, play, and nature exploration and are led by trained children's grief-support specialists from Hospice of the Western Reserve. No family experience with hospice is required to attend.

"Children tend to process their grief differently than adults," said Diane Snyder Cowan, Bereavement Center director. "The camps are tailored to support needs in a way that is beneficial and comforting for each age level. They provide a 'safe zone' where kids can feel comfortable sharing big emotions, and where they can ask questions in a supportive environment. Camp activities encourage memories and the expression of feelings."

At Riding Through Grief (ages 8-12), June 24-28, 9 am to 12 pm, children explore grief issues through riding and working with horses. Offered in collaboration with Fieldstone Farm Therapeutic Riding Center, 16497 Snyder Road, Chagrin Falls, the cost is \$75 per camper (scholarships available). Registration is due May 31.

Red Oak, 9057 Kirtland-Char-don Road, Kirtland, is a three-day grief camp (ages 6-13). Transportation is provided from two locations. Activities include commemorative crafts, drum circles, and storytelling to encourage memories, build coping skills and help express feelings. The cost is \$25/camper (scholarships available). Registration is due July 8.

"There's nothing better than seeing all these kids who have experienced so many different losses come together in a beautiful natural setting to share stories, learn new ways to handle their grief and have fun with other children who understand what they're going through."
 – Karen Hatfield

"There's nothing better than seeing all these kids who have experienced so many different losses come together in a beautiful natural setting to share stories, learn new ways to handle their grief and have fun with other children who understand what they're going through," said Karen Hatfield, Team Leader.

More information and applications for both camps are available by calling 216.486.6838.



LEGO®-Themed Programs, Robotics, Engineering, Animation and More!

Snapology in Beachwood offers children age 2 to 14 hands-on experiences to learn and create through LEGO®-themed programs, robotics, engineering, animation and more. Snapology features thousands of LEGO®, K'Nex, Bionicle and mosaics with space to roam, explore, build and create.

Gina Cuffari was inspired to open a Snapology franchise in 2014, and her brick-and-mortar location opened its doors in Beachwood in February 2018.

"Our space is bright and open, but what makes Snapology special is the engagement," Gina said. "Our curriculum is really what it's all about. Parents often tell us they can't believe how engaged and focused their children are."

This summer, we have many many camp opportunities



available. All programs are Monday-Friday, except for the week of July 4th. If you need a full-day program, enroll your child for the morning and afternoon sessions, and we will provide complimentary before- and after-care. Sibling discounts are available.

Snapology inspires kids to build, learn, and create while having fun. In addition to camp programs, we offer classes, indoor play, and birthday parties.

To learn more, visit Cleveland.Snapology.com or call 216.990.8988.



High-energy Youth Leadership Experience

Effective Leadership Academy (ELA) presents Camp LEAD: "Fish Tank," a fun and dynamic summer experience focused on innovative youth leadership. This intensive, one-week summer day camp engages 5th-8th grade boys and girls at a pivotal point in their development.

Camp LEAD: "Fish Tank," based on the hit TV series Shark Tank, will utilize games and outdoor team activities to encourage healthy competition and collaboration. Campers will be given daily challenges that will help them learn how to pitch ideas and negotiate for success. This day camp encourages campers to focus on goal setting, creativity, networking, critical thinking, presentation skills, effective communication and the art of self-leadership.

ELA's Camp LEAD offers the perfect balance between authentic learning and gross-motor dynamic activities. The activities will stretch personal limits, educate, empower and equip campers to take away the critical success skills needed to become true leaders.

A brand new Camp LEAD curriculum every year means your camper can have four years of leadership development before even hitting high school. Turn your camper's potential into performance through a memorable summer experience that will give your student that competitive edge!

Sessions run Monday through Friday, between 9 am and 3 pm, at schools and community locations across Greater Cleveland.

Registration is open now! Limited scholarships are available. Get the EARLY BIRD RATE before March 31. Visit www.effectivela.org for dates and locations.



STEAM Summer Camps right here in Beachwood!

3365 Richmond Road, Suite 238.
Half or full days. Before and after care
is complimentary with full-day enrollment.
Sibling discounts are available!

216-990-8988

CLEVELAND.SNAPOLOGY.COM

Together We Can

Looking for a summer camp to support a
grieving child?

Consider **Together We Can Red Oak** –
a bereavement day camp for children ages
6 – 13 who have experienced the death of a
loved one. **Together We Can** is expressive
in nature and led by facilitators who are
experienced in art, music, play and nature
activities.

Together We Can Red Oak

August 6-8, 9:00 a.m. to 3:00 p.m.

Red Oak Camp, Kirtland, OH

Two convenient transportation locations will be offered.



Visit our website to see more camps and for
further info. Call for a registration packet.

hospicewr.org/camps

216.486.6838



EFFECTIVE LEADERSHIP ACADEMY **ELA** **2019 CAMPLEAD** HIGH ENERGY SOCIAL-EMOTIONAL LEADERSHIP EXPERIENCE FOR 5TH-8TH GRADERS



2019 CAMP THEME FISHTANK INSPIRED BY HIT TV SHOW SHARK TANK

GOAL SETTING * CREATIVITY * NETWORKING * CRITICAL THINKING
PRESENTATIONS * EFFECTIVE COMMUNICATION * ART OF SELF-LEADERSHIP

**REGISTER
TODAY!**

LOCATIONS ACROSS GREATER CLEVELAND
VISIT EFFECTIVELA.ORG OR
CALL 216.292.8775

Career Change? The Library Can Help!

Since 1976, Cuyahoga County Public Library has helped adult job seekers at all stages of their working lives acquire the resume and cover-letter writing, interview, and job search skills required to help them find jobs, and transition into new careers by understanding their interests, personality, skills and work values through assessment.

CuyahogaWorks Job & Career Services' staff, currently made up of two certified career counselors and two professional career coaches, take pride in helping job seekers put their best foot forward to find livable-wage employment, advance their careers, or pursue new career paths altogether. Its services and workshops are FREE and available to adults ages 18 and older.

"Our staff prides itself on serving as advocates for job seekers who are looking to put their best foot forward as they seek to either advance their careers or transition into new ones," said Ebony Hogan, Career Services supervisor. "Finding a new job can be both an intimidating and exciting journey of self-discovery and promise as you seek to determine where your skills and talents fit best."

Certified career counselors and professional career coaches are currently available to meet with job seekers at select library branches. For details, visit cuyahogaworks.org.

Services include one-on-one appointments that focus on career assessment and planning, resume/cover letter/linking profile reviews, mock interviewing, development of job search strategies, and education and occupational research. They also offer career workshops and an 8-week Job Seekers Series that is dedicated to the education and training of current job search skills, techniques and trends.

Beachwood resident Stewart Jacob, a rabbi who is starting a new career in social work,

met with Ebony and highly recommends the library's services. "Ebony is knowledgeable, patient and understanding, and she has expertise necessary for careers and interviewing," he said.

"Counselors are helping me with the whole process. Although I have not yet found employment, I do find the library's team to be courteous, professional and knowledgeable. I chose to transition into social work because I want to challenge myself with something new and add additional tools to my toolbox, so I may be of greater service to society."

For a schedule of upcoming times and locations for workshops, visit cuyahogaworks.org and click on the "workshops" link. You can also go to www.cuyahogalibrary.org for a comprehensive list of helpful career databases, such as Lynda.com, Learning Express Library, and Reference USA for employment research and to brush up on training and development.

"Don't settle when it comes to your livelihood – let us help you explore and discover the possibilities of your new career," said Ebony.

"Don't settle when it comes to your livelihood – let us help you explore and discover the possibilities of your new career," said Ebony.

For more information or to schedule a career counseling or coaching appointment, please call 216.475.2225.

Park150: Celebrating the Art and Architecture of Park Synagogue

Park Synagogue presents "Park150: Celebrating the Art and Architecture of Park Synagogue," Sunday, March 10, at Park Synagogue Main, 3300 Mayfield Road, Cleveland Heights. Doors open at 12:30 pm for self-guided tours, and the program begins at 1 pm.

During Park Synagogue's 150th anniversary year, the community is invited to celebrate and appreciate the art and architecture of the iconic Park Synagogue Main, designed by world-renowned architect Eric Mendelsohn.

Samantha Baskind, professor of Art History at Cleveland State University, will highlight many of the significant works of art

in the exceptional collection on display that hangs in the building, while Steven Litt, Plain Dealer art and architecture editor, will discuss Mendelsohn's innovative and symbolic architectural designs for the synagogue. Guests are invited to take self-guided tours throughout the day. A reception will follow the program. Be sure to visit the Park Synagogue "shop" to purchase Walter Leedy's book, *Eric Mendelsohn's Park Synagogue*, and other interesting items.

This program is free and open to the community. Please RSVP by March 6 to Ellen Petler at epetler@parksyn.org or 216.371.2244 ext., 122.

Fighting Oppression and Discrimination – Past and Present

Park Synagogue and Cory United Methodist Church invite the community to join them for "Fighting Oppression and Discrimination – Past and Present" on Sunday, March 31, at Cory, 1117 E. 105th St., Cleveland.

The program will feature Marsha Mockabee, president/CEO of the Urban League of Greater Cleveland, and Jessica Cohen, managing director of Community Relations of the Jewish Federation of Cleveland, in a discussion about racism,

anti-Semitism, and discrimination in the African-American and Jewish communities – past and present. They will discuss what all of us, as individuals and as a community, can do to fight these problems that continue to confront us today.

Doors open at 12:30 pm, with the discussion beginning at 1 pm. The program is free and open to the community. RSVPs are requested to Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

From Bimah to Broadway, Featuring Park Synagogue's Cantors Past and Present

Sunday, April 7 • 7 pm

**Park Synagogue East at 27500 Shaker Blvd., Pepper Pike
Patron Ticket: \$75; General Admission \$25
(Sponsorship Opportunities available)**

In honor of Park Synagogue's 150th year, Cantor Misha Pisman, along with two of Park's former Cantors, Ofer Barnoy and Alberto Mizrahi, will return to the bimah in concert. They will perform solos, duets, and

all together. Tickets can be purchased online at www.parksynagogue.org/park-150. No tickets will be mailed. Check-in at the door. The evening will conclude with a dessert reception that is open to all.

Council Member Justin Berns "Goes the Distance" in Dopey Challenge



Beachwood City Council member Justin Berns is a self-proposed "Disney geek" who loves everything about Disney World in Orlando, Florida. Just a few years ago, he took up running and entered his first race, the Rite Aid Cleveland Marathon's half-marathon. His time was good enough to qualify him in subsequent races for the "A corral," the group that leaves the starting gate first, and he decided to expand his horizons and enter more competitions.

He learned about runDisney, a series of "the most enchanting running events on earth," and signed up for Disney's 2017 Wine & Dine, a 10K and half-marathon run through Walt Disney World Resort on courses filled with magical entertainment, and some favorite Disney characters. Much like the resort itself, the experience was magical, so Justin signed up for the 2018 Dopey Challenge, a four-day series of consecutive competitions, starting with a 5K, then 10K, half marathon (13.1 miles), and full marathon (26.2 miles) – for a grand total of 48.6 miles.

When Justin was training for these races, he psyched himself by listening to Disney-

themed podcasts, including "Be Our Guest WDW," "The Dis Unplugged," and "Backside of Magic: Tips and Tricks for Your Walt Disney World Vacation."

After he completed the Dopey Challenge, Justin knew he would run both races again since, from his experiences, he had the understanding of what it took to properly train. He was disciplined with his training – until he came down with pneumonia just a few months before his next race.

"I didn't have the physical strength to run," he said. "This was a bump in the road, but I knew that I would bounce back and achieve my goal."

And he did. In November, Justin and his children, Caleb, Allie and Sarah, went to Disney for the 2018 Wine & Dine races; and in January, he returned to try and beat his time in the Dopey Challenge.

"I was familiar with the grueling schedule, so I went by myself," he said. "Each day, I woke up at 2 am to catch a bus at 3 am, which transported participants to Epcot. After walking a two-mile route to the starting line, I waited in the cold for an uncomfortable two hours before the races began.

"Training was horrible," he added. "I had only run 14.5 miles in one stretch before the Dopey Challenge, and I needed all of my energy to compete."

The scenery provided distractions as Justin ran through



Justin Berns after completing the 2019 Dopey Challenge.

the Magic Kingdom's castle and around Main Street, Tomorrowland, Fantasyland, Animal Kingdom, Hollywood Studios, ESPN Wide World of Sports Complex and Epcot Center.

"It's fun to hear movie music streaming on speakers and to see costumed characters along the way," Justin said. "Plus, it's reassuring to know there are plenty of port-a-potties!"

Although Justin's time wasn't what he thought it would be, he felt a sense of accomplishment as he crossed the finish line in all four races.

"When I learned about runDisney, it was a marriage made in heaven," he said. "And when I'm there, I'm in my happy place."

What's next for Justin is yet to be determined. His goal is to qualify for the Boston Marathon.

Village in the Heights Programs

Village in the Heights offers programs that enhance the lives of the seniors. Upcoming programs include:

Tuesday, March 5 • 4-6 pm

Happy Hour
Hyatt Place in Legacy Village
Come for food and drink, stay for the fun people.

Friday, March 15 • 11:30 am

St. Patrick's Day
"Rehearsal" Lunch
Join us and dine on corned beef and cabbage at one of the east side's better locations. Call for details.

Wednesday, March 20 • 2-4 pm

Home Adaptation Workshop
South Euclid/Lyndhurst Library
1876 South Green Road
Learn how to make your home more livable as you grow older. Four local experts will present options to make your home comfortable and safe.

For more information or to confirm your attendance, call 216.512.1844 or email info@villageintheheights.org.

Blood Drive Beachwood Library Saturday, March 16 10:30 am – 3:30 pm

In just an hour of your time you can help save up to three lives. Make sure hospital patients get the treatment they need. Donate blood! For more information or to make an appointment, visit www.redcrossblood.org.



Justin Berns competing in the 2019 Dopey Challenge.

Northeast Ohio's Fight Against Homelessness Involves Every Community

By Margaret Mitchell

The holidays have passed. They were a time when families gathered, spent time with one another and gave thanks for everything they have in life. Then and now, it is equally important to consider those in our communities who are less fortunate.

Not everyone has an opportunity to cozy up by a fire at the end of the day, so it may be easy to overlook some of the most pressing issues that our greater Northeast Ohio community face on a daily basis. On any given night in Cleveland, there are more than 1,700 citizens who go to sleep without a home to call their own. Across Cuyahoga County, an average of 4,500 people need emergency shelter each year.

These numbers are unacceptable, but all too often, the issue of homelessness remains insidiously hidden within our communities. Why? Because we frequently envision someone who is "homeless" as one who is sleeping on the streets. Our definition must be more broadly inclusive of those who have no permanent address and may find themselves continuously living with others. Those who rely on friends, family or others for shelter each night are perilously close to a far more dangerous situations.

Make no mistake, homelessness can strike anyone. The stereotype of an average homeless person may take the form of someone with severe mental illness or one who is helplessly addicted to drugs – people who many can't envision to be like themselves. The truth is more ordinary and more profound. For instance, throughout Northeast Ohio, we have seen in recent years the rate of homeless families increasing for several reasons, including lack of access to affordable housing. Meanwhile, despite low unemployment figures across the country,

we have seen wages remain flat, and nowhere in our country can a person maintain housing on a minimum wage.

Our homeless population consists of people with master's degrees, people who have become impoverished due to medical care, or who have found themselves in unimaginable circumstances despite their best efforts. In 2016, for instance, the Center for Social Innovation launched SPARC (Supporting Partnerships for Anti-Racist Communities), an initiative to examine the intersections of race and homelessness to advance racial equity in the homelessness sector. This study poses the question, "Is homelessness a reflection of the failure of our social systems?" Elsewhere, most housing that has been built to address homelessness in our communities is tailored for individual adults, not families and younger adults who were born into poverty with no discernible pathway out.

Further, homelessness can have a major impact on our communities at large. It impacts people's long-term prospects and emotional well-being, and that impact can be devastating. Those who experience homelessness during childhood are more likely to develop risky health behaviors, chronic health conditions and generally have lower life expectancy.

Prevention, not reaction, is the best way to win our fight. In my work with YWCA Greater Cleveland, this belief has guided our efforts and the numerous programs we run that have

positively impacted lives in our communities.

We, along with our many community partners, are working tirelessly to ensure that young people do not graduate from foster care directly into homelessness. It's part of why YWCA Greater Cleveland created Independence Place, which offers permanent, supportive housing. Of our 23 tenants who lived at Independence Place throughout 2016 and 2017, most are thriving on their own in the community. A small number (6 percent) have returned to homelessness, but our goal is zero.

Further, our Community Nurturing Independence and Aspirations (NIA) program offers supportive services to tenants who move into the community, designed to help those we serve beyond their time at Independence Place. A variety of opportunities are offered to Independence Place tenants and Community NIA participants, including art therapy, dinner and discussion nights led by community organizations, community outings, a food pantry, and access to additional programming offered within the YWCA.

We do all of this because we truly believe that supporting the most vulnerable in our communities is a continuous cycle. Solving homelessness isn't simply providing shelter; it's offering a continuum of support, inspiration and hope to become strong members of our communities.

Finally, we believe that awareness and meaningful

engagement in the fight against homelessness are critical, from every part of the Northeast Ohio community, and in every city and suburb, not just the regions where homelessness is more acute. It is our hope that the work we do at the YWCA is meaningful, impactful and inspirational not just to those we serve directly, but to those who have the means of lending a helping hand.

Our homeless population consists of people with master's degrees, people who have become impoverished due to medical care, or who have found themselves in unimaginable circumstances despite their best efforts.

Would you like to help us with our mission? Here are a few ways you could get involved:

1. Serve as a volunteer at the Norma Herr Women's Center.
2. Share your wisdom and become a volunteer with Open Table.
3. Make a donation to YWCA of Greater Cleveland.

You can learn about these and other opportunities at YWCAofCleveland.org or by emailing us at info@ywcaofcleveland.org.

Miss Saigon Cast Members Wow BHS Students

By Arlene Fine

The BHS students in Lisa Goldman's first- and second-period orchestra class did not need a helicopter to land in their band room to blow them away. The visit they received from cast members of Miss Saigon caused enough of a stir.

"My daughter Molly, a violist, is performing with the National tour of the Miss Saigon revival at Playhouse Square, (where an actual helicopter lands on stage), and it was through her connection that the cast's musicians and singers came to BHS," says Lisa. "I'm so thrilled my students could have the experience of hearing these musicians perform and interact with them during the question and answer session."

Led by the show's conductor, William Curry, cast members played several

selections from the popular Tony Award-winning Broadway show – much to the students' delight. Then, with baton in hand, William had the students' sight-read "I Still Believe," a song from the show.

"Learning to sight-read is extremely important for auditions," William told the students. "The only way to become good at it is to keep practicing so you can make quick, educated guesses on the fly as to how a piece should be played. There's no way you can possibly know every musical number written, so being a good sight-reader is a critical skill."

BHS band member Emily Isaacson was so taken by the Miss Saigon cast members' appearance that her parents immediately bought tickets

for the Playhouse Square performance so she could see the play in its entirety. "It was amazing to watch the professional musicians perform and learn about what goes on in the orchestra pit during a performance," says Emily.

"I'm so thrilled my students could have the experience of hearing these musicians perform and interact with them during the question and answer session."

– BHS music teacher
Lisa Goldman

Along with performance tips, cast members emphasized the importance of being a reliable musician who's always prepared, shows up on time, is respectful of fellow performers and is an all-around good person. "The musical theater world is small and a good reputation goes a long way in terms of getting parts and being respected by your peers in the industry," says William.

Top:
BHS orchestra instructor Lisa Goldman, with her daughter musician, Molly Goldman.

Bottom:
BHS students Emily Isaacson and Prerna Mukherjee.



Aging Resources Program

A Spring Dinner Conversation How Physical Therapy Can Help Individuals with Osteoarthritis

Speaker: Eran Shiloh, physical therapist, Peter B. Lewis Aquatic & Therapy Center.

Date: Thursday, March 28

Dinner Hour: 5:30 pm

Conversation: 6:30 pm

Location: Menorah Park Saltzman Auditorium
7100 Cedar Road • Beachwood

Topics include:

- Understanding how a physical therapist can prescribe the right dose and types of exercise to manage osteoarthritis.
- Learning the benefits of physical therapy after surgery, especially for artificial joint replacement.
- Finding out how physical therapy is part of a comprehensive approach to resolving chronic pain.

Program and dinner are free of charge. Seating is limited, reserve space early. RSVP to Beth Silver, 216.839.6678, or bsilver@menorahpark.org no later than Thursday, March 7.

Aging Resources Dinner Conversations are sponsored by the Earl and Barbara Franklin Fund. Kosher dietary laws observed.

Hebrew Storytime Beachwood Library Wednesday, March 6 • 4 pm

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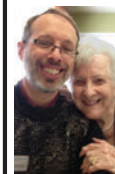
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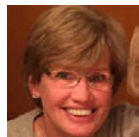


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and there are still a lot of stories to be told.

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please email it to

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Those who send in qualified leads will receive a bag of coffee and a *Beachwood Buzz* coffee cup, as a token of our appreciation, because *Beachwood Buzz* creates abuzz that lasts!



NCJW/Cleveland Seeks Nominees for 2019 \$10,000 Roslyn Z. Wolf Grant Award

The National Council of Jewish Women/Cleveland (NCJW/Cleveland) seeks nominations for the twelfth annual Roslyn Z. Wolf Award. A \$10,000 grant will be presented to a non-profit organization that proposes a program to demonstrate an outstanding contribution to our community in the areas of youth, family and education.

Organizations with a budget of one million dollars or less, which exemplify NCJW/Cleveland's mission, are eligible and encouraged to apply. The award will fund a project outlined in the application located at www.ncjwcleveland.org/2016/01/roslyn-z-wolf-award-application-available.

Last year's award to the Cleveland Kids Book Bank encouraged summer reading by donating books to children at neighborhood recreation centers, pools, parks – wherever kids gather during school vacations.

Other past winners include Fostering Hope, a five-year-old nonprofit that enriches lives of children living in foster care and residential treatment; and Girls with Sole, a nearly nine-year-old non-profit that uses fitness and wellness to empower the minds, bodies and souls of girls who are at risk or have experienced abuse.

"By supporting these remarkable programs, we're giving organizations the momentum they need to tell their stories and, in turn, make a positive impact within the community," said Elaine Geller, president, NCJW/Cleveland. "There is nothing more rewarding to us than to recognize an organization that truly lives out our mission. It's a privilege to bring attention to these great programs."

The award was established to honor the late Roslyn Z. Wolf's ideals. Mrs. Wolf was devoted to the mission of the National Council of Jewish Women in her concern for improving the lives of women, children and families. She was a lifelong participant in the academic, fine arts, and Jewish communities. Born in Cleveland, she graduated from Cleveland Heights High School and received a B.S. degree in Art History from Case Western Reserve University. She served on many civic and cultural boards in Cleveland, including The Cleveland Orchestra, Jewish Family Service Association and Bellefaire/Jewish Children's Bureau. Roslyn was married to Milton A. Wolf, United States ambassador to Austria (1977-1980).

Visit www.ncjwcleveland.org for the award criteria and application. The form must be completed by March 30 and emailed to president@ncjwcleveland.org, or mailed to NCJW/Cleveland, 26055 Emery Road, Cleveland, Ohio 44128. The award will be presented at the NCJW/Cleveland Annual Spring Meeting on June 5. Contact Elaine Geller at 216.378.2204, ext. 102, with any questions.

NCJW Recognizes Emerging Leaders

Cheryl Gordon of Beachwood, Beth Milstein of Chagrin Falls and Niki Resnick of Orange have been named Emerging Leaders at National Council of Jewish Women/Cleveland. The awards, presented to members who have shown their commitment and potential for future community leadership, were presented at the organization's winter meeting on Wednesday, February 6.

"These three women have joined NCJW within the past several years on the recom-

mendation of current members. They bring a variety of skills, passions and leadership ability to the organization," said Elaine Geller, president of NCJW/Cleveland.

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms.



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