

Beachwood Buzz

June 2021

Every Resident. Every Business. Every Month.

MAGAZINE



Hometown HEROES

CITY OF Beachwood



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Letter from THE EDITOR

By Debby Zelman Rapoport



Nobody is immune to adversity. Whether it's physical, mental, emotional, social, spiritual or financial, we all have realities that make us feel sad, hurt, overwhelmed, or a plethora of other feelings. Although we usually can't control circumstances, we each have the power to give them meaning and determine how we will respond. That's where resilience comes in.

Resilience is the ability to withstand adversity and bounce back from difficult life events. When we're resilient, it doesn't mean that we don't experience adversity; it means we can muster up the strength to frame circumstances in ways that won't hurt us further. This allows us to recognize our feelings and recover at our own pace.

When people perceive others as being untouched by adversity, it may be a facade, especially when seen on social media. Last month, my daughter and I went on a hike at Brandywine Falls. We went to enjoy nature, get some fresh air and exercise, and to clear our heads. Although we were both processing circumstances of difficult events, we smiled and took a selfie, which I later posted on Facebook. I posted the pic because I was grateful to have had that experience with my daughter and I love chasing waterfalls. The reality was that our smiles were just a snapshot in time.

Dr. Albert Ellis, a psychologist and psychotherapist, created the ABC model (adversity, beliefs, consequences) to help us understand our reactions to adversity. We encounter adversity, which is a fact or a circumstance. How we think about it creates our beliefs. These beliefs then influence what we do next, which creates positive or negative

consequences. The ABC model allows us to slow down and think things through.

For example, are you devastated because you lost your job, or are you grateful for the skills you learned that will help you land your next job? Are you sad about failing, or grateful that you met a challenge that made you stronger and more likely to succeed next time? Two people with the same circumstances often have different outcomes.

Lucy Hone, director of the New Zealand Institute of Wellbeing & Resilience, says, "Adversity doesn't discriminate. If you are alive, you will deal with some tough times."

She knows firsthand. In 2014, her life was turned upside down when her 12-year-old daughter, Abi, was killed in a car accident. Instead of being a resilience expert, she instantly became the grieving mother whose world had been crushed.

In her Ted Talk, Lucy offered healthy coping strategies that come from resilience research and positive psychology, stating benefits of focusing on what we have versus what we lost, and taking small steps in a positive direction each day that, when put together, make a huge impact on our wellbeing.

She shares three strategies that are readily available to all of us when braving adversity:

1. Resilient people understand that bad things happens and that suffering is part of every human existence. When Lucy's daughter died, she never found herself saying, "Why me?" Because she knows that terrible things happen to everyone, and when they do, we each have the power to decide if we will sink or swim.
2. Resilient people are really good at choosing where to focus their attention. Some focus on things they can change and somehow accept the things that they can't. Others focus on what they cannot change. Do you want to survive and cherish memories, or get swallowed up? Don't lose what you still have to what you have already lost. Make an intentional, deliberate, ongoing effort to tune into what's good in your world.
3. Resilient people ask themselves, "Is what I'm doing helping or harming me?" This question can be applied to many different contexts. When we ask ourselves this question and answer honestly, it puts us back in the driver's seat by giving us control over our decision making.

Resilient people ask themselves, "Is what I'm doing helping or harming me?" This question can be applied to many different contexts.

"We all have moments in life where our path splits and the journey we were taking veers off in some terrible direction we never anticipated, and certainly didn't want," Lucy says. "If you ever find yourselves in a situation where you think, 'There's no way I'm coming back from this,' I urge you to lean into these strategies and think again."

Lucy doesn't pretend that thinking this way is easy. Neither does it remove all the pain, but she says it really does help. "More than anything, it has shown me that it is possible to live and grieve at the same time. And for that, I will always be grateful."

We cannot change the past. All we can do is live life in the present and work toward the future. For those who are currently facing adversity, I wish you resilience, along with hope for better tomorrows.

A handwritten signature in black ink that reads "Debby" followed by a heart symbol.

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- Marymount Hospital Emergency Department
- South Pointe Hospital Emergency Department
- Twinsburg Family Health and Surgery Center Emergency Department
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New MS specialist at Hillcrest Hospital.



Hilary Young, PA-C
Cleveland Clinic Hillcrest Hospital and main campus

Multiple Sclerosis (MS) specialist Hilary Young, PA-C has joined Cleveland Clinic Neurological Institute and is seeing patients at Hillcrest Hospital and main campus.

To schedule an appointment with a Cleveland Clinic MS specialist, visit ClevelandClinic.org/MS or call 216.636.5860.

Cleveland Clinic Children's is hitting the road!

Raise awareness and critical funds for Cleveland Clinic Children's by purchasing a branded license plate. \$25 from each sale will be donated to directly support priority initiatives at Cleveland Clinic Children's.

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Hometown Heroes

by Debby Zelman Rapoport



Last January, Beachwood Schools rolled out a banner program to recognize diversity in our community. This program is part of a new cycle of monthly recognitions that attempts to ensure all members of our community feel seen, heard and respected. Students and staff recommend influential people who fit the recognition category, and vibrant banners are created and installed in the parking lots and at entrance walks of all school buildings.

This month, *Beachwood Buzz* recognizes 16 Hometown Heroes, 8 from the Beachwood Schools and 8 from the City of Beachwood.

Story starts on page 8.

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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25501 Chagrin Boulevard
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216-545-4800

To learn more, visit beachwoodmedicalcenter.org.

CITY OF Beachwood

Special Events Return to Our City

Beachwood Community Services is excited to announce the return of special events. Although details may differ from past events due to the pandemic, we look forward to seeing everyone. The best way to be notified of events and schedules is to follow the city's Facebook page (Facebook.com/BeachwoodOH) or check out our website (www.beachwoodohio.com). Please make sure to mark your calendars for the following events!

Movie Nights Sundays, 5 pm

Enjoy FREE movies by the Beachwood Community Center parking lot, and purchase fun popcorn flavors from the Amaize Popcorn truck.

- June 27 – Croods 2
- July 18 – Aladdin
- August 15 – Onward

Outdoor Concerts Tuesdays, 6:30-8 pm

Behind the Beachwood Family Aquatic Center.
Please bring a lawn chair.

- June 15 – Blue Lunch: Blues, Jump and Swing
- June 22 – Nick Puin Band: Favorites of The Great American Songbook
- June 29 – Malt Shoppe Memories: Doo Wop
- July 6 – The Big 5 Show Band: Classic Rock
- July 13 – K-Street: Motown, Rock n Roll, Country
- July 20 – Club 30: Classic Hits of the 70s-90s, Soul, Blues
- July 27 – The Dan Zola Orchestra: Big Band Music

National Pet-Fire Safety Day Thursday, July 15 4-6 pm Barkwood

Visit with local vendors, enjoy food-truck goodies, play games, enter contests, and do crafts with your dogs. The Beachwood Fire Department will be onsite to discuss pet-fire safety. Interested in sponsoring this event? Call 216.292.1970.

National Night Out Tuesday, August 3 5-7pm Beachwood Community Center Parking Lot

Come out and chat with Beachwood Police officers, check out their vehicles, meet our K-9 unit, play games, get an airbrush tattoo, see some animals, enjoy food-truck goodies, and more. Interested in sponsoring this event? Call 216.292.1970.



Honkin' Haulin' Hands-On Trucks Sunday, September 12 12-3 pm Beachwood Public Works Building

Climb on some of the city's biggest work vehicles, including a garbage truck, front loader, salt truck, fire truck, police cruiser, and many more. Enjoy crafts, games, and snacks as well.

Beachwood Fall Festival Sunday, October 3 12-5 pm Beachwood Community Center Parking Lot

This free community event will feature a climbing wall, zip line, inflatables, food trucks, live music, local businesses, entertainment, and much more. Interested in sponsoring this event? Call 216.292.1970.

Build a Scarecrow Sunday, October 17 Time: TBD Shaker Park East

Register to build a family scarecrow to keep on display until October 31.

Other Save the Dates:

- **Coffee With a Cop**
Wednesday, October 6
- **Veterans Day Ceremony**
Sunday, November 7



If you have any questions regarding any of these events, please call Community Services at 216.292.1970.



30th Annual

Art in the Village

with Craft Marketplace

An Outdoor Art Show at Legacy Village

June 5th 10am - 7pm

June 6th 10am - 6pm

FREE ADMISSION



LUIS GONZALEZ

Cedar Road in Legacy Village (Lyndhurst, OH)



Artfestival.com

A Howard Alan Event
561-746-6615

MASKS REQUESTED
A SOCIALLY DISTANCED OUTDOOR EVENT

Hometown HEROES

Last February, Beachwood Schools rolled out a banner program to recognize diversity in our community. This program is part of a new cycle of monthly recognitions that attempts to ensure all members of our community feel seen, heard and respected. Students and staff recommend influential people who fit the recognition category, and vibrant banners are created and installed in the parking lots and at entrance walks of all school buildings.

"Families from all over the nation and world move to Beachwood because of our school system, and diversity is often a key factor in choosing to reside here," said Superintendent Bob Hardis. "This is one of many programs created by Beachwood Schools to honor diversity and increase inclusivity throughout the district."

"Our hope is that students, families, and staff will take great pride in these visible representations of diversity and be inspired to learn more about one another," added Kevin Houchins, Director of Equity & Community Engagement. "As we aim to motivate our students to pursue their goals and dreams, we encourage families to engage their children in discussions about various cultures, beliefs, and causes."

Additionally, the program spurs curiosity from students and families. For example, Louis Armstrong was featured in February for Black History Month. A student didn't know who he was, researched him, and now the family enjoys listening to his music together.

"The program's purpose is to expand knowledge, and to understand and appreciate the contributions of all groups to our community, country, and world,"

Dr. Hardis said. "The byproduct of knowledge is understanding and the better we understand each other, the greater our opportunity to unite as a community!"

The recognitions' sequence includes:

JANUARY - Jewish American Heritage

FEBRUARY - Black History

MARCH - Women's History

APRIL - Arab American Heritage

MAY - Asian American Heritage

JUNE/JULY - "Hometown Heroes" Public Servant Recognition with the City of Beachwood

AUGUST - Neurodiversity and Disability Awareness

SEPTEMBER - Latin American Heritage

OCTOBER - LGBTQ+ Pride

NOVEMBER - Native American Heritage

DECEMBER - Multiracial Heritage

"With 12 months and hundreds of nationally recognized topics from which to choose, we do our best to select categories that represent significant populations in Beachwood," Dr. Hardis added. "This is not a perfect system and it may evolve over time."

This month, *Beachwood Buzz* recognizes 16 Hometown Heroes: 8 from the Beachwood Schools and 8 from the City of Beachwood.

"I'm grateful for the opportunity to collaborate with Dr. Hardis and the Beachwood Schools to celebrate our Hometown Heroes," said Mayor Martin Horwitz. "One of my greatest joys of being mayor of Beachwood is leading

our city's outstanding employees. We could not accomplish our many goals without the hard work of everyone in our municipal departments. When we were asked to nominate eight employees to be recognized as Hometown Heroes, it was a difficult decision, but our committee narrowed it down and I am proud to present them to you."

"The byproduct of knowledge is understanding and the better we understand each other, the greater our opportunity to unite as a community!"

– Dr. Hardis

The City of Beachwood's Hometown Heroes' banners are installed on Fairmount Boulevard and the Board of Education's banners are in the parking lots of Fairmount, Hilltop, and Beachwood Middle School. Forty-two additional staff members from the schools were also recognized as Hometown Heroes.

To generate ideas for whom to feature on the banners, the Beachwood Board of Education reaches out to staff, students, their families, and our district's Equity & Engagement Teams. They also encourage all members of the public to send suggestions to bison@beachwoodschoools.org. Each month, an article that mirrors the banner program will be published in *Beachwood Buzz*.



BEACHWOOD SCHOOLS HOMETOWN HEROES



TONY SRITHAI

Mr. Srithai serves as Beachwood Middle School principal. He has been a “work hard, play hard” school administrator in Beachwood for four years and is known for his quick wit, creative use of technology, and thoughtful approach to leadership.



SHERRY MILLER

Ms. Miller is Beachwood’s extraordinary lead elementary principal for Hilltop, Bryden, and Fairmount preschool. She has a well-earned reputation as a warm and dedicated advocate for young families, and for her expertise in elementary curriculum and instruction.



BARBARA URBANSKI

A Beachwood Middle School math teacher, Ms. Urbanski’s endless patience and persistence are appreciated by her students and their families. She puts students first no matter what and never gives up on anyone.



ROB RISTAU

A Beachwood Middle School science teacher, Mr. Ristau is known for his positive energy and thought-provoking classroom. He is a scientist, athlete and coach, as well as a musician, and he shares all of these talents with our students everyday.



KIM NOWAK

Ms. Nowak’s enthusiasm and friendly touch are what families remember about their experiences with her as an elementary physical education teacher. She knows every student and their siblings, and they all know she cares.



MARY DEITRICK

Students love Miss D’s humor and uplifting spirit as their elementary physical education teacher. She has a knack for knowing what’s going on with every student, and has earned their trust and admiration for always lending them a helping hand.



JASON HILL

A Hilltop social studies and science teacher, everyone knows that Mr. Hill pushes his students to think, to think differently, and to think BIG. His students say he treats them more like responsible, mature, intelligent adults than elementary kids.



KEVIN HOUCHINS

Mr. Houchins became Beachwood’s director of Equity & Community Engagement two years ago, after teaching high school technology for nine years. The entire district community now knows what our high school students, families and staff have known for years. He is considerate, creative, and driven to improve the opportunities for every one of our students.

CITY OF BEACHWOOD HOMETOWN HEROES



CHIEF STEVEN HOLTZMAN
Beachwood Fire Department

Chief Holtzman was sworn in as fire chief in 2019. He has not only led his department by example, but has also served as a key advisor during the COVID-19 pandemic. He regularly consulted with the Cuyahoga County Board of Health, happily coordinated the Public Safety Center as a drive-through vaccination clinic site, and assisted our Human Resources Department with COVID-related policies. Chief Holtzman has gone above and beyond his regular responsibilities in order to keep our city safe and we are grateful for his efforts and expertise.



LIEUTENANT MICHAEL IACOBUCCI
Beachwood Fire Department

Lt. Michael "Mike" Iacobucci, a 22-year member of BFD, was named Firefighter of the Year in early 2021. Mike was appointed to the SWAT team in 2000 as a SWAT medic and still serves in that capacity today. Mike serves as BFD liaison with our medical control hospital, and over the past year, it has been his job to ensure that BFD had the proper PPE and adequate supplies to protect our crews in the field. Mike also led the committee to design and equip our new rescue squads. Lt. Iacobucci's attention to detail and dedication to the safety of all BFD members is deeply appreciated.



DISPATCHER ERIKA WESTBROKS
Dispatch

In addition to being the calm voice on the other end of your 9-1-1 call, Dispatcher Westbroks has distinguished herself as a literal lifesaver within the dispatch center. Earlier this year when Erika realized her co-worker was choking and unable to breathe, she immediately performed the Heimlich Maneuver, using her training and calm demeanor to save her fellow dispatcher's life. Erika was presented with the Beachwood Dispatch Lifesaver Award and Pin to acknowledge her extraordinary actions. Less than a month later, Erika was commended for rescuing a young child she saw while she was driving to work. The child was unaccompanied and inappropriately dressed for freezing temperatures.

We could not accomplish our many goals without the hard work
of everyone in our municipal departments.

– Mayor Martin Horwitz



OFFICER LUIS REYNA
Beachwood Police Department

In only three years with the Beachwood Police Department, Officer Reyna has distinguished himself as a valuable member of BPD. His demeanor, professionalism and constant drive for excellence resulted in his selection as a field-training officer, despite his brief tenure with BPD. Luis was appointed to the EDGE Bomb Unit shortly after being hired. He continues to seek opportunities to expand his knowledge and experience and is regularly mentioned in compliments to the city and BPD.

OFFICER JACOB BERTONE
Beachwood Police Department

Officer Bertone is a consistent performer who is eager to assist with any request. He currently serves on the EDGE SWAT Unit, which regularly provides assistance to participating departments throughout the region. Jacob is an Agency Defensive Tactics Instructor and was recently appointed to Firing Range Instructor. When staffing levels allow, he will be assigned to the SPEAR Unit; until then, he takes every opportunity to assist the SPEAR Unit with its cases.



PROGRAM MANAGER SHANNON DIAMOND
Community Services Department

After the creation of BEACHWOOD DELIVERS, Ms. Diamond managed the fee-free restaurant delivery program that ultimately delivered 1,606 orders worth \$75,861 and saved restaurants and customers tens of thousands of dollars in service and delivery fees. She worked tirelessly, shepherding the program between the transition of Community Services directors and committing endless hours of weekday and weekend nights to ensure the program's success. This program generated national publicity and a great deal of goodwill from our restaurants and residents, which would not have happened without Shannon's leadership.



CREW LEADER TIM KOLAT
Public Works Department

Mr. Kolat began as a laborer in Public Works in 1993 and has dedicated himself to the night shift during the winter season. In 28 years of service, Tim has never missed an emergency call-in, day or night, to help clear our streets of ice and snow. While the rest of us are fast asleep, he works tirelessly to ensure that Beachwood's residents and employees can safely traverse our city. During the summertime, Tim is responsible for maintaining the beautifully landscaped grounds surrounding the Beachwood City Hall, Community Center, Family Aquatic Center and City Parks East and West.



SENIOR VAN DRIVERS

As a group, our senior van drivers never stopped transporting Beachwood's senior citizens and those with disabilities to and from doctors' appointments and necessary errands. Additionally, once the pandemic began, they were happy to pick up pre-paid grocery and pharmacy orders, to keep our city's homebound population safe at home. We are grateful for their efforts.

Pictured from left:
Judy DeFrench, Ray Maderka,
Shelly Drenski and Phil Stoner.



HAF Connects: The Sustainable Art of Plastics

An Art Exhibit at the Beachwood Community Center • July 6 – August 26

High Art Friday (HAF) is an online arts magazine created by Ron Shelton, a multi-media artist. With his non-profit status, Ron created HAF Connects: The Sustainable Art of Plastics, a worldwide project that educates people about the negative effects of plastic.

Inspiration for this project began during Ron's ten-week art residency through an Urban Bright Art Residency at Art House Inc. Ron, with help from Patrick Turkson, renowned artist of Ghana, educated 23 energetic third graders from Dennison Elementary School in Cleveland about how plastic is invading our culture, our environment, and our lives. The theme of this project was centered around wire-cone frames that were built and embellished with everyday household items made of plastic, which come in various shapes, sizes, colors, and textures. The students decorated cones into what later became known as "Art Hats," which eloquently portray how plastic is wreaking havoc across our planet.

When Ron started this project, he collected his own plastic for a month and was amazed by the amount he accumulated within this short timeframe. Local laundromats also saved their plastic, which Ron retrieved for future projects.

"I was devastated by how much plastic is wasted," Ron said. "My mission is to raise awareness of the hazards caused by plastic and hopefully encourage people to recognize their usage of plastic and change their behaviors."

"Our plastic trash does not just impact us, but it also impacts wildlife, which can become entangled in plastic and/or mistake it for food," he continued. "Hyper-consumerism has permeated our culture, which has fueled the plastic epidemic,

and there are several actions that we can all take to reduce our consumption of plastic."

With funding from The Cleveland Foundation and The Ohio Arts Council, this project was expanded to include artists from around the globe who scavenge beaches, personal waste, and dumpsters to hoard and transform discarded plastic that plagues their communities into artwork, and to educate people about the dangerous conditions created by these materials.

Each of us can do our part to reduce, reuse and recycle, but the best way to help ourselves and our environment is to rethink our choices as consumers. HAF Connects: The Sustainable Art of Plastics will be on exhibit at the Beachwood Community Center, July 6 – August 26.

There will also be educational and workshop components with this show. Watch for more information in next month's issue of *Beachwood Buzz*.

Each of us can do our part to reduce, reuse and recycle, but the best way to help ourselves and our environment is to rethink our choices as consumers.

For more information and a complete list of educational resources, visit www.highartfridays.com.



Ron Shelton
Cleveland, Ohio

Plastic Fire was created with medicine bottles to illustrate the medical industries' dependency on plastics. Two small holes were drilled into the bottle openings, then strung with wire. Ron then melted each bottle with a high-powered heat gun into a variety of organically shaped forms, each resembling flames of fire. Plastics serve the health and medical industries, but we ultimately pay the price from these conveniences as they hurt our environment, wildlife, and our bodies.



Patrick Tagoe-Turkson
Takoradi, Ghana

Patrick lives in a fishing community where fishermen complain about low catch due to many factors, a vital one being ocean plastics. Often, they catch more plastic than fish. The existing beach environment in his community is littered with drift plastic fishing nets, ropes, and clothes, which is why he chose these materials to create this hat. Arguably, this debris may be coming from the same fishermen who have been complaining about the effects of ocean plastic on their trade.



Taeyoun Kim
South Korea

Taeyoun created this hat by weaving yarn that she created from plastic bags that were cut and reinforced with serge stitches. She reiterates that this is not made of trash, but is instead an art piece that was fascinating and enjoyable to create.

"The greatest threat to our planet is the belief that someone else will save it."

– Robert Swan, Author



Ron Shelton, creator of HAF Connects: The Sustainable Art of Plastics

What Can We Do?

There are several actions that we can all take to reduce the amount of plastic pollution in our environment.

- Educate your friends and family about the impact of plastic pollution and ways they can act.
- Limit your use of single-use disposable plastic, like grocery bags, cups and utensils.
- Reduce the amount of plastic packaging you purchase.
- Lead by example, by using reusable bags, cups, straws, and utensils.
- Demand manufacturers to reduce plastic packaging in their products.
- Recycle when you can, but remember to reduce and reuse first.

At-Home Plastic Challenge:

Ron's suggestion to do an at-home plastic audit aligns with Plastic Free July, which provides resources and ideas to help you (and millions of others around the world) reduce single-use plastic waste everyday at home, work, school, and even at your local café. For the next month, collect all the plastic you use to see first-hand how your footprint affects the environment. Awareness is the first step. Then, take action.

This movement has inspired an estimated 326 million participants in 177 countries. When we each make small changes, we collectively make a massive

impact in our communities. The first step may be to stop using single-use plastics. When we're aware of our actions, we empower ourselves to find great alternatives that may become new habits forever.

We don't have to wait for July to begin! For details, visit www.plasticfreejuly.org.



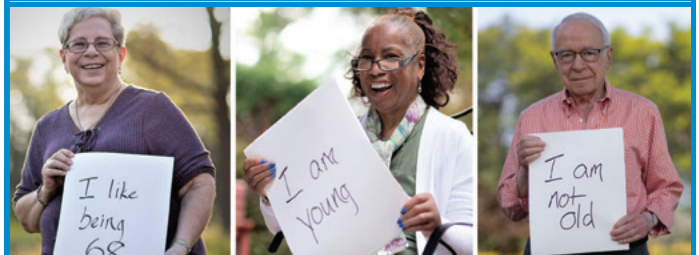
*Age isn't chronological.
IT'S PERSONAL.*



At Menorah Park, we think that the age on your driver's license is only a small part of who you are. It doesn't tell the whole story. We believe you're never too old to be young. That's why we're here: to help keep you dreaming, learning, living. To help you keep being you.

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Join our community today. Explore our many residential options for a place that's perfectly you!



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Locations in Beachwood and Chagrin Falls

BAKED by Abbie ~ Cool and Classy

An unscientific survey conducted on my Facebook page resulted in the finding that “men like the same desserts that women do,” as one respondent with expertise in the local food scene succinctly noted. A few desserts, however, were noted repeatedly. One was tiramisu. Regardless of how you celebrate Dad this Fathers’ Day, this treat should be a most satisfying way to end a great, summer day. Put it together the day before, and you, too, can enjoy the entire day just as much as Dad!



Classic Tiramisu

by Alison Roman, *The New York Times*

Ingredients

For cream:

- 4 large egg yolks
- ½ cup sugar, divided
- ¾ cup heavy cream
- 1 cup mascarpone

For assembling:

- 1 ¾ cup good espresso
- 2 tablespoons rum/cognac
- 2 tablespoons unsweetened cocoa powder
- 24 lady fingers
- 1-2 ounces bittersweet chocolate for shaving (optional)

Directions

- Using an electric mixer, in a large bowl whip together egg yolks and ¼ cup sugar until pale and tripled in volume. Set aside.
- In a medium bowl, whip cream and remaining ¼ cup sugar until it creates soft-medium peaks. Add mascarpone and whip until you get a soft, spreadable mixture with medium peaks. Gently fold the mascarpone mixture into the sweetened egg yolks until combined.
- Combine espresso and rum in a shallow bowl.
- Using a sifter, dust the bottom of a 2-quart baking dish, or 8x8-inch pan, with 1 tablespoon cocoa powder.
- Working one at a time, quickly dip ladyfingers into the espresso mixture and place them rounded side up

on the bottom of the baking dish. Repeat, using half the lady fingers, until you have an even layer, breaking ladyfingers as needed to fill in gaps. Spread half the mascarpone mixture onto the ladyfingers in one even layer. Repeat with ladyfingers and cream mixture.

- Dust top with remaining tablespoon of cocoa powder. If desired, top with shaved or finely grated chocolate.
- Cover with plastic wrap and chill in refrigerator for at least four hours before serving.

Tips

- Follow Alison’s suggestion to purchase espresso at your favorite coffee shop if you do not own an espresso maker.
- If using soft and spongy ladyfingers (like Specialty, which are kosher), lightly brush with the espresso. More traditional hard and crunchy ladyfingers (Italian Savoiardi) can withstand a deeper dip.

Abbie Nagler Sender is the owner of BAKED by abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit Abbie’s website www.BAKEDbyabbie.com and like her Facebook business page BAKEDbyabbieCLE.

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City of Beachwood Remembers Harvey B. Rosenblum

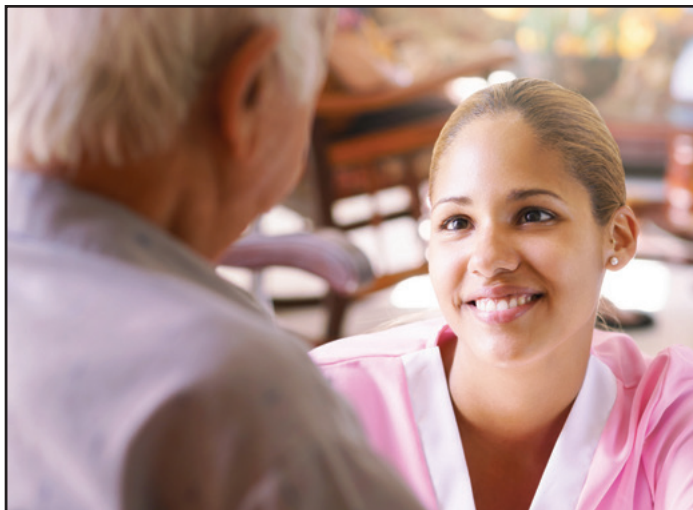
The City of Beachwood recently installed a Little Free Library and bench in Beachwood City Park East in memory of Harvey B. Rosenblum, a dedicated Community Services Department employee. Harvey was an avid reader and this library will continue to bring his love of reading to others. Thanks to those who made donations to help fund this project. Little Free Library is the world's largest book-sharing movement.



Joanne Rosenblum visits The Little Free Library that was purchased and dedicated to Harvey, her late husband.



"The more that you read, the more things you will know.
The more that you learn, the more places you'll go."
— Dr. Seuss



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Beachwood Hires L. Stewart Hastings Jr. as Law Director

The City of Beachwood recently hired L. Stewart Hastings Jr., as its new law director. Stewart comes to Beachwood after serving as assistant director of law and chief assistant director of law for the City of Cleveland for 16 years.

In that capacity, he engaged in a wide range of legal issues for the City of Cleveland, including defending home-rule authority, serving as a member of the negotiating team for first-responder collective-bargaining agreements, and counseling the administration regarding day-to-day employment and human-resource issues. He was also selected to be the lead counsel for all litigation related to the 2016 Republican National Convention in Cleveland, and worked closely with agents and lawyers in the Secret Service and FBI.

“Stewart’s experience is an exemplary combination of municipal law, litigation, and the understanding of politics and political structures,” said Mayor Martin Horwitz. “He checks all the boxes for guiding Beachwood in legal matters.”

Prior to working for the City of Cleveland, Stewart was in private practice for 12 years, serving corporate and insurance-company clients. He was also elected to the Parma Board of Education, serving from 1990-1997, including three years as president and three years as vice president.

“Stewart brings a wealth of legal experience with him to the City of Beachwood from both the private sector and City of Cleveland, and we know that our city will be in good hands with his counsel,” said City Council President James Pasch. “I thank Councilman Eric Synenberg for leading the search process; his hard work led to a successful result.”

“I extend my thanks to City Council, Mayor Horwitz, Assistant Law Director Nathalie Supler, and Human Resources Administrator

Dana Canzone for their work ensuring this hiring process was both open and fair,” said Eric, head of the Legal and Personnel Committee. “This was a competitive field of 21 applicants, and we worked well as a team to interview everyone in an equitable manner.”

Stewart’s community involvement includes 12 years with The Cleveland Orchestra Chorus, Safety Town bicycle-safety instructor in Bainbridge since 2006, and being a ride captain of the Shul Boys Motorcycle Club.



First Catholic Slovak Ladies Association has become FCSLA Life!

FCSLA Life is proud to be part of the Beachwood community! You’ve probably driven by our building on Chagrin Boulevard many times—but did you know we are a life insurance and annuities company? Our name has changed, but our mission to provide financial security to our members while embracing our Catholic values and Slavic traditions remains the same.

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COVID-19 Vaccines for Homebound Individuals

The City of Cleveland and Cuyahoga County are partnering with local entities to vaccinate homebound individuals. The Western Reserve Area Agency on Aging is screening individuals for eligibility.

Referrals can be made by contacting Western Reserve Area Agency on Aging at 216.621.0303. When making a referral, please be prepared to provide the individual’s name, demographic information, date of birth, phone number, and address.

Homebound persons include those who need the help of another person or medical equipment such as crutches, a walker, or a wheelchair to leave their home. They are also eligible if their medical provider believes that their health or illness could get worse if they leave their home.

To check eligibility or receive more information, call 216.621.0303 or visit www.areaagingsolutions.org.



Beachwood Democrats invite you to join them the second Wednesday of each month at 7 pm to learn

more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email beachwooddemocrat@gmail.com or follow the group on Facebook at BeachwoodDems.

Art in the Village Returns!

Legacy Village will transform into an art-lover's paradise on June 5-6 during the 30th Annual Art in the Village with Craft Marketplace.

One hundred local and national artists are set to display their fine works from across the nation in a prestigious show that will encompass fine jewelry, exquisite works of art, and hand-crafted apparel and decor. The festival will also include a full craft market with handmade organic soaps, live plants, tasty edibles, affordable and practical artisan-created works, and more.



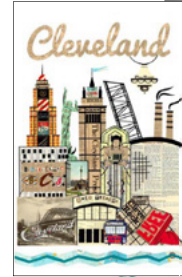
Safety measures in place for the socially-distanced, outdoor art event include:

- All attendees are asked to wear a mask upon entering the festival, with the exception of children aged two and under.
- Entrances and exits will be monitored for one-way traffic.
- Visitors should reserve a free time slot at www.artfestival.com.
- Social-distancing is required between artists and patrons, and patron groups.
- Patrons are asked to stay home if they have been diagnosed with COVID-19, awaiting test results for COVID-19, or show any symptoms of the virus.

- Guests are also asked to utilize hand-washing and sanitizing stations on a regular basis, and to avoid casual touching.

Residents and visitors alike will find something for everyone during this free, two-day artistic affair. Ample parking is available and pets on leashes are always welcome.

This show is presented by Howard Alan Events (HAE), producer of the nation's finest juried art shows. The 30th Annual Art in the Village with Craft Marketplace represents original, hand-crafted artwork selected by an independent panel of expert judges from hundreds of applicants. HAE's careful vetting process also ensures a wide array of mediums and price ranges will be offered during the event.



Left: Photography by Glen Petranek. From top: Jewelry by Zenia Lis, mixed media by Shari Escott, handmade clothing by Patricia Kresty, and glass by Dustin Wagner,

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Change

by Jennifer Stern

You **can't** change the people around you.
You **can** change the people around you.

Think about it. We **can't** change others. Not their values, beliefs, style of processing, communicating, or how they choose to show up.

We **can**, however, change those with whom we choose to share our lives through self-awareness and intentional boundaries.

What kind of energy do you wish to experience in your life? Do the people with whom you share your life embody and reflect this energy?

If you are feeling agitated, critical, impatient, unmotivated or stuck, perhaps it's time to consider the company you keep.

Are you surrounded by others who are goal oriented, self-motivated people who inspire you to be your best? To work hard?

To have a good attitude? To live with integrity and accountability? To make choices that move you closer to achieving your goals?

Are you living among those who treat themselves and others with patience, acceptance, humor, compassion and respect? I once read that you are the average of the five people with whom you spend the most time – show me your friends and I'll show you your future.

So, if you are unhappy with your energy, first look inward and then around to assess the energy in which you are living. If it's not good energy, change it.

My Mom often referred to this time of shedding through personal/life inventory as it being "time to clean out your closet". If it

no longer fits, shed it! If the energy no longer serves to improve, grow, heal or enhance your best life then it's time to implement intentional and firm boundaries.

You deserve to live a positive, productive, healthy life. . . those you share it with should reflect this vision.

Now is the perfect time for intentional self-reflection and boundaries as self-care; to shed the weight of what, and who, no longer supports how you wish to feel in YOUR life.

Pay attention to how you feel when around friends, family, and colleagues. Who depletes and who elevates you? Who inspires and empowers you, and who criticizes and makes you feel small?

Choose wisely.

I once read that you are the average of the five people with whom you spend the most time – show me your friends and I'll show you your future.

While you **can't** change the people in your life, you **can** change the people in your life to those who inspire, motivate and encourage you to be and live the very best version of yourself.

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, or visit www.transformativegrief.com and sign up for monthly posts.




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Will Ohio Finally Fix School Funding?

by State Representative Kent Smith

This month I am doing something that I never thought I would do. I'm discussing an element of the state budget before the process has concluded. State budget negotiations begin with the Governor's proposed budget, which is then moved to the House. Once the budget passes the House it goes to the Senate, which is where it is now. Then, the House and the Senate harmonize their two versions before it goes back to the Governor, who can line-item veto certain provisions. All of this must be accomplished by July 1.

How we fund public education in Ohio was first ruled unconstitutional by the Ohio State Supreme Court in March 1997. The Court ruled in a 4-3 decision that the state funding system "fails to provide for a thorough and efficient system of common schools," as required by the Ohio Constitution, and it directed the Legislature to fix it.

Since then, the Ohio General Assembly has not fixed it and Ohio has suffered under an increasingly broken school

funding system that is neither equitable nor adequate, and is all too often unpredictable, irrational, and unfair.

Three years ago, a collection of educators and policy makers, led by Republican Bob Cupp and Democrat John Patterson, came together to try to finally make it right. The result was The Fair School Funding Plan, a proposed funding formula that is predictable, sustainable, transparent, and fair to all 600+ Ohio public school districts.

In April, I was a YES vote on the Ohio House version of the budget because it included The Fair School Funding Plan language.

Never before has Ohio stood so close to embracing a solution that would address the actual cost of educating all Ohio children. The plan is right, the time is now, and the will is there. My final vote on the harmonized version of the Ohio Budget will depend on if The Fair School Funding Plan remains a part of the budget legislation or not.

Keep your fingers crossed, Ohio. Let's finally get this right.

*The plan is right,
the time is now,
and the will is there.*

State Representative Kent Smith represents Ohio's 8th House District, which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the City of Cleveland.

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- Feed him or herself?
- Clean the house?
- Socialize?

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Leikin Motor Companies

Beachwood Grads Help Leikins Carry On Family Legacy

Alan and Milton Leikin founded Leikin Motor Companies in 1968 and would be proud of today's family legacy, now in its third generation. They began their venture by purchasing an Oldsmobile dealership in Willoughby, where Leikin Volvo Cars Cleveland and Mercedes-Benz of Willoughby are now located. Both franchises were acquired in 1974.

Ron Leikin, oldest of Milton's four children, loved the industry from a young age. At 13 he started working summers washing cars. At 17, he began selling cars and had a knack for it. After completing four years at the University of Texas in Austin, Ron traveled through Europe for the summer. When he returned home after running out of money, he went to work at the dealership to save money for law school. As it turned out, he loved what he was doing and never left Leikin Motor Companies.

At 28, Ron was given the opportunity to prove himself as general manager. He worked hard, succeeded, and was prepared to take over the business at age 32 when his father passed away. His uncle had left the business to pursue other interests, and Ron, at age 32, became president and dealer principal, the youngest Mercedes-Benz franchise owner in the country at the time.

Ron's proud to carry on the company's 54-year legacy. "I attribute our success to quality products, honesty, excellent customer service, a lot of hard work from our talented, dedicated team, and a huge family of very satisfied customers who come back year after year," he said.

Ron's son, Michael (BHS class of '02), who also worked his way up from sales, is now managing partner and general manager. They, along with Beachwood

High School graduates Brett Leikin (BHS class of '09, Pre-Owned manager), Matt Morris (BHS class of '06, chief operating officer) and Brian Rapoport (BHS class of '05, e-commerce manager), and the rest of their management team and staff, work together to provide top-level experiences that support continued growth.

"I always knew I wanted to be in this business," Michael said. "I started washing cars at the dealership before I could drive, and then worked in each department before taking on the responsibilities of my current role.

"Our success starts with hard work, dedication, and a committed staff," he added. "We hire the right people and treat them well. The longevity and experience of

our staff have created a stable environment that continues to result in repeat business."

Michael's greatest achievement is building the team he has the pleasure of working with every day, and his favorite part of the business is when clients pick up their new cars. His favorite memory is when, at 28 years old, he dressed up as his dad for Halloween and pretended to be boss for the day!

Matt joined the company nine years ago. Prior to that, while finishing his bachelor's degree at Cleveland State University, he worked in retail at Beachwood Place and planned to build a career in the retail industry. Michael, whom Matt knew from school, used to visit Matt at work to persuade him to come work at Leikin. He said that his dad

was in the car business, his goal was to take over, and he needed someone to come in and learn the business with him.

"His persistence paid off," Matt recalled. "I went in, liked the vision Michael and Ron had for the future, and was hired as a sales and product consultant to learn the business."

Matt listened and learned for a couple of years, absorbed everything in like a sponge, and then began to co-manage the Pre-Owned Department with Michael. In 2015, Matt moved into a new role, overseeing the Marketing and IT areas of the business. He then worked his way through almost every department, learning and developing internal processes every step along the way. Two years ago, Matt was promoted to



Clockwise from right:
Michael Leikin, Brett Leikin,
Brian Rapoport, Matt Morris
and Ron Leikin.

his current position as COO, co-managing day-to-day operations alongside Michael and Ron.

In July, Matt will be graduating from the Nation Auto Dealers Association's Dealer Academy in Washington D.C., where he has been traveling for the past two years to complete accounting and finance course work related to dealership operations.

"We're not just in the business of selling cars," Matt said. "We offer a boutique experience and create long-term relationships, which is what sets us apart from our competitors and why we've built such a strong reputation in the community."

Brett has always been attracted to sales. He thrives on working with customers, and is fulfilled by meeting new people every day and helping them feel confident that they made they've right car-purchasing decisions for themselves and their families. He started working at Leikin as a porter and photographer while in high school, and always enjoyed working with his uncle Ron and cousin Michael.

"When you are working with premium products like Mercedes-Benz and Volvo, it is easy to be excited to come to work everyday and feel confident in the products that we represent," he said. "On top of that, we have a great culture at our store. I genuinely enjoy working with everyone here."

Brett comes to the dealership with a coachable attitude and goal to improve every day, which led him to his current role of Pre-Owned manager, a position that provides opportunities to work with the sales staff and remove customers' anxieties about purchasing pre-owned vehicles. He also says that appraising luxury/sports cars isn't too bad, either!

Brett is most proud of the number of referrals and repeat customers he gets, and every opportunity he has to earn a customer's business. "Just this

week, a customer who I met eight years ago purchased his fifth car from me," he said. "This is an exhilarating atmosphere to work in, and there's nothing better than having a busy Saturday at the store at the end of the month."

Brian began his career in information technology and soon realized it was not the field he wanted. He chose the car industry because it allowed him to regularly meet and work with people from different walks of life.

"I've known the Leikin family since I was a child, and I find it fulfilling to work for a family whose personal values influence business in a manner that I can confidently and proudly support," Brian said. "I always work hard to provide customers with exceptional experiences that align with the company's culture."

Brian mastered both the Mercedes-Benz and Volvo lines of vehicles while on the sales floor, and quickly became a key go-to team player. His favorite part of his current position is the same as it was from the start: meeting people from different walks of life.

"Everyone's personality and vehicle needs are different," he said. "I enjoy being kept on my toes and thinking fast on my feet!"

Brian is proud of his contributions, including those that helped strengthen business during the height of COVID. He has many fond memories, with his favorite being last May. "Every day was so busy that it seemed like there weren't enough hours in the day to get everything done," he recalled. "Everything did get accomplished, and it was my most productive and personally rewarding month."

"Family is as important to me as it is to the Leikins," he added. "My experience, knowledge, and dedication extends not just to the Leikins and the rest of our team, but to my customers as well. I treat my clients the same way I treat my family, and I'm proud of the great relationships I continue to build."

"Our Mercedes-Benz and Volvo brands are superior, we always have a strong inventory of used vehicles, and we invite you to stop in and give us an opportunity to earn your business."

— Michael Leikin

Everyone we talked with on the management team echoed the same message: When we have an opportunity to earn your business, we do everything we can to provide a transparent and enjoyable experience. Our goal is to change your perception of what car buying can be, and to have you leave our store with absolute confidence in both the vehicle you purchased and the people you've encountered. Building trust and creating a premium experience is core to

what we do every single day. The family tradition is to focus on each customer, ensuring that they have a vehicle that makes them feel good, safe and secure because that's what people care about. We provide each customer with courtesy, service and respect.

"We're fair, respectful of your time, and whatever it is that concerns you to earn your business and keep it," Michael reiterated. "That's why our numbers increase annually, and why we do so much business in Beachwood and its surrounding area. Our Mercedes-Benz and Volvo brands are superior, we always have a strong inventory of used vehicles, and we invite you to stop in and give us an opportunity to earn your business."

Leikin Motor Companies is located at 38750 Mentor Ave. in Willoughby. For more information, call 440.946.6900 or visit www.leikinmotor.com.

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Experiencing the Possibilities as Reopening Occurs

Coming together as a community never felt so good! Beginning with in-person Oneg Shabbat programs and services in the Jennie and Jacob Sapirstein Synagogue at Menorah Park, staff, residents and loved ones continue to experience renewed opportunities, while under safety guidelines as communities and businesses throughout Ohio gradually open.



Back in the art studio, Montefiore resident Dianne Grod channels her inner Picasso as Life Enrichment Coordinator Eliina Kallio gives some tips.

From left: Ethel Klein (standing), Marilyn Berman, Ida Gordon, Rabbi Ezra Brody, Mildred "Mickey" Roberts, and Rabbi Joseph Kirsch.

Montefiore residents Jake Rox, Michael Preisler, and John Packer enjoy being together again on a sunny afternoon in the garden.



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Does It Hurt to Think About It? Don't.

More than 30 million Americans suffer from some form of chronic pain. When you don't concentrate on your pain, you have a greater chance of getting better, with help from your physician, occupational and/or physical therapist, and individualized therapy programs.

- Your attitude will play an important role in your own recovery. You can't expect it to get better by denying yourself the help you need. It's normal to feel anger, frustration or helplessness, but these feelings can be a precursor to treatment ineffectiveness.
- Don't appraise your self-worth and abilities negatively; feeling like you can't do the things you once did because you can't control your pain.
- The fear of pain can keep you from moving forward with treatment plans. Relaxing your mind, body and spirit to accept and move forward in

your treatment is a first and powerful step in healing.

Techniques for Healing

- Aromatherapy, meditation, guided imagery, acupuncture, massage, sound baths, and other natural approaches may be helpful.
- Losing weight will reduce pain and stiffness. Every 10 pounds you lose can lower your arthritis pain by up to 20%.
- With your doctor's permission, stay active and build muscle to reduce stress on your joints. Everyday activities may include stretching, low-impact exercises, swimming or cycling.
- Rehabilitation
- Laughter!

Please contact the Peter B. Lewis Aquatic & Therapy Center at 216.595.7345 to learn more about solutions for your pain.

2021 Stop the Hate® Contest Winners

The Maltz Museum of Jewish Heritage recently announced the 2021 winners of its 13th Annual Stop the Hate® Youth Speak Out and Youth Sing Out contests, which annually award \$100,000 in scholarships and prizes to middle and high school upstanders who speak out against bias and bigotry through essay writing and songwriting.

Congratulations to grand prize winner Thomas Smyers of Shaker Heights High School, who received a giant check for \$20,000. The school's principal, Eric Juli, also received an anti-bias education grant for \$5,000.

Youth Speak Out is an essay-writing opportunity for individual students, and Youth Sing Out provides songwriting opportunities for classrooms. Both celebrate Northeast Ohio upstanders in grades 6-12 who are committed to creating a more accepting, inclusive society.

Since the contest began 13 years ago, the Maltz Museum has awarded \$1.3 million to students and schools in 12 counties across Northeast Ohio, with an estimated reach of nearly 40,000 young people.

2021 Stop the Hate® Youth Speak Out Winners

Congratulations to Jessica Chang of Hathaway Brown, first runner up, who received a \$10,000 scholarship, plus a \$2,000 anti-bias education grant for her school; and to AJ Shorts of Brush High School, second runner up, who received a \$5,000 scholarship, plus a \$2,000 anti-bias education grant for his school.

There were seven honorable mention winners, each of whom received a \$1,000 scholarship, plus a \$500 anti-bias education grant for his or her school. Congratulations to Lauren Clar and Bowen Zhang of Beachwood High School, two of the seven winners.

Sixth through tenth-grade winners were also recognized. First-place winners received a \$500 cash prize and second-place winners receive a trophy and family membership to the Maltz Museum. Congratulations to Beachwood's Shreya Chellu, who earned second place in her grade level.

2021 Stop the Hate® Youth Sing Out Finalists

Mayfield High School received a \$3,500 anti-bias education grant for its winning song, *Daybreak*. Midview High School and Max S. Hayes High School tied for second place with their songs *Love Wins* and *Our Pain*, splitting a \$2,000 anti-bias education grant.

Harding Middle School received a \$3,500 anti-bias education grant for its winning song, *Stand Up and Talk About It*; and Garfield Middle School won second place for *Stand Up, Work Together, Cheer Up*.

There were also programs for the 2021 Stop the Hate® Teachers of the Year and Schools of the Year.

Maltz administrators thank all participants, volunteers and judges who helped make these programs successes.

To view the Stop the Hate recommended reading list, learning guide, and digital tour, visit www.maltzmuseum.org/learn.

To read the emotional and inspiring essays and listen to the empowering songs penned by Northeast Ohio students, visit www.maltzmuseum.org/STH.

maltz museum of jewish heritage

STOP THE HATE



CONGRATULATIONS SHREYA CHELLU, LAUREN CLAR, & BOWEN ZHANG FINALISTS IN THE STOP THE HATE ESSAY CONTEST

In addition to their personal awards, Beachwood City Schools will receive a \$1000 Anti-Bias Education Grant to be used in the year ahead to benefit many more students!

LEARN MORE MALTZMUSEUM.ORG/STH

CITY OF *Beachwood* Insider

June 2021

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THE BEACHWOOD FAMILY AQUATIC CENTER OPENS SATURDAY, MAY 29!

Beachwood residents are eligible to purchase a Resident Membership to the Beachwood Family Aquatic Center. Proof of residency is required while registering. Two (2) forms of proof of residency must be presented: a current utility bill AND current driver's license OR current picture ID with address. Falsification of residency will result in the forfeiture of all fees. More information is available at www.BeachwoodOhio.com.

**Open Memorial Day Weekend, May 29 — 31.
Full Season begins June 3.**

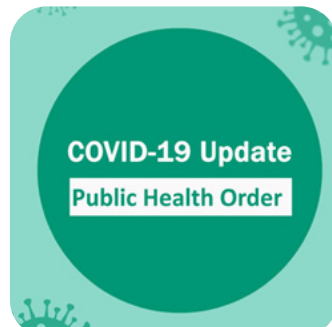
Resident Memberships may be purchased in advance at the Beachwood Community Center, Monday through Friday between 9:00 — 11:00 AM and 4:00 — 6:00 PM, Saturday 9:00 — 11:00 AM through May 28.

June 1 — June 4, purchase Resident Memberships at Beachwood City Hall: Monday — Friday, 8:00 AM — 4:00 PM.

Starting June 5, residents may purchase Resident Memberships at the Beachwood Family Aquatic Center. Daily resident and non-resident guest passes may be purchased at the Aquatic Center starting June 3.



HEALTH-ORDER UPDATE: STAY INFORMED



The City of Beachwood is aware of Governor DeWine's announcement of May 12. Our existing COVID-19 policies will remain in place at least until June 2, 2021. Currently, we are evaluating how to move forward once the State health orders are lifted. Once our direction is determined, we will share this information via our website, social media, and via emails sent to the BEACHWOOD eLIST. If you are not already receiving eLIST emails, please email your name, email address and (optional) cell-phone number for texting to elist@BeachwoodOhio.com.



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EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



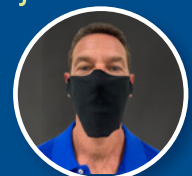
COUNCIL PRESIDENT
216.630.9671

BARBARA
BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

ONLINE SEWER TOWN HALL

On April 28, the City of Beachwood held an Online Sewer Town Hall. Information about our stormwater and sanitary sewers was shared, along with current and upcoming sewer projects.

To view the recording, visit the Online Sewer Town Hall page at the Public Works section of www.BeachwoodOhio.com.

BEACHWOOD WELCOMES NEW LAW DIRECTOR

We welcome Stewart Hastings Jr. as our new law director. Stewart comes to Beachwood after serving as assistant director of law and chief assistant director of law for the City of Cleveland for 16 years. For more information, see page 16.



RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at (800) 733.2767 or visit www.redcrossblood.org to schedule your appointment.

BEACHWOOD COMMUNITY CENTER
Friday, June 18
Friday, July 16
1:00 — 7:00 PM



SAVE A LIFE. GIVE BLOOD.

Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email whitney.crook@beachwoodohio.com. For information about Planning & Zoning and the Architectural Board of Review, please email veronica.muth@beachwoodohio.com.

INDEPENDENCE DAY

City Hall will be closed on Monday, July 5, in observance of Independence Day. Rubbish and recycling will not be collected by the City on July 5. Collections will be delayed one day: regular Monday collections will shift to Tuesday, regular Tuesday collections will shift to Wednesday, etc.

HAVE YOU SEEN A FOX?

According to Animal Control, foxes provide a vital service in controlling the rodent population. Animal Control does not recommend their removal. The Humane Society reports that typical adult cats and dogs are not at risk from a fox attack, though kittens and very small (less than 5 pounds) adult cats could be prey for a fox so it's best to keep those cats indoors. Foxes have a natural fear of people and will usually run away if they see you. If they have learned to associate people with food, you may scare them away with squirt guns or loud noises (similar to how you would haze a coyote). For more information, please search "foxes" at humanesociety.org.



Foxes can be trapped by a private, certified firm but cannot be relocated (they must be euthanized). Because of this, there has to be a history of the fox being a nuisance for it to be trapped.

UPCOMING MEETINGS

CITY COUNCIL

Monday, June 7 at 7:00 PM
Monday, June 21 at 7:00 PM
Tuesday, July 6 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, June 24 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, June 7 at 4:00 PM
Monday, June 21 at 4:00 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



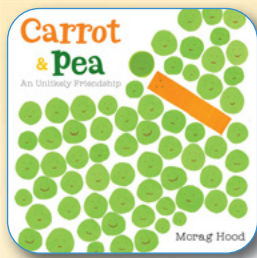
216.401.0074

JUNE TAYLOR



216.533.7640

STORYWALK IN THE PARK



The June book featured on the StoryWalk® in Beachwood City Park East is *Carrot & Pea: An Unlikely Friendship*, written by Morag Hood.

Colin is tall. He's orange. He's a carrot! He's nothing like Lee, a round green pea. He can't do any of the things Lee and his pea pals can do. How can Colin and Lee ever be friends? A charming celebration of embracing differences and standing out in a crowd.

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Ms. Ferguson.



HYDRANT FLUSHING UPDATE



The Fire Department will be conducting hydrant flushing from:

June 12 — June 19

There will not be hydrant flushing in May. Signs will be posted. Hydrant flushing may occur on your street on any day during that week. Should you encounter discolored water, please run the COLD water until it runs clear. For more information, call 216.292.1965.

UPCOMING CONCERTS

Outdoor: June 15, 22, 29 • July 6, 13, 20, 27

Indoor: June 17, 24 • July 1, 8, 15, 22, 29

FOR ADDITIONAL INFORMATION
VISIT WWW.BEACHWOODOHIO.COM

City Insider

NEW ART EXHIBITS

FREE

BEACHWOOD COMMUNITY CENTER

CREATIVE EXPRESSIONS
Through June 28

Featuring work by:
Mara Krause, Rachele Neher,
James Hillier & Leslie Iammarino



**HAF CONNECTS:
THE SUSTAINABLE
ART OF PLASTICS**

July 6 – August 26

This show, curated by Ron Shelton, includes art from around the world that educates people about negative effects of plastic. For more information, see page 12.

BY APPOINTMENT ONLY UNTIL JUNE 2

Visit the exhibit online or call 216.595.3733 to schedule an in-person visit. Hours of operation are:
Monday — Friday, 9:00 AM — 3:00 PM.

SAFETY REMINDER

Always remember to lock your car and take your keys or key fob with you. There have been a number of vehicles stolen in the area. Also, don't leave valuables in plain view: remove valuables, remove keys, and lock the doors.



BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments or to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



BARKWOOD MEMBERSHIPS FOR BEACHWOOD RESIDENTS



Barkwood applications are available at our homepage Quick Link. Beachwood residents can email the application and payment information, **proof of residency**, and vaccination records to Recreation@BeachwoodOhio.com. Vaccination records may be faxed directly from your veterinarian's office to Community Services at 216.292.1976. Annual membership requires a \$25 fee for key-fob access. Barkwood is considered an outdoor-gathering area; face coverings are required for all people over age five. Questions? Call 216.292.1970.

NATIONAL PET FIRE SAFETY DAY

THURSDAY, JULY 15 • 4:00 — 6:00 PM
BARKWOOD DOG PARK, CITY PARK EAST



We invite you and your dogs to visit local vendors and food trucks, and participate in games, contests and crafts. The Beachwood Fire Department will be on-site to discuss pet fire safety. (Non-registered dogs may attend, but cannot enter the Barkwood Dog Park.) Interested in sponsoring this event? Call 216.292.1970.

SPRING/SUMMER GUIDE

Our online Spring/Summer Upperclassmen and Recreation Guide includes many programs for residents of all ages. Visit the "NEW Online Rec Guide" Quick Link at www.BeachwoodOhio.com or call 216.292.1970.

NATIONAL NIGHT OUT

TUESDAY, AUGUST 3 • 5:00 — 7:00 PM
BEACHWOOD CITY HALL PARKING LOT



Chat with the Beachwood Police officers, check out their vehicles, meet our K-9 unit, play games, get an airbrush tattoo, see some animals, get munchies from the food truck and more! Interested in sponsoring this event? Call 216.292.1970.

BARKWOOD SPECIAL REVENUE FUND

The Barkwood Special Revenue Fund was created to enhance Barkwood Dog Park. To donate, please write your check to City of Beachwood, note the fund on the memo line, and drop it off at City Hall or mail it to: Beachwood City Hall, 25325 Fairmount Blvd., Beachwood, Ohio 44122. If you have an idea about how you would like the funds applied, please note your suggestion. Funding ideas include: benches, shade, maintenance, agility equipment, and a water-bottle dispenser. Suggestions are welcome!

MARK YOUR CALENDAR!

Beachwood Shred Days
Sunday, July 25
Sunday, September 26

Bring all your personal documents, mail, files and have them shredded on-site for FREE!

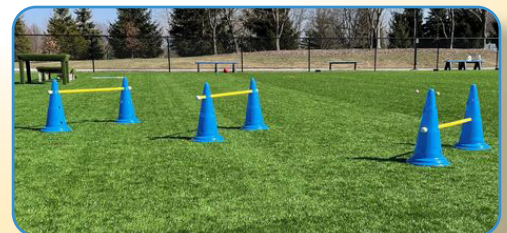
Service is available to all Beachwood residents (proof of residency required).

Shred up to 6 bankers boxes OR 12 blue grocery bags of paper at no charge.

Staples, paper clips, metal and plastic binders accepted.

SENIOR TRASH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish and recycling bins? We can help. Call 216.292.1922 to register.



Jump hurdles, donated by Rick Fishman and his dog Crispy

UPCOMING SPECIAL EVENTS

SAVE THE DATES!



MOVIE NIGHTS AT 5:00 PM:

Sunday, June 27 • Croods 2
Sunday, July 18 • Aladdin
Sunday, August 15 • Onward

Community Center Parking Lot
25325 Fairmount Blvd.
Purchase dozens of popcorn
flavors from Amaize Popcorn Truck!



NATIONAL PET FIRE SAFETY DAY:

Thursday, July 15
Barkwood Dog Park
Beachwood City Park East
4:00 — 6:00 PM



NATIONAL NIGHT OUT:

Tuesday, August 3
City Hall Parking Lot
25325 Fairmount Blvd.
5:00 — 7:00 PM



HONKIN' HAULIN' HANDS-ON TRUCKS:

Sunday, September 12
Department of Public Works
23355 Mercantile Road
Noon — 3:00 PM



BEACHWOOD FALL FESTIVAL

Sunday, October 3
City Hall Parking Lot
25325 Fairmount Blvd.
12:00 — 5:00 PM



BUILD A SCARECROW:

Sunday, October 17
Beachwood City Park East
Time TBD



For additional information, please visit page 6.

WE HOPE TO SEE YOU THERE!

BEACHWOOD OUTDOOR

Movie Nights

FREE

Join us for a FREE movie night!
Bring your blankets and lawn chairs.

June 27



Croods 2

July 18



Aladdin

August 15



Onward

Beachwood Community Center Parking Lot • 5:00 PM

Purchase dozens of popcorn flavors from Amaize Gourmet Popcorn Truck



CITY OF
Beachwood

BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 464-6678, bw@beachwoodschoools.org
Maria E. Bennett, Vice President, (440) 725-1450, mbennett@beachwoodschoools.org
Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org
Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org
Megan Walsh, (216) 287-4657, mw@beachwoodschoools.org

BEACHWOOD CITY SCHOOLS

Power of the Pen Accolades



Anah Khan (Grade 8) won first place in the 2021 Your Voice, Your Verse state poetry competition, hosted by *Power of the Pen*. Anah won with her poem, **my brother's eyes**. The contest was judged by **George Bilgere**, author of several books of poetry. Six students competed in the state *Power of the Pen* tournament on May 15, 2021: 7th Graders **Dotan Dana**, **Lyndia Zheng**, **Karina Krishnan**, and **Sasha Kheyfets** and 8th Graders **Anah Khan** and **Shreya Chellu**. About 50% of the tournament's participants advance from Districts to Regionals. The top 20% of writers at Regionals qualify for the state tournament. Congratulations to our middle school authors and hopefully we will have a state winner to report in July!

Essay Contest Winners

maltz museum of jewish heritage



Lauren Clar

Bowen Zhang

Shreya Chellu

Congratulations to the three Beachwood students who were finalists in the Maltz Museum of Jewish Heritage's 2020 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. Senior **Lauren Clar** and Junior **Bowen Zhang** were finalists for the 11th and 12th Grade contest, and 8th Grader **Shreya Chellu** earned 2nd place in her grade level!

Honors for Beachwood's Excel TECC Students



Eleven Beachwood Seniors and Juniors earned honors in their respective career-technical education programs! The following students were inducted into the National Technical Honor Society: Seniors **Sam Roter** and **Paige Wong**, as well as Juniors **Miranda Desatnik**, **Halle Richardson**, **Anton Sakhanovych** and **Rylie Sharp**. Seniors **Sema Altawam**, **Khai James**, and **Shayna Preisler** won Excel TECC Departmental Awards for Seniors, and **Joey Berenholz** (2nd place) and **Graham Cruz** (2nd place and 3rd place) won awards in recent Floriculture competitions. Congratulations on all your honors and awards!



Beachwood Schools has partnered with the City of Beachwood to recognize more than fifty "Hometown Heroes" in June and July. Hometown Heroes are wonderful public servants from the school district and city government as well as impactful citizen volunteers who make a positive difference in the lives of Beachwood residents. Beachwood's heroes are teachers, custodians, school administrators, secretaries and bus drivers as well as police officers, fire fighters, service and recreation department workers and many others. Look for the banners of our heroes hung throughout the parking lots and entrances of Beachwood Middle School, Fairmount School, and Hilltop School, as well as on Richmond Road and in Beachwood City Park.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Summer Facility Projects Update

Despite increasing construction material prices, we were fortunate that our projects' bids came in under budget. You will see work start at the beginning of June and be completed within a few months.

Natorium: The natatorium roof will be replaced and major renovations will take place inside, including replacement of the deck, starting blocks, diving board (we are also adding a three-meter board), HVAC, and changing-room lockers and fixtures. Direct access from the lobby to the pool deck will be constructed and the entire facility will be ADA accessible.

Softball Stadium: In roughly the same location as the current softball field (between the high school and middle school), a softball stadium will be built with fixed bleacher seating, dugouts, scoreboard, and an announcer/press box.

High School Parking Lot: The lot is being resurfaced and reconfigured to enhance safety and efficiency. Separate bus and car loops will be constructed, ample space for turns created, and an additional lane built to exit left onto Fairmount Boulevard.

Retaining Wall: The deteriorating retaining wall along the path toward the main stadium is being replaced with a poured-in-place concrete wall with a wider sidewalk installed at the top.

Maintenance Building: Our aging maintenance building at the northeast corner of the main stadium is being replaced with a new, functional structure that will better support the maintenance and grounds operations of the district. This building will include two restrooms serving the stadium visitors' side.



Board of Education NEWS

Recent Resolutions:

- Approve Treasurer's Five Year Forecast
- Renewals for Limited Contract Teachers
- Hire Fall and Winter Athletic Coaches

Future Resolutions:

- Hire Before/After-care Worker Contract
- Award Diplomas to Class of 2021

Board Meeting Calendar:

- Monday, June 14, 2021 @ 7 pm
- Monday, June 28, 2021 @ 7 pm



COVID-19 UPDATE

In consideration of the widespread availability and effectiveness of COVID-19 vaccines, Beachwood Schools will follow the guidance of the Centers for Disease Control and Governor DeWine in reviewing district masking requirements as well as other virus-related protocols once the school year ends for students on June 2nd. The expansion of Pfizer vaccine eligibility to those 12 years old and older

was another bright spot in overcoming COVID-19. It was heartening to see hundreds of Beachwood families lined up with their young teens at the Legacy Village Giant Eagle vaccine clinic on May 13th, the first day of eligibility. Our hope is that research studies will demonstrate the safety and effectiveness of the vaccine for those younger than 12 in the coming weeks. Our plans for the 2021-2022 school year will be responsive to the "facts on the ground" as the summer proceeds.

On behalf of all Beachwood Schools staff, thank you to our fantastic parents, guardians and extended families for the support you provided us throughout this trying school year. We leaned on you for assistance with your students more than ever before. We needed your help with students' learning, adjusted school schedules, and the "isolations" and "quarantines" for students and staff that punctuated the school year. You afforded us the patience and moral support to get through difficult circumstances for which we had no prior experience to lean upon. Thank you for making Beachwood an excellent place to do our respective jobs.

Visit us at www.beachwoodschoools.org



www.facebook.com/BeachwoodBison



[@beachwoodbison](https://twitter.com/beachwoodbison)

BCC Celebrates 30 Years

This year, the Beachwood Chamber of Commerce (BCC) marks 30 years of giving businesses the opportunity to connect, engage and get involved. To celebrate, the organization's staff and members invite the community to participate in upcoming programs, including the first annual 5K Run/1 Mile Walk, Sunday, July 11, at Beachwood Place.

"As an organization, our focus is on helping local businesses and non-profits thrive. To that end, we are pleased to be partnering with the Cleveland Area Chapter of the Alzheimer's Association, and a portion of the proceeds raised from this event will be donated to them," said Kathy Seeley, BCCo executive director.

The event will also feature a Vendor Village, where local businesses can exhibit their wares/services, and attendees can shop local. Plus, there will be a Family Fun Zone, with entertainers and activities to delight both kids and adults.

"Kathy and I are a dynamic duo charting a new path for the Chamber," said Lilia Lipps, BCCo marketing director. "After being home for a year, people are ready for big and bold – to rally behind something and be in public together. We can't think of a cause more worthwhile than the Alzheimer's Association."

Participants may make individual donations or set up their own fundraising pages, and whoever raises the most money will win a prize. Mayor Martin Horwitz will kick off the event, and an awards' assembly will follow. BCCo follows all safety protocols and guidelines set by the CDC. To register for the event or to sign up as a sponsor, please visit 5k2021.givesmart.com.

Business Bites – Food Truck Fridays
 June 11, July 16 and August 13
 11:30 am – 1 pm
 Buy Rite, 23715 Mercantile Road

Bring a chair and business cards, and get back to networking at these outdoor, in-person networking events!

Women's Connection

Thursday June 17
 Speaker TBD

These events feature speakers who bring value to our members. If you are interested in being a speaker, please fill out our form at www.beachwood.org/events/speaking-opportunities/.

Annual Golf Outing

The Tanglewood Club
 Friday, September 10
 8:30 am, Shotgun Start

Registration is open! To register, visit <https://BCCoGolf21.givesmart.com>, or text [bcocgolf21](https://BCCoGolf21.givesmart.com) to 76278.

Taste of Beachwood

November 5-14

Taste of Beachwood is back this year, with a new, exciting format to sample food from area restaurants. Watch for details in future issues of *Beachwood Buzz*.

Annual Holiday Auction

December

If you have something you'd like to donate, please call 216.831.0003. More details to follow!

For more information or to sign up for the BCCo e-newsletter, visit www.beachwood.org. Also, be sure to follow BCCo on social media!

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Call today to schedule an appointment!

Take advantage of 12 months same as cash for a limited time only and replace today!

Visit our website for more specials.

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1st Annual 5K Run/1 Mile Walk

Beachwood is honored to partner with the Alzheimer's Association and will donate a portion of the proceeds to the Cleveland chapter.



**SUNDAY
JULY
11th**

- 8-9am** Check-in
- 9:05am** 5K Run Start
- 9:15am** 1 Mile Walk Start
- 12pm** Festivities wrap up
Feel free to stick around and check out the retailers of Beachwood Place!

BEACHWOOD PLACE

26300 Cedar Rd, Beachwood, OH 44122
Nordstrom Second Level

- Chip timed • Mostly flat course • T-shirt for 5K participants
- Award ceremony and medals

Register:

Text **5K2021** to **76278** and follow directions
or

Go to **5K2021.givesmart.com**

Questions? Email **Lilia Lipps** at **llipps@beachwood.org**

**Presenting Sponsor
Dollar Bank**

Vendor Village

Local businesses and restaurants offer attendees the opportunity to sample a little bit of the local flavor of Beachwood.

Family Fun Zone

Entertainment and activities for kids and parents alike to enjoy!

Cost:

**5K Run
\$30**

**1 Mile
Walk**

\$10 (13 and up)

FREE (12 and under)

for more info:

beachwood.org | (216) 831-0003 | chamber@beachwood.org |   

“Unspoken”

Jeremy Borison has a passion for film. He graduated from Fuchs Mizrachi in 2010, earned his bachelor’s degree in film at University of Michigan, and is now pursuing his passion in Los Angeles as an independent filmmaker.

A couple of years ago, Jeremy created “Boxes,” a 13-minute short film that deals with the intersectionality of identities, the clash between religion and sexuality, and the hidden nature of family secrets. The movie’s storyline materialized after one of Jeremy’s friends revealed a similar story – a secret that was never disclosed. Religion and LGBTQ rights are very personal to Jeremy since he comes from a religious background and is gay, and this movie touches on both.

Jeremy’s new project, “Unspoken,” stems from “Boxes,” but touches more on experience in orthodoxy and the silencing of LGBTQ voices in the religious community. It is about Noam, a closeted teenager in a religious community who discovers he might not be alone. When he finds a pre-Holocaust love letter written to his grandfather by another man, he sets out to find this mysterious person and uncover his grandfather’s identity as well as his own.

“Many queer people in the orthodox community feel alone and terrified, with no hope for their future,” Jeremy explained. “Often, when people hear our stories, it is after we have become comfortable in sharing them. But before then, we are too terrified to disclose our situation. This film portrays what it’s like for LGBTQ children while we are still vulnerable and going through that experience.”

Since the start of this project, Jeremy has been receiving messages from dozens of queer individuals in the orthodox community who now feel like they’re being seen and recognized. He also continues to receive messages from allies

who are finally voicing support in a way they previously had not, and feedback that supports a better understanding of the experience of LGBTQ children in the religious community.

“I really think this is a huge moment for LGBTQ people in the orthodox world, and I’m so excited to see how the film continues to make an impact,” he said.

“Unspoken” provides a specific glimpse into Jeremy’s own upbringing and culture, but in a manner that mirrors the general struggles endured by queer people in religious communities both past and present.

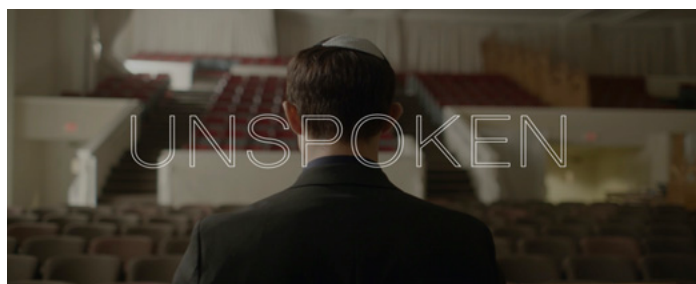
“My goal is to tell a story that welcomes audiences into a place of compassion and understanding about an issue that is still so taboo in the modern orthodox world,” Jeremy said. “This is a coming-of-age story about a young adult who is struggling to understand his own identity and his place in the world. Noam’s journey of self-discovery is one that we all go through, and his search for acceptance is something that all audiences will understand.”

Jeremy’s goal is to give the movie exposure for the world to see, whether through small festivals, streaming, or in theaters. “We want to reach as many people as we can,” he said. “We also want the film to be included in curricula of schools and institutions. It’s important to discuss the experience of LGBTQ children in the religious community, and just as important to educate people about gay persecution in the Holocaust, since this is often omitted from Holocaust education. There’s a huge taboo against discussing gay persecution in the Holocaust even today, which directly mirrors the taboo against talking about LGBTQ individuals in the religious community.”

“Unspoken” is in preproduction with plans to be filmed this summer, and has been getting extraordinary support. Last month, Jeremy launched a Kickstarter campaign and surpassed his initial goal in its first week. Further fundraising opportunities are available. If you would like to contribute to the project or become a part of this film, please visit www.unspokethefilm.com.

“This is a coming-of-age story about a young adult who is struggling to understand his own identity and his place in the world.”

– Jeremy Borison



About Jeremy

Jeremy is a director and writer who works in Los Angeles. He received his B.A. in film production and directing, from the University of Michigan, where his thesis film, “Sense of Sound,” screened internationally and earned the Arthur Miller Creative Arts Award. Jeremy has participated in various programs that explore art and religious identities, as an Asylum Arts Fellow, a writer for JerusalemU, and a participant of the Start South art therapy program in S’derot.

After working as an assistant on shows at Fox, MTV, and Showtime, and as an associate producer and assistant director on commercials and music videos for artists such as Chvrches, Ty Dolla \$ign, and Tritonal, Jeremy began working as a director for music and



dance videos for local artists in Los Angeles, as well as directing narrative films that incorporate positive portrayals of religion. His most recent film, “Boxes,” premiered at the Cleveland International Film Festival, and won the Short of the Year award as well as the North Carolina Film Award. The film focuses on the intersectionality of Jewish and LGBTQ identities, and explores Jeremy’s duality as both a religious and queer filmmaker.

About "Unspoken"

Homosexuality wasn't decriminalized in Germany until over 20 years after World War II. There were gay men who were liberated from concentration camps and then put straight back into jail to continue the rest of their "sentences."

This shocking piece of information, and the fact that most people have never heard of this, is the context behind "Unspoken." Noam and Jonah are in the midst of a research project for Jewish history class when they discover this history of persecution that had remained under wraps

during their twelve years of Holocaust education. It's one thing to not have in-depth knowledge of the Holocaust, but it's quite another to study the subject every year and hear not a word about homosexuality.

The erasure of this history, while shocking, resonates with Noam's experience. As a closeted high-school senior in his religious community, he is familiar with the taboo around homosexuality. There are no openly LGBTQ individuals in his life, and if there were, they would be forced out of his community. His sexuality and his religion are at complete odds.

Noam first begins to examine his situation when he makes a discovery about his grandfather. He finds a love letter from before the Holocaust, written to his grandfather by another man. Noam sets out to find this mysterious author, in the hopes of uncovering his grandfather's true identity and perhaps his own.

Noam teams up with his classmate Jonah, and in the process discovers how the silencing of gay persecution directly mirrors the silencing of gay voices in the modern orthodox community. As he learns more about his grandfather's secret, Noam realizes he will ultimately have to face his own.

If you would like to contribute to the project or become a part of this film, please visit www.unspokenthefilm.com.



Small Wonders

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TO ALL

I trust you are well and about to emerge after this most challenging of years. In all that we have collectively been through we can still find that silver lining. That said it is my pleasure and honor to announce a rekindling and re-connection to my long time and good friends at The Montrose Auto Group.

Mike Thompson, Chris Mills, and the incredible staff at Montrose West Side have afforded me and Razor an opportunity to present the outstanding line up of high quality vehicles in their stable.

Jaguars, Range Rovers, Volvo's and a bevy of high quality pre-owned vehicles are at your disposal. We also have another dozen quality foreign and domestic brands at your request!

I look forward to being of service to you and your family, friends, company and associates at your request and direction.

Let's get together soon to discover how we may be a solution to your driving requirements and desires.
Thanks so much and talk soon.

Cheers,
C. Peter Cimaroni
CEO and Chairman

Call me at:
216 287 1522



F45 - Survival of the Fittest

By Arlene Fine

It's hard to rein in Ellye Marks, 25, the owner of F45 Beachwood Training Studio. The Cleveland native traveled the country as a professional horse show groom and then, in January, in the middle of a pandemic, she opened Beachwood's latest fitness community on Mercantile Road.

"Having experienced and benefited from F45 at the University of Colorado in Boulder, I knew opening my Beachwood studio was a way for me to help people live healthier and happier lives," said Ellye. "The fitness and wellness opportunities provided by F45 do just that."

Launched in Australia in 2012, F45 has become an international fitness training rage, with 1,750 franchise studios in 45 countries. The "F" stands for functional training – a mix of circuit- and high-intensity interval training (HIIT) workouts. The "45" is the total workout time.

"Studies show that 45 minutes is the optimal high-energy exercise session time before fatigue sets in," said Ellye. "Our workout experience is so much fun that 45 minutes fly by. People who visit during their lunch break come in, get it done, shower and get back to work."

Along with standard exercise equipment, including weights, barbells, rowing machines, stretch bands, kettle and fitness balls, adjustable steps, and stationary bikes, F45 studios are equipped with a series of wall-mounted TVs that provide an organized, station-by-station diagram for individual workouts. Motivational music in the background enhances the studio's vibes.

Certified F45 trainers assist members during each session. On some days, classes focus on fast-paced cardio, and on

other days, they may focus on strength and resistance training. "Our exercise programs are constantly changing, no two workouts are ever the same," said Ellye. "We have no mirrors, so people can zone in on their own workouts."

With an eye for keeping her members safe, Ellye follows strict COVID-19 protocols. "We have limited our class size, have a temperature check at the door, practice social distancing, use a hydrostatic sprayer to clean the floors, and sanitize all the equipment after each session with Clorox wipes. There is no sharing of equipment and all instructors wear masks. Instead of rotating stations, everyone has their own equipment at their station, so nothing is shared."

Members range in age from 18 years old to people in their early 60s. During the intake process new members discuss their health issues and goals. Workouts are scaled for all levels and can easily be modified as needed.

"We want everyone to leave feeling they got the best workout possible on any given day," said Ellye. "Our certified trainers walk around the room motivating members, and ensuring that they have the right form and get the premium F45 workout experience."

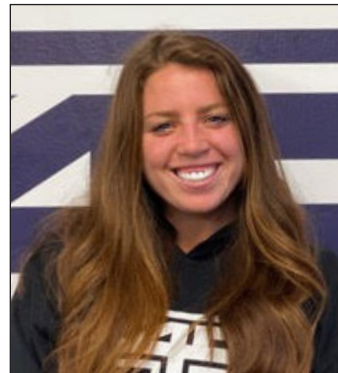
Beachwood resident Hannah Johnson has become an F45 groupie. "After just four months at F45, I look forward to every single class," she said. "The community's support

has pushed me to places I never thought I could go. After every class, I feel stronger and happier. My mental and physical health are at an all-time high and I truly owe that to my F45 family."

Based on the success of her Beachwood studio, Ellye is opening F45 Solon in the next few months. "It's rewarding to see members feel good about themselves and make new, supportive friendships," she said. "Along with crushing their fitness goals, F45 provides members with a safe space and dynamic social community, which is needed more than ever during this time."

Ellye's advice for budding entrepreneurs is to "take chances, surround yourself with supportive people and feel passionate about whatever you do."

F45 Training is a global fitness training community that specializes in innovative, high-intensity workouts. It is located at 24000 Mercantile Rd., Suite 9, Beachwood. The first week of membership is free. For class rates, visit www.f45training.com/beachwood/home. For more information, call 216.925.0140.



Ellye Marks, the owner of F45 Beachwood, helps members crush their fitness goals.

Ellye's advice for budding entrepreneurs is to "take chances, surround yourself with supportive people and feel passionate about whatever you do."



F45 Beachwood is loaded with cardio-, strength-, and resistance-training equipment.



Benefits Beyond the Scale

Is Bariatric Weight Loss Surgery Right for You?

While many people may seek weight loss surgery to look and feel better, research underscores the long-term value in bariatric surgery as a means to improve health and extend life.

Obesity may result in long-term health effects and increases the risk for a variety of health conditions, including:

- Cardiovascular disease and events including heart attack, stroke, heart failure, kidney disease and atrial fibrillation
- Weakened ability to fight COVID-19 by hampering the immune system and lung function
- Various cancers, including colon cancer
- Sleep apnea
- Type 2 diabetes
- High blood pressure
- High cholesterol
- Chronic joint pain
- Osteoarthritis
- Fertility issues

University Hospitals (UH) Digestive Health Institute's Nutritional Health & Bariatric Surgery Center offers minimally invasive surgical weight loss solutions and non-invasive weight loss procedures to fit each patient's unique health needs. It is the only program in Northeast Ohio with three accredited bariatric centers.

"Oftentimes there's a negative stigma surrounding weight loss surgery," says Leena Khaitan, MD, MPH, director of the Bariatric Surgery Program at UH. "However, research is showing us that surgical options have effective, long-term advantages to helping

patients maintain a healthy weight. In fact, recent research shows those who have surgery live five years longer if they aren't diabetic and nine years longer if they are diabetic."

Dr. Khaitan explains that the main reason for weight loss surgery is metabolic benefit, and that there is a movement to rename "weight loss surgery" to "metabolic surgery" to reflect this concept.

"It's not the weight loss surgery that gives the benefits to our patients, it's getting them back to a normal, healthy weight," she emphasizes. "The surgery is the mechanism – it's the way to obtain these health benefits."

Types of Weight Loss Surgery

UH offers several types of weight loss surgery options, including minimally invasive and non-invasive options. Procedures include, gastric bypass, sleeve gastrectomy, duodenal switch, intragastric balloon and revisional surgery of previous weight loss operations.

Minimally invasive procedures are performed through tiny incisions in the skin and can shorten a patient's recovery time while significantly reducing pain and scarring. More importantly, risks of infection or bleeding are much lower with smaller incisions. This also helps surgeons provide better pain control.

"Our weight loss surgery patients are typically up and walking in the hallway, and able to start sipping water three hours after surgery," explains Dr. Khaitan. "Most patients are ready to go home after one or two nights, depending on the surgery they choose."

To qualify for bariatric weight loss surgery, patients must meet one of the following criteria:

- BMI of 40 or higher (about 100 pounds overweight).
- BMI of 35 – 39.9 and at least one medical condition caused by being overweight. These conditions include: diabetes, high blood pressure, sleep apnea and others.
- To qualify for endoscopic weight loss procedures, patients must have a body mass index greater than 30.
- If patients have a significantly elevated BMI (over 75), they may not meet the qualifications for weight loss surgery immediately because of the higher risk based on current weight. UH has nonsurgical weight loss specialists to help these patients get to an operable weight.

Specialists at UH can help patients understand all of their weight loss choices, and what kinds of surgical and non-surgical options best fit their needs.

Dr. Khaitan has advice for patients who are looking to get to or maintain a healthy weight without surgery, including:

- Know the difference between hunger and cravings. Hunger builds gradually. Cravings are specific and often spontaneous.
- Pre-plan meals and treats the day before or for the week. Shop accordingly and stick with it.
- Go heavy on veggies and fruits. Limit the starches.
- Lean protein and produce are your friends. So is water. A glass of water can take the edge off hunger before a meal. Produce, protein and water will make you feel full and help prevent cravings and between-meal snacks.
- Shop smart. Make a list and stick to it. Disciplined shopping helps control binge eating. Online ordering of groceries really helps avoid grabbing extras off the shelf!
- Keep a food diary and a calorie budget to help you stay on top of things. Many apps are available, including Lose it! and MyFitnessPal. Fitness trackers are also great tools to help reach weight loss goals.

You don't have to travel far from home to receive excellent care. UH has a large network of bariatric surgeons throughout Northeast Ohio and virtual appointment options. To schedule a consultation with a specialist at UH, call 216.765.3799.

Local Mover Shoulders Loaded Schedule

By June Scharf

With houses selling at lightning speed, local movers are seeing their businesses fall in lockstep with the real estate industry. This means the uptick in homebuyers' moving-transportation needs over the past year has been dramatic and it shows no signs of slowing down, according to Peter Sussen, owner of Beachwood-based Northcoast Moving and Storage.

"We're seeing everything – people upsizing, downsizing and making lateral moves. It has a lot to do with interest rates. Bigger is affordable," says Peter.

Monthly payments may be the same on bigger houses with lower interest rates; however, hard costs will increase, such as with landscaping, particularly if it took 45 minutes to mow the old lawn and two hours to mow the new one; and climate control, especially if the new house has multiple furnaces and air conditioners, he notes. Nonetheless, he has witnessed many overnight cash deals and no home inspections. The sweet spot seems to be in the \$300,000 - \$600,000 range.

He anticipates that the rest of the year will continue to see strong home sales and heavy moving transportation demands. He also notes that in this hot buying/selling environment, a related challenge for some home sellers is finding temporary housing if they can't locate a new home to buy. That can create the need to store furniture, requiring an additional move when the permanent residence is found.

An added wrinkle in the fabric of some people's moving plans is the inability to get into a new house within the right time frame for when they must hand over their old house keys. There might be a problematic one-week gap that Peter would address.

"We either rent additional trucks and leave everything on them for a week or we unload everything into our warehouse and reload it when the new house is ready," he said. "So, two moves are sometimes necessary instead of one. The overall

by-product is that our storage demands are growing every day."

Peter's 24-year-old business, which has been located in Beachwood since its beginning, owns eight trucks and employs 26 men, several of whom have been with the company since its inception and have been promoted, along with seven office personnel. Everyone is working at breakneck speed.

"Normally, for moving companies, our slow months are November through March, but last December was like a typical July," Peter explains. "I had 14 men out on Christmas Eve, and 16 men working on the following Monday. That was phenomenal."

Year-to-date, his volume is up 33%, in spite of a three-month shutdown in 2020 due to the pandemic. His calendar is booked for weeks ahead and this suggests he is always looking for new team members. In fact, staffing his business is one of the greatest challenges.

"This is real and it's not going away," he believes. "I could hire another 10 guys tomorrow. We have a bonus program, and we pay better than Amazon." He sees a labor shortage in all age brackets. What he finds particularly surprising is the lack of teenage and college-age kids.

"It used to be that if you wanted to buy a car when you were young, you went to work. Now no one wants to work," he states. But he fondly recalls one college student who wanted to work all the time, every shift, all summer. "He banked every dime so that when he returned to school, he didn't need to work; he was able to go away for spring break or

skiing during Christmas break. He earned \$17,000, not counting tips."

On the client side, Peter sees many people waiting too long to book their move. They delay making the call, he says, and then they want to move within a week, which is not possible. He strongly urges people to book their mover as soon as possible to ensure they get what they want. He also advises people to get an in-home estimate to ensure accuracy in the quote. One factor that alters anticipated costs is when clients don't handle the packing they indicated. Additional work raises the cost.

"Normally, for moving companies, our slow months are November through March, but last December was like a typical July."

Peter forecasts a continued 33-35% increase in business this year, even though home inventory continues to be limited. Banks have money to lend, interest rates are low, and movers are essential role players in seeing real estate deals to completion.



Peter Sussen, owner of Beachwood-based Northcoast Moving and Storage

Bison Strong Baseball: On the Mound and at the Plate

By Alan Kornspan

The Beachwood Bison baseball team took on its CVC conference foe, the Brooklyn Hurricanes, on May 5. Pitching for the Bison were senior standouts Jordan Levin and Austin Muttillo.

Throughout the 2021 baseball season, both Jordan and Austin have been among the top pitchers in Northeast Ohio. So far, Jordan has earned 6 wins on the mound, with a 0.45 ERA, and an amazing 44 strikeouts in 31 innings of work. Austin was also stellar on the hill during his senior season. He has amassed a 1.62 ERA with 37 strikeouts.

Based on their dominant pitching throughout the season, it was not surprising that these pitchers led the team to a 2-0 shutout victory over the Hurricanes on May 5. Jordan pitched 4 innings of scoreless baseball, giving up only two hits and striking out 6. Pitching the final 3 innings, Austin struck out 8 of the 10 batters he faced.

Senior leadership was crucial to Bison Baseball's success throughout the pandemic. Bison seniors Luke Bridges, Drew Dubin and Ian Stender, along with Jordan and Austin, discussed the impact that senior leadership had had over the past year in keeping the team "Bison Strong."

"It was really heartbreaking to lose last year's season to the pandemic, but it made us more focused and more determined to come back this year," said Ian.

Luke echoed Ian's statement, adding that the team was conditioned and ready to go when last year's season was canceled.

"We had a lot of young guys on the team who didn't have much experience, so it was important, especially through tight games, to show them how to do things effectively," said Jordan.

Drew emphasized that the seniors modeled behaviors that helped the sophomores and juniors become more comfortable

with the process of playing on the varsity team. Because of the loss of last year's season, most of them had not previously played varsity baseball.

Austin stressed the importance of carrying positive energy, both off the field and in the dugout. "We definitely tried to stay positive," he said. "It was important to keep good energy in the dugout because the game really starts there, and then gets translated onto the field."

He added, "A big part of the season's success was coming together as a team, just bonding and getting to know each other. The relationships we built benefitted us on the field."

Participating in this fun and exciting "Bison Strong 2021" varsity baseball season along with the seniors were freshman Sam Grieco; sophomores Luke Bennett, Vincent Crenshaw, Drew Keilin, James O'Neill, and Brett Zawatsky; and juniors Matt Blumenthal, Jacob Greene, Dylan Kay, Brendan Malek, Will Owens, and Clay Tepper.

The invaluable lessons learned as Beachwood Bison baseball players live on as the seniors

complete their baseball career at Beachwood High School. After graduation, Luke plans to continue working at Walmart with increased hours. He then plans to attend college, with a goal of becoming a painter/detailer in the automotive industry. Drew will study marketing or real estate at Kent State University, Austin will study finance and business at The Ohio State University, Jordan will study finance at The Ohio State University, and Ian will study biomedical engineering at the University of Vermont.

As these seniors move on, the future is bright for Bison Baseball because sophomores and juniors are having an excellent season at the plate and on the mound. On May 1, Vincent took the mound against Hawken, the 17th ranked Division III team in the State of Ohio. He recorded his first varsity victory by pitching 5 and 2/3 innings, and only allowing 1 earned run in Beachwood's 13-4 victory. James, Brett, Dylan and Will have also had fantastic pitching performances throughout the year.

Sophomore and junior players are also having an

excellent season at the plate. Led by Brendan, Drew, and Luke (Bennett), the Bison have been among Northeast Ohio's leaders in offensive performance.

Brendan is currently batting .464, while Drew has a batting average of .405. Luke (Bennett) is among Northeast Ohio's leaders in triples.

Certainly, the Beachwood Bison Baseball coaching staff, led by head coach Andy Pohl, has been a major reason for keeping Bison Baseball strong throughout the 2021 baseball season.

"I think I have compiled the best staff in Northeast Ohio. Dennis Markiewicz's resume speaks for itself," said Andy. "Plus, Will Rivera, Nick Grande, John McGoun, and Rick Giavonette take a lot off my plate from a baseball perspective because I empower them to do their jobs and coach."

"Andy is doing a great job," Dennis added. "I have been around a lot of head coaches, was a head coach at Garfield and Holy Name, and I think Andy is one of the best coaches in Greater Cleveland. He's doing a great job with these kids."

"We are really excited about the way we have pitched the ball," Andy added. "We look forward to seeing these guys grow and compete as we continue on this journey together,"



Pitching from left: Austin Muttillo, Vincent Crenshaw, and Jordan Levin.

CWRU-Siegal Lifelong Learning

Case Western Reserve University - Siegal Lifelong Learning is pleased to offer the following remote lectures and courses. For more information, visit case.edu/lifelonglearning or call 216.368.2091.

Nobel Laureates Lecture Series

This series highlights winners of the 2020 Nobel Prizes, their research and its significance. These lectures are free and open to the community.

2020 Nobel Prize In Literature:
Louise Gluck
Friday, June 4 • 12-1:30 pm

2020 Nobel Peace Prize:
The World Food Programme
Friday, June 11 • 12-1:30 pm

2020 Nobel Prize in Economics:
Auction Theory
Friday, July 9 • 12-1:30 pm

2020 Nobel Prize In Medicine:
Hepatitis C
Friday, August 27 • 12-1:30 pm

Jewish Lives Series

The Jewish Lives series, published by Yale University Press, explores the stories of influential individuals whose Jewish experiences shaped their contributions to culture, science and politics. Pricing is available on the website.

Harvey Milk:
His Lives and Death
Wednesdays, June 9-23
7-8:30 pm

Martin Buber:
A Life of Faith and Dissent
Wednesdays, July 7 - 28
1:30-3 pm

Rabbi Akiva:
Sage of the Talmud
Wednesdays, August 4-18
1:30-3 pm



Beautifying Business During a Pandemic and Beyond

Shay Gati has 22 years' experience in the beauty industry and when she opened her own salon six years ago, she chose Beachwood. Since high school, Shay knew that this is the path she wanted to follow.

"I grew up in Lyndhurst, have always worked in Eastside locations, and opened Salon Red Studio in Beachwood because of its vital business community," she said.

Shay offers all skin and nail services that are offered by a licensed cosmetologist, including facials, massages, manicures, pedicures, and waxing. She is an artist when it comes to nails and is a microblading specialist. Microblading is a cosmetic tattooing procedure that fills in thin eyebrow areas to make them look fuller.

"I was trained on the technique in Atlanta, brought it back to Ohio when I opened my salon, and continue to learn updated techniques. There's always room for growth," she said.

As a creative business owner, Shay does what it takes to succeed. When business was halted because of the pandemic, she researched options to replace lost income and became a MaryKay consultant. "I already had a client base and was familiar with the products," she said. "This allowed me to branch out, sell online, increase my customer base, and advance my business network. I really like the makeup, skincare products, make up removers, lip therapy, and brushes, and continue to offer them to my clients."

Shay is a stickler for detail who listens to clients' needs. "I truly have a passion for what I do. If not, I wouldn't be in the business," she said. "My salon isn't someplace to come for a quick mani or pedi. I breathe

this business, smell it, love it, and never stop thinking about what's next, what's new, what's hot, and what's not."

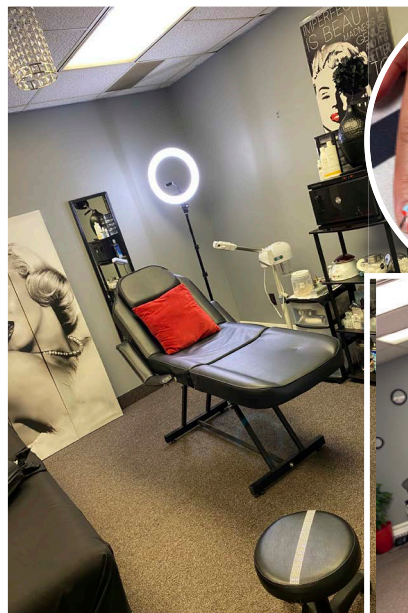
Shay is a member of the National Coalition of 100 Black Women Inc. Greater Cleveland Chapter and is an avid community volunteer. In addition to individual services, she offers full-day spa experiences.

Her advice to fellow business owners is to listen, respond, keep learning, and give back to the community.

"That's what helps me daily, and helped me get to where I am today," she said. "I'm grateful to be part of the Beachwood community, and to all of the men and women who entrust me to provide my services."

Salon Red Studio is located at 23811 Chagrin Blvd., Suite 55. For more information, call 440.799.0223 or email salonredstudio@gmail.com.

"My salon isn't someplace to come for a quick mani or pedi. I breathe this business, smell it, love it, and never stop thinking about what's next, what's new, what's hot, and what's not."



Beachwood Historical Society Contest

The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promotes artifacts, documents and photographs; educates people about the history of Beachwood, from "Beechwood" to Beachwood; sponsors events; and researches and archives information.



This month's challenge:

What was once located at Fairmount Boulevard and Richmond Road where these beautiful condos now stand?



Please email answers to beachwoodbuzz@gmail.com with the words "Beachwood Historical Society Challenge" on the subject line.

All correct answers received by June 15 will be entered in a raffle for a \$50 gift card.

Last month's challenge:

What was the nickname given to our Water Tower that is located on Chagrin Boulevard?

Answer:

Beanie, named after Spanky McFarland of the show *Our Gang*, which was later syndicated into *The Little Rascals*.

The tower was once painted red and white, which looked like Spanky's hat.

All correct answers received by June 15 will be entered in a raffle for a \$50 gift card.



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New Local Book Series Reminds Children How to Stay Healthy

More than 30 years ago, when Beachwood resident Dr. Shelly Senders opened Senders Pediatrics, an independent practice that cares for people from birth to age 24, he created a pediatric-care community where patients would become an extension of his own family.

"I wanted to be the connector in a society that was losing connection," he said. "And I wanted to make a difference, one person at a time."

Today, Dr. Senders continues to do just that. To strengthen the practice's foundation, he hired Joan Morgenstern, certified parent coach and educator, who recently published a series of books that consist of fun illustrations and rhyming language to engage and educate young children, both during and beyond the pandemic. *Way to Go Elbow*, *Embrace Your Own Space*, and *Task of the Mask* highlight the importance of taking simple steps to help contain the spread of germs. *Sammy the Shot*, Joan's newest book, helps to ensure that children are well prepared when it is their turn to receive the vaccine.

Way to Go Elbow encourages the safe practice of sneezing into one's elbow to prevent the spread of germs. *Embrace Your Own Space* uses the concept of a bubble to explain to children the abstract notion of physical distancing and personal boundaries. *Task of the Mask* explains to young children the purpose of wearing a face mask, and *Sammy the Shot* features a bold syringe who confidently reassures children that:

*"I have a big job that's important to do.
I help kids stay healthy,
and that includes you.
My special syringe
that I get to inject
Has only one mission,
which is to protect...
Then very quickly
with just a small prick,
I'll give you your shot
and I'll be super quick!"*

"I was inspired to write these books when I observed how difficult it was for parents to explain and reinforce the messages to their children that sneezing into their elbow and physically distancing from friends and family was so critical," said Joan. "It's been a challenging and confusing time for all of us, and finding ways to help parents communicate these issues to children in a fun and positive manner was important to me."

"While the new vaccines offer much promise and we all hope that COVID-19 will soon be behind us, I think it's unrealistic to presume we will stop worrying about coronaviruses, infectious diseases and the spread of illnesses any time soon," said Dr. Senders. "These books reinforce good health habits, which will help to keep our children more healthy and safe. I believe many of

these concepts will transcend COVID-19 and remain important guidelines for children to follow for years to come."

Joan is an educator with more than thirty years of experience, in both the classroom and as an early childhood school director. Through workshops, seminars, and one-on-one parent-coaching sessions, she has worked with hundreds of families on a variety of topics including sibling rivalry, temper tantrums, and her specialty, potty mastery.

Books are available on Amazon for purchase in softcover or on Kindle. They are reasonably priced so parents, educators, and libraries may benefit from their content. For more information, visit www.sendersparenteducation.com/our-resources/books.

Senders Pediatrics is located at 2054 South Green Road, South Euclid. Its goal is to serve as a trusted guide to help parents figure their kids out and navigate the challenges of raising children from cradle through college. This unique approach blends medical and behavioral expertise, experience, personal connection, community engagement, and a willingness to look at out-of-the-box solutions for families. Senders Pediatrics has been nationally recognized and is a perennial winner of *Northeast Ohio Parent Magazine's* Choice Awards.

Editor's note: Senders Pediatrics offers an opportunity to win a free set of books. Email beachwoodbuzz@gmail.com, with Senders Pediatrics on the subject line, by June 12, to be entered in a drawing.

"These books reinforce good health habits, which will help to keep our children more healthy and safe. I believe many of these concepts will transcend COVID-19 and remain important guidelines for children to follow for years to come."

– Dr. Shelly Senders



Pictured above: Dr. Shelly Senders; Right: Joan Morgenstern.

"my brother's eyes"

Congratulations to Anah Khan, Beachwood Middle School eighth grader, who won first place in the 2021 Your Voice, Your Verse state poetry competition, hosted by Power of the Pen. Anah won with her poem, "my brother's eyes." The contest was judged by George Bilgere, author of several books of poetry.

For more information about Beachwood Schools, see pages 30-31.

what color are your eyes, sunny?
looking into them i can't tell
yet on your first minute earthside
into them i fell

or your eyes could be green
light, dark, or in-between
whatever the color, i'll love you the same
like i always have, ever since you came

what color are your eyes, sunny?
are they deep and brown like us?
mom says to leave you alone,
not to make such a fuss

your eyes are hazel, sunny
with fascination I watch you watching the world
through hazel-colored windows
brown and green and blue swirled
into your eyes, sunny
i look for the hundredth time
And find myself falling
into you, sweet brother of mine.

but oh i need to know, sunny,
what color are your eyes?
you smile at me for the first time ever,
and i feel my heart rise

your eyes might be bright and blue
a mutation, unique, and new
none of our eyes are blue
but we need a change, it could be you

Food Truck Fridays

Every Friday • 11 am - 2 pm
Buy Rite
23715 Mercantile Rd.
Beachwood

Bring a chair, socialize and network. Different trucks every week! Call Michelle at Buy Rite at 216.292.7112 for more details

Business Bites with BCOC

June 11, July 16 and August 13
Network with the Beachwood Chamber of Commerce
11:30 am - 1 pm

Bring a chair and business cards, and get back to networking at these outdoor, in-person networking events!



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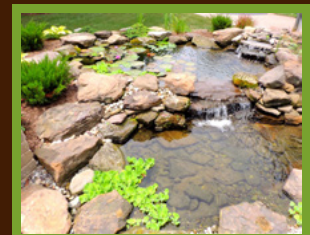
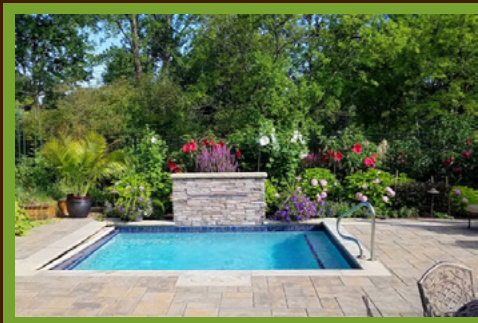
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Golda Meir: From Milwaukee to Jerusalem

Park Synagogue
Wednesday, June 9
1 pm • Zoom

Join Park Synagogue, Wednesday, June 9, 1 pm on Zoom, for a unique behind-the-scenes view of Golda Meir, Israel's only female prime minister. Hear Professor Meron Medzini, direct from Israel, as he traces Golda's shtetl origins, her American experience, and how she rose to power and influence in Israel, a country for which she was prepared to sacrifice her marriage and family life. Professor Medzini has known Golda Meir since his childhood and served as her spokesperson during the Yom Kippur War. He is the author of *Golda – A Political Biography* (2016).

The program is free and open to the community. Registration is required by June 8 to receive the Zoom link. Please register at www.parksynagogue.org or email Ellen Petler at epetler@parksyn.org. This program is sponsored by the Park Synagogue Senior Adult Group.

Did you know?

June 26 is National Forgiveness Day. It is a time to remind ourselves of the importance of forgiving others and forgiving ourselves.



Federation Good Deeds Day

The Jewish Federation of Cleveland received well over its initial goal for its Good Deeds Day celebration April 18, with more than 165 casseroles donated to agencies that assist food-insecure individuals and families.

Recipients included: The Haven Home, Thea Bowman Center, The Salvation Army, West Side Catholic Center, and Greater Cleveland Neighborhood Center Association. Volunteers also donated more than 1,000 pounds of food to the Greater Cleveland Food Bank and Cleveland Chesed Center.

The Federation's rendition of the international day of service sought to combat hunger in Cleveland by giving community members four options to help: Citizens were able to drop off frozen casseroles or lasagnas to be delivered to local agencies, donate food items to the Cleveland Chesed Center and Greater Cleveland Food Bank, make monetary donations to Harvest for Hunger, or advocate for policies to end food insecurity championed by Jewish nonprofit Mazon.

"I was so happy to see the outpouring of support from the community as we surpassed every goal we had set for this event," said Marty Shankle, the Federation's Jewish Volunteer Network chair. "I thank all volunteers for their contributions. While we know these large donations are a great help to the community, the work never ends, so the Jewish Volunteer Network continues to create opportunities for people to help our community grow and improve as often as possible."

The other aspects of the Federation's Good Deeds Day observance were also a hit. Marty heard from many people who dropped off food that they were also participating in the letter-writing campaign to local politicians to fight hunger with a political stance.

To learn more about how you can get involved and volunteer, email volunteer@jfcleveland.org.



Good Deeds Day Committee members (from top): Marty Shankle (JVN Chair), Jodi Zawatsky, Joanie Berger, and Stephanie Wieder; Zawatsky family (from left): Mike, Jodi, and Brett; Thea Bowman staff receive casseroles delivered by JVN volunteer Joanie Berger.

University Hospitals Ahuja Medical Center Earns Five Stars for Quality, Highest Rating Given by CMS

University Hospitals (UH) Ahuja Medical Center has once again received the highest possible rating of five stars for quality from the Centers for Medicare & Medicaid Services (CMS), the federal agency that administers Medicare.

CMS rates hospitals from one to five stars, based on their safety, efficiency and patient experience. UH Ahuja Medical Center is one of only 455 hospitals in the

United States to earn five stars. "Our caregivers excel in meeting and exceeding quality standards of care at UH Ahuja Medical Center, and I'm proud

that our team has once again achieved the highest rating awarded by CMS," said Alan Papa, chief operating officer, UH East Market and president, UH Ahuja Medical Center. "This prestigious designation comes at an exciting time of celebration of our 10-year anniversary as a successful hospital, and anticipation as we look forward to opening the doors of our UH Ahuja Phase 2 expansion in 2023."

CMS calculates star ratings based on a variety of quality measures divided into five categories: mortality, safety of care, readmission, patient

experience, and timely and effective care. Scores reflect common conditions, such as heart attack and pneumonia, and the overall rating indicates how each hospital performs, on average, compared to more than 4,500 other hospitals in the U.S.

CMS publishes star ratings on Hospital Compare to help patients choose a hospital based on patient experience, and are one of many resources consumers should consider in making informed health care decisions.

Learn more about the ratings and methodology at <https://tinyurl.com/AhujaFiveStars>.



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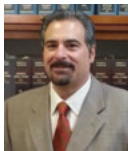
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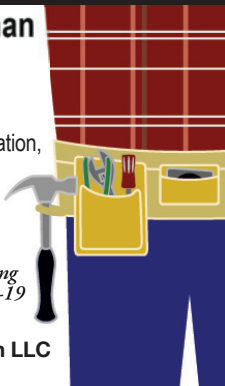
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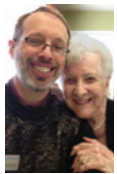
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The Staff of Cleveland Clinic, The MetroHealth System, and University Hospitals Receive Charles Eisenman Award

The Jewish Federation of Cleveland announced that the staff of Cleveland Clinic, The MetroHealth System, and University Hospitals have been named the 97th recipients of the Charles Eisenman Award, the Jewish Federation of Cleveland's highest civic honor for outstanding contributions to our community. The Federation recognized these three healthcare systems and celebrated our community at the 117th Annual Meeting on Wednesday, April 21.

Cleveland has been able to successfully navigate its way through the COVID-19 pandemic in large part due to Cleveland Clinic, MetroHealth, and University Hospitals' willingness and ability to collaborate. From the moment this deadly virus arrived in Northeast Ohio, their coordinated response to the crisis not only helped save lives but positioned the region for a healthy future.

This award was presented to the full system – from doctors and researchers to janitorial and food service staff.

Over the past year, the Cleveland community has witnessed these three healthcare systems work tirelessly to keep our community safe, healthy, and informed. They have dedicated themselves to not only provide top-quality care for patients, but also generously give their time to offer guidance to businesses, organizations, and schools, sharing their expertise on community webinars, and more. This award was presented to the full system – from doctors and researchers to janitorial and food service staff. The staffs' strong and steady presence, coupled with their willingness to join together in whatever ways needed, has been an exemplary demonstration of service.



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