

Beachwood Buzz

August 2016

For Residents. Every Business. Every Month.

MAGAZINE

Beachwood Blooms

An Inside Look at Local Gardens

Also inside :

City Council Update

You and Your Schools
with a Special Senior Section

BCC Celebrates 25 Years

and so much more!

The Demand for Subaru is Better Than Ever – Stop In and Test Drive One Today!

SUMMER SAVINGS!
3-Year Anniversary Sale!



Hello Beachwood Residents,

Welcome to August, a great time of the year to get a fantastic deal on a new or pre-owned certified Subaru. I am excited to report we are celebrating our three-year anniversary at our new location on the Bedford Automile, and the demand for Subarus is better than ever! Stop in today for a great deal and see why so many people are driving all-wheel-drive Subarus!

Beachwood Graduate • Beachwood Resident

Michael Friedman



Ganley supports the Beachwood Boosters and hopes to see you at their Back-to-School Boosters Bash, August 20 at Fairmount Temple!

2016 IIHS TOP SAFETY PICK+

The 2016 Legacy, Outback, Forester, Impreza, WRX and Crosstrek earned the IIHS TOP SAFETY PICK+!

2016 NEW

LEGACY
2.5 i

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hwy/city

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2016 NEW

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hwy/city

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2016 NEW

FORESTER
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hwy/city

ONLY 2 AVAILABLE AT THIS PRICE!

\$22,595 MSRP*



Code GFA 01

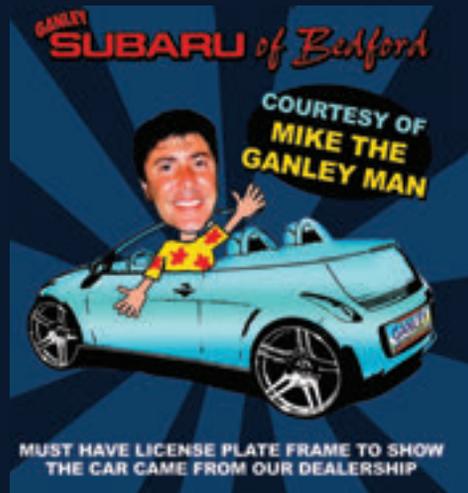
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FOR ALL CAR OWNERS OF VEHICLES FROM



MUST HAVE LICENSE PLATE FRAME TO SHOW THE CAR CAME FROM OUR DEALERSHIP

CELEBRITY BIRTHDAYS

- August 6 Lucille Ball (Would have been 105)
- August 8 Roger Federer (35)
Dustin Hoffman (79)
- August 9 Deion Sanders (49)
Whitney Houston (Would have been 53)
- August 10 Antonio Bandaras (56)
Rocky Colavito (82)
Jo-Ellen Balogh (Looks 40)
- August 11 Hulk Hogan (63)

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Share the best of what
you have and find
contentment in this –
no matter the results.”
– Robert K. Carsten

Last month's issue of *Pastel Journal* contained some information worthy of sharing. In an article written by editor-in-chief Anne Hevener, she wrote, "Having your artistic talent recognized and earning an award in a competition are, of course, satisfying and worthy goals, but I've always felt that one of the greatest benefits of participation in juried competitions is simply getting to put your work in front of top professionals who share a passion for pastel." She then quoted juror and artist Robert K. Carsten, who wrote, "Entering shows is really about sharing, not competing. Share the best of what you have and find contentment in this – no matter the results."

As children, we learn how to share; yet at the time, we don't recognize that sharing is scientifically proven to boost our personal well-being. According to Paul Zak, founding director of the Center for Neuroeconomics Studies at Claremont Graduate University, sharing has a positive chemical reaction within the brain. According to his research, when people share and experience gratitude, or any sense of connection, their brains will release the hormone oxytocin which is known to relieve stress, improve immune function and foster trust in human interactions, all of which contribute to greater well-being and happiness.

Whether one shares talents, physical items, kindness or knowledge – in business or personal situations – effective collaboration is at its core. Here are some other benefits of sharing:

Sharing helps you grow.

We all have a fixed set of skills that make us proficient in specific areas. When we share, we learn from others and increase our proficiency.

Sharing helps you stay motivated.

When we are exposed to someone with different skills and know-how, we become motivated and want more from ourselves.

Sharing provides recognition.

Sharing gives your talents more exposure, and recognition is a powerful motivator, so sharing motivates us to further pursue our talents.

Sharing helps generate new ideas.

When we share different skills and experiences collide, eye-opening ideas and solutions emerge.

Sharing provides a sense of purpose.

Sharing creates a sense of purpose, while work without purpose is no work at all.

Sharing makes us feel good.

When we share, we help people and vice versa. Gratitude then kicks in, which makes us feel good.

Sharing makes life real.

When important events happen, whether good or bad, sharing with others makes them come to life.

Sharing helps us to perfect what we do.

When we share ideas, we are exposed to a side we may never have considered before, which helps us become more proficient at what we do.

When we share, we give, we receive, we connect, we listen and we think – allowing us to do bigger things in less time. When more minds come together, we are better able to come up with new and wonderful ideas. When we share, the world opens up in new ways. The "knowledge is power" adage is long dead. Today's reality is that sharing is knowledge, and it benefits everybody. So share the best of what you have and find contentment in this – no matter the results.



TAKE CONTROL *of your* HEALTH.

2016 **HEALTH** **Matters**

Join your neighborhood experts across our system on the second Wednesday of every month from 6 to 7:30 p.m. for a different educational presentation at various University Hospitals locations. There is no charge to attend, but space is limited and reservations are required.

WEDNESDAY, AUGUST 10
**Benefits of Farm-to-Table
& Sustainable Foods**

Learn more about the link between sustainable agriculture and your good health.

WEDNESDAY, SEPTEMBER 14
Women's Health

Women have unique health care needs and issues that require special focus. Get the information you need to live your healthiest life.

WEDNESDAY, OCTOBER 12
What's New with the Flu

Be prepared for flu season. Get the latest updates about this common seasonal illness.

Register online at UHhospitals.org/HealthMattersRSVP or call 216-767-8435*.

Participate in the conversation on social media using #UHHealthMatters.

*Between 9 a.m. and 5 p.m., Monday through Friday.



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Beachwood Buzz magazine welcomes all Letters to the Editor. Please send all letters via email to beachwoodbuzz@gmail.com.

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

Article Submissions
Beachwood Buzz welcomes your story ideas. If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com.

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COVER STORY

Meander through Lyn Davidson's lush Duffield Road garden and you'll realize this flourishing green space is clearly not – mulch ado about nothing.

A master gardener, Davidson's green thumb is never idle. Each spring, she is so excited to begin working in the soil, that she wets her plants.

For complete story, see pages 8-11.

Cover story photos by Scott Morrison, Discovery Photo

City Council Update • Pages 30-33

Seeing Orange on Richmond

No Soliciting Please

RX Drug Drop Box

American Red Cross Blood Drive

Attention Bicyclists

Family Fun Day

Honkin' Haulin' Hands-On Trucks

Personal Shred Day

Upcoming Meetings

Mulch Now Available

Be Seen

Summer Concert Series

H.E.A.L.T.H. Programs

50-Year Resident Salute

Art Exhibits

Mary Poppins Auditions

Beachwood Family Aquatic Center

Beachwood Outdoor Movie Night

You and Your Schools • Pages 35, 37-44

Important Information for the Start of School

Show Your Bison Pride

Special Senior Section

Students Honored and Recognized

Scholarship and Award Recipients

College Decisions

Academic Recognition

September Special • Reserve Your Space by August 10!

Health & Wellness



Your One-Source Guide to Health & Wellness, In and Around Beachwood!
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Email beachwoodbuzzsales@gmail.com for details.

Petition for Coffee Shop Drive-Thru Window

Residents of Beachwood

Who Are Registered Voters in Beachwood:

For customer convenience, our community's local coffee shop, located at Chagrin Blvd. and Green Road, would like to install a drive-thru window. To do so, they need your help.

FirstMerit Bank will be closing its doors early in 2017 and the coffee shop, located next door in the same building, would like to occupy its space and utilize the existing drive-through window. Since the window is currently in use, it is not expected to impede traffic in any way.

Due to current Beachwood zoning laws, drive-thru windows for food/beverage are not permitted, so we are collecting signatures in order to put a referendum on the ballot to let Beachwood residents decide.

Please join us to help make this happen by signing the petition at the coffee shop, or by helping us obtain your signature by emailing march@mlsmanagement.com or calling 216-591-9900.

Thank you for your support!

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Town Hall Meeting

Cuyahoga County Councilwoman Sunny Simon Announces August 9 Joint Town Hall Meeting With Ohio Senator Kenny Yuko and State Representative Kent Smith

Discussion on Current State and County Affairs

Cuyahoga County Councilwoman Sunny Simon will co-host a Town Hall Meeting on Tuesday, August 9, 6:30 pm, at Notre Dame College with Ohio Senator Kenny Yuko, District 25, and State Representative Kent Smith, District 8. This forum will provide an update on current state and county affairs.



Cuyahoga County Councilwoman Sunny Simon has served on County Council since its inception in 2011. She was the inaugural vice president and is currently chair of the Education, Environment and Sustainability Committee. The councilwoman helped to establish the Office of Inspector General and helped to create the strongest ethics policy in the State of Ohio. Ms. Simon has sponsored legislation supporting domestic partner benefits for County employees, reducing pesticide use on County property, directing casino revenue to suburban communities and providing veteran housing. She has also supported increased funding for education, safety, youth and senior services. Ms. Simon holds an honors degree from John Carroll University and a Juris Doctorate from the Case Western Reserve University School of Law.



Senator Kenny Yuko represents Ohio District 25, comprised of both Cuyahoga and Lake Counties. The Senator graduated from Brush High School in 1968 and attended both Cuyahoga Community College and Kent State University before entering the workforce. Senator Yuko was employed with the Laborer's Local #860 for 30 years before retiring in 2004 to run for State Representative and serving three terms. Senator Yuko serves on the following committees: Education, Finance-Education subcommittee, Finance-Workforce subcommittee, Financial Institutions, Government Oversight and Reform, and Transportation, Commerce, and Labor.



State Representative Kent Smith was elected to serve the people of the 8th Ohio House District, replacing the seat of Cuyahoga County Executive, Armond Budish, in 2015. Representative Smith is a resident of Euclid, Ohio and served on the Euclid School Board for 12 years. Smith also served as the head of the Euclid City Democratic Party in 2006 and was re-elected in 2010. Mr. Smith is currently pursuing his Ph.D. in the Economic Development program at Cleveland State University. He serves on the following committees: Economic and Workforce Development, Education, Financial Institutions, Housing, and Urban Development and Public Utilities.

The program will take place at Notre Dame College (Great Room, 3rd Floor), Administration Building, 1857 South Green Road, South Euclid. A special thank you to Notre Dame College for hosting this event.

Beachwood High School Class of '71 Reunion



The Beachwood High School Class of '71 will hold its 45th class reunion on Friday, August 12, 2016, 7:30 p.m., at the home of Paula (Zavell) and Mike Rollins. Please contact Paula for details at phonepr@aol.com, 216.292.5600 (h) or 216.789.3995 (c)

Save the Dates:

- American Red Cross Blood Drive • August 12
- Family Fun Day • September 4
- Honkin' Haulin' Hands-On Trucks • September 18
- Personal Shred Day • September 25
- Beachwood Outdoor Movie Night • August 14
- Outside Summer Concer Series • August 2 and August 9
- Inside Summer Concert Series • August 4 and August 11
- 50-Year Resident Salute • August 9

For more information, see City Council Update on Page 30.

**JOIN THE FUN AND BRING THE WHOLE FAMILY-
12 & YOUNGER FREE!!**

The Montefiore Foundation 5K Run/Walk & 1M Walk



Sunday, August 28, 2016

Cleveland Clinic Lyndhurst Campus
7:30 am Registration • 8:30 am 5K Run/Walk and 1M Walk

montefiorecare.org/homerun
216.910.2652

Beachwood Bloom

By Arlene Fine



od ns



Meander through Lyn Davidson's lush Duffield Road garden and you'll realize this flourishing green space is clearly not – mulch ado about nothing.

A master gardener, Davidson's green thumb is never idle. Each spring, she is so excited to begin working in the soil, that she wets her plants.

Davidson's garden features a plethora of brightly colored, seasonal perennials that she purchased over the years from local nurseries and catalogues or were given to her by friends and neighbors.

Donning a bonnie blue sunhat and her sturdy gardening shoes, Davidson spends many hours each week planting, pruning, digging, weeding and most importantly, keeping the neighborhood deer from using her hostas as a lunchtime salad bar.

"There will be no hosta takeover in my garden," promises Davidson.

Davidson comes by her love of gardening naturally. Her mother was an avid gardener and Davidson, a pharmacist, took practical botany classes while at the University of Michigan. Her favorite hangout was the U of M greenhouse where she quickly became buds with a variety of plants.

Twelve years ago when Davidson purchased her Beachwood home, her passion for gardening took root. "One look at the tidy backyard beds brimming with flora and I knew I had found my home," she says. "Like a painter, I was eager to fill the outdoor spaces with all kinds of plants that contained gorgeous colors and designs."

Davidson quickly expanded her home's original flowerbeds. Along with flowers, decorative trees and grasses, she grows strawberries, asparagus, blueberries, raspberries and is cultivating a climbing espalier apple tree.

With a nod to Mother Nature, Davidson has established an

organic, pesticide-free and herbicide-free garden and lawn. In fact, you may say Davidson is in the clover – literally. She intentionally seeded her front lawn with microclover, which does not brown out as easily as grass, acts as its own fertilizer, is low maintenance and adds a boost to the honeybee population. She also uses a push reel mower to cut her lawn rather than an environmentally polluting gas-powered mower.

Davidson's efforts have not gone unnoticed by her neighbors or passers-by who stop to admire her garden – many of whom have become her friends. "I enjoy sharing what I know about gardening and it's so nice to have sparked an interest in others in this wonderful hobby," she says.

The enjoyment Davidson gets from her garden is immeasurable, she says. "Working in the garden is a form of meditation. When I step outside and get to work I am at total peace. I never cease to be amazed by the wonders of nature and the beauty of so many varieties of flowers. I have learned so much from my garden – especially the rewards of being patient. You can't fool Mother Nature, or rush her either. My philosophy is, life is a garden – dig it."

Many Beachwood homeowners share Davidson's passion for gardening. Here is an inside look at just a few of the backyard paradises that we had the privilege of photographing.

Leanne Leavitt – Fairmount Blvd.

"I created this garden when I moved into my condo 12 years ago. The first thing I did was design a rock garden on a small hill on the side of my town home where I have incorporated a variety of sedum and phlox for seasonal color and balance. I also have a continuously blooming perennial garden in the back of my yard and ten statues, representing my ten grandchildren."



Jen Stern – Letchworth Road

"I love to garden and have for most of my adult life. I find great peace and satisfaction in planting, growing, and photographing my flowers and vegetables. I begin most mornings on my bench, noticing the growth and change in my flowers. I began photographing my flowers as a tool to help me stop and take notice of the beauty around me."

Bruce Mandel – Meldon Blvd.

"Gardening is my therapy, a great stress buster. I enjoy getting my hands dirty and focusing on the garden, rather than on the outside world. I like when people stop by and comment on the garden. It makes me feel good when neighbors and friends appreciate my work."



**Jan Kirschenbaum –
Hurlingham Road**

"I feel that I've been into gardening my entire life. While growing up, my mom had rose gardens and perennials everywhere. I watched her work outside and grew to appreciate fresh picked flowers. I've transplanted several peony bushes and silver dollar plants from my mom's original gardens. The silver dollar seeds originally came from her grandmother's garden. My sister is also an avid gardener, so you can kind of say it's in our blood."



Alan Peters – Beechmont Court

"Along with our giant dinner plate dahlias, we grow a variety of roses. We have large climbing rose bushes outside our bedroom window, and in the summer when we open the windows it smells like we are sleeping in a beautifully scented rose garden. Gardening is very therapeutic for me and gives me lots of time to – smell the roses."

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Budish Boosts County Through Panapoly of Programs

By June Scharf

"I've been in many parades, but none like this," says Armond Budish, Cuyahoga County Executive and Beachwood resident. The parade to which he refers is the Cavaliers' victory motorcade and rally in Cleveland on June 22. "There were masses of people as far as you could see."

Budish, 63, was perched in a vehicle provided by a Bernie Moreno dealership, and it rode two cars behind Cleveland-born rap star Machine Gun Kelly. He was joined on the "long ride to go a short distance" by his family, including wife Amy and sons Ryan, 34, and Daniel, 29. While he says the ride was a thrill for him, he describes the crowd as not exactly responding in

kind. "Everyone was looking for LeBron and the other Cavs players." In some ways, though, Budish was no different.

Early in the rally, he rose to the podium from his front row seat and delivered a two-minute speech during which he called LeBron "the Aristotle from Akron" and, among other things, announced that the county proclaimed the occasion "Cavaliers Day" in recognition of the team's accomplishment. When he finished, he received some immediate positive feedback.

"Kyrie (Irving) came up to me and said I did a good job," he notes. But was he nervous? "I always get a little nervous when I'm talking to groups and that was the biggest live

group I've ever addressed before."

He also had a brief exchange with team owner Dan Gilbert. "He's been investing a lot in Cleveland, and I encouraged him to continue doing it."

"He (Dan Gilbert) has been investing a lot in Cleveland, and I encouraged him to continue doing it."

*— Armond Budish,
Cuyahoga County Executive*

With more than two years left of his four-year elected term ending December 2018, Budish's job – when not civically involved with championship celebrations – involves managing a budget of more than \$1 billion, composed of a \$400 million general fund and inclusive of Health and Human Services funds, as well as pass-through federal dollars.

High on his agenda has been county-wide economic development, partly accomplished by way of job creation. One method of achieving employment gains has been through offering start-up and early-stage business funding sourced through two funds containing a total of \$40 million, provided by state dollars and venture capital. Last year, his office lent \$4.5 million to Jumpstart, which provides dollars to local businesses. Small loans in the \$25,000 - \$100,000 range with varying interest rates are also available to help businesses get off the ground.

"Often the need is in the \$25,000 - \$30,000 range, which is too small for banks, so that's where we can help," he states.

He also proudly notes the first sustainable economic fund

his office created with \$12 million available per year, where low interest loans are granted for projects that will create jobs. The loan terms are three to seven years.

"When we get our dollars back plus some interest, the fund will grow, which is new for this office."

Those interested in tapping any of these dollars may contact Ted Carter, the economic development director, at 216.443.7275.

The County Executive Office has also been involved with the Van Aken renewal project on Beachwood's border. Another project to benefit the community as a whole is lakefront development in Euclid, where a marina and boardwalk will be created.

Noting the importance of pre-K education and its long-term life enhancement, Budish says that his office has stressed funding for teacher training and spending more dollars per student. The money is spread throughout the county, with about half devoted to Cleveland children, and half to children in suburbs. The funding is budgeted to last through 2020.

Prior to becoming the County Executive, Budish represented Ohio's 8th District in the state House of Representatives and served as Speaker of the House from 2010 to 2011, marking him as the first Jewish person to hold that office. He was re-elected to the House in 2010 and 2012, and thereafter was term-limited.

Before his entry into politics in 2006, he was an attorney, specializing in estate planning and elder law with the firm Budish, Solomon, Steiner & Peck and has written widely on the subject of elder law-related issues.

Pictured: Budish with his family,





The Menorah Park Aging Resources Center Presents:
Love and Intimacy in Autumn
 A Fall Dinner Conversation with Featured Speaker:
Dr. Stephen B. Levine



Stephen B. Levine is a practicing psychiatrist who specializes in problems relating to sexual and love relationships. He has written for both professional and lay readers. He was the recipient of the Society for Sex Therapy and Research's Masters and Johnson Lifetime Achievement Award in 2005. He often lectures and writes about the apparent deficiencies and excesses of desire, psychological intimacy, infidelity, essence of psychotherapy, and educating mental health professionals.

- ~ Discover the evolution of love
- ~ Learn the signature of experienced intimacy
- ~ Find the answer to the question - Can you have love without intimacy?

Menorah Park Saltzman Auditorium / 27100 Cedar Road, Beachwood

Thursday, September 22, 2016

Dinner Hour 5:30 p.m. / Conversation 6:30 p.m.

Program and Dinner are Free of Charge / Seating Limited - Reserve Space Early

RSVP to Beth Silver, 216-839-6678, or bsilver@menorahpark.org no later than Wednesday, August 31, 2016

Aging Resources Dinner Conversations are sponsored by the Earl and Barbara Franklin Fund

Kosher dietary laws observed



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The BHS Alumni Association invites you to REVISIT. RECONNECT. REDISCOVER.

Alumni Association Emails

Have you been receiving emails from the Alumni Association on what's new in the world of BHS Alumni? If not, we may not have your correct email address! Help us update our database by visiting www.beachwoodschoools.org/alumniupdate.aspx to update your contact information.

Save the date for Homecoming Weekend, October 14-15, 2016

If you're a former member of the band, drill team, football team or cheerleading squad and want to be a part of the homecoming game half-time show, email Shana Wallenstein at swallenstein@beachwoodschoools.org.

Getting More Involved

Interested in getting more involved? Contact Alumni Association president April Thomas at april.murphythomas23@gmail.com to learn more.

Alumni Spirit Wear and Magnets

Looking for Alumni spirit wear and magnets? Visit www.spiritsportshop.com and use access code BeachwoodHS.

Reunions

Heading into a reunion year? Send an email to Class/Reunion liaison Paula Rollins at phonepr@aol.com.

The BHS Class of '71 will hold its 45th class reunion on Friday, August 12, 2016, 7:30 pm, at the home of Paula (Zavell) and Mike Rollins. Please contact Paula for details at phonepr@aol.com, 216.292.5600 (h) or 216.789.3995 (c).

The Alumni has a great year of activities planned and all alumni are invited to participate!

Beachwood Grads Return Home to Raise Families



"There's no place like home." Ahh, the popular line from The Wizard of Oz. But as history proves itself time and time again, it's the feeling that many Beachwood graduates have when choosing a place to plant their roots and raise their own families. Congratulations to these Beachwood High School graduates from the class of 2016 – and to their parents who recognize that Beachwood truly is the best place to live and raise a family.

Congratulations to these Beachwood High School graduates from the class of 2016 – and to their parents who recognize that Beachwood truly is the best place to live and raise a family.



Jack Rotsky
Class of 1983
and Hannah Cantlie



Jeff Halpert
Class of 1981
and Max Halpert



Steve Hartstein
Class of 1983
and Gabby Hartstein



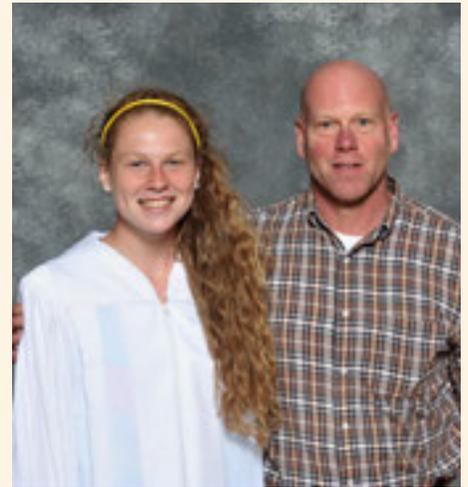
Lisa (Katz) Gelman
Class of 1981
and Mallory Gelman



Brian Kazdin
Class of 1984
and Theresa Kazdin



Debbie (Bendis) Jenks
Class of 1985
and Austin Jenks



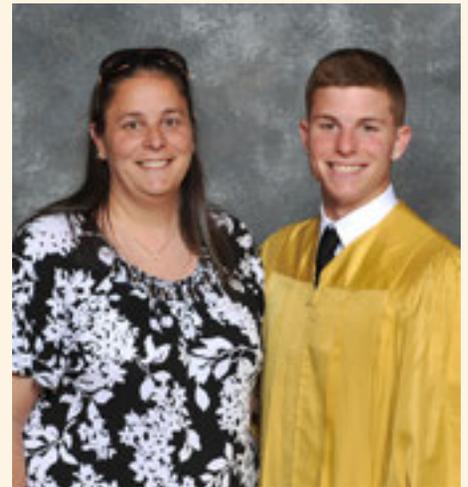
Donald Kahn
Class of 1979
and Hannah Kahn



Renee (Strong) Howard
Class of 1988
and Jasmine Howard



Julie (Eisenberg) Millstein
Class of 1980
and Isabel Millstein



Karen (Desatnik) May
Class of 1997
and Shawn May



Larry Weisman
Class of 1977
and Briana Weisman



Robert Marks
Class of 1984
and Allison Marks



Steve Gill
Class of 1984
and Claudia Gill

Surface, Strata and Substance

An Art Exhibit Featuring Works by Deborah Silver, Cindy I. Smith and Steven J. Simmons

Three unique artists, Deborah Silver, Cindy I. Smith and Steven J. Simmons, will converge at the Beachwood Community Center Gallery to reveal common bonds in "Surface, Strata and Substance," August 17 through September 11. The opening reception will take place on Sunday, August 21, 1 – 2:30 pm; the closing reception on Sunday, September 11, 1 – 2:30 pm.



Deborah Silver, a fiber artist, designs and weaves pieces that combine her interest in tribal imagery with contemporary faces. Her work is inspired by the increased cross-cultural nature of our world, with an emphasis on our collective history. By slicing through weavings of contemporary faces and tribal images, Deborah figuratively cuts through time to expose the past. The underlying imagery reveals an older stratum of history based upon archeological finds and early architecture. These ancient sites, fossils, cave paintings and petroglyphs that appear in her works represent links to society's shared heritage. Works may be viewed at www.deborahsilverstudio.com.



Cindy I. Smith's paintings evoke rhythm, pattern and process with special emphasis on texture and surface treatments. Smith enjoys the uncertainty and budding discovery that results from her blends of permanent inks with acrylics on canvas, panel board, wood and paper. Her color choices, frequent use of the squeegee and her top layer line work create organic, path-like patterns on textured surfaces that ultimately pull the viewer into her works. She is fiercely dedicated to approaching her work in the same manner as Helen Frankenthaler, who once stated, "I'd rather risk an ugly surprise than rely on things I know I can do." As a result, Smith creates unique, engaging abstracts that result in an absorbing and meaningful dialogue with the viewer. Works may be viewed at www.cindyismith.com.



Steven J. Simmons specializes in flowing abstractions and three-dimensional works. His boldly-colored works reflect his childlike fascinations with surfing, water, wind, the cosmos and nature. As a self-taught visionary artist, Simmons's works arise from an innate personal vision that revels foremost in the creative act itself. For example, his unorthodox yet frequent use of epoxy resin and fiberglass within his works emerged by accident while learning to repair his damaged surfboard several years ago. The use of these materials, along with spray-paint, tempera and acrylics, lead to deeply layered visuals with shiny, tactile surfaces. His works have been described by others as "deeply textural, with a lush and wild vernacular," as well as "joyful" and possessing a "unique playfulness." Ultimately, Simmons's works transcend beauty, skill and scape by serving as a seductive call to connect, open up and share. Works may be viewed at www.stevenjsimmons.com.

The Beachwood Community Center Gallery is located at 25325 Fairmount Blvd. Gallery hours are Monday through Friday, 9 am – 4 pm; Saturday, 10 am – 3 pm; and Sunday, 10 am – 1 pm.

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Scarlet Soriano, MD, ABIHM, EEM-CLP, utilizes a wide range of healing modalities, from lifestyle interventions, breathwork, guided imagery, nutritional counseling and the use of botanicals to energy healing, stress reduction and energy balancing techniques. Her integrative approach has been effective in managing many medical conditions, including anxiety, obesity, digestive conditions, hypertension, fibromyalgia and chronic musculoskeletal pain. She enjoys working with patients of all ages.

Christian Tucker, MD, focuses on optimal functioning of the body and its organs with nutrition as the first step. His methods involve personalized and holistic patient care, addressing the underlying causes of disease using a systematic approach. Through therapeutic partnerships with his patients, he empowers them to take full responsibility for their health. A background in anesthesia gives Dr. Tucker a unique perspective on health, disease, and the role of pain in so many of our daily lives.

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From Left, Rabbi-Educator Jordana Chernow-Reader, Rabbi Joshua Caruso, Cantor Sarah Sager and Senior Rabbi Robert Nosanchuk

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To learn more about Fairmount Temple's Religious School (begins Sept. 11 and 12) or Early Childhood Center, call 216-464-5890.



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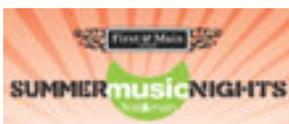
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Caputos' Sustainable Home Proves To be A Haven

By June Scharf

"We are all highly health conscious – open the cabinets, you'll see that we use lots of herbs according to Chinese medicine," says Michael Caputo about his family, who lives in an ordinary-looking home on Letchworth Road. Looks can be deceiving. What's on the inside is far from ordinary. The Caputos – he, wife Kareen and sons Kevin, 23, Julian, 20 and Roman, 15 – have fully embraced a lifestyle that is "environmentally conscious," as he describes it. And its practice fans out in every direction. They have taken the concept of sustainability and manifested it in as many ways as possible.

In 2010, Caputo began shifting his mindset, he says. Then he started taking action and rallied family members to join him.

"I was dealing with the commodities market and recognized certain patterns about oil, energy and metals and how resources are consumed quickly," he explains. He also became exposed to ideas belonging to Chris Martenson, an economic researcher, writer and trend forecaster. Where Caputo says he found traction was with the connections between energy, the economy and the environment.

"Resources are limited, but they're treated as though they are unlimited. The message from leaders is not to save, it's to grow the economy. When is enough, enough?" He says he's disturbed by how "we've been turned into consuming machines. We need to return to being a society that produces more."

He stresses the importance of conserving, and one way he suggests doing that is to be more self-reliant. Caputo says it can take the form of learning more about health and how to take care of ourselves. One of his mantras associated with this quest is to replace "more" consumption with "better" consumption. He gives life to this notion starting in his own backyard where his prodigious and bountiful garden grows. He harvests tomatoes, eggplant, zucchini, cucumbers, peppers and fruit.

"Garden food uses 90% less energy than industrial food and comes with higher nutrition, flavor and freshness," he explains.

Along the way to greater sustainability, Caputo hopes others will follow his lead,

thereby creating a larger community of similarly thinking people. In many ways, he's heading down the path set forth by many in Europe where they are "more conscious and conditioned to recognize how their behavior affects the environment and the costs of it." Kareen, in fact, is originally from France where she spent several years on her grandparents' farm. She was raised in a family where, for several generations, they consumed food from their own gardens.

Caputo admits that it's hard to change habits. He notes, however, that people often tend to ignore problems until there's a crisis. What he's learned over the past few years is that there are easy ways to become more eco-friendly.

His achievable guide to greater sustainability includes modifications to one's home, starting with better insulation and replacing old windows with triple-paned. Bulbs should be replaced with LEDs and thermostats should be regulated to avoid heating and cooling when it's not needed.

Though Caputo admits that creating a well in his back yard is an extensive sustainable measure, requiring a hole dug down 100 feet deep, it does allow him to tap water efficiently. He also has a geothermal hole that's 175 feet deep, which he taps in the summer for cool air, and then stores warm air for use in the winter.

For energy production, he uses solar panels, which he reports cover 80%-90% of the electrical usage for his home, where he also runs his business. He captures rain in barrels to provide extra water for the



Pictured from left: Kareen, Roman, Michael, Julian and Kevin Caputo.

garden. Between recycling and composting, he says he has reduced his garbage by 80%. They also use electric cars, which reduced his gasoline consumption by 80-90% and they use bikes for trips up to two miles. They'll also walk to destinations that are close to home.

His next ambition toward increased self-sufficiency? Hazelnuts. They will replace dead viburnum as cover plants, which will produce nuts within three to four years.

For those interested in joining Caputo on his journey to maintain an eco-conscious lifestyle, he invites contact at oroflex@adelphia.net.

"It would be great to have some like-minded people working together," he says with sincerity.



Michael Caputo
is on a quest
to replace "more"
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-Judi S.

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-Myrtle W.

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Classes will take place Thursdays, September 1 and 8 at Fairmount Temple. Grades 6-8 will meet from 5 to 7 pm and grades 9-12 from 7 to 9 pm. Classes will be led by Rachel Zake, director of Playmakers Youth Theatre. For more information and fees, visit www.mandeljcc.org/playmakers.

Fairmount Temple Adult Cultural Arts Series Presents

On Sunday, September 11, Fairmount Temple Adult Cultural Arts Series will present "A Musical Journey of 100 Years of Broadway," featuring Diane Julin Menges, Ariel Clayton Karas and Lisa Bell Benedetto.

Soprano Diane Julin Menges has been featured with Performers and Artists for Nuclear Disarmament, Heights Chamber Orchestra, and in a number of concerts with Choral Arts Cleveland, including Handel's Judas Maccabeus and Beethoven's Choral Fantasy. She is a member of the Fairmount Temple Choir and soprano soloist at Plymouth Church.

Violinist Ariel Clayton Karas gives more than 120 performances annually throughout Northeast Ohio and currently serves as director of Classical Revolution Cleveland, as well as founder and director of her chamber ensemble, OPUS 216. She is a long-time musician-in-residence at the Cleveland Clinic, and appears as a speaker for conservatory students at the Cleveland Institute of Music.

Pianist Lisa Bell Benedetto, a Grammy-nominated pianist/recording artist, began her piano lessons at the Cleveland Institute of Music at age five. She continued her musical studies at The University of Southern California, spent a summer at the renowned Aspen Music Festival, has released three CDs, has written and performed children's shows for Tower City, and is a musician-in-residence at the Cleveland Clinic.

Enjoy drinks and appetizers in the Foyer at 4:15 pm., followed at 5 pm by the musical performance. A delicious dinner will be served at 6:15 pm after the program. RSVP by calling Susan Namen at 216.464.0607. The cost is \$25/member and \$30/non-member. RSVP deadline is September 2. Cultural Arts Series co-chairs are Bernice and Lloyd Goldman, Joan and Mort Rogoff, and Ilene and Allan Schwartz. These programs are made possible through the generosity of the Max and Ella Green Fund.

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“Unstuff the Bus” – Kids-in-Need Resource Center

Thursday, August 4, 4 – 8 pm • 3631 Perkins Ave, Suite 1C, Cleveland
Kids-in-Need Resource Center, an agency that provides free school supplies to teachers of students most in need, partners with Fox 8 each summer for their “Stuff the Bus” campaign. Volunteers are needed to sort through the supplies at a day-long “Unstuff the Bus” event that is divided into shifts. Be part of this exciting community-wide feel good opportunity.

Hope Lodge Cleveland – Connect, Care and Comfort

Wednesday, August 17, 5:15 – 8 pm • 11432 Mayfield Road, Cleveland
Lift the spirits of cancer patients' living at Hope Lodge Cleveland by bringing them a pizza dinner, entertainment and games. Hope Lodge is a unique home away from home for people who need temporary, comfortable, supportive accommodations, offered free of charge during cancer treatment.

2017 Campaign for Jewish Needs Launch Event

August 30, 7 pm • Park Synagogue East, 27500 Shaker Blvd, Pepper Pike
Celebrate the launch of the 2017 Campaign with personal, powerful stories from community members. Learn more and register at www.jewishcleveland.org.

Fall Cemetery Cleanup

September 18, 9:30 – 11:30 am
Chesed Shel Emeth,
3740 Ridge Road, Cleveland

A meaningful volunteer event for all ages! Bring your weed whackers, shovels and other gardening tools. Together, we'll rake, prune, and spruce up the cemetery grounds in time for the Jewish holy days. Learn more and register at www.jewishcleveland.org.

Exhibit · Attend · Grow

Beachwood
Buzz



Dynamics
Online



Discovery
Photo

Wednesday
September 14, 2016
From 3pm to 6:30pm



PNC Bank

MEDIA SPONSOR



Embassy Suites
3775 Park East Drive
near I-271



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PREMIER SPONSOR



Exhibitor & Attendee Pre-Registration at Beachwood.org

Beachwood Chamber of Commerce Celebrates 25th Anniversary

Strong Partners: Strong Community

Congratulations to the Beachwood Chamber of Commerce (BCC) on celebrating its 25th anniversary. Established on July 12, 1991, the Chamber held an official birthday celebration on July 13 at its monthly luncheon, at which attendees heard from ESPN's Mark "Munch" Bishop about the impact of sports in Cleveland and how our sports teams are perceived outside of Cleveland. Birthday cake was served and Mayor Merle S. Gorden presented a proclamation recognizing the Chamber and its accomplishments over the past 25 years.

The BCC, originally housed in the basement of a city-owned historical building, was founded by Richard Adler, Paul Schiffer and Herb Greenwald to promote business opportunities and community partnerships that stimulate economic vitality. A non-profit organization, the BCC is dedicated to enhancing business opportunities, promoting economic development and encouraging community-betterment activities through innovative programming.

Cindy Caldwell, BCC executive director, said, "In the Chamber's 25 years, we have never strayed from the mission of serving our area businesses. Over the years, we continue to introduce new programs and services aimed at bringing businesses together."

She then answered the following questions to provide insight of the value of Chamber membership:

Q. How do you describe the chamber to potential members?

A. The Beachwood Chamber of Commerce is a leading voice for the business community. We connect member businesses to the community and other businesses through networking events, seminars, monthly

luncheons, business shows and major events – all designed to grow business.

Q. How can a Chamber membership help an area business?

A. Whether you are the owner or decision maker of a small business, a local representative of a large corporation, or public liaison of a non-profit, membership shows an individual's investment in Beachwood's business community, which can improve its bottom line. Members are provided with various opportunities to meet business decision makers, which increase their networks. Significant savings opportunities are also available.

Q. Can you expand on the savings opportunities?

A. Members can take advantage of savings on health insurance, workers compensation, member-to-member discounts, office supplies, background screenings, telecommunications and much more. Additionally, in 1995, the BCC was instrumental in bringing together other area chambers to create NOACC (Northern Ohio Area Chambers of Commerce), which provides group buying power for health-care, worker's compensation and more, which is passed along to Chamber members.

Q. What are some upcoming programs?

A. On August 11, the Chamber is hosting a Multi-Chamber Speed Networking event from 4-7 pm at Embassy Suites Beachwood. Members from seven area chambers will be attending, providing an opportunity for participants to broaden their business networks. Space is limited, and we're excited to host this first-time event.

Our 2016 Chamber B2B (Business-2-Business) Show will take place on Wednesday, September 14, from 3-6:30 pm at Embassy

Suites. More than 70 businesses will be showcasing their products and services in the technology, financial services, food and beverage, education and culture, media, lifestyle, and health and wellness industries. There is no charge or pre-registration required to attend the show. Your business card admits you to the event and we invite businesses to exhibit or attend. This show provides an opportunity to interact with exhibitors from multiple industries in and around Beachwood.

Our next monthly luncheon will take place on September 21st at which City of Beachwood officials will talk about the City's Master Plan, and our next Networking After 5 event will take place on August 3rd at University Hospitals Ahuja Medical Center.

Caldwell also explained that Chamber members each have their own web page on the Chamber's website, making it easier for fellow members to navigate and obtain information.

"Over the past 25 years, the Chamber has built a strong foundation, currently has about 400 members, and continues to grow because it successfully brings businesses together by developing programs to meet their needs and foster their growth while promoting the City of Beachwood as the place to live, work, shop and visit," said BCC president Donna Cook. "The many committees and events hosted by the Chamber have grown significantly. Our annual Fitness Challenge boosts team building and healthy habits, thus reducing employer health-care costs. Our annual B2B Show offers great opportunities for networking and fostering business relationships. Additional activities include Taste of Beachwood, an annual golf outing, monthly Networking After 5 events and monthly luncheons that feature



notable speakers."

"We listen to our members," Cook added. "New programs and services are continually added to meet the needs of the membership."

Among the many successes of the BCC, the most notable is the relationship that the Chamber has with the City of Beachwood and the Beachwood City Schools, a partnership referred to as the "Golden Triangle Partnership." The collaboration of these three entities ensures long-term stability and cooperative strategic planning.

In recognition of the Chamber's 25th anniversary, Mayor Merle S. Gorden and City Council proclaimed Wednesday, July 13, 2016 as "Beachwood Chamber of Commerce Day" in the City of Beachwood.

For more information, call 216.831.0003 or visit www.beachwood.org.

"We listen to our members," Cook added. "New programs and services are continually added to meet the needs of the membership."

Pictured: Mayor Merle S. Gorden presents a proclamation to BCC executive director Cindy Caldwell.

CITY OF *Beachwood* Council Update

MAYOR
MERLE S. GORDEN



216.292.1901
mayor@beachwoodohio.com

COUNCIL PRESIDENT
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BRIAN LINICK



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JAMES PASCH



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james.pasch@beachwoodohio.com

SEEING ORANGE ON RICHMOND

Richmond Road construction will continue through the end of September. The southbound lanes are being replaced from Shaker Blvd. westbound (Beachwood Library) to the north intersection of Concord Drive just past Chagrin Blvd. Traffic will continue to be maintained in one lane each way on the northbound lanes and left turn movements may be restricted or prohibited. Thank you for your patience.



NO SOLICITING PLEASE

It is legal to door-to-door solicit in Beachwood, provided the solicitor has a license obtained by the Beachwood Police Department. Solicitation hours: Monday – Thursday, 9 AM – 9 PM; Friday, 9 AM – 5 PM; Saturday and Sunday, 10 AM – 4 PM. Any person who solicits for an organization which is not for profit, which has a charitable purpose or which is a nonprofit educational institution or public school is permitted to solicit without a permit.

RX DRUG DROP BOX



A prescription drug drop-off box is located in the Police Department lobby for unused, unwanted or expired prescription drugs. Drugs can be dropped off Monday – Friday, 8:00 a.m. – 4:30 p.m. No liquids or needles. No special containers needed.

AMERICAN RED CROSS BLOOD DRIVE



FRIDAY, AUGUST 12 - 1:00 – 7:00 P.M.
BEACHWOOD COMMUNITY CENTER

OF SPECIAL NOTE

ATTENTION BICYCLISTS

Slow down in parks and share paths. Maximum bike speed is 10 mph and cyclists should pass on the left. Use verbal signals. Cyclists are encouraged to wear helmets. Individuals under the age of 16 are required to wear helmets.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122
216.464.1070
www.beachwoodohio.com



LIKE US ON FACEBOOK
www.facebook.com/
BeachwoodOH



FOLLOW US ON TWITTER
twitter.com/
BeachwoodOH



FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

TV PROGRAMMING
Time Warner - Ch. 96.20
AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!

FAMILY FUN DAY

SUNDAY, SEPTEMBER 4

1:00 – 5:00 P.M.

BEACHWOOD FAMILY AQUATIC
CENTER PARKING LOT

Parking at Beachwood High School
(FREE SHUTTLE SERVICE)



FUN

FREE



TOTALLY FREE! TOTALLY FUN!
MORE NEW RIDES! Giant Slides,
Pony Rides, Crafts, Carnival Games,
Caricatures, Clowns, Zip Line, Face
Painting, Petting Zoo, Music & More!

PERSONAL SHRED DAY

ALONG WITH

HABITAT FOR HUMANITY RESTORE DROP-OFF

SUNDAY, SEPTEMBER 25
9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER
PARKING LOT

Beachwood residents can
have up to 12 blue grocery
bags or 6 banker boxes
shredded on site for free.
Proof of residency required.
Rain or shine.



HABITAT FOR HUMANITY

Donate to Habitat for Humanity with usable
household items and construction/rehab
materials. Accepted items include furniture,
appliances (stoves, dishwashers, washer/dryers),
sinks, toilets, vanities, counter tops, tile, tools of
all kinds, landscape materials, doors, electrical
fixtures, plumbing materials, wood (6 – 8 ft.),
bricks/blocks, tables/chairs, kitchen cabinets, etc.
Items must be complete, clean and usable. A tax
receipt is available. Pick-up arrangements can be
made for larger items by calling 216.429-3631.

HONKIN' HAULIN'

HANDS-ON TRUCKS

17TH ANNUAL

SUNDAY, SEPTEMBER 18

12:00 NOON – 3:00 P.M.

MUNICIPAL SERVICE CENTER

FREE

Get into the driver's seat of trucks including:
Fire Engines, Ambulance, Rubbish Truck,
Front End Loader, Dump Truck and more!



Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of
each month at 7:00 p.m. Upcoming meetings:
Mondays, August 15 and September 6.
Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each
month at 7:00 p.m. Upcoming meeting:
Thursday, August 25. Questions? Call
216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings:
Mondays, August 15 and September 6.
Questions? Please call 216.292.1914.

MULCH NOW AVAILABLE TO RESIDENTS

Beachwood produces mulch from the brush it collects from our community. The City is offering mulch to residents for \$2 per bag.

Mulch can be purchased at the Service Dept., 23355 Mercantile Road, Monday – Friday, 7:30 A.M. – 3:30 p.m.



BE SEEN

We strongly recommend reflective gear to be worn by ALL PEDESTRIANS when walking or running before dawn and after dusk. Safety is our number one concern.



Beachwood Outdoor Movie Nights

JOIN US UNDER THE STARS FOR A **FREE** MOVIE NIGHT! BRING YOUR BLANKETS AND LAWN CHAIRS. WE'LL BE SERVING POPCORN!

AUGUST 14 • MINIONS

BEACHWOOD COMMUNITY CENTER PARKING LOT

STARTS AT 8:30 P.M.
MOVIE BEGINS AT DUSK

QUESTIONS?
CALL 216.292.1970

FREE

SUMMER CONCERT SERIES OUTSIDE TUESDAYS

Beachwood Family Aquatic Center*
6:30 p.m. – 8:00 p.m.

- AUGUST 2 - Blue Lunch**
- AUGUST 9 - Cleveland T.O.P.S. Swing Band**
50-Year Resident Salute



INSIDE THURSDAYS

Beachwood Community Center
6:30 p.m. – 8:00 p.m.

- AUGUST 4 - American Voices: Jason & Ralitsa Smith**
A program of all American composers, featuring works written for (and borrowed by) trombone and piano.
- AUGUST 11 - "Stories from France"**
Jerry Wong and Friends: piano and piano and voice

NON-MEMBERSHIP HOLDERS PROHIBITED FROM USING POOL
*INCLEMENT WEATHER LOCATION BEACHWOOD COMMUNITY CENTER

Brought to you in cooperation with:



CLEVELAND INTERNATIONAL PIANO COMPETITION



HEALTH EDUCATION AND LEARNING TOGETHER HELPS YOU



Learn from specialists/experts and organizations on health issues for FREE. Programs held at the Beachwood Community Center. Reservations are required. Call 216.595.3733.

MEDICARE 101 • TUESDAY, AUG. 16 • 11:00 A.M. – 12 P.M.

Caryn Zwick, KAZ Company

Are you turning 65 and new to Medicare or leaving a company plan? Your options may vary and can be confusing. Come learn more about Medicare.

WHERE ARE YOU? Where do you want to go? How do you get there? TUESDAY, SEPT. 13 • 11:00 A.M. – 12 P.M.

Rachel Slomovitz, Financial Empowerment Coach (ESOP)

ESOP (Empowering and Strengthening Ohio's People) can help you make good financial decisions and maintain financial stability as you age.

DREAMS FULFILLED: Creating and Achieving Your Bucket List TUESDAY, SEPT. 20 • 11:00 A.M. – 12 P.M.

Lynn Hermensky @ Diane Hartt, Provider Relations Managers, Hospice of the Western Reserve. You've heard the term "Bucket List," come learn how to create your own list and pursue your lifetime dreams.

Council Update

50-YEAR RESIDENT SALUTE



TUESDAY, AUGUST 9 • 6:30 PM
BEACHWOOD FAMILY AQUATIC CENTER

We invite all residents who have lived in Beachwood for 50 years or more to join us for special recognition. Newly minted 50-year residents will receive a special gift. FREE but a reservation is needed. *RSVP by calling 216.595.3733.*

ART EXHIBITS

Beachwood Community Center
MONDAY – FRIDAY • 9 AM – 4 PM
SATURDAY • 10 AM – 3 PM
SUNDAY • 10 AM – 1 PM

NOT A MOMENT PASSES

Sculptures by Isabel Farnsworth and 2-D work by Clare Murray Adams and John T. Adams



NOW – AUG. 11 • Opening Reception: Sun., July 24 from 1 – 2:30 p.m.

SURFACE, STRATA AND SUBSTANCE

Featuring works by Deborah Silver (fiber works), Cindy I. Smith (paintings) and Steven J. Simmons (flowing abstractions and three-dimensional works).

AUG. 17 – SEPT. 11 • Opening Reception: Sun., Aug. 21 from 1 – 2:30 p.m.

Closing Reception: Sun., Sept. 11 from 1 – 2:30 p.m.

AUDITIONS

Monologues available at
www.beachwoodohio.com



BEACHWOOD RECREATION COMMUNITY THEATER ANNOUNCES AUDITIONS FOR MARY POPPINS!

Mon., Sept. 12 • Grades 3 – 5
Tues., Sept. 13 • Grades 6 – 12
Wed., Sept. 14 • Adults and Callbacks
7:00 p.m. Beachwood Middle School

QUESTIONS? CALL RECREATION AT 216.292.1970

CITY OF Beachwood

BEACHWOOD FAMILY AQUATIC CENTER



OPERATING HOURS

MONDAY – FRIDAY

Lap Swim Only, 6:15 a.m. – 8:30 a.m.
Open Swim, 12:15 p.m. – 8:00 p.m.
Infant/toddler area 10:00 am daily

SATURDAY & SUNDAY

Lap Swim Only, 9:00 a.m. – 10:45 a.m.
Open Swim, 11:30 a.m. – 7:30 p.m.
Infant/toddler area 10:00 am daily

QUESTIONS? PLEASE VISIT
WWW.BEACHWOODOHIO.COM
OR CALL BEACHWOOD RECREATION
(216) 292-1970

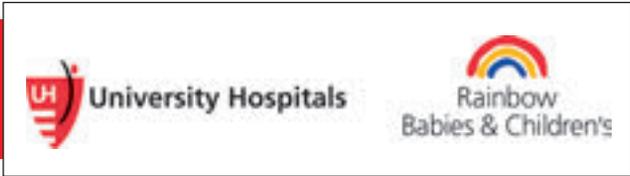
REMINDER

BEACHWOOD SCHOOLS START AUGUST 17



Drivers seeing a stopped school bus with the stop arm out and lights flashing are to stop at least 10 feet from the front or rear of the bus and not move until signaled to do so by the bus driver.

A driver does not need to stop for a school bus approaching from the opposite direction when traveling on a four or more traffic lane highway.



Dr. Aparna Bole

Sustainably Sourced Food Supports a Healthy Lifestyle

The food we eat nourishes our bodies and influences our health, as well as creates impacts on the environment when it is produced, processed, packaged and shipped. Our food system can have harmful implications on the environment and human health at every stage of its production and distribution: chemical pesticides can harm farm workers and leave residue on produce; routine use of antibiotics in animal agriculture contributes to antibiotic-resistance in human pathogens; long travel distances require energy intensive and air polluting transportation of food products; and packaging materials can leach into food and may cause health consequences.

Spotlight on Local Foods:

When you purchase local products, this usually means they are within a one-day drive or less of the city where you live: local food is fresher, often more flavorful, and has a smaller carbon footprint. "Moreover, eating a more plant-based diet is not only good for your health, but also is good for the environment," says Dr. Aparna Bole from University Hospitals. "By eating locally grown, fresh and whole foods, and adopting a more plant-based diet, we are improving our own health as well as reducing our impacts on the environment. Because we make decisions every day about the food we buy, we have power to reshape our food system to be healthier and more sustainable."

Aparna Bole, MD, FAAP is Medical Director of Community Integration at UH Rainbow Babies & Children's Hospital, and Sustainability Advisor for University Hospitals health system. "UH is committed to integrating environmental along with social and economic considerations in all of its operating practices," says Bole. She explains some of the benefits of local food:

Taste and Nutrition

Because local products do not have to travel far to reach the consumer, produce can be picked when it is ripest. This gives fruits and vegetables a more vibrant flavor and optimal nutritional content.

Peak Freshness

Produce that has a longer time to ripen "on the vine" is ready to eat as soon as it is delivered. National farms often pick their produce when it's still green or unripe, then the produce spends a week or more traveling before reaching consumers.

Local Economy

Purchasing locally grown and processed foods supports local farmers, local processors and markets, as well as stimulates local jobs.

Community

Buying locally means you are supporting the families who raised your food. Mindfulness and connectedness with respect to understanding where your food comes from can be a meaningful part of enjoying your meals.

Seasonal

When you buy local it keeps you in touch with the local seasons. The produce available changes weekly, letting you know what is growing in your area. This means you get products when they are at their optimal freshness, most abundant, and the least expensive. This helps you understand that when certain produce is in season nationally, it does not always mean that it is grown in your hometown.

"It's important for us to understand the connections between our diets, our health, our community, and our environment," says Dr. Bole. "We benefit ourselves and our community when we make socially and environmentally responsible food choices."

Sustainable farming methods, employed by many of our local farmers, include important practices like limiting chemical pesticide use, protecting biodiversity, and protecting water quality. These practices ensure that the land used to raise our food is healthy and abundant for years to come.

Dr. Bole is a frequent national speaker on sustainability in healthcare and sustainability as a pediatric public health issue.

To make an appointment with a University Hospitals primary care physician or to get a list of our adult and pediatric specialists in the area call 1-866-UH4-CARE (1-866-844-2273).

"By eating locally grown, fresh and whole foods, and adopting a more plant-based diet, we are improving our own health as well as reducing our impacts on the environment. Because we make decisions every day about the food we buy, we have power to reshape our food system to be healthier and more sustainable."

Important Information for the Start of School

Tuesday, August 9th

7 pm BMS New Student Parent Orientation Beachwood Middle School

Wednesday, August 10th

7 pm PTO Meeting - Open to All Parents Fairmount School

Thursday, August 11th

9 am Hilltop "New to District" Family Orientation Hilltop School

10:30 am Bryden "New to District" Family Orientation Bryden School

11:30 am Bryden "New to District" Student Luncheon Bryden School

6:30 pm Principals' Back-to-School Ice Cream Social Fairmount School

Friday, August 12th

Kindergarten Teacher Visits (by appointment) Bryden School

8:15 am 9th Grade Orientation Beachwood High School

9 am 6th Grade Orientation BMS

2 pm BMS 7th and 8th Grade New Student Orientation BMS

4 pm BHS Pool Party Kick-Off and Dance BHS (Pool)

Monday, August 15th

3:30 pm Hilltop Student Drop In Hilltop

SCHOOL STARTS Wednesday, August 17th

8:40 am Bryden Elementary School (note new start time)

7:50 am Hilltop Elementary School (note new start time)

7:30 am Beachwood Middle School

7:50 am Beachwood High School

Wednesday, August 31st

6 pm 3rd Grade Open House Hilltop

7:30 pm 4th and 5th Grade Open House Hilltop

Thursday, September 1st

7 pm BHS Open House BHS

Thursday, September 8th

7 pm BMS Open House BMS



Show Your Bison Pride

Look for the Bison Yard Signs to begin popping up in yards around the first of August!

If you would like to have one for your front yard, stop by the Board of Education office at 24601 Fairmount between 7:30 am and 4 pm daily beginning August 1st. They're available at the front desk!

Looking for one more personalized to a specific sport? Check out www.spiritsportshop.com (access code: BeachwoodHS). You'll find spirit signs, magnets, clings and clothes!



Yale Experience Broadens Remer's Cerebral Landscape

By June Scharf

Scott Remer, a 2012 BHS graduate and now a 2016 Yale University graduate (Phi Beta Kappa, Summa Cum Laude) learned a tremendous amount over the past four years. One of the larger lessons relates to how much he still doesn't know, he says.

"The more I learn, the more I realize how much I'm ignorant of," he explains.

Remer's education came in many forms, the foremost method being interactions with other people, particularly those who challenged him intellectually. Those included friendships made with students who possessed different interests and backgrounds, and relationships developed with faculty members.

Extracurricular activities also afforded him the chance to meet

others and pursue intellectual discourse. He edited articles for the *Yale Historical Review* and became involved with a group that called itself Flourish and studied happiness. "We had lively, deep and intimate conversations," he says. "It was very fulfilling."

He also founded his own magazine, *Margins: Student Perspectives from The Left*. His impetus stemmed from a lack of any campus publication identifying itself as being politically and culturally left wing. Three issues of the 50-page magazine have been produced so far, with 300 copies of each issue printed and distributed at dining halls. It was financed with some funding from Yale and through donations.

Remer reports being delighted by all of the opportunities available on campus to expand one's

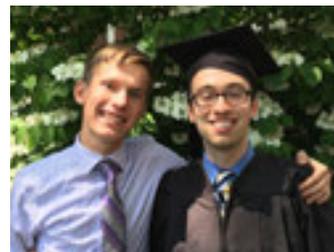
cerebral horizons. "Whatever your interest, there's a group for it," he notes. He says he enjoyed the free classical music concerts and the vibrant theater scene – "I saw a lot of shows!"

A movement to support Bernie Sanders drew some students into its vortex, Remer among them. The group promoted voter registration and held watch parties during debates and election nights. He personally handled the unofficial group's Facebook page.

Intellectual life extended its reach into domestic life with students assigned a residential college where they lived after their freshman year, with a design very much like living conditions were portrayed in Harry Potter. The buildings have their own libraries and butteries, defined as once being a service room in large medieval houses where barrels and bottles of alcohol were stored. The modern version offers cheap snacks at night and a social space. Also, the colleges would often have guest speakers attended by 15-20 students. Remer reports being captivated by a Holocaust survivor and a Hiroshima survivor.

All of this personal enrichment was very satisfying, Remer says, but he's not done yet with his pursuit of an elevated education. He'll be attending Cambridge University in the fall to pursue a Master's degree in political thought and intellectual history. For the program, he'll write two papers of about 6,000 words and one dissertation of about 20,000 words.

"I'm a work in progress, and now I'm able to see things in a more nuanced way," he states. He explains that he formerly took much for granted about the world and his upbringing, but new life experiences have caused him to reflect on his past and reconsider old ideas.



Pictured: Scott (right) and brother, Alex Remer, at Yale graduation.

"Reflection causes you to either hold your views less vigorously or offers you better reasons to maintain them."

He says that his Yale education taught him "to consider ways that voices of underprivileged groups like women, African-Americans, Native Americans, Latinos and the LGBT community are left out of mainstream narratives." He arrived at some of his conclusions by coming under the influence of thinkers including Mahatma Gandhi, Reinhold Niebuhr, Terry Eagleton and Hannah Arendt. This collective thought inspired him to write his senior thesis on the Occupy Wall Street movement and other social protests in American history.

All of this personal enrichment and study has had rich results. "I think more critically now," Remer says. "I'm also a more careful reader."

This summer, he has done quite a bit of reading as an intern working out of New Haven for Fareed Zakaria, the CNN news anchor based in New York, who has written many non-fiction books. Remer's task is to research nationalism, the subject of Zakaria's next book.

After he graduates in a year, he says he'll likely take a break from academia and look for a position in politics, or writing for a magazine, or possibly working at a think tank in New York or Washington. But he says he has ruled out medicine, the profession belonging to both of his parents, Erica, a former emergency room physician who's now working as a clinical documentation consultant, and Erick, a radiologist. He says they're a little disappointed, but fully believes they'll get over it.

BACK-TO-SCHOOL

BOOSTER BASH



Join us for an exciting evening of food, music, prizes and celebration!
Come mingle with the 2016-2017 coaches as we kick off another exciting year for Beachwood Athletics!

Saturday, August 20, 2016
7pm - 10pm

Fairmount Temple
 23737 Fairmount Boulevard

\$100 Individual ticket
 Includes 1 event ticket and 1 reverse raffle ticket

\$150 Couples ticket
 Includes 2 event tickets and 1 reverse raffle ticket

\$50 Individual ticket- No reverse raffle ticket
 Includes 1 event ticket

\$50 Additional Reverse Raffle tickets

To purchase tickets online visit www.beachwoodschoools.org/

21 OR OLDER, PLEASE!

**Don't delay!
This event will sell out!**

For Sponsorship opportunities:
Please call Shana Wallenstein
216.464.2600 ext. 237

Congratulations

BEACHWOOD CLASS OF 2016

Special
SENIOR
SECTION

NATIONAL MERIT SCHOLARSHIP SEMI-FINALISTS



Bagatur Askaryan



Junyoung Lee

NATIONAL MERIT SCHOLARSHIP COMMENDED STUDENTS



Paul Corty



Clarisa Djohari



Henry Grasso



Madeline Haas



Inkyu Kim



Hannah Leland



Emily Melzak



Simon Perilla



Sri Vidya
Uppalapati



The Beachwood Schools Foundation Awards and Scholarships

The Beachwood Schools Foundation (BSF) is a 501(c)3 philanthropic organization administered by a volunteer board of directors from the Beachwood community. Its primary mission is to obtain funds from individuals, families and corporations to provide scholarships to graduating seniors who are continuing their education. Additionally, an "Above and Beyond" program has been initiated to raise money to enhance educational programming in the Beachwood School District.



Bagatur Askaryan



Jackson Bogomolny



Hannah Cantlie



Enrique Caraballo



Paul Corty



Junyoung Lee



Hannah Leland



Casey Peck



Simon Perilla



Anna Post

Casey Peck

THE VERA ARLEN SCHOLARSHIP:

This scholarship was established in 2010 by Sidney Arlen to honor his wife's memory and to acknowledge her special qualities as an individual. This scholarship is awarded annually to a female Beachwood High School graduating senior who exhibits leadership, humanity and a generous spirit in a humble manner.

Hannah Cantlie

THE GINA MICHELLE AGIN MEMORIAL SCHOLARSHIP

AWARD: This scholarship is awarded annually to a female Beachwood High School graduating senior who has participated in women's interscholastic sports or cheerleading. She must have demonstrated dedication to achieve team success. The applicant may also qualify for this scholarship if she served as a support person for a high school sports team (such as a team statistician).

Jaelyn Pounds & Bagatur Askaryan

THE BEACHWOOD BOOSTER ATHLETIC ACHIEVEMENT

AWARD: This scholarship is awarded to student athletes (one male, one female) who personify ideals consistent with the Boosters mission of: "Promote the growth and success of the Beachwood City Schools Athletics while encouraging school and community spirit".

Kayla Harrison

THE BEACHWOOD CHAMBER OF COMMERCE BUSINESS

SCHOLARSHIP: This scholarship is awarded annually to a Beachwood High School graduating senior who has been successfully employed in a Beachwood business or industry and who intends to pursue a career in business or a selected vocation. It was established in 1999 by the Chamber of Commerce.

Naya Hill

THE BEACHWOOD CHAMBER OF COMMERCE HARLAN DIAMOND CULINARY ARTS SCHOLARSHIP:

This scholarship is awarded annually to a graduating senior of the Beachwood High School consortium Culinary Arts Program who has been accepted to and will attend a post-secondary educational program in the field of either culinary arts or restaurant management. This scholarship was established to honor Harlan Diamond and the Culinary Arts Program.

Hannah Cantlie

THE BEACHWOOD HIGH SCHOOL ALUMNI ASSOCIATION

SCHOLARSHIP: This scholarship is awarded annually to a graduating senior of Beachwood High School and the son or daughter of a graduate of Beachwood High School. The applicant must have demonstrated leadership ability, contributed to help improve the school and/or community, be a hard working student, and have demonstrated that he/she is a caring human being. It was established in 1999 by the Beachwood High School Alumni Association.

Lin-Ye Kaye

CLEVELAND CLINIC HEALTH CAREER SCHOLARSHIP:

Established in 2006, this scholarship is awarded annually to a Beachwood High School graduating senior who has been outstanding in one or more of the following areas: academics, community service, and extracurricular activities and intends to pursue a career in the area of health care at a college, university or technical program.

Hannah Cantlie & Junyoung Lee

THE DAVE AND JANICE BLOOM SCHOLARSHIP:

This scholarship is awarded annually to a qualified senior who has shown a strong commitment to Beachwood athletics through being a player, equipment person, or team manager. The applicant must have participated with the same sports team for at least two years and shown strong sportsmanship. This scholarship was established in 2004 by the children of Dave and Janice Bloom in honor of their time and dedication to the City of Beachwood and its sports programs.

Paul Corty

THE DONNA BICKOFF COHEN SCHOLARSHIP:

The Donna Bickoff Cohen Scholarship was established in 2011 by contributions from the community in memory of Donna who was active in nearly everything Beachwood, particularly the schools. The scholarship honors a student with a "can do" attitude who embodies the spirit of the Beachwood Schools and pride in the Beachwood community.

Sydney Eisenberg

THE HARVEY FRIEDMAN LEADERSHIP

SCHOLARSHIP: This award is given annually to a Beachwood High School graduating senior who has demonstrated significant leadership during his or her high school career. It was founded by Harvey and Shirley Friedman and their family in 1998.

Bagatur Askaryan & Jada Stevens

THE GEVELBER FAMILY SCHOLARSHIP:

This scholarship was created in 2011 to recognize a Beachwood student who has been an athlete that promotes leadership during and outside the athletic competition, and has been a team player who puts others before self.

Every year the Foundation manages more than 2 dozen funds awarding nearly \$15,000 to deserving Beachwood High School Seniors. Below are the recipients from the Class of 2016.



Sydney Eisenberg



Kathleen Fullerton



Grant Gravagna



Kayla Harrison



Lin-Ye Kaye



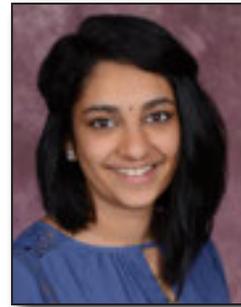
Jaelyn Pounds



Jada Stevens



Mariah Thomas



Sri Vidya Uppalapati



Dana Kippen (Class of 2017)

Casey Peck

THE PAM AND DAN JOHNSTON SCHOLARSHIP:

This award, established by friends of Pam and Dan in 2001, recognizes their contributions to the Beachwood Schools. It is given annually to a Beachwood High School student who will be participating in the graduation ceremony, experiences challenges on a daily basis and continues to persevere. The applicant must have plans to continue in a program that enhances their life skills.

Sri Vidya Uppalapati

THE ROBERT D. KATES AWARD: This award, established in his memory in 1999, is given annually to a Beachwood High School graduating senior who has shown outstanding leadership within Student Council.

Jackson Bogomolny

THE KAM AND CHIEN LIAO MATH AND NATURAL SCIENCES SCHOLARSHIP: This scholarship established in 2007 by Dr. and Mrs. Liao is awarded annually to a Beachwood High School graduating senior who has been outstanding in mathematics or natural sciences, will attend a four year college or university and who indicates a desire to pursue a career in the area of Natural Sciences, Engineering or Mathematics. This student must also have a 4.0 in core subjects.

Simon Perilla

THE JOAN LOBERT SCHOLARSHIP:

This scholarship is awarded annually to a Beachwood High School graduating senior who has been outstanding and who indicates an intention to pursue a career in the area of: 1) Political Science 2) Government and/or 3) Public Service. It was established in 2000 by her family.

Mariah Thomas

THE JILL DOBRIN MENACHEM MEMORIAL SCHOLARSHIP: This scholarship established in 2002 by the Dobrin Family is awarded annually to a Beachwood High School graduating senior whose love of children and concern for their welfare has motivated her/him to pursue a career in Early Childhood Education or a related field working with young children.

Hannah Leland

PTO GARAGE SALE SCHOLARSHIP: This scholarship is awarded annually to a qualified senior or Beachwood graduating senior who has been outstanding in one or more of the following: 1.) Volunteerism/community service, 2.) Character and citizenship, 3.) Exhibiting enthusiasm for school and community.

Paul Corty

THE JAY SHLACHTER ART AWARD:

Mr. & Mrs. Harry Shlachter established this scholarship in memory of their son in 1998. The award is given annually to a Beachwood High School graduating senior who has demonstrated an appreciation and talent in the area of fine arts and intends to pursue a career in that area.

Casey Peck

THE DAKOTA "CODY" WEINER MEMORIAL SCHOLARSHIP: This Scholarship established by family and friends in 2001 in his honor, is given annually to a Beachwood High School graduating senior with an extremely kind heart, who, because of his or her spirit, succeeds against all odds.

Enrique Caraballo

THE WEISENBERG FAMILY SCHOLARSHIP: Established by Aaron and Whitney Weisenberg in 2008, this scholarship is awarded annually to a Beachwood High School graduating senior who exhibits passion and commitment to the arts and intends to pursue a career in that area.

Kathleen Fullerton

THE NORM WEISS SCHOLARSHIP:

This scholarship is awarded annually to a Beachwood High School graduating senior who throughout his/her school years has demonstrated, and participated in charity, volunteer, and community service activities, substantially greater than those required for graduation. It was established in 2002 in his memory by his family.

Grant Gravagna

THE PAUL AND KATE WILLIAMS SCHOLARSHIP:

This scholarship is awarded annually to a Beachwood High School graduating senior who has demonstrated outstanding capabilities in one or more of the following areas: 1) visionary thinking 2) entrepreneurial spirit 3) dedication to life-long learning. It was established in 2004 by Kate and Paul Williams.

Anna Post

THE DR. JERRY S. AND GAIL R. WOLKOFF CIVIC AWARD:

Established in memory of their parents in 1999 by the Wolkoff children, this award is given annually to a Beachwood High School graduating senior who has exceeded the requirements for community service work, has participated in two or more Beachwood School extra-curricular activities, and has achieved a 2.75 GPA in high school.

Dana Kippen (class of 2017)

THE WHITE & GOLD FOR BISON PRIDE SCHOLARSHIP:

This scholarship was established in 2013 by the Beachwood Schools Foundation and is awarded annually to a Beachwood High School junior who has demonstrated exceptional Bison Pride both in and out of Beachwood High School. It is awarded by senior students to foster recognition and investment of their fellow Beachwood students.

Additional Scholarships and Awards

Special
SENIOR
SECTION



FRIENDS OF THE BEACHWOOD LIBRARY SCHOLARSHIP

Recipients: **Anielle Barden-Dancy, Bradford Douglas & Veronica Ruiz Petraitis**

BEACHWOOD BAND BOOSTER SCHOLARSHIP

This award is presented to a Beachwood High School senior that will be pursuing music in the future and has completed a scholarship essay pertaining to that. Recipient: **Tess Kazdin**

BEACHWOOD FEDERATION OF TEACHERS SCHOLARSHIP AWARD

This award was established to honor a member of Beachwood High School's graduating class who has shown personal commitment to academics, school activities, and community service. Recipient: **Anna Post**

PTO SCHOLARSHIP AWARDS

Recipients: **Bagatur Askaryan, Hannah Cantlie, Bradford Douglas, Sydney Eisenberg, Grant Gravagna, Pauline Keselman, Junyoung Lee, Simon Perilla, Jessica Tall & Arielle Tindel**

THE JACK W. & SHIRLEY J. BERGER SCHOLARS FUND

JEWISH FAMILY SERVICE

Academically superior student displaying leadership and volunteerism in their community. Recipient: **Hannah Leland**

PARKER HANNIFIN SCHOLARSHIP

Recipient: **Chase McFarlane**

OMNOVA SOLUTIONS FOUNDATION SCHOLARSHIP

Recipient: **Inkyu Kim**

DIVERSITY MATTERS IN BEACHWOOD AWARD

Recipients: **Anielle Barden-Dancy & Bryce Darby**

MIKE "THE GANLEY MAN" FRIEDMAN AWARD

This award is presented to student for their leadership qualities and good deed services. Recipient: **Hannah Cantlie & Max Halpert**

MEDICAL MUTUAL SCHOLARSHIP

Recipient: **Jessica Tall**

CHAGRIN HIGHLANDS ROTARY CLUB AWARD

These awards are presented to a Beachwood High School senior that has pursued their studies successfully in a career and technical setting. Recipients: **Jordan Logan & Jasmine Howard**

THE TRICIA LUXENBURG MEMORIAL SCHOLARSHIP

Recipient: **Bradford Douglas**

UNITED STATES MARINE CORPS SEMPER FIDELIS AWARD FOR MUSICAL EXCELLENCE

Recipient: **Pauline Keselman**

UNITED STATES MARINE CORPS SCHOLASTIC EXCELLENCE AWARD

Recipient: **Henry Grasso**

UNITED STATES MARINE CORPS DISTINGUISHED ATHLETE AWARD

Recipients: **Jalen Davis & Jaelyn Pounds**

OUTSTANDING SERVICE TO THE OCULUS

Recipient: **Bradford Douglas**

OUTSTANDING SERVICE TO THE BEACHCOMBER

Recipients: **Clarissa Djohari, Grant Gravagna & Raquel Wu**

LOUIS L. POWERS MUSIC MEMORIAL AWARD

This award is presented to an outstanding band student. Recipient: **Devan Peavy**

RANDY S. BOROFF BISON AWARD

This award was established to recognize a young man and woman who have served the school with spirit and enthusiasm. Recipient: **Sri Vidya Uppalapati**

VIRGINIA L. KLINE AWARD

This award is presented to a student who intends to pursue a career in elementary education. Recipient: **Mariah Thomas**

AMERICAN HIGH SCHOOL 12TH GRADE MATHEMATICS EXAM

This exam is a nationwide competitive examination given each spring to qualifying students. Recipients: **Daniel Starkman, Yuke Zheng & Shitong Wu**

CLEVELAND TECHNICAL SOCIETY - SENIOR

Outstanding Senior in Science and Math Recipient: **Bagatur Askaryan**

SCOTT DAVID RELMAN MEMORIAL DRAMA AWARD

This award is presented to a senior who has "loved and lived" the theatre. Recipient: **Enrique Caraballo**

WENDELL DAVID HAYNES MEMORIAL AWARD

This award is presented to a student who has contributed countless hours in community service. Recipient: **Bryce Darby**

**KEITH BANKHEAD
MEMORIAL AWARD**

This award is presented to a student who has excelled in the sport of basketball.

Recipient: **Maishe Dailey**

GAIL BREWSTER JCWA AWARD

Awarded to the senior who demonstrated spirit and focused commitment to the work of the JCWA.

Recipient: **Terence Jayapuram**

**OUTSTANDING SERVICE
TO THE INTROSPECT**

Recipient: **Tess Kazdin**

STUDENT COUNCIL SPIRIT AWARD

Recipient: **Sri Vidya Uppalapati**

**FRIENDS OF THE BEACHWOOD
ORCHESTRA SCHOLARSHIP**

This award is presented to an outstanding orchestra student.

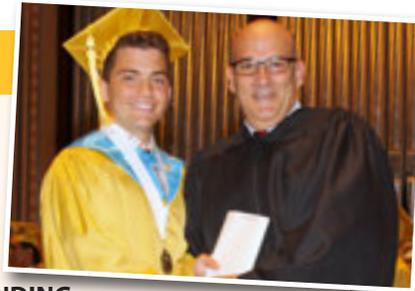
Recipient: **Hannah Leland**

OUTSTANDING ORCHESTRA SERVICE

Recipients: **Paul Corty, Pauline Keselman, Inkyu Kim & Alexis Rudd**

**OMEA SOLO & ENSEMBLE
CONTEST ORCHESTRA STUDENTS-
OUTSTANDING PERFORMANCE**

Recipients: **Paul Corty, Lin-Ye Kaye, Pauline Keselman, Inkyu Kim, Alexis Rudd & Daniel Starkman**



**OUTSTANDING
CONCERT BAND MEMBER**

Recipient: **Tess Kazdin**

**ARCHIE GRIFFIN
SPORTSMANSHIP AWARD**

This award is to recognize students who display exemplary sportsmanship.

Recipients: **Jalen Davis & Hannah Kahn**

**OHIO HIGH SCHOOL ATHLETIC
ASSOCIATION COURAGEOUS
STUDENT AWARD**

This award is intended to bring credit to a very special student who has been involved in, or supportive of, the interscholastic athletic program, and who deserves recognition for courage.

Recipients: **Hannah Cantlie & Shawn May**

**OHIO HIGH SCHOOL ATHLETIC
ASSOCIATION SCHOLAR ATHLETE
AWARD**

This award is given to one male and one female student who has the highest scholastic average at the end of the first semester of 12th grade and has received a minimum of four varsity letters.

Recipients: **Bagatur Askaryan & Hannah Cantlie**



**OHIO HIGH SCHOOL ATHLETIC
ASSOCIATION AWARD OF
EXCELLENCE**

This award is presented to one male and one female student who has exhibited qualities that embody good citizenship, good moral character, and good sporting behavior. Recipients: **Junyoung Lee & Maurina Nunn**

**CHAGRIN VALLEY CONFERENCE
SPORTSMANSHIP AWARD**

Recipients: **Bagatur Askaryan & Jada Stevens**

**OHIO HIGH SCHOOL ATHLETIC
ASSOCIATION STATE AWARD**

This award is presented to a coach, teacher, administrator, booster or supporter of the school athletic program. Recipient: **Mr. Jamie Lader**

Department Scholarships and Awards



Malik Tatum
Career and
Technical Education



Jessica Tall
English



Hannah Leland
Mathematics



Alexis Rudd
Performing Arts



Jackson Bogomolny
Science



Maddie Gottfried
Social Studies



Hannah Kahn
Technology



Paul Corty
Visual Arts



Eliana Levine
World Language

College Decisions BEACHWOOD HIGH SCHOOL

NAME	COLLEGE
Noam R. Adelman	Cuyahoga Community College, Eastern Campus
Aya Ali	Cleveland State University
Sophie Alter	Louisiana State University
Bagutar Askaryan	Harvard University
Maxwell Richard Babbush	Cleveland State University
Antoinette Anielle Barden-Dancy	Ohio University
Jireh Josiah Bevel	Cuyahoga Community College, Metro Campus
Jackson Paris Bogomolny	Carnegie Mellon University
Hannah E. Borow	The Ohio State University
LaShyra Korea Buchanan	Cuyahoga Community College, Metro Campus
Clevette Paris Buchanan	Eastern Michigan University
Hannah Karlie Cantlie	The Ohio State University
Enrique Miguel Caraballo	Baldwin Wallace University
Charles Emery Colson	Sinclair Community College
Paul Thomas Paik Corty	Kent State University
Desmond Crosby	Cincinnati State Tech and Community College
Maishe Ramel Dailey	The University of Iowa
Bryce Alexander Darryl Darby	Liberty University
Jalen Wesley Davis	Lake Erie College
Clarissa Djohari	Case Western Reserve University
Bradford DeAndre Douglas	The Ohio State University
Justin Edwards	Youngstown State University
Sydney Eisenberg	University of Michigan
Jessica Friedman	University of Cincinnati
Katheen Scarlet Rose Fullerton	Ohio University
Mallory Gelman	Cuyahoga Community College, Eastern Campus
Tyrone Gibson	Sinclair Community College
Claudia Kane Gill	American University

NAME	COLLEGE
Reid F. Gobieski	New York University
Madeline Rae Gottfried	The Ohio State University
Henry Han-Ling Grasso	The Ohio State University
Grant Gravagna	Ohio University
Kyle Samuel Gross	Kent State University
Madeleine Grenert Haas	The Ohio State University
Max Halpert	The Ohio State University
Kayla Chanel Harrison	Cleveland State University
Gabrielle Alicia Hartstein	University of Cincinnati
Jordan Yvonne Henderson	Tallahassee Community College
Benjamin Hendlin	Cuyahoga Community College, Eastern Campus
Daniel Douglas Henry	The University of Akron
Danielle Herzberg	Lynchburg College
Jasmine Howard	The New School- All Divisions
Joshua Hoy	Ohio Wesleyan University
Greg Samuel Israelstam	The Ohio State University
Cameron Nicolas Jackson	Cuyahoga Community College, Metro Campus
Terence Simon Jayapuram	University of Pittsburg
Lynn Jiao	Oberlin College
Deland Israel Johnson	The University of Akron
Ronald Monroe Jones	Malone University
Hannah Kahn	University of Mount Union
Sandra Linye Kaye	Brandeis University
Theresa Kazdin	Ohio University
Pauline Keselman	The Ohio State University
Chardeja Kidd	Youngstown State University
Inkyu Kim	University of Toledo
Jisung Kim	Columbus College of Art and Design
Cameron Krantz	Ohio University

NAME	COLLEGE
Marcus Layton	Baldwin Wallace University
Junyoung Lee	Cornell University
Hannah Leland	Barnard College
Eliana C. Levine	Ecole Hoteliere de Lausanne
Jordan Jovaan Logan	The Ohio State University, Agriculture Technical Institute
Rachelle Misha Magaram	The Ohio State University
Allyson Marks	The University of Texas, Austin
Shawn Samuel May	Hiram College
Chase Lyle McFarlane	University of Kentucky
Emily Ava Melzak	West Virginia University
Spencer Vail Millard	Ohio University
Max Harry Miller	Hocking College
Isabel Millstein	Indiana University at Bloomington
Bemnet Sintayenu Mulat	University of Cincinnati
Ethan Joseph Nario-Redmond	Hiram College
Jonathon Camden Nash	Malone University
Lilyana Paulette Newman	College of Charleston
Maurina Brooklin Nunn	University of Pittsburgh at Johnstown
Ashish Rajanikant Patel	Cleveland State University
Devan J. Peavy	Ohio University
Casey Peck	Gallaudet University
Taylor Penn	The New School- All Divisions
Simon Mauricio Perilla	University of Pennsylvania
Katie Nicole Platt	University of Cincinnati
Anna R. Post	University of Minnesota, Twin Cities
Jaelyn Camile Pounds	West Virginia University
Yaphet Preston	University of Toledo
Taya Francesca Range	University of Pittsburgh
Adam Ratner	The Ohio State University, Mansfield

NAME	COLLEGE
Dassan Alexander Rhodes	Lincoln University
Da'Via Robinson	Bowling Green State University
Michael Aaron Rose	Embry-Riddle Aeronautical University- Daytona Beach
Benjamin Roter	The University of Akron
Alexis Josie Rudd	Bowling Green State University
Veronica Isabel Ruiz-Petraitis	University of Cincinnati
Sophie Schoen	University of Cincinnati
Samantha Miriam Shaffer	Emerson College
Jodi Shapiro	Notre Dame College of Ohio
Vonya Jacob Shiffman	University of Cincinnati
Barak M. Spector	The Ohio State University
Laura A. Starkman	The Ohio State University
William Sylvester Starks	Eastern Michigan University
Jada Stevens	Florida A&M University
Hannah Sullivan	The College of Wooster
Jessica Gabrielle Tall	Emory University
Malik Tatum	Hocking College
Mariah Ann Thomas	Bowling Green State University
Arielle M. Tindel	Berklee College of Music
Sri Vidya Uppalapati	The Ohio State University
Jada T. Washington	The Ohio State University
Brianna Nicole Weisman	The Ohio State University
Brandon Williams	Bowling Green State University
Jenessa M. Woodrich	University of Cincinnati
Bennett Woomer	Ohio Wesleyan University
Raquel Wu	Ohio University
Kendall Sophie Yulish	Tel Aviv University

As reported by June 30, 2016



ACADEMIC RECOGNITION

MAGNA CUM LAUDE AWARDS

Bagatur Askaryan	Reid Gobieski
Junyoung Lee	Simon Perilla
Barak Spector	Greg Israelstam
Clarissa Djohari	Madeline Gottfried
Jackson Bogomolny	Jessica Tall
Hannah Leland	Veronica Ruiz-Petraitis
Henry Grasso	

NATIONAL MERIT SCHOLARSHIP SEMI-FINALISTS

Bagatur Askaryan
Junyoung Lee

NATIONAL MERIT SCHOLARSHIP COMMENDED STUDENTS

Paul Corty	Hannah Leland
Clarissa Djohari	Emily Melzak
Henry Grasso	Simon Perilla
Madeline Haas	Sri Vidya Uppalapati
Inkyu Kim	

HONORS DIPLOMA

Bagatur Askaryan	Junyoung Lee
Jackson Bogomolny	Hannah Leland
Hannah Cantlie	Eliana Levine
Paul Corty	Rachelle Magaram
Clarissa Djohari	Allyson Marks
Bradford Douglas	Emily Melzak
Sydney Eisenberg	Isabel Millstein
Jessica Friedman	Lilyana Newnman
Kathleen Fullerton	Devan Peavy
Reid Gobieski	Casey Peck
Madeline Gottfried	Simon Perilla
Henry Grasso	Benji Roter
Grant Gravagna	Veronica Ruiz-Petraitis
Madeleine Haas	Samantha Shaffer
Max Halpert	Vonya Shiffman
Danielle Herzberg	Barak Spector
Greg Israelstam	Daniel Starkman
Lynn Jiao	Jessica Tall
Lin-Ye Kaye	SriVidya Uppalapati
Pauline Keselman	Jada Washington
Inkyu Kim	Bianna Weisman

NATIONAL HONOR SOCIETY SENIORS

Bagatur Askaryan	Sri Vidya Uppalapati
Bradford Douglas	Anielle Barden-Dancy
Sydney Eisenberg	Hannah Borow
Grant Gravagna	Madeleine Haas
Junyoung Lee	Max Halpert
Hannah Leland	Danielle Herzberg
Allyson Marks	Greg Israelstam
Simon Perilla	Devan Peavy
Jessica Tall	

NATIONAL TECHNICAL HONOR SOCIETY INDUCTEES

Anielle Barden-Dancy & Bryce Darby

NATIONAL HONOR SOCIETY OF DANCE ARTS INDUCTEE

Jessica Friedman

DAC SCHOLARS INDUCTEE

The Diversity Achievement Committee (DAC) Scholars program recognizes individuals who consistently excel in promoting the goals of the DAC Scholars while achieving academic success and demonstrating extraordinary involvement in the program's activities. The DAC Scholars program is an academic and social support network for students interested in exploring the racial achievement gap.

Recipients:
Bryce Darby & Dassan Rhodes

Special Recognition Recipients:
Jireh Bevel & Brandon Williams



Girls Track Team Features State Champions

By June Scharf

BHS head track coach Willie Smith says he wants to share the best-kept secret in BHS athletics.

The Girls Track Team.

With four state champions on the team, the girls form an elite group that works together as successfully as it functions individually.

“These girls have the work ethic and dedication – it’s no accident that they are so good,” Smith states.

The coaching staff, composed of assistants Kelvette Beacham, Damien Creel, Jamie Lader and Chris Kleis, is equally as committed to their training and progress. “We have high expectations for the girls, and they’ve bought into it,” says Smith, who’s been coaching for 18 years.

The girls maintain excellent grades, he notes, and two team members, Mia Knight and Leah Roter, were recognized as All Academic, All Ohio for maintaining a 3.5 GPA or better. He also points out that all the girls are three-sport athletes, and two – Jaelyn Pounds and Ashaunti Griffin – play two sports within the same season.

“These girls don’t sit around. They’re all doing something, and they’re maintaining outstanding grades,” Smith reports.

Some of the girls shared their own thoughts on the experience of being a winning team member.

Mia Knight:

Standing in the exchange zone (during a relay) with pain in my hamstring, I knew that whatever happens, I would give 110% the entire way. When I got the baton, I flashed through all the memories we had made to get to that point, and it was worth every bit as we became state champions.

We have spent enough time together to know when we are giving 110% to our races, but we also know when we need to lift each other up when one is down. We’re extremely close on and off the track, as we spend so much time together. What I was blessed with goes beyond my indoor and outdoor state championship accomplishments – I was blessed with friendships that I will cherish forever.

My goal this year was to be better than the previous year, and I accomplished that in every way. I went from 8th place to a state champion in a year; I went from 11th in the state in the 100-meter dash to getting on the podium and placing 6th in the state. I also led my team to capture a state title in the 4x100-meter relay, after not even making it to the state competition the previous year.

Track offers something for

everyone. If you don’t like to sprint or run, you can throw or jump.

You must push yourself in practice and at meets. I believe that pain is temporary but victory is forever. There are days when practices are extremely hard, not just physically but mentally as well. Sometimes I can barely stand or walk or even get out of bed the next morning because my legs are so tired. But I’ve come to learn how you overcome tough days and obstacles. A champion isn’t made of muscle; a champion is made of heart.

A champion isn’t made of muscle; a champion is made of heart.

– Mia Knight, junior

Leah Roter:

I have had times when I wanted to quit because the track meets are every week, and all day long which takes up a lot of time. However, I realized after a while that, for running only a short period of time (with the team), and achieving many goals and awards, running just comes naturally for me. But for the one-mile run, I need to work much harder than for the two-mile run. A lot of girls have a better kick at the end of the race. With the two-mile, it requires endurance, and I have an easier time keeping a consistent, fast speed.

In 8th grade, I decided to join the track team because I’m pretty fast. But I wasn’t in shape and almost was the last place finisher for a few races. However, as I trained and got more in shape, I ran faster. I’ve learned that working hard would allow me to succeed.

Continued on page 46.



2016 4x100 Meter Relay State Champions, from left: Katelyn Perryman, Mia Knight, Head Coach Willie Smith, Ashaunti Griffin and Hannah Kahn.

NEO Jewish Singles

**Sunday, August 14 6 pm
Schmooze or
Choose Game Evening**

The group will get together at Panera Bread, 6036 Mayfield Road in Mayfield Heights, for a casual, fun evening of coffee, dinner, and/or games. Bring your favorite board game with you.

**Saturday, August 27 at 7 pm
Let's Go Italian**

Enjoy dinner at Jimmy Daddana's at 6200 Enterprise Pkwy, Solon. The food is great—especially the garlic rolls. Please RSVP by Friday evening, August 22, as the manager needs to know how many people will be attending.

Sally Rich is the group's organizer. Please RSVP at meetup.com (just search NEO Jewish Singles). If for some reason you can't RSVP on meetup, please RSVP to Sally at lvzgadgets@yahoo.com.

Luxenburg Enjoys a Pitch-Perfect Father's Day

Major League Baseball (MLB) and the Prostate Cancer Foundation (PCF) formed the Home Run Challenge initiative with two major goals: to increase awareness for the early detection of prostate cancer and to support research to find a cure. Since the inception of the Home Run Challenge in 1997, the initiative has raised nearly \$45 million for prostate cancer research.

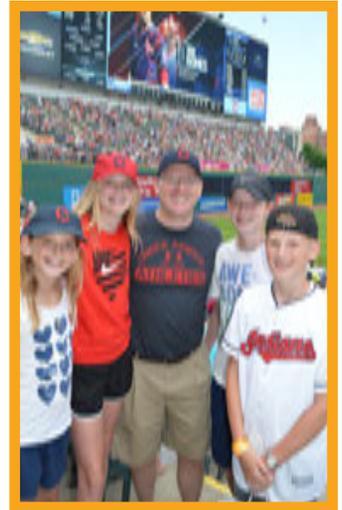
The MLB-PCF Home Run Challenge encourages everyone to join the fight against prostate cancer by raising awareness and funds for research through America's favorite pastime – baseball.

This year, on Father's Day, June 19, the Cleveland Clinic partnered with the Cleveland Indians to join in this initiative. In doing so, Beachwood School Board president Mitch Luxenburg, along with his children, were invited to attend the game and meet play-by-play announcer Tom Hamilton. Additionally, Lux-

enburg was asked if he would like to throw out the first pitch, and told us he could not turn down the opportunity.

The Indians beat the White Sox 3-2 in the 10th inning, making this a pitch-perfect Father's Day for Luxenburg, who was treated in 2008.

Pictured from left: Lauren, Miranda, Mitch, Max and Ethan Luxenburg.



Continued from page 45.

Hannah Kahn

The culture of our team is very supportive, but it's also competitive because we run against each other in practice. The team feels like my family. I get to do something I love and be with a bunch of supportive people.

After every hard practice or meet, I want to quit. But I always remember that track is such an amazing sport. Also, I know that my team has the ability to be great, and winning a state championship is something that I've always wanted to accomplish so actually, quitting is never an option for me.

Winning a state championship is something every high schooler who plays sports wants to accomplish. During

my freshman year, someone told me that I could do it one day and, ever since then, I believed it. Although the practices are grueling sometimes, I knew I could do it.

Cayla Jeff:

I chose to be on the track team in my freshman year because I had just moved to Beachwood, and I didn't really have any friends. So joining the team was my way of meeting people and also being a part of something that I could be proud of doing.

When I first started my event (hurdles), I thought about quitting because I wasn't really getting the form of it, and I didn't believe I was any good, but I didn't quit because I knew that if I kept practicing

and telling myself that I was capable of doing this event, that I would be the best. Then I started to perform as if I never had second thoughts.

As a team, we try to support each other to bring out the best in ourselves and each other.

Ashaunti Griffin:

After a certain point when you are on the team, the girls aren't your friends anymore, they are family. Being a member shows me I belong to something greater, but I'm also a key part in success. Being able to find an accepting group of girls and teammates makes the sport easier and more comfortable. Sharing individual and group achievements is a great experience.

Quitting is not an option. I'm

too confident and strong to be a quitter.

Coach Smith always welcomes new members. "We have put together a great foundation," he states. "It's available to those who want to put in the work. They will be champions."

Quitting is not an option.
I'm too confident and
strong to be a quitter.

– Ashaunti Griffin

Continued on next page.

Girls Track Team Stars and Achievements

Abby Bendis, sophomore

Events: 1600 and 3200 meter run.
All CVC Conference Honorable Mention
in 3200 meter run.

Ashaunti Griffin, sophomore

Events: 400 meter dash, 4x200 meter
relay, 4 x 100 meter relay.
Conference Champion in 400 meter
dash; finished 6th in State Regional
Track Championship in 400 meter dash;
state qualifier in 4x100 meter relay; state
champion in 4x100 meter relay.

Cayla Jeff, junior

Events: 100 and 300 hurdles.
First to qualify for State District Finals
since 2006.

Hannah Kahn, 2016 graduate

Events: 100 meter dash, 4x200 meter
relay, 4x100-meter relay.
State qualifier in 4x200-meter relay, state
champion in 4x100-meter relay.

Mia Knight, junior

Events: 100- and 200-meter dash,
4x200-meter relay, 4x100-meter relay.
State Indoor Champion 200-meter dash;
state qualifier in 4x200-meter relay;
finished 6th in State Championship in
100-meter dash; State Champion in
4x100-meter relay.

Katelyn Perryman, junior

Event: 4x100-meter relay.
State Champion in 4x100-meter relay.

Jaelyn Pounds, 2016 graduate

Event: 4x200-meter relay.
Conference champion in 4x2-meter relay;
state qualifier in 4x20-meter relay.

Leah Roter, junior

Events: 1600- and 3200-meter run.
BHS record holder in 1600- and 3200-me-
ter runs; finished 7th in State Cross
Country Championship – highest finish
of any female athlete in school history for
event; conference, state district and state
regional champion in 3200-meter run;
finished 4th in State Championship.



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Bravissimo!

Menorah Park's Bravissimo: Job Well Done, honoring CEO Steve Raichilson, celebrating Menorah Park's 110th anniversary, and raising money for ongoing entertainment in the new Sallie and Robert D. Deitz Piazza at Menorah Park was a great success. Actor and comedian Howie Mandel was the featured entertainer and was honored to take part in the fundraiser.

"My mother lives in a Jewish (nursing) home in Toronto; I fly up twice a month and have lunch with her," Mandel said, "so I know how important this is. I know how important the Jewish community is and how important it is to have fun."

Adrienne Goldberg, who served as co-chair of the event with Judy Kaufman, said the goal of raising \$450,000 was met. "It was an extremely successful event to have so many people attend, to reach our goal and to celebrate Steve Raichilson and Menorah Park's 110th anniversary," Goldberg said. "It was a really fun evening."

About 700 people attended the gala dinner on June 26 at Landerhaven at which Raichilson lauded his 29-year career at Menorah Park.

"I've built my share of new buildings and opened new programs and diversified services," he said. "But what I'm most proud of is creating a staff with a work ethic of compassion and love, and a great human resources team with the ability to find qualified people who personify these values. Thanks for giving me the opportunity."



Steve Raichilson, Howie Mandel and Lori Raichilson; Event chairs Adrienne Goldberg and Judy Kaufman.

Town Hall Meeting

Cuyahoga County Councilwoman Sunny Simon, along with Ohio Senator Kenny Yuko and State Representative Kent Smith, will host a town hall meeting on August 9, at Notre Dame College (Great Room, 3rd Floor), Administration Building, 1857 South Green Road, South Euclid.

For complete information, see page 7.

Distance Learning

The following Distance Learning programs are free and open the the community at Menorah Park. Please RSVP to LeAnne Stuver, M.Ed., director of Lifelong Learning, by calling 216.831.5452, ext. 244, or emailing lastuver@menorahpark.org

Monday, August 8 • 2:30 – 3:15 pm

“Arctic Discoveries: Muskox Mayhem”
by the Alaska Zoo (Anchorage, Alaska)

Monday, August 15 • 2:30 – 3:15 pm

“Composer Spotlight: Ludwig van Beethoven”
by the Cleveland Institute of Music

Monday, August 22 • 2:30 – 3:30 pm

“The Golden Years of Television”
by The Paley Center for Media (New York, NY)

Monday, August 29 • 2:30 – 3:15 pm

“Allies & Axis: The Who’s Who of WWII”
by the 12th Armored Division Memorial Museum (Abilene, Texas)

Monday, September 5 • No program due to Labor Day holiday

If you want to reach the Beachwood market,
advertise in *Beachwood Buzz!*
Email beachwoodbuzzsales@gmail.com for information.

The Cleveland Pops Orchestra’s 20th Anniversary Gala



The Cleveland Pops Orchestra, headquartered here in Beachwood, will be among the first organizations to hold a major fundraising event at the new 32-story Hilton Cleveland. The Cleveland Pops 20th Anniversary Celebration will be held on Saturday, August 20, at 6 pm, in the Hope Ballroom of the brand new eye-popping Hilton, located at 100 Lakeside Avenue East. This year, the orchestra has chosen its two founders, Carl Topilow and Shirley Morgenstern, as event honorees.

The Pops 20th Anniversary Celebration, formerly called the G-Clef Ball, is considered one of the most elegant of fundraisers held in Cleveland. This is the fourteenth such event for the orchestra, noteworthy for its distinctive silent auction and the entertainment and grand dance music provided by maestro Carl Topilow and the world-renowned Cleveland Pops.

Attire is black tie or white dinner jacket optional. The event will include cocktails, hors d'oeuvres, dinner, silent auction, entertainment and dancing to the Cleveland Pops Orchestra. Tickets are \$250 per person. For reservations, call 216.765.7677. All proceeds from the 2016 fundraiser will benefit the non-profit Cleveland Pops Orchestra.



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Benefits of Farm-to-Table and Sustainable Foods

Farm-to-table has become a popular national movement that encourages people to minimize the distance their food travels before it's eaten by purchasing food directly from growers. Sustainable foods offer diners a wide variety of choices when it comes to food, just as long as it's in season. This not only includes fresh fruit and vegetables, but also meat, cheese and other dairy products, nuts and even baked goods. Utilizing locally grown produce helps stimulate job creation by circulating more capital throughout the neighboring community. Local food is more nutritious and an added benefit when you eat farm-to-table is that sustainably-raised food simply tastes better.

Join your neighborhood experts on the second Wednesday of each month for these health-minded talks, which are held at eight UH locations. The next Health Matters talk on August 10 is "Benefits of Farm-to-Table and Sustainable Foods." Getting sustainable products means they are at their peak when most abundant and the least expensive. Think about it, produce can be picked when it is ripest and has the most nutritional value because it does not have to travel far to reach the consumer.

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Ashley Rickard, RD, LD

UH Bedford Medical Center*
Jennifer Miavitz, MS, RDN, LD,
CNSC

UH Elyria Medical Center
Jeremy Lisy, Green City Growers

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Greg McClain

UH Geneva Medical Center
Chef Lynn Savanick and
Shawn Cooper, RD, LD

UH Parma Medical Center
Chef Sheron Ranasinghe and
Rebecca Hakenson, RD, LD

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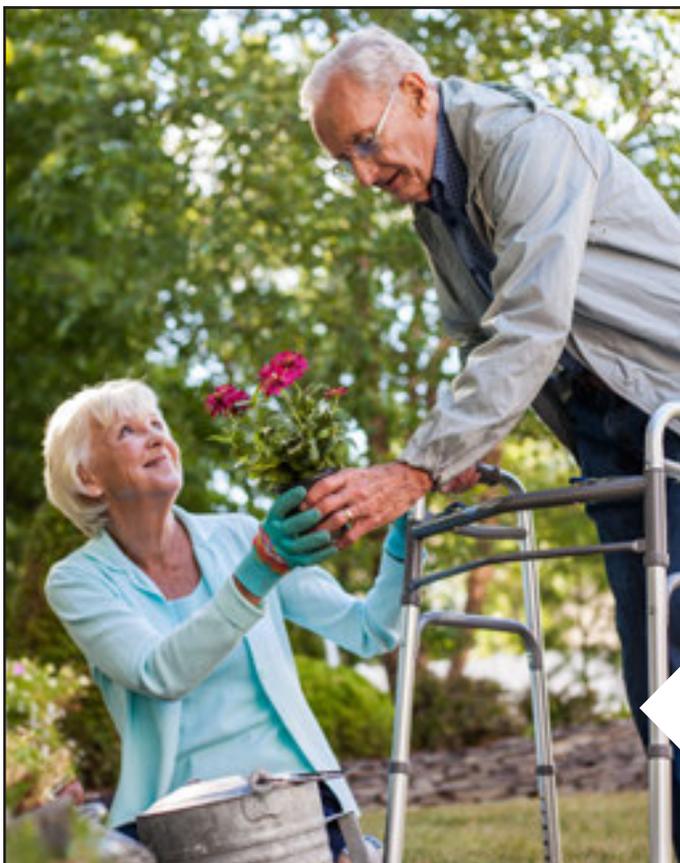
*Campuses of UH Regional
Hospitals

There is no charge to attend Health Matters events, but space is limited and reservations are required. To register, call 216.767.8435 Monday through Friday between 9 am and 5 pm

or go to UHhospitals.org/HealthMatters.

Coming up on September 14 is "Women's Health." Women's health concerns are as unique as their body. As a woman, how you take care of yourself has a huge impact on your future, affecting everything from your ability to have children to your risk of heart disease.

Participate in the conversation on social media using #UH-HealthMatters.



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Programs at Legacy Village

Food Truck Mondays

August 8 and August 22
11:30 am – 1:30 pm

'Food Truck Mondays' will feature an array of food trucks that will help satisfy virtually any craving. Local bands will amp up the lunch hour, for an atmosphere sure to chase away the Monday blues.

North Union Farmers Market

Thursdays through September 15
4 – 7 pm

Local Farmers will unveil their fresh grown produce, dairy and meat products, honey and maple syrup. Bakers will present delicious breads and pastries, and artisan food producers will feature items such as cheese, jellies, mustards, pasta and more.

Little Legacy

Wednesdays, August 17, 24 and 31
10:30 – 11:30 am

Little Legacy offers educational, cultural and wellness-based events all summer long, with entertaining programming for children pre-K and younger and their parents. Sessions will be led by barre3, Goldfish Swim School, L.L. Bean, Jungle Terry and more. Held on the lawn in front of the stage, Little Legacy is free and open to the public.

August 17– L.L. Bean
August 24 – Jungle Terry
August 31 – Goldfish Swim School

Meet the Machines

Saturday, August 13
11 am – 3 pm

This new event will offer a unique opportunity for youngsters and families to touch and explore construction, emergency, service vehicles and more machines of all makes and sizes. This hands-on experience will feature games, live music,

safety information and more. Meet the Machines is a free public event made possible with the support from The City of Lyndhurst.

The 13th Annual Taste of Legacy Village

Sunday, August 28
12 pm – 5 pm

Save the date for this tasty event featuring samples from your favorite Legacy Village restaurants and specialty food retailers.

- Ticket packs are \$10 each and include Taste Dollars, redeemable for food samples from your favorite Legacy Village eateries.
- Sample wine from Ohio wineries on-site from The Ohio Wine Producers Association. \$1 per sample.
- Dance the day away with live music.
- Stop by the Kids Zone.

- Taste Dollars are available for purchase on-line, at the Legacy Village management office and on-site during the event.
- Taste dollars are required for food samples. Wine tickets will be sold separately. All other activities are free and open to the public. Event will be held rain or shine. Restaurant participants are subject to change.

For more information, visit www.legacy-village.com.

Save the date for this tasty event featuring samples from your favorite Legacy Village restaurants and specialty food retailers.

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"Shul Boys" Bond Over Bikes

By June Scharf

Oy, Jewish men and motorcycles! An unlikely combination? Not for the highly diverse gang that goes by the name of "Shul Boys" and has 86 local riding members from all walks of Judaism. The five-year-old group's unofficial leader, Ian Abrams of Pepper Pike, says that members of the highly inclusive club have forged solid bonds by virtue of their religion, no matter how it's practiced, and a common interest in motorcycles.

"Our members range in experience from beginners – even some just starting to ride in their 60's – to those who are advanced with thousands of miles on the road," reports Abrams. And no matter what type of bike a person rides, "we are happy to have him." Women are welcome, too, he notes.

The diverse set of bikes that belong to members includes a Vespa scooter to high-powered machines to three-wheelers. Irrespective of the bike's model, members' foremost concern surrounds safety.

"We've never had an accident when riding together," Abrams states, emphasizing the importance placed on training. Members continue to take classes, despite the amount of experience they possess, he adds. The group posts safety clinics and all other

club information on its website at shulboys.com.

"I have way more miles that most members, with an average of 15,000 – 20,000 per year, but that doesn't mean they're proper miles. I can always learn more."

He said some members ride two or three times per year, while others go for 200 miles annually. Some might even ride 150 in a day.

When the weather cooperates, the club meets at Panera on Richmond Road near Harvard Road on Tuesdays at 6:30 pm sharp. "We leave at 6:31," Abrams notes. They ride together to a dinner destination somewhere around town. Dues are \$36 annually (a multiple of 18 = chai), or whatever is affordable. Some contribute more, but it's kept completely discreet. They raised \$1,500 last year, with all funds contributed to Holocaust charities and the Maltz Museum of Jewish Heritage.

The group's annual "blessing of the bikes" needed to be cancelled this year due to snow, but ordinarily, it's conducted at the beginning of the season at Park Synagogue East by Rabbi Joshua Skoff or Ritual Director Gadi Galili.

Another annual event is the Ride To Remember (R2R), in tribute to Holocaust victims when

members ride to a city outside Ohio that has a Holocaust education program. This year, the Shul Boys met up with members who belong to affiliates of the Jewish Motorcyclists Alliance (JMA) in a ride to Birmingham, Alabama, site of a Holocaust Education Center. In recognition of this effort, Beachwood Mayor Merle S. Gorden, a Shul Boys member, and the Beachwood City Council proclaimed May 15, 2016 as "Shul Boys R2R Day." Last year, the R2R took members to Oswego, New York.

The club has a social element as well, with group dinners held at members' homes at the beginning and end of the season.

Some of the members offered to share a few of their bountiful experiences as Jewish bikers.

Mitch Frankel, 56, financial advisor, owner of a 1996 Harley Davidson and 1978 Honda.

Frankel was one of the original members of the Shul Boys and riding draws the entire family. His wife Sue is licensed, but prefers being a passenger to a driver, and their sons Darren, 25, and Alex, 21, both have licenses and enjoy riding.

"I've been riding since I was 10 years old with my buddy Phil Artz, starting with a mini bike, then a trail

bike," he says. Since then, he's taken rides to Chautauqua and Sandusky, and he once rented a motorcycle in Arizona and rode to and around the Grand Canyon.

The only disasters he experienced involved getting caught riding when he was underage, and much later, when he ran out of gas on the freeway due to a faulty reserve valve. He explains that older bikes have no gas gauge, so the rider must keep track of the miles. He'd thought he had 40 miles left but only had two since the reserve tank was inaccessible due to the malfunctioning part.

He says he enjoys the camaraderie among members and going to interesting places, including routes through the Metroparks and dinners at new restaurants.

Steve Wasserman, 62, corporate and real estate lawyer, owner of 2012 Harley Davidson, Ultra Classic Limited.

Wasserman didn't start riding until he was in his 50's. "I represented some bike dealers and I got the (bike) bug," he reports. After his kids had grown, he became connected with some bikers in Scottsdale, Arizona where he often visits. "It's perfect biking weather out there," he notes. And it's also the "quintessential culture there – they take it very seriously."

His wife Joni often rides with



him, but not long distances, preferring to stay within the suburbs. Places they've cruised to include Conneaut, Geneva-on-the-Lake, Ravenna, Kent and Mentor.

He says he's pleased with the growth of the Shul Boys since he joined with the original members. "We started with about 25 people and we've more than tripled our membership." He says he finds the new friendships rewarding, and he especially enjoys the Tuesday night rides.

Sam Hoenig, 67, president, Negev Foundation, owner of an Indian, Chieftan model, and Moto Guzzi, an Italian model.

Hoenig began riding when he was 16, and his first bike was a Lambretta scooter, purchased when he lived in Italy, until his family moved to Israel later that year. As the son of two Holocaust survivors, he was born in Munich, and moved to the U.S. when he was one year old.

He was pleased to learn that several other Shul Boys are children

of survivors. "We have a special affinity for each other, having shared similar experiences," he comments, adding that this commonality provides another dimension to the camaraderie.

Upon joining the Shul Boys in 2011, he says he had no idea there were so many local Jewish men and women who liked to ride. He has gone with members to the Shenandoah Valley and Gettysburg, and hopes to head west and south in the next year. On his own rides, he has visited Civil War battlegrounds in Virginia and eastern Pennsylvania.

Jerry Cohen, 68, Carpet Capitol owner and flooring contractor, owner of a 2003 Triumph Thunderbird (showroom condition), Suzuki 650 Single, 1983 Hondo CX650 (collector's item – only made for one year, unusual engine) and a 1982 Honda MD5 (7 hp, goes 50 mph, "a riot"), 1968 Honda moped (that still runs).

Cohen's dining room (you read

that right) is home to four of his motorcycles and fortunately, his girlfriend Stacey Madow is not daunted by his devotion to them. But belonging to the Shul Boys makes him feel that he's among kindred spirits: "They are serious riders," he says. "It's a real pleasure to be with this group of guys." His involvement comes after a long hiatus from riding when he raised his family and his head was elsewhere, he adds.

What he loves about riding is its "visceral nature," which contrasts with being in "the capsule that is a car." But he also likes telling people that he's in "a Jewish motorcycle gang." It always brings a smile, he says. He looks forward to meeting more members and particularly likes getting to know people in this context.

In nice weather, Cohen says he enjoys running errands on one of his bikes. "It gives me a reason to be outside." But he tends to limit being in traffic for fear that "things will happen." For this reason, he prefers "to head to the countryside that's proximal to us."

Ian Abrams, 71, active family member, non-profit volunteer and almost retired, owner of a 2013 Harley Davidson Ultra (largest made), 1937 Harley Da-

vidson Knucklehead and Vespa scooter.

Abrams told us he often takes long rides alone, for the zen of it. "When you're by yourself, you're very approachable. People just come up to you, and then you get invited to dinner," he says. "Then you share your route with the hosts, and they tell you about this thing over there that you shouldn't miss, that I would never have known otherwise."

When he tells non-bikers about his riding habit, he receives a range of reactions. "Some say it's way out of their scope," and this leaves him semi-baffled. "It's just part of what I do." Another reaction is one of extreme interest, he says. But some feel threatened by it and don't have the confidence to do it. "They want to have an adventure, but they can't pull the trigger."

The Shul Boys fully intend to rev their engines and make future adventures a high priority.

Pictured from left:

- Steven Wasserman, Stewart Hastings, Ian Abrams, Helen Anspach, Jeff Anspach and Joni Wasserman
- Sue and Mitch Frankel
- Jerry Cohen
- Sam and Dave Hoenig
- Ian Abrams
- Abrams's map of cycling rides



From The Gathering Place

For Men Newly Diagnosed with Prostate Cancer

Sandy Weinberg, a former Beachwood resident, was diagnosed with prostate cancer in 2014. He had a lot of questions for his doctor but also wanted to hear from someone who had been on the prostate cancer journey. Weinberg got connected with The Gathering Place, a local cancer support center, and began participating in Prostate Partners, a group for men diagnosed with prostate cancer. Weinberg notes that he had a lot of support from family and friends, but the support he received from the group was uniquely beneficial.

“Prostate Partners provided a space for sharing with people on a similar path. Various physicians presented updates on prostate cancer and other topics related to coping with cancer. Having the opportunity to talk with prostate

cancer survivors was extremely helpful. People who haven’t been there can’t understand in the same way,” shares Weinberg. “Not only did I learn a lot, but I made new friends,” he said.

Weinberg is looking forward to taking what he has learned through his cancer experience and Prostate Partners and sharing it with other men who are newly diagnosed. Starting in September, he will co-facilitate a program with one of the clinical staff from The Gathering Place, Mary Fisher Bornstein, LISW-S, called Prostate Cancer Information Sessions. The program, offered monthly at The Gathering Place in Beachwood and in Westlake for men newly diagnosed with prostate cancer, will address topics such as how to make treatment decisions, coping with the impact of the cancer

diagnosis, tools for working through treatment side effects and how to access resource information.

According to Weinberg, “When you get diagnosed, you have a lot of questions, many of which healthcare professionals or a medical librarian can answer. But for some things, answers are better presented by someone who has been on the journey.

The first Prostate Cancer Information Session will be offered at The Gathering Place’s Beachwood location on Thursday, September 8, from 5:30-6:15 pm. The program is specifically designed for men who were diagnosed within the past six months and is open to men only. The information sessions will provide great opportunity to learn from and share with prostate cancer survivors.

The session at the Westlake location is scheduled for Thursday, September 20 from 5:30-6:15 pm. Like all programs and services at The Gathering Place, there is no charge to attend. Advance registration is not required. For questions about the program or for additional information, contact Mary Fisher Bornstein, LISW-S at bornstein@touchedbycancer.org or 216.455.1506.

The first Prostate Cancer Information Session will be offered at The Gathering Place’s Beachwood location on Thursday, September 8, from 5:30-6:15 pm.

Hundreds of “Angels” Blocked the Westboro Baptist Church from Spreading Hate in Orlando

Hundreds of “Angels” gathered to disrupt the Westboro Baptist Church picketers who traveled to spread their message of intolerance and hate outside the funeral of one of the Orlando shooting victims. My heart was full as I read how the “Angels” embraced mourners by singing Amazing Grace, drowning out the hate-filled chants, sending the message of love, compassion and support to the victim’s family, friends and the world. Love is more powerful than hate. Isn’t this the space in which we should all live and promote acceptance, peace, and compassion?

Imagine the hearts of those who would protest at the funeral of a 32-year-old man who was shot down in cold blood because he loved. What exactly is being protested? Love? Imagine a church whose

message is intolerance, hatred and hostility in response to the tragic loss of someone’s son, brother, friend.

How do we, in our community, choose to act as “Angels?” How do we teach our children to have the strength of character, an open heart, courage and grace to step forward as an “Angel?”

- From an early age, discuss injustice and compassion for others. Start when children are playing on the playground or are in a preschool classroom, with context growing as they do.
- Model empathy.

- Create a home where tolerance and acceptance are family values.
- Volunteer in the community with your children from an early age.
- Engage children in age-appropriate conversations about news events and model discussions that are not rigid, black or white.

Provide space for respectful disagreement.

- Promote critical thinking over group-think.
- Role play, standing up for yourself and others. Context should grow as children do.
- Read stories about those who stood for others, like Martin Luther King, Jr., Rosa Parks and/or people in our community.

It is never too late to act as an “Angel” – for yourself and others. Choose decency so that our hearts and minds can overcome judgment and connect us to compassion in one another.

It is never too late to act as an “Angel” – for yourself and others. Choose decency so that our hearts and minds can overcome judgment and connect us to compassion in one another.



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MONTEFIORE
A Caring Community

Montefiore Caregiver Education and Support Group

**Tuesday, August 16
5-6 pm at Montefiore**

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next and how to deal with it? Montefiore is here for you with its monthly caregiver education and support group, where you will receive tips on how to cope and how to receive support as a caregiver.

This program, free and open to the community, is presented by dementia expert Dr. Lori Stevic-Rust, ABPP, clinical health psychologist and dementia program advisor for Montefiore and The Weils.

To RSVP or for more information, contact Kristen Morelli, memory care program manager, at 216.910.2323 or kmorelli@montefiorecare.org.

The Montefiore Foundation's Second Annual "Home Run" Run/Walk Event

The community is invited to join the Montefiore Foundation's second 5K Run/Walk and 1M Walk on Sunday, August 28. Registration is at 7:30 am, followed by the run/walk at 8:30 am, at the Cleveland Clinic Lyndhurst Campus. All proceeds from this Run/Walk event will support Montefiore's 2017 Annual Sustaining Campaign, which benefits both Montefiore and The Weils senior communities, enabling Montefiore to provide the exemplary care that residents, patients and families have come to depend on each day – regardless of ability to pay.

Baseball-themed event sponsorship is available at the grand slam (\$5,000), home run (\$2,500), triple (\$1,250), double (\$750) and single (\$500) levels. Pre-registration is \$20 by Friday, August 26 or \$25 August 27 through race day. The Run/Walk will be held rain or shine. For more information about sponsorship and event registration, visit montefiorecare.org/homerun.

For questions, contact Melissa Adell, development associate, at 216.910.2652 or madell@montefiorecare.org.

Cavs Championship Victory Parade

Montefiore Celebrates Cavs Championship with Victory Parade

On Tuesday, June 21, the Montefiore community came together to celebrate the Cleveland Cavaliers historic win of the 2016 NBA Championship. More than 125 residents, employees, volunteers and family members, plus Mayor Merle S. Gordon, participated in the victory-parade festivities.

Visit www.montefiorecare.org/victoryparade2016 or like Montefiore on Facebook to view videos and photos from the parade.



Montefiore staff, residents and volunteers kick-off the CAVS victory parade.

Cuyahoga County Unveils MyCuyahoga Mobil App

As part of his on-going effort to make county government more efficient and accessible, Cuyahoga County Executive Armond Budish officially launched



MyCuyahoga – a free mobile resource that allows county residents and visitors in the downtown Cleveland area to identify and report issues such as graffiti and trash, make requests for safety escorts, jumpstarts and car lockout services as well as follow local trending social media topics.

“Technology has transformed the way we live our lives and so it’s imperative that we as county government lead with technology to make it easier to engage our citizens and solve problems,” said County Executive Budish. “The MyCuyahoga app is a great example of how we can work together to improve the overall quality of life in our county.”

The app, which uses GPS to determine location and allows users to easily upload photos and report issues directly to Downtown Cleveland Alliance, can now be downloaded from Google Play, Apple iTunes and Windows Phone app stores. Visit <http://www.cuyahogacounty.us/en-US/myCuyahoga.aspx> to learn to more.

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Tom Bennett to Lead Diabetes Partnership of Cleveland into the Future



Tom Bennett, an expert in nonprofit fundraising, board governance, strategic restructuring and program development, has been named executive director of Diabetes Partner-

ship of Cleveland, located in Beachwood.

Bennett said, "I am excited to lead the vital mission of Diabetes Partnership of Cleveland and ensure we provide the excellent services to the community to help children, adults, and families affected by diabetes. One in every eight Cleveland adults has diabetes, 330,000 people in Cuyahoga County, and the incidence continues to increase, underlining how imperative it is to meet the critical needs of the community."

The emphasis in adult programs will continue to offer ongoing diabetes management education and support to help people lead healthy, productive lives and avoid the devastating effects of uncontrolled diabetes. The organization's programs are accredited by the American Association of Diabetes Educators (AADE), a prestigious designation based on the National Standards for Diabetes Self-Management Education which allows the Partnership to accept Medicaid and Medicare. Diabetes Partnership will continue to provide a confidential call-in service for anyone with diabetes questions, referring needs for diabetes assistance such as pre-diabetes, initial diagnosis and education.

Camp Ho Mita Koda, the oldest camp for diabetes in the country, will continue to serve children with diabetes to provide them with the highest quality self-care education and medical care that the camp has provided to children with diabetes for generations. The 72 wooded acre camp in Geauga County summer camp teaches children life-long wellness habits in a nurturing, active, and fun-filled environment. The facilities are also available to rent for corporate retreats, team-building exercises, and school and youth programs.

Previously, Bennett served as development director for EDWINS Leadership & Restaurant Institute, director of employer relations and talent attraction for Global Cleveland and as executive vice president of Saint Martin de Porres High School.

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