

Beachwood Buzz

August 2018

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MAGAZINE



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Letter from **THE EDITOR**

By Debby Zelman Rapoport

We have each been blessed with this day, so let's awaken and take control of our destiny by choosing our focus and what we allow into our lives, regardless of our age.

When was the last time you slowed down to enjoy the “now?” Sometimes we get caught up in the hustle-and-bustle of our daily lives that we lose sight of the beauty of the moment. Where is your mind right now? Is it on this page, or on something you just did? Is it on something you need to do? If your focus is elsewhere, it's even more important to read on.

When technology and a hurried pace of life distract us, we lose touch with our natural state of being. It's much like a pendulum. Our natural state of being is when the pendulum is at rest, but when we are agitated, happy, sad, etc., our emotions are pulled to the left or the right.

When we are mindful and settle back into our natural state, we experience more peace, joy and clarity. I recently read a blog published by Tina Su, chief happiness director of www.thinksimplenow.com, where she shares a four-step guide to clear one's mind.

Much of the anxiety, worry and fear we experience is rooted in our mind because that's how we frame it. When something external happens, we choose how to view it and how to react. When negative emotions are attached, the scenario may result in mental conflict that results in emotional suffering. We are each in control of our own thoughts and have the power to reprogram them, if we have the will and drive to do so.

Tina asks readers to perform an exercise: Close your eyes for a minute with the purpose of striving for stillness and silence. If you just tried this and don't do this regularly, chances are that random, unrelated thoughts popped up. If they did, imagine how many thoughts pop up and clutter our inner space during the day. Each time we are

distracted by random thoughts, we lose touch with our peaceful, natural state.

I quote from Tina: “The distractions that we've declared as urgent and important, such as watching TV, updating our Facebook and Twitter pages, checking email, gossiping on the phone, loading mp3s on our music players, etc., all pull at us. They all pull at our attention, distracting us away from the things that are truly important to us – things that will bring lasting happiness and fulfillment to our lives and the lives of others.”

She continues by saying that if we are not careful, we can easily rush through life, while our precious time on this planet is focused on what does not matter – and then wonder, where did my life go? Why do I feel unsettled and easily irritated? Why do I feel unfulfilled and incomplete?

We have each been blessed with this day, so let's awaken and take control of our destiny by choosing our focus and what we allow into our lives, regardless of our age.

Tina describes four rules for a mental cleanse:

- **Say what you mean. Mean what you say.** Don't make up excuses. If you don't want to do something, say it. Own a situation when you're wrong. The truth doesn't have to be harsh, it may be said with compassion and authenticity.

- **Don't say anything to anyone unless you can say it to everyone.** It's called gossip. When we spread drama, we create negative energy and pollute our inner space – and that of those around us. Gossip is counteractive to achieving balance.
- **Don't say inside what you cannot say outside.** We all have an inner voice that talks to us. Sometimes, it may say something negative, which is detrimental to self-esteem. If you wouldn't want to hear something from someone else, then stop your inner voice from saying it to you. Tell it to go away – that it no longer serves you. With practice, we can control our inner voice and eliminate negative self-talk.
- **Don't say it unless it is true, useful or kind.** Be conscious of your words. Is what you're saying true and authentic? Is it useful or helpful to someone or some situation? Is it kind or compassionate? If it's hurtful to anyone, in any way, don't say it.

It generally takes 21 days to form a habit, so if you are dissatisfied with swinging back and forth on the pendulum, be patient with yourself. Change doesn't happen overnight. Focus on what's important and determine what you're willing to do to improve your state of mind. Let your heart guide you and feel the results. Inner peace is bound to follow.

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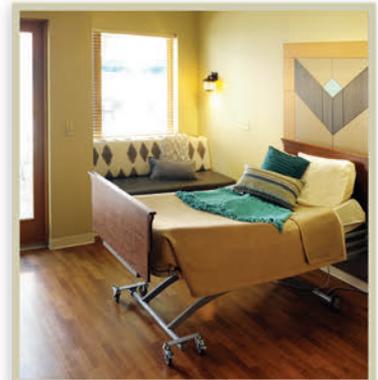
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Cover Photo



The fact that Jing-Jing Shen earned a perfect score of 36 on her ACT this year is quite telling, but there's still a great deal more to her story of high achievement and intelligence. Brace yourself.

She casually mentions in a recent FaceTime interview that she knows 500 digits to the right of the decimal for Pi. That's 3.141592 – and she can tell you the rest. As a demonstration, she rattled off 150 digits in rapid-fire fashion. She stopped after about 30 seconds only to prevent boredom in her listener.

Complete story starts on page 7.

*Cover story by June Scharf
Photos by Scott Morrison, Discovery Photo*



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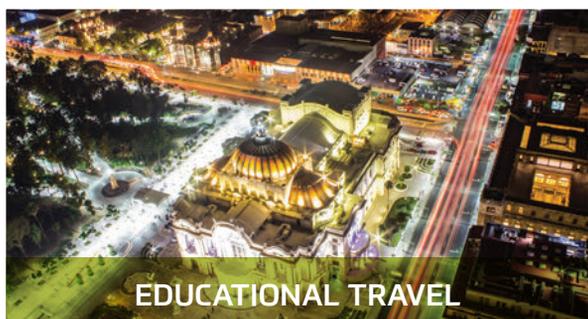
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PERFECT ACT TEST SCORE NUMBERS PAINT PICTURE AND REVEAL STUDENT'S HIGH APTITUDE FOR LEARNING

By June Scharf

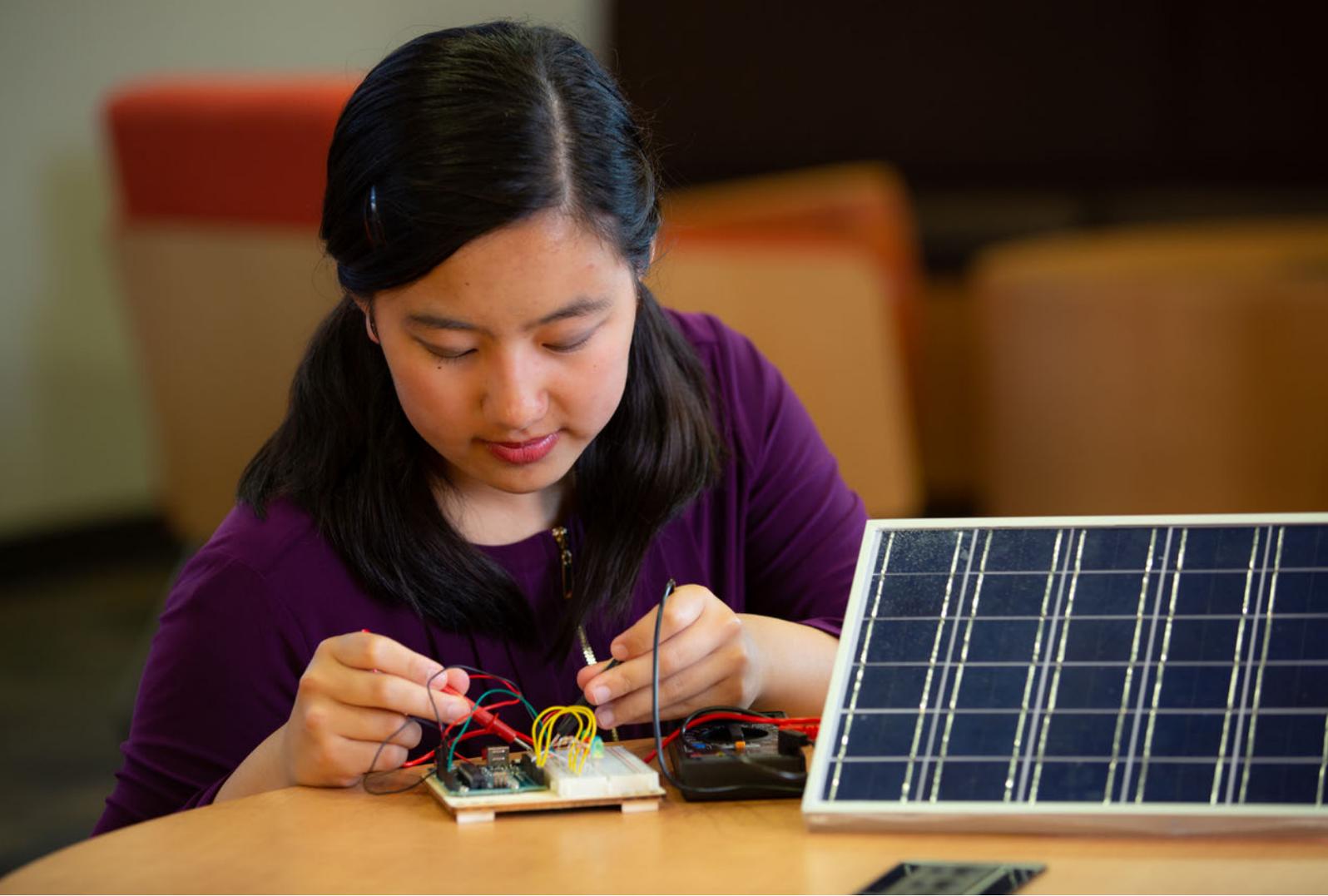
The fact that Jing-Jing Shen earned a perfect score of 36 on her ACT this year is quite telling, but there's still a great deal more to her story of high achievement and intelligence. Brace yourself.

She casually mentions in a recent FaceTime interview that she knows 500 digits to the right of the decimal for Pi. That's 3.141592 – and she can tell you the rest. As a demonstration, she rattled off 150 digits in rapid-fire fashion. She stopped after about 30 seconds only to prevent boredom in her listener.

Did she just finish memorizing those figures? No, she accomplished that in 4th grade. Why? Because her then-math teacher challenged the class to see how many digits they could memorize. In a few days, she learned 200 digits; later, she added 300 more. The young lady likes a challenge, especially the extremely vexing kind.

The BHS senior's grounded and confident nature actually gives her the demeanor of someone much older than her 17 years. In fact, when she talks about her most recent research projects, she sounds like a college professor, speaking in an impassioned and

Jing-Jing with her solar panel and Arduino controller and breadboard – two components of her solar cooler project.



Jing-Jing utilizes a multimeter to test her Arduino and solar panel.

elevated manner. But she also undersells herself a bit, like when she mentioned that she memorized all of the U.S. Presidents – “only 45, not that impressive.”

Not surprisingly, she’s a busy girl. Aside from the scores and numbers, Jing-Jing loves to pursue knowledge. She is a captain of Science Olympiad, and she placed several times at local, regional, and state competitions. She also serves as captain of the Academic Challenge Quiz Bowl Team, which this year became a semi-finalist in the national championship tournament. Additionally, she participated independently in National History Day, an international historical research competition, in which she made a website about a WWII combat medic and ultimately made it to the last stage — nationals.

And that’s not all. Jing-Jing is executive president of Beachwood High School for the 2018-19 academic year, after having served as class president for two years. Drawing on her interest in freestyle rapping, she delivered a campaign speech in this format when

running for office. And if you break it down, you can crack her code: rapping is rhythmic and rhythm is numerical.

In fact, Jing-Jing’s secret to memorizing Pi is not through visualization. Rather, it’s by hearing a beat when she says the numbers. She says she is an auditory learner.

Returning to the topic of the ACT, she says her preparation may have been a key factor, but it was nothing unorthodox. Last summer, she studied ACT books and took practice tests and read articles about the test. She understood its mechanics “inside and out.”

Jing-Jing has attended Beachwood schools since pre-school, when her parents moved as international students from China to the U.S. in the 90s. She especially enjoys intellectual pursuits like science fairs, in which she has been involved since 7th grade. Her most recent projects won several first-place awards and distinguished honors at the State Science Day fair and regional fairs like NEOSEF and District Science Day.

The inspiration behind her latest science

fair projects can be traced back to impactful volunteer experiences she had over the past two summers. She spent time at Cleveland Clinic’s main campus, visiting patients on rounds and offering directions within the hospital to visitors and families.

Her first project was sparked by meeting a young boy who had a rare inflammatory illness, diversion colitis. What she says she learned from him relates to compassion, empathy and selflessness.

“Seeing him push through a difficult disease with a radiant smile inspired me to study this illness and its pathogenesis,” Jing-Jing states.

So with mentors at Cleveland Clinic Lerner Research Institute and Cleveland State University, she created an experiment drawing on probiotics and sources of fiber to create certain chemicals that can help regulate gut health. This treatment engages natural healing. Jing-Jing hopes that her *in vitro* experiments can ultimately lead to *in vivo* treatments for patients, and the idea has been filed for a provisional patent.

“Seeing (a patient) push through a difficult disease with a radiant smile inspired me to study this illness and its pathogenesis.”

- Jing-Jing Shen, BHS senior

Her second project also had its genesis in her volunteer experiences. When she went on hospital rounds, frequently patients would ask her for ice packs to help relieve their pain. She began to wonder: “Since ice is so useful, what do people do when they need ice, but have no access to refrigeration, such as mobile refugees or natural disaster victims who live with energy poverty?”

Thus she developed her second project, the idea to harness solar energy to create ice. She succeeded in creating a solar-powered thermoelectric-charged cooling device that is highly portable, easy-to-use, and eco-friendly.

As she reflects on the device and her invention process, she points out that a single moment in the form of some patient interaction can inspire an entire journey toward recovery enhancement and discovery.

Being active and taking the initiative is something Jing-Jing says she always wants to do. As a member of student council, she led the Class of 2019 in several successful fundraisers, community events, and activist endeavors. One source of real-world exposure – the mass shootings and gun violence incidents that have swept this country – led her to become involved with campaigning for new gun measures. She organized meetings with other students and they started a poster petition along with writing letters to government representatives regarding diverse student thoughts.

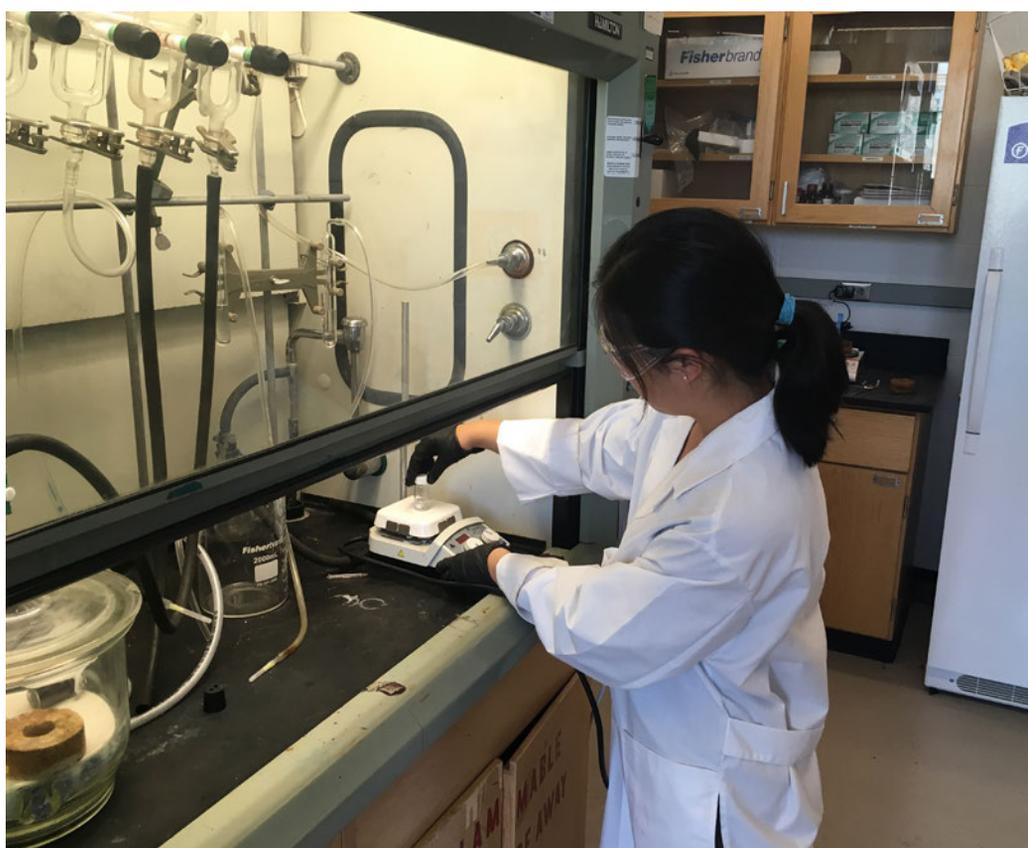
“We want to enact change, no matter if one is pro- or anti-gun-control. All of us want gun violence to end, and we need to speak up and do something so our voices can be heard,” she says.

In her free time, such as it is, Jing-Jing enjoys singing and has a karaoke machine at home. She applied those talents at a Thanksgiving school assembly once when she performed “7 Years,” by Lukas Graham. She loves drawing and art and is also “obsessed” with the Nickelodeon program “Avatar the Last Airbender,” which aired 2005-2008, and



Above: Jing-Jing and her mom after biking the Golden Gate Bridge in San Francisco.

Below: Jing-Jing working in a fume hood, preparing a solution to fabricate solar cells. (Case Western Reserve University lab)



the 2014 Disney film “Big Hero 6.”

Someday, she says, she thinks it would be cool to be a professor or researcher in an engineering or earth science department. In the meantime, she is spending her summer taking an art history class at Cuyahoga Com-

munity College and volunteering in a lab at Case Western Reserve University, where she is working on a solar engineering project.

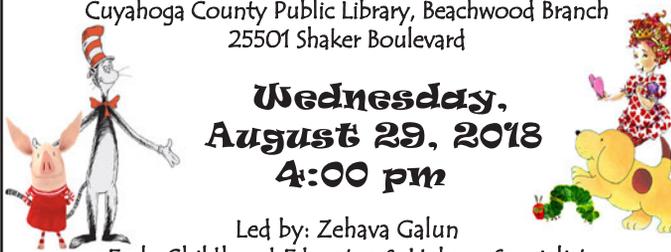
Her life easily serves as a testament to what’s possible – including the seemingly impossible.

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OLANI Saves Lives: A Realistic Look at the Opioid Pandemic

Last year, the opioid crisis hit home for Beachwood resident Charles Zuchowski and his family, when his son, Jeremy, died from an opiate overdose. This devastating event tore through the hearts of Jeremy's family and friends, as it does to thousands of people each year. Last year, there were 860 opioid-related deaths in Cuyahoga County and this year, the number is expected to increase.

To work proactively and address this issue head on, Charles is determined to be a part of the solution by helping those who are addicted. He owns a building on Mayfield and Lee Roads that he wishes to convert into a residential treatment center and to do so, he is committed to obtaining funds. Charles continues to approach hospitals and treatment centers, as well as insurance and pharmaceutical companies, to make his vision a reality.

Although this project is still in its infancy stage, Charles reached out to *Beachwood Buzz* to share information that can save lives today, urging us to get this information out on the streets as soon as possible. Please read on to learn about the O'Neil Long-Acting Naltrexone Implant, or "OLANI."

Dr. George O'Neil, an Australia physician, founded OLANI as a solution to the opioid-use pandemic. He has been working with Naltrexone, a drug that

blocks the craving for opiates such as heroin and methadone for 20 years. Now, the time-released implants are proven to protect addicts for up to a year.

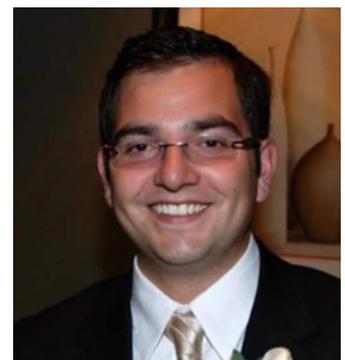
Although the drug isn't currently available in the United States, some insurance companies are onboard to cover costs for opioid-dependent individuals to travel to The Naltrexone Implant Center in the Bahamas to have the medication embedded in their abdomen. For men, implants are embedded just below the belt line and for women, below the bikini line. Incisions are just one-and-a-half inches long, and the procedures take only 45 minutes each. Whether or not the procedure will be covered by insurance, you can't put a dollar amount on something that will save a life.

"This implant is an effective solution to stop cravings, which will afford protection from overdose death for up to a year," Charles told us.

Implanting requires a stay of between 24 and 36 hours, and the stay could be up to six days if detox is required. Naltrexone implants are also effective for opioid-dependent pregnant women who wish to stay clean so their babies are born addiction-free, and for those who are addicted to alcohol.

"These implants save lives. If I had known about this option more than a year ago, I would have had my son on a plane to Australia to have this procedure done," Charles said. "It's too late for Jeremy, but by spreading this information, others in and around our community can be saved."

Naltrexone implants have been extensively tested by teams from leading universities around the



Charles Zuchowski works to keep his son's, Jeremy's, memory alive.

world. The FDA recently agreed to run clinical trials in the United States, but the process will take at least two years. To date, Naltrexone holds some form of approval for use in Australia, the UK, Holland, Ireland and the Bahamas.

"These implants save lives. If I had known about this option more than a year ago, I would have had my son on a plane to Australia to have this procedure done," Charles said. "It's too late for Jeremy, but by spreading this information, others in and around our community can be saved."

The Naltrexone Implant Center has the capacity to do 10 procedures each day – saving up to 200 people per month. That's an optimistic statistic in this dark reality.

For further details, please visit www.naltrexoneimplant-center.com or contact Charles Zuchowski, exclusive agent – USA for The Naltrexone Implant Center, at 216.650.6755 or charles@naltrexoneimplant-center.com.

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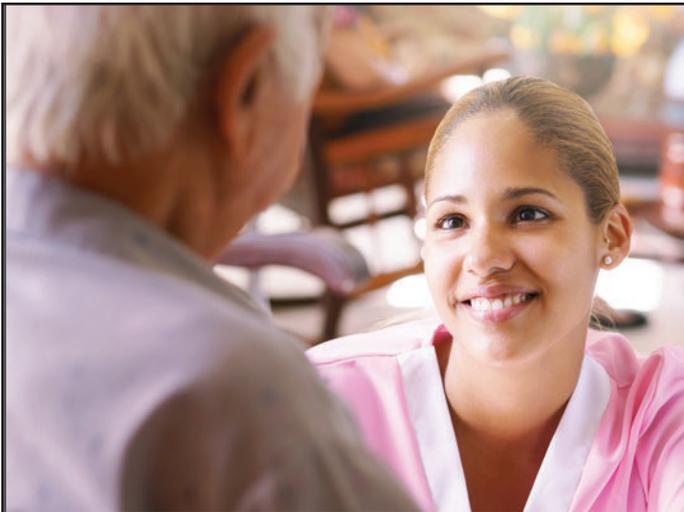
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2019 Campaign for Jewish Needs Launch Event

On August 29 at 7 pm, the Jewish Federation of Cleveland will kick off its 2019 Campaign for Jewish Needs in the Stonehill Auditorium, at the Mandel Jewish Community Center. This is the Federation's annual fundraising campaign that ensures our

community's vitality and vibrancy in the year ahead. Hear personal, powerful stories about how your support makes a difference in the lives of people living in Cleveland, Israel, and around the world. Register at www.jewishcleveland.org. The cost is \$15 per person.



Pictured: Yuval Ganot, Elrom Kalo, Noam Shalev, Ron Lev Or and Shaked Shachar at last year's campaign launch.

B'Nai Jeshurun's Incredible Picnic

Community members of all ages will have a field day at the B'nai Jeshurun Congregation's Incredible Summer Picnic 2018, held rain or shine, on Sunday, August 19, from 11 am – 2 pm at 27501 Fairmount Blvd.

Included in the picnic line-up will be the Euclid Beach rocket car, a wine and beer tasting, a bounce house, bike decorating, a parade, an



inflatable dance dome, bubble soccer and mouth-watering food stations.

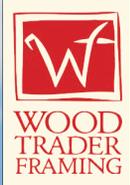
The picnic is free and open to the community. For additional information, contact Shani Kadis at 216.831.6555, ext. 131, or shanikadis@b'naijeshurun.org.



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2nd Annual Beachwood Fall Festival Vendor Opportunities Available!



The 2nd Annual Beachwood Fall Festival will take place on Sunday, October 7, from noon until 5 pm, at Beachwood City Hall. Sponsored by the City of Beachwood, Beachwood City Schools and the Beachwood Chamber of Commerce, this free, family-fun event will feature food trucks, crafts, games, inflatables, a scavenger hunt, pumpkin patch, Ninja course, Unique Boutique, live music by Revolution Pie and more.

The Unique Boutique Art Fair will feature more than 70 vendors and include paintings, clothing, handbags, textiles, wood items, furniture, ceramics, jewelry, garden accessories, etc. – **and there's still time to reserve a booth!** Whether you're an artist, vendor or business that would like exposure at the event, please visit www.beachwoodschoools.org/UniqueBoutique.aspx or email boutique@beachwoodschoools.org for details.

There are also sponsorship opportunities for businesses.

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You can sponsor an activity or entertainer at the event and gain visibility along the midway, for as little as \$75.

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Marozov Pulls All Corners of Community Into Friendship Circle

By June Scharf



Beachwood resident Rabbi Yossi Marozov says he's heard many parents lament that kids today are growing up in the digital bubble: isolated, with little eye-to-eye contact, and mostly iPhone-to-iPhone interaction. He has an antidote. It's Friendship Circle.

As director of the Jewish-themed, non-profit organization based in a Pepper Pike office, formerly occupied by the Bethynu Temple, he and his wife Estie are overseeing programs that reach the local population of children with special needs, along with teens who can benefit from engaging with these children. In fact, he says he has witnessed profound transformations in both groups through the time they spend together. In the case of the latter, he says "they are getting more than they are giving."

Yossi, a Montreal native, came to Cleveland in 2000, with Estie (nee Alevsky), whose parents founded Chabad of Cleveland in the early 70s. With that background, he feels that they both have in their "DNA an interest in making a positive and meaningful impact on others' lives."

They also possess a particular preference for youth programming, so when they heard in 2003 about a Friendship Circle outpost in Detroit, they traveled there and observed first-hand the budding program. They were sold and immediately decided to begin a chapter in Cleveland.

It started small, and now, 15 years later, it has seen consistent annual growth in terms of activities and populations served. The high school volunteer contingency currently has around 300 members with 225 families being served. The 20 programs that run throughout the year include camp, after school enrichment, holiday events, parental support groups, community awareness and one-to-one time between teens and children with special needs.

Friendship Circle also conducts a Hebrew school for children with special needs, now in its third year, through a grant from the Jewish Education Center of Cleveland. It has 50 students enrolled for the 2018-19 academic year. "Our incredible, dedicated staff makes everything possible. The passion they feel makes our programs successful," says Yossi.

"A life with friends is a life enriched. We offer a niche that isn't readily available to so many children."

~ Yossi Marozov,
Friendship Circle Director

The end result of everyone's involvements, says Yossi, is that "lives are transformed by the interactions." He knows this definitively because he has read some essays that student volunteers have crafted that cover their experiences. He also views the longevity of their involvement, many throughout their high school years, as a testament to the program's rewarding nature.

"Their ongoing commitment means they are getting something meaningful out of their time spent with Friendship Circle," says Yossi.

More than anything else, children with special needs can benefit from having friends who can help with their self-confidence. And making new friends is one of the most challenging areas in their lives.

"A life with friends is a life enriched. We offer a niche that isn't readily available to so many children," he adds.

Friendship Circle also is supported by the local community through its generosity in terms of time, financial support and advocacy, according to Yossi. Beachwood resident Brian Fox, a longtime supporter, serves as the chairman of the board,

and Julie and Bryan Rubenstein were one of the first families to use the organization's services. The Rubensteins will be conducting their annual day-long tennis tournament next month at Beechmont Country Club (*see sidebar*) in support of Friendship Circle.

Yossi says he's very excited about Friendship Circle's ninth annual two-mile walkathon (*see sidebar*) to raise awareness and funds for the organization. This year's theme is "Block by Block," which will feature yellow yard signs that will draw attention to the event. He describes the theme as a call to draw some

Friendship Circle Programs

9th Annual Walkathon

Sunday, September 2
27900 Gates Mills Blvd.
9:30 am – Registration
10:30 am – Walk begins

Event is followed by a block party and free BBQ lunch in the Friendship Circle parking lot at 11:15 am. Andy Baskin, host of The Fan Show on radio station 92.3 FM, will serve as master of ceremonies. A vendor boutique fair and several family activities will be on site.

For more information, visit www.MyWalk4Friends.com or contact Kim Sirkin at 216.377.3000, ext. 1009, or kim@FriendsCleveland.com.

2nd Annual Tennis Marathon

Sunday, September 26
9 am – 9 pm
29600 Chagrin Blvd.

Beechmont tennis professional and Beachwood resident Bryan Rubenstein will donate 12 hours of his time on the Beechmont tennis courts to draw awareness of Friendship Circle and support local children with special needs. The community is invited to play along with Bryan to help him help the children. Throughout the day, four courts will be occupied by tennis players of all ages and skill levels. Cardio tennis, kids court time, teen tennis, private lessons and a doubles round robin tournament will be offered. Exciting prizes will be raffled.

For more information about sponsorships, raffle tickets and to register to play, go to www.MyWalk4Friends.com/Tennis.

connection between neighbors. "If we can strengthen people through their street (or block), then blocks can become stronger communities."

He views this approach as tapping into the current social and political climate.

"The times we live in find lots of divisions between people. We're trying to accentuate unity."

Yossi and Estie's own family consists of seven children: Berel, 18, Mendel, 17, Schmuli, 14, Chana, 12, Mariashe, 9, Mushka, 5 and Meir, 3 (the "mayor of the house").

Ultimately, Yossi promotes the notion that if one can harness the kids' energy and steer them in the right direction, then the future is something about which we can all be optimistic.



Pictured from top at last year's walk: Estie, Rabbi Yossi, Meir, Mushka, Mariashe and Chana Marozov.

Center: Courtney Diamond and Gary Friedman; Pam Leikin and Ilene Friedman. Left: Bobby Rosner with Jack and Marc Soroka.

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Right Up Their Alley

by Arlene Fine

When it comes to architectural and commercial design, Cindy Cohen is on the ball.

Cindy and her brother, Dale Schwartz, are the moving force behind Pinstripes, a spiffy, 30,000 sq. ft., two-level entertainment and dining venue that just opened at Pinecrest in Orange Village.

The Cleveland Pinstripes, the 10th in the chain, has bowling lanes, indoor and outdoor bocce courts, American/Italian bistro-style dining, party rooms, patios and a private conference center. A spot so trendy, yet comfortable and family friendly, that even the Dude from The Great Lebowski could abide and feel at home.

The spark for Pinstripes was ignited when Cindy, Dale and their brother Jeff were kids growing up in Beachwood. "My mom, Marcia Schreiber, and my dad, Arthur Schwartz, would drop us off at Pepper Lanes on Chagrin," says Cindy. "We liked bowling a lot, especially my older brother Dale who knew even then that a bowling alley could be way cooler."

Dale's perception was a portent of things to come.

In the meantime, Dale made his way as a Harvard Business School-trained investment banker and Cindy, who blossomed as an artist at Beachwood High School, graduated with an architectural design degree from the University of Arizona. She moved to New York, got a job at a design firm and within weeks began designing homes, offices and commercial properties for the rich and famous.

"My boss had influential New York connections and enough confidence in me that I was given important assignments right away," says Cindy. "He taught me how to develop a three-dimensional perspective of space. That ability allowed me to understand the orientation of each room and sense where things belonged in terms of form, function, ease and beauty."

To this day, Cindy says she



Interior photos by Scott Morrison, Discovery Photo

can mentally place herself in a room while reading a blueprint and know exactly where the doors, windows, garage, kitchen and everything else should be positioned for flow and balance.

After developing an impressive design portfolio from her work in New York and then Boston, Cindy, and her high-school sweetheart, Craig Cohen, a structural engineer, moved back to Cleveland and bought a home in Beachwood where they raised their four children, Arala, Raleigh, Ellis and Lance.

"In 2006 Dale called me and said 'Cindy, I need your help,' and told me he was ready to make his concept of Pinstripes a reality."

~ Cindy Cohen

A self-admitted workaholic and night owl, Cindy, who often deals with 40 clients at one time, says she has balanced taking care of her children and maintaining her custom design firm, C. Rae Interiors, on Commerce Park in Beachwood, by working late into the night. "I am passionate about my family and my work, but my family has always come first," she says.

While Cindy was building her successful Cleveland design business, Dale's entrepreneurial spirit and keen business acumen finally came together to fulfill his childhood vision.

"In 2006, Dale called me and said 'Cindy, I need your help,' and

told me he was ready to make his concept of Pinstripes a reality," says Cindy.

Cindy and Dale worked side by side, with Cindy pouring over blueprints, working with architects and selecting every piece of wall covering, flooring, furniture, lighting, iron work and everything else to create the right Pinstripes look. Cindy's husband was involved in the structural engineering side of the project.

In 2007, the first Pinstripes was launched in Northbrook, Illinois. "It took off right from the beginning," says Cindy. "And from there Dale began to build Pinstripes in other large American cities."

Because Cindy is Cleveland based, the majority of the tradesmen and construction team for all 10 Pinstripes locations are from Cleveland, including the architects and contractors who travel to each new site.

"I design the interior and exterior spaces, plus all the custom furniture and architectural details," says Cindy. "I also coordinate the construction and fabrication with Cleveland-based cabinetry, granite, iron, upholstery, lighting, furniture, stone, tile, iron and mural shops. Materials are purchased from all over the world and are all natural and authentic."

Right now, Pinstripes is the kingpin of family-style bowling/dining venues with expansion plans for at least 10 more locations. Cindy has developed plans for Pinstripes roll-outs in San Mateo, Dallas, Tampa and Houston to name a few.

So, strike one up for Cindy and Dale. Who says a childhood vision can't become a reality?



Dale Schwartz and Cindy Cohen

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Empowering Youth Exploring Justice

One of the missions of the Jewish Federation of Cleveland is to "Leave No One Behind." That is the same message of Empowering Youth Exploring Justice (EYEJ) – to empower and amplify the voices of teens and pre-teens by bridging them with diverse individuals to engage in interactive discussions centered around social justice.

EYEJ believes that education comes in many forms. Similar to the Federation's Public Education Initiative (PEI) mentoring and tutoring program, EYEJ teaches children to be strong and secure, both internally and externally. The mentors and volunteers teach them more effective ways to express themselves with coaching and real face-to-face conversations. They also bring in speakers of all backgrounds, ages, ethnicities, and job types who discuss various topics having to do with values and self-confidence with an overarching focus of social justice.

As a volunteer, you have the opportunity to speak to these youth as a Discussion Series speaker or as an EYEJ coordinator.

As a speaker for just one hour a week, you can uplift spirits and have engaging conversations with amazing kids from the community.

As a coordinator, you can help the Discussion Series flow smoothly by distributing and collecting paperwork that needs to be completed by the students, by supporting the speakers, by helping with activities, and by helping students who may need additional assistance during the programs.

A customized curriculum to help develop social, emotional learning for at-risk students will be provided to volunteers, along with training.

Register today. For more information about volunteering, contact Susan Hyman at 216.293.2887 or shyman@jfcleve.org.

The mentors and volunteers teach them more effective ways to express themselves with coaching and real face-to-face conversations.

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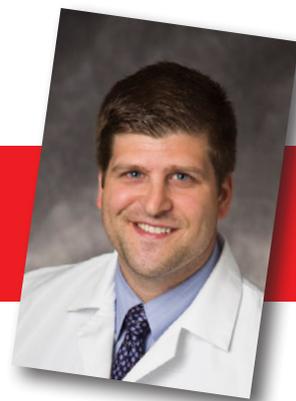
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Patients Benefit from New Hip Arthroscopy Technique Available Only at UH Ahuja Medical Center



Michael Salata, MD

University Hospitals Ahuja Medical Center orthopedic surgeon Michael Salata, MD, is the first in Northeast Ohio to employ a new technique that reduces complications for patients undergoing hip arthroscopy.

He is using the minimally invasive procedure to treat tears in the hip cartilage (the labrum) and the articular cartilage, femoroacetabular impingement (FAI) and other hip joint issues. FAI is the development of bone spurs around the hip joint, caused by abnormal development of the hip bones in childhood.

"The bone deformity eventually may cause joint damage and pain, although many people with this deformity never experience problems," Dr. Salata says. "But people who participate in sports often develop symptoms of FAI at a younger age and may require treatment earlier than those who are less active."

Problem Prevention

Dr. Salata is using the new traction technique in adult patients of all ages. He reports that it solves the issues associated with traditional arthroscopy, including a long rehabilitation, post-surgical pain and potential complications.

"When we do hip arthroscopy, we need to open up the joint so we can safely pass our instruments into the joint," Dr. Salata explains. "The traditional way to do that is to pull traction on the leg and place a large, padded post between the patient's legs to provide counter-traction."

Applying traction in this way leads to problems after surgery in as many as three-fourths of patients, primarily groin pain. Some 16 to 25 percent of patients also report numbness in the genital area, the result of the post compressing the groin and the associated nerves. The post also can cause some longer-lasting problems, Dr. Salata notes.

"The use of the post and resulting nerve compression also has been reported to lead to urinary retention and retrograde ejaculation and erectile dysfunction in men following the surgery," he says.

Positioned for Success

Instead of the post, Dr. Salata uses a traction pad on the operating table that maintains the patient in a position that uses the patient's body weight as the counter-traction. Dr. Salata then can open the joint and safely position and manipulate his surgical instruments the same way he would using conventional traction with a post.

For patients, the post-less approach means the risk of postoperative pain, genital numbness, urinary retention and other postoperative problems is significantly reduced. Patients can return to their normal activities feeling better, sooner.

"I am pleased with the advantages this innovation offers my patients at UH Ahuja. It's been incredibly successful," Dr. Salata says. "This technique provides an improved safety profile for them. Postoperatively, patients have had less discomfort, and it will likely improve their recovery as well."

Dr. Salata sees patients at UH Ahuja Medical Center, 3999 Richmond Rd, Beachwood; UH Twinsburg Health Center, 8819 Commons Blvd., Suite 202, Twinsburg; and University Suburban Health Center, 1611 S. Green Rd., Suite 027, South Euclid. To make an appointment with Dr. Salata at any of these locations, patients may call 216.286.8070.

"I am pleased with the advantages this innovation offers my patients at UH Ahuja. It's been incredibly successful," Dr. Salata says.

What is Arthroscopic Surgery?

Arthroscopic surgery is a minimally invasive way to treat problems with the hip joint and surrounding structures. During arthroscopic procedures, the surgeon inserts an arthroscope, a small camera, into the hip area to view the hip joint and surrounding tissue. Using a few tiny incisions and thin, specially designed surgical instruments, the surgeon can clean out or repair damage to the cartilage that covers and surrounds the hip joint.

HEY NEIGHBOR!

by Arlene Fine



Milton Maltz addresses the R2R at The Temple-Tifereth Israel.

Shul Boys Host Jewish Motorcyclists Alliance R2R

It is said that if you have to ask a motorcycle rider why he or she rides, you'll never understand. That may be true, but I can understand why 316 Jewish motorcyclists, hailing from all over North America, congregated in Cleveland from June 21-24. That's when the Shul Boys, Cleveland's chapter of the Jewish Motorcyclists Alliance (JMA), hosted its 18th Annual Ride2Remember (R2R).

The R2R is the JMA's signature event with a twofold mission: to honor and remember those who were victims of the Holocaust and to raise funds for Holocaust education. This year's gathering did just that.

The group donated funds to the Maltz Museum of Jewish Heritage's Survivor Memory Project and raised a portion of Holocaust education funds from the sale and sponsorship of "We Ride to Remember: A Commemorative Survivor Book." This coffee-table size book, designed to preserve and share JMA members' Holocaust memories, was compiled and edited by Beachwood resident Mitch Frankel.

"We contacted all our JMA affiliated clubs asking for Holocaust stories about themselves or their family members," says Mitch. "We also requested 1940's-era pictures, along with pictures of club members visiting concentration camps, participating in remembrance events and photos of JMA members with their motorcycles."

One look at the contents of this professionally presented book and I was suitably awed by its contents.

"We Ride to Remember" opens with a compelling story by Cleveland Holocaust survivor Stanley Bernath, followed by 27 miraculous first-hand or first- or

second-generation accounts of the intense, often horrific, hardships that survivors experienced during the war. These stories of survival remain an integral part of each family's history today.

The poignant pictures accompanying each story include tattered sepia-toned wedding pictures, photos of old family tombstones, liberation photos, and large celebratory snapshots showing survivors' children and grandchildren – often with a motorcycle in the background.

The book's cover features a vibrant red flower, anemone coronaria, on a black background, with barbed wire twisted around its delicate stem. That

same flower, the Israeli national flower, accompanies each of the stories in the book.

"These stories of survival remain an integral part of each family's history today."

~ Mitch Frankel
of the Shul Boys

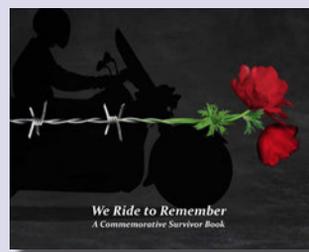
"Amazingly, Roseanne Kadis and Rose Viny of our R2R planning committee were able to find the flowers for display in glass vases surrounded by barbed wire for the centerpieces at the Saturday night event at the Rock Hall," says Mitch.

We Ride to Remember

For a copy of *We Ride to Remember, A Commemorative Survivor Book*, visit Amazon.com or email Mitchell.Frankel@WellsFargoAdvisors.com.

The JMA includes 38 clubs in North America. In addition to the Shul Boys, other affiliate member clubs include Chai Riders, Hawk Chai Riders, Mazel Tuffs, Ridin' Chai, Shalom n' Chrome, Chais of Texas, Yids on Wheels, and Hillel's Angels. To find out more about the Jewish

Motorcycle Alliance, visit www.jewishmotorcyclistsalliance.com.



We Ride to Remember, a commemorative book prepared by the Shul Boys to raise money for Holocaust education.



Mitch and Sue Frankel, with their 1996 Harley Davidson Heritage Softail Classic, on their wine-country ride to Geneva.



The feedback from JMA members, who came to Cleveland for the R2R and stayed at the Westin Hotel downtown, has been gratifying.

And no wonder.

Included in their whirlwind meeting were planned rides from Mervin's Wharf, a police-escorted ride of more than 200 motorcycles to the Maltz Museum of Jewish Heritage, a guided ride to Zion Memorial Park, and visits to Cleveland's best art, cultural and entertainment attractions.

Dodging some rain, there were also options for rides to Amish Country, Wine Country or Cuyahoga Valley National Park. And Rabbi Rosie Haim led a Yizkor service memorializing



those who perished in the Holocaust at the R2R closing party held at the Rock and Roll Hall of Fame.

"We experienced great camaraderie and many opportunities to socialize with old and new friends during the R2R, but not for an instant did any of us lose sight of our organization's core message, 'Never Forget and Never Again,'" says Mitch.

In recognition of this program, Mayor Martin S. Horwitz and City Council proclaimed Thursday through Sunday, June 21 – 24, 2018, as "Shul Boys – R2R 2018 Day" in the City of Beachwood.

The 2018 Ride2Remember raised \$78,500 for the Maltz Museum of Jewish Heritage.



We hope that this book will live on well beyond the 2018 Ride to Remember, and helps us to ensure that we never forget, and that never again shall there be a genocide of the Jewish people.
~ Mitchell Frankel
Shul Boys editor and head of development,
R2R 2018.

2018 Beachwood Business Expo

October 4 • 3-6:30 pm
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Area business persons are invited to attend the 2018 Beachwood Business Expo to interact with exhibitors from multiple industries in and around Beachwood, including: technology, financial services, food and beverage, education and culture, media, productivity, lifestyle, health and wellness, and more. There is no charge or pre-registration required to attend the show.

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Lose Yourself in a Hobby

by Jennifer Stern



A client recently shared this quote with me from her latest summer read (a book by Nancy Thayer), "We all need something in life that we enjoy that doesn't need us... if you ignore a skein of yarn or drop it on the floor or even step on it, it's not going to get it's feelings hurt".

Relationships take work. Relationships energize, they deplete, they distract, and when invested, they require us to need and be needed. Finding respite in something that doesn't need us is essential for our overall well being. It allows us to breathe. To be. To refuel. To reset. Without obligation, guilt, pressure or pull. A deliberate pause so that when we re-engage, we do so in healthy, productive and meaningful ways.

Walking provides me a great escape from the responsibilities in my life, from being needed. I enjoy the fresh air, the continu-

ous discovery of all that comes with the seasons. Gardening is very gratifying. Every day a new flower or vegetable appears, changes, grows. Word searches distract me from my to-do list, if even for a few minutes (not to mention that the sense of accomplishment I feel upon completion is very satisfying). Friends say they needlepoint or knit because it helps them to unwind, to relax, to just be. Some find solace in crossword puzzles, jigsaw puzzles, Sudoku, even coloring. For others, bike riding, golfing, running, painting, baking, jewelry making, or playing an instrument gives them the space to

be without the overwhelming and often consuming thoughts of responsibility. And there is nothing like losing yourself in a good book or podcast.

Hobbies provide positive distraction and healthy engagement. Hobbies can help us to relax, to relieve stress, to have fun. They give us something to look forward to as well as ways to engage in life differently. Developing a hobby (or hobbies) is an important part of stress management and of self care. Losing yourself in a hobby is a form of meditation that can be restorative as well as beneficial to overall well being.

Developing a hobby (or hobbies) is an important part of stress management and of self care. Losing yourself in a hobby is a form of meditation that can be restorative as well as beneficial to overall well being.

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

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What Do You Want to be When You Grow Up?

UH Ahuja Medical Center sponsors program to encourage teens' interest in medicine

Thirty students from Beachwood High School got a taste of what it's like to have a career in medicine during the recent Beachwood Medical Academy at UH Ahuja Medical Center.

The two days were packed with presentations from UH physicians, a hands-on dissection experience using bovine lungs and hearts, an intro to mindfulness with a practice session, CPR training and an opportunity to try out the DaVinci surgical robot.

The academy's schedule is designed to offer the teens a range of experiences, explains organizer Barbara Rude, LPN, community outreach coordinator at UH Ahuja. "Over the course of the academy, we expose students to a lot of different aspects of medicine and give them the opportunity to meet and talk with UH doctors, nurses and

other healthcare professionals," she says. "Ultimately, we hope to pique their interest in a healthcare career."

The students who participated in the academy will enter ninth grade this fall. In a show of hands on the first day, about half of them indicated they already have an interest in a healthcare career, ranging from heart surgery to medical research.

This was the fifth year UH Ahuja Medical Center has organized, sponsored and hosted the Beachwood Medical Academy, under the direction of UH Ahuja pulmonologist David Rosenberg, MD, MPH.



Pictured above: Students each have a turn to use the DaVinci surgical robot.

Below: UH Ahuja UH Harrington Heart & Vascular Institute physician Bradley Martin, MD, explains heart dissection to the students.

More time to dance.

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Women 4 Women, Knitting 4 Peace

Women 4 Women, Knitting 4 Peace continues to grow. Under the direction of Iris November, this group knit 137 caps for babies born in July at Lake-Health Hospital. Additionally, knitters donated six "lapghans" for Vets.

What's next? The group is considering caps for men and women who are undergoing chemotherapy.

If you knit or crochet and would like to participate, the group meets on the first Friday of each month at the Beachwood Library from 10-11:30 am. Upcoming meetings are August 3 and September 7. If you don't have supplies, they will be provided at your first meeting. For more information, contact Iris at 216.375.9111 or lbertyclub@gmail.com.



Annual Kosher Rib Burn-Off Offers an Afternoon of Family Fun

Every year on Labor Day, the parking lot of Gross Schechter Day School is transformed into a dynamic fairground that features delicious kosher food, family-friendly attractions, festival games and activities, entertainment, vendors, and more. Since 1992, Gross Schechter Day School has hosted this tremendous community event, and its annual Kosher Rib Burn-Off (RBO) presented by Pirhl, LLC promises to be bigger and better than ever. Friends of all ages are invited to this free event, Monday, September 3, from noon until 4 pm.

Kosher beef ribs will be grilled by a variety of teams as part of a friendly competition, which is judged by a panel of local celebrities. The winner will be presented with the coveted Grill Master Title and Trophy at the conclusion of the event. Bragging rights will also be granted to the victors!

The event, which draws over 3,000 people annually,

also offers carnival-style games for all ages, an assortment of prizes, a bounce house, a video game truck, a dunk tank, cornhole, airbrushing, balloon twisting and a Kid Zone for babies and tots as well as other great family-friendly activities – all of which is a recipe for one of Cleveland's most fun and festive family events.

Proceeds from the Rib

Burn-Off will allow Gross Schechter Day School to offer financial assistance, subsidized tuition, and cutting-edge school curriculum.

To learn more, visit www.grossschechter.org/rbo/ or www.grossschechter.org, or contact Tamar Smith at 216.763.1400, ext. 404. Gross Schechter Day School is located at 27601 Fairmount Blvd. in Pepper Pike.



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Proceeds from the TREE OF LIFE™ Award Dinner will benefit JNF's important work in Israel, including the Sderot Indoor Recreation Center.

MORE INFORMATION

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mfeigenbaum@jnf.org, 216.292.8733.



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Support the Arts in Beachwood

The Beachwood Arts Council invites you to become a member of one of the finest arts councils in northeast Ohio. For more than 50 years, BAC has offered a variety of arts programming, including:

- Exhibitions of artwork by local and national artists
- Museum, garden, and artist studio tours
- Local diversity festivals showcasing Cleveland's ethnic communities
- Annual art shows, including the Ileen Kelner Juried High School Art Show and the Beachwood K-12 Student Show
- Special events featuring visual, musical, performing, and culinary arts
- Hands-on projects where you create the art, such as glassblowing and silk scarf painting

Additionally, BAC gives back to the community by granting the Si Wachsberger Arts Scholarship Award each year.

Join the BAC and help support its efforts to showcase the arts in Beachwood and neighboring communities. Memberships start at \$30. BAC membership and participation are open to all residents of northeast Ohio. Please visit the BAC Facebook page at Beachwood Arts Council and its website at www.beachwoodartscouncil.org for listings of upcoming programs, photos of past events, and more details. For more information, call 216.595.3400.

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TASTE Fresh!

TASTE Local!

TASTE Summer!

North Union Farmers Market
Legacy Village Farmers Market
SUNDAYS • 10 AM - 1 PM • Thru September 23

Ohio
Go to North Union Farmers Market booth to use your Ohio Direction Card to purchase tokens for a dollar-for-dollar match (up to \$20)!

VISIT WWW.NORTHUNIONFARMERSMARKET.ORG FOR MORE DETAILS.
Interested in wholesale bulk foods? Call 216.751.7656.

Handcrafted Donuts
GOLDIE'S
Bakery

GOLDIE'S IS OPEN FOR BUSINESS!

With several generations of baking experience and original family recipes to guide us, we are excited to be opening our shop at **5211 Mayfield Road in Lyndhurst**

If you are looking for a Kosher bakery, we are here! Please stop by the bakery to sample our delicious selection of Kosher pastries and donuts.

All Products are Dairy (non Cholov Yisorel) Certified by Young Israel Kosher

FOLLOW US ON INSTAGRAM: @GOLDIESDONUTS
LEARN MORE ABOUT US AT: GOLDIESDONUTS.COM

World Renowned Hospice Specialist Shares Expertise with Community

“Just as medications can be the best way to cure an illness, Hospice is proven to be the best way to care for someone in the last six months of life,” according to Dr. Charles F. von Gunten, vice president of Medical Affairs for Hospice and Palliative Medicine at OhioHealth in Columbus, Ohio. Known as the founding father and visionary leader of hospice and palliative medicine in our nation and throughout the world, Dr. von Gunten has earned countless awards for his work, and recently shared his expertise with Menorah Park’s hospice and palliative care staff.

“Dr. von Gunten’s insight helped to strengthen our caring hospice program, which is based on our Jewish values and compassion,” Jim Newbrough, Menorah Park CEO, said. “We are always imple-

menting on-going education and training to offer our residents and their families the very best care at all phases of life.”

There are many misconceptions about hospice and palliative care that Dr. von Gunten strives to clarify. “I love this field because people matter, their lives matter and what happens to them matters. They look to us in our various roles to help and to guide them.”

Concerns are real. How will a loved one react to being in hospice? Will there be repeated hospitalizations? What about pain meds and outside physicians? How will a family member protect their loved ones who know they are nearing the end of life? Dr. von Gunten suggests getting family members to talk – to really talk.

“Start with a question that

will engage them and get them to talk,” He said. “If hospice workers are doing more than a third of the talking with family members and patients, they are talking too much.”

When talking with family members, keep the following in mind:

- Choose a tranquil setting, without interruptions.
- Ask your loved ones what they understand about their condition.
- Invite them to communicate. Ask them what they expect from hospice and what they expect with their health, both now and in the future.
- Ask open-ended questions to facilitate conversation. What do you understand? How do you feel? What are you expecting?
- Listen. Allow them to talk and to experience emotions.



Dr. von Gunten and Menorah Park CEO Jim Newbrough.

- Establish a plan.
- Be future focused.
- Help them get what they want.

There are four levels of hospice care: Routine Home Care, General Inpatient Care, Continuous Care and Respite Care; and the degree of care varies, depending on needs. Dr. von Gunten says, “It’s important to stop thinking of hospice as a choice. When one is in the last six months of life, the best way they can be taken care of is with hospice.”

Menorah Park offers hospice services to its residents only.

Working Together. Building Success.

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Peoples Bank | Beachwood Office Jacki Pellettiere, Branch Manager

24400 Chagrin Blvd.
Beachwood, OH 44122
jacki.pellettiere@pebo.com
216.910.0550 Main
216.910.0563 Direct

Peoples Bank | Commercial Banking Ann-Marie Hagenbuch, Vice President

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Beachwood

August 31st
Price
Increases
\$50

Business XPO

Embassy Suites
3775 Park East Drive
near I-271

Thursday
October 4, 2018
From 3pm to 6:30pm

Silver Sponsors

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- HR
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1st 250 attendees receive event bags!

Exhibitor & Attendee Pre-Registration at Beachwood.org

CITY OF *Beachwood* Council Update

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MARTIN S. HORWITZ



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mayor@beachwoodohio.com

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NOT JUST A FIRE STATION

The Beachwood Public Safety Center is a fire station but also more than that: it includes a Regional Dispatch Center and a training facility that doubles as an Emergency Operation Center. It will also support hazmat, swat medics and tech rescue.

“We hope the City never needs everything here, but we’ve planned for a pretty significant event,” Beachwood Fire Chief Patrick Kearns said.

SNEAK PEEK AT DESIGN FEATURES

Fire Department staff worked with the architects to ensure the building supports the health and well-being of workers and equipment. The building was developed with the Hot Zone Design theory, which divides areas into Hot, Warm, and Cold zones based upon where hazardous materials are located. This minimizes cross-contamination to keep firefighters healthy. Because fire trucks rust from the bottom up, floor-based radiant heat in the bay will dry trucks from the bottom up, adding an estimated 5 years to the life of each truck. The training tower can be filled with theatrical smoke and can also be used for hose storage. To learn more, come and take a tour on August 26.

Beachwood’s new Public Safety Center (PSC) **opens on August 26** with a ribbon-cutting and community open house featuring tours of the facility, an ice-cream social and many Dalmatians.

Sunday, August 26
11:00 a.m. – 2:00 p.m.
3777 Richmond Road

City Contact Information

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



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BeachwoodOH



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TV PROGRAMMING
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EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

RECYCLING: BACK TO THE BASICS

Recycling contamination is an issue across the nation and is also a major problem in Cuyahoga County. Recycling contamination happens when well-intentioned recyclers mistakenly put the wrong items into their recycling. It can wreak havoc on the recycling process.

The best way to avoid recycling contamination in your curbside recycling is to only recycle these five core items:

- **CANS:** Empty and rinse.
- **CARTONS:** Empty, rinse and replace the cap.
- **GLASS BOTTLES & JARS:** Empty and rinse.
- **PAPER & BOXES:** Flatten cardboard items. (ex: cereal boxes)
- **PLASTIC BOTTLES & JUGS:** Empty and rinse. Replace the cap.

Place these items loose – not bagged – in your recycling bin or cart. All items should be clean, empty and dry. Plastic bottles and jugs include items with an opening or neck that is narrower than the body.

Learn more about recycling best practices at www.cuyahogarecycles.org/how_to_recycle



**AMERICAN RED CROSS
BLOOD DRIVE**
FRIDAY, AUGUST 17
1:00 – 7:00 p.m.
Beachwood Community Center

BUILD COMMUNITY HOST A BLOCK PARTY!

Host a block party and we'll help you with the supplies, including chairs, tables, pop-up tents, a cornhole game, and more. We can also coordinate if you would like an elected official to stop by. Call Lynn Johnson at (216) 292-1905 to get your block party rolling!



BEACHWOOD CITY SCHOOLS

SCHOOL STARTS
AUGUST 15



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 highway with four or more traffic lanes.

BE A GOOD DOG OWNER

The Beachwood Police Department reminds you to please keep your dog on a leash and clean up after it. City ordinances state:

- No person shall permit a dog to run at large anywhere within the city, except upon the owner's property.
- No person shall keep any dog which by barking, biting, howling or in any way or disturbs the quiet of any other person or damages any other person's property.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, August 6 & 20. Questions? 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meetings: Thursday, August 30. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, August 6 & 20. Questions? 216.292.1914.

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

KEEP BEACHWOOD

Beautiful

Please follow Beachwood City Ordinance 660.21 Rubbish Rules, which requires homeowners not to place rubbish for collection prior to 6:00 p.m. of the evening before their scheduled collection day. Please remove empty containers before 9:00 AM the day after collection day.



Our city ordinances prohibit scavengers. If you need a special weekday rubbish collection for furniture or other household items, our Service Department will do this at no charge to you. Call 216-292-1922 for more information or to schedule.

HONKIN HAULIN

HANDS ON TRUCKS



19TH ANNUAL

SUNDAY, SEPTEMBER 16
12:00 NOON – 3:00 P.M.
MUNICIPAL SERVICE CENTER

Get into the driver's seat of City safety and service vehicles including: Fire Engines, Ambulance, Rubbish Truck, Front End Loader, Dump Truck and more! Questions? Call 216.292.1970



FIRE PITS AND CHIMINEAS

When using an outdoor fireplace, fire pit or chiminea, please adhere to the Ohio Fire code as well as City Codified Ordinances.

Follow these guidelines:

- Must be constructed of clay, cast iron or cast aluminum.
- Must have a chimney, screen or top for spark prevention.
- Be listed for use as outdoor fire place, fire pit or chiminea.
- Elevated off the ground with feet or pedestal.



When using these devices, use the following safety tips:

- Have a fire extinguisher or water source readily available.
- All recreational fires in approved containers must be a minimum of 15 ft. from any structure.
- Do NOT burn treated wood and never burn toxic materials.
- Place devices in a spot clear of hanging branches/trees.
- Position the chiminea on a flat and fireproof surface.
- Never leave the fire unattended.
- Completely extinguish fire before retiring.
- Do NOT use lighter fluid or gasoline. Use fire starters.

BEACHWOOD OUTDOOR

Movie Night

FREE

Join us under the stars for a FREE movie night!
Bring your blankets and lawn chairs
and dinner picnic basket!

August 12 • A Wrinkle in Time

Beachwood Community Center Parking Lot • Starts at 5:00 p.m.

Purchase dozens of flavors from the Crazy But True Popcorn Truck

City of Beachwood Questions? Call 216-292-1970

Council Update



BEACHWOOD FAMILY AQUATIC CENTER

END-OF-SEASON DATES

Here is your official guide to the Beachwood Family Aquatic Center days and hours of operation for the remainder of the 2018 Season. Questions? Call 216-292-1973



AUGUST 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15 CLOSED First day of School	16 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m.	17 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m.	18 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m.
19 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m	20 CLOSED	21 CLOSED	22 CLOSED	23 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m.	24 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m.	25 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m
26 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m	27 CLOSED	28 CLOSED	29 CLOSED	30 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m.	31 Lap ONLY: 6:15–8:30 a.m. Regular Swim: 4–8 p.m	1 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m
2 Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m	3 LABOR DAY LAST DAY TO SWIM Lap ONLY: 9–10:45 a.m. Regular Swim: 11:30–7:30 p.m	4 CLOSED FOR THE SEASON	<p>DUE TO STAFFING LEVELS FOR YOUR SAFETY SELECT FEATURES MAY BE UNAVAILABLE 216-292-1973</p>			

UPCOMING ART EXHIBITS



HERE AND NOW: FOUR MINDFUL ART PRACTICES featuring Stephen Calhoun, Lainard Bush, Kathy Skerritt and Eva Volf
Now – August 18

BRIGHT AND BEAUTIFUL featuring Lizzi Aronhalt, Mary Kay Thomas, Parlay Yvette and Jamie Morse
August 22 – September 12
Artists' Reception – August 26, 1:00 – 2:30 p.m.

Beachwood Community Center

MON – FRI • 9 A.M. – 4 P.M.
SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.



BEACHWOOD CITY PARK

The Beachwood City Park is for all to enjoy. Please be aware of the people around you and follow these rules:

- Alcoholic beverages and drug use are prohibited.
- Bike helmets required for anyone under age 16.
- Cutting, picking or destruction of plant life or property is prohibited.
- In an emergency, call 9-1-1.
- No littering or dumping.
- No motorized vehicles are permitted on trails.
- Park hours are from sunrise to sunset.
- Pedestrians have the right of way on trails.
- Pets must be on a leash while in the park.
- Pick up after your pets.
- Picnic shelter is for the community and is to be shared.
- Share the trail courteously. Stay on existing designated trails.

RX DRUG DROP BOX

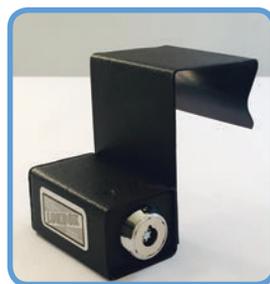
A prescription drug drop-off box is located in the Police Department lobby for unused, unwanted or expired prescription drugs. Drugs can be dropped off Monday – Friday, 8:00 a.m. – 4:30 p.m. No liquids or needles. No special containers needed.



LOCKBOX PROGRAM

In an emergency, every second counts! Beachwood Department of Fire-Rescue offers a lockbox program to expedite emergency access into homes during emergencies.

Pay a one-time \$30 fee for a small, secure metal box that hangs over the front door with a spare key inside. The box is locked by a unique key accessible exclusively by the Beachwood Fire Department and only used in the event of an emergency. Residents interested in purchasing a lock box should contact 216.292.1965.



BUDDING BEACHWOOD BUSINESSES:

A 3-PART SEMINAR SERIES

10 A.M. – 12 NOON (+ NETWORKING)
BEACHWOOD COMMUNITY CENTER
SEPTEMBER 18, OCTOBER 16 & NOVEMBER 13

SESSION 1 • September 18 • Getting Started
SESSION 2 • October 16 • Marketing & Leasing
SESSION 3 • November 13 • Legal & Lending

Free - Reservation Necessary

Questions? 216.292.1915

Keri.Zipay@beachwoodohio.com



PERSONAL SHRED DAY & HABITAT FOR HUMANITY RESTORE

SUNDAY, SEPTEMBER 22 • 9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER
PARKING LOT

FREE

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

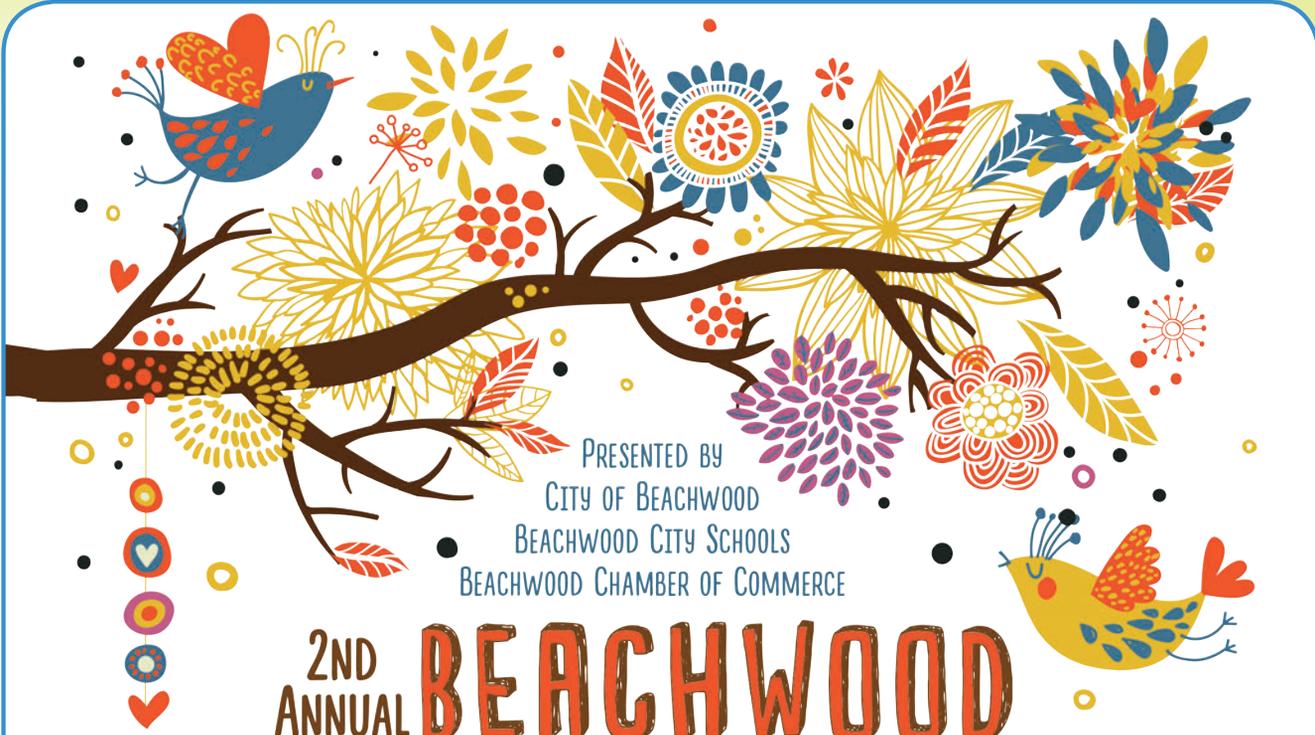
Donate usable household items and construction/rehab materials. A tax receipt is available. Pick-up arrangements can be made for larger items by calling (216) 429-3631.



ATTENTION BICYCLISTS

Please 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.

Council Update



PRESENTED BY
CITY OF BEACHWOOD
BEACHWOOD CITY SCHOOLS
BEACHWOOD CHAMBER OF COMMERCE

2ND ANNUAL **BEACHWOOD**
FALL FESTIVAL

FREE • SUNDAY, OCTOBER 7

NOON – 5:00 PM • BEACHWOOD CITY HALL PARKING LOT

**FOOD TRUCKS – CRAFTS – GAMES – INFLATABLES – UNIQUE BOUTIQUE
SCAVENGER HUNT – PUMPKIN PATCH – LIVE MUSIC BY REVOLUTION PIE**

NINJA COURSE



WITH GUEST APPEARANCE BY
MICHELLE WARNKY
AMERICAN NINJA WARRIOR ATHLETE

City of Beachwood Contacts:

Karen Carmen • 216-595-3720

Karen.Carmen@beachwoodohio.com

Shannon Diamond • 216-595-3747

Shannon.Diamond@beachwoodohio.com



CITY OF
Beachwood

November 6 Operating Levy

Beachwood City Schools is placing a 5.9 mill operating levy on the ballot alone this November.

- Offsets \$3.5 million lost because of state actions
- Continues to offer taxpayers the LOWEST operating tax rate in the area
- Prevents cuts to academic programs and services

More information:

<https://www.beachwoodschoools.org/OperatingLevy.aspx>

Back to School Events

Thursday, AUGUST 9

Hilltop "New to District" Family Orientation	9am	Hilltop
Book Room (Grades 10-12)	1pm-3pm	BHS
Bryden "New to District" Family Orientation	1pm	Bryden
Bryden Drop-In (Grades 1 & 2)	2pm	Bryden
Bryden School Summer Reading Party	4pm	Bryden

Friday, AUGUST 10

Bryden Kindergarten Visits (scheduled individually)	All Day	Bryden
Class of 2022 Lunch with Principal Srithai, Asst. Principal Patti, and Director of Athletics Peters		BHS
BMS 6th Grade Student Orientation	9am	BMS
BHS Freshman Orientation	9:30am	BHS
Book Room - Freshmen only	1pm-3pm	BHS
BMS 7th & 8th Grade New Student Orientation	1pm	BMS

Sunday, AUGUST 12

Back to School Celebration	6pm	BHS
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Monday, AUGUST 13

Hilltop Open House (Grades 4 & 5)	5:30pm	Hilltop
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Tuesday, AUGUST 14

Hilltop Open House - 3rd Grade	5:30pm	Hilltop
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Wednesday, SEPTEMBER 5

BHS Open House	7pm	BHS
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Thursday, SEPTEMBER 6

BMS Open House	6:30pm	BMS
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**ENJOY A COOKOUT
SPONSORED BY THE
ATHLETIC BOOSTERS**

**SUNDAY, AUG 12
6 PM - 8 PM
BEACHWOOD HIGH SCHOOL
(RAIN LOCATION: BHS GYM)**

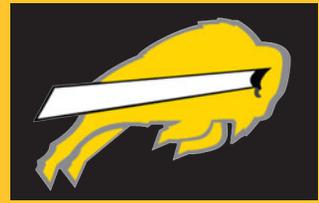
**ENJOY A DJ AND PHOTO BOOTH
JOIN THE PTO AND BOOSTERS**

**SEE FRIENDS, TEACHERS,
PRINCIPALS AND MORE BEFORE
THE START OF SCHOOL!**

**GRAB YOUR 2018 YARD SIGN
BUY YOUR BISON SPIRIT WEAR**

ADMINISTRATION

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Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschoos.org
Dr. Ken Veon, Assistant Superintendent, 464-2600 ext. 230 • kev@beachwoodschoos.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschoos.org
Linda LoGalbo, Director of Curriculum & Instruction, 464-2600 ext. 289 • lhl@beachwoodschoos.org
Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschoos.org
Shana Wallenstein, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoos.org



Youth Football Camp a Success!

Over two steamy nights, Beachwood Bison Football co-hosted the Ted Ginn Jr. Light It Up Instructional Football Camp for over 400 youth ages 8 - 18. NFL players from across the country descended upon Beachwood High School to share football fundamentals with kids hungry to practice and play. Participating players included **Marshon Lattimore, Justin Hardee, Ted Ginn, Jr., Michael Crabtree, Chris Worley, Travis Kelce, Shelton Gibson, Jayrone Elliott**, OSU Assistant Coach **V'Angelo Bentley** and Cleveland Browns Head Coach **Hue Jackson**.



Coach Damion Creel was thrilled to co-host the camp, adding "It's a terrific way to build excitement amongst our youngest players, while teaching proper technique and skills. I appreciate Ted Jr. partnering with us in Beachwood to make this opportunity available to our kids."



**Beachwood Bison Football Opener
Friday, August 24 @ 7pm vs. North High School, Akron**



www.facebook.com/BeachwoodBison



@beachwoodbison

Visit us at www.beachwoodschoos.org

DIMENSIONS IN TESTIMONY AT THE MALTZ MUSEUM

EVERY TUES - FRI & SUN AT 3PM

INCLUDED WITH GENERAL ADMISSION



What happens when the last Holocaust survivors are no longer with us?

Who will tell their stories?

The Maltz Museum is launching a first-of-its-kind effort in Cleveland to preserve Holocaust memories through the use of cutting-edge technology.

Be part of the beta test and hear Stanley's story of survival, then interact with him through Q&A.

Together, we will never forget.



2929 RICHMOND ROAD, BEACHWOOD
216.593.0575 | MALTZMUSEUM.ORG

Local Holocaust Survivor to Educate Future Generations Through Cutting-edge Technology

Maltz Museum of Jewish Heritage launches beta test of Dimensions in Testimony with USC Shoah Foundation

Maltz Museum of Jewish Heritage has partnered with USC Shoah Foundation's Dimensions in Testimony to launch a first-of-its-kind Holocaust Survivor Memory Project in Cleveland. Local Holocaust survivor Stanley Bernath's story and memories were recorded with state-of-the-art technology that allowed him to share his story and answer questions about his past, simulating the experience of speaking face-to-face with a survivor.

Each year more than 10,000 students from across Northeast Ohio visit the Maltz Museum for student tours. Many of these students hear from a local Holocaust survivor who shares his or her personal and powerful story, which is one of the most meaningful ways students can experience history. In order to preserve the experience, the Maltz Museum is launching a first-of-its-kind effort in Cleveland that uses cutting-edge technology to simulate speaking to a living survivor.

"Meeting and interacting with a survivor lifts history out of the books and brings it to life for students," said David Schafer, managing director of the Maltz Museum, who says this is why the Survivor Memory Project is critical now. "We don't know how much longer survivors will be able to share their stories. Working with USC Shoah Foundation's Dimensions in Testimony enables future generations to interact with a Holocaust survivor long after we are all gone."

Dimensions in Testimony revolutionizes the concept of oral

history by using cutting-edge technology to record survivor stories with hundreds of cameras set up in a dome. The team asks hundreds of questions over the course of two days. The survivor needs to have significant cognitive ability to sit through the comprehensive question and answer session in the California studio.

Approximately one year after that experience, Stanley is seeing an interactive version of himself as the beta version readies for Cleveland audiences this summer.

"Years from now, none of us survivors will be available, we'll be all gone," said Stanley, who is honored to be the fifteenth survivor in the world to record his story as an interactive survivor biography. He has been telling his story to groups for more than forty years, and now his story will live on in perpetuity.

"Children or adults can always ask questions. They'll be able to see it and hear what I have to say about what I went through," he said.

The beta test is an important part of the technology's process and Maltz Museum visitors can now interact with this version and help test the technology every Tuesday through Friday, and Sunday, at 3 pm. The experience is included with general museum admission and is free for Maltz Museum members.

See a short video about the Survivor Memory Project by visiting <https://www.facebook.com/MaltzMuseum/videos/10155466184116630/>.



SUPPORT BEACHWOOD BOOSTERS

The Beachwood Athletic Boosters are dedicated to supporting the Beachwood athletic programs in grades K-12, and are only as vibrant and strong as their members.

Our 2018-2019 membership drive is now underway, so please join us and make a difference to our student athletes!

Visit <http://www.beachwoodschoools.org/JointheBoosters.aspx> for details.

Family Membership \$150
Individual Membership \$75
Alumni Membership \$50
Bison Supporter (No free entry) \$25

WE THANK OUR 2017 – 2018 MEMBERS

Randi and Eric Adler	Scott and Halle Dubin	Alan and Lisa Kornspan	Julie Shaw
David and Davida Amkraut	Ms. Rebecca Duncan	Randi and Brian Lackritz	Steve Shook and Cathy Franz
Laura Anderson	Mesha Duncan	Doug Henry and Michelle LaFleur	Steve and Stacey Shore
Lee and Suzanne Appel	Jack and Jamie Elwell	Jim and Pam Leikin	Laura Simon
Jeffrey Babbush	Mike Fanous	Doug and Laura Levin	Raquel Smith
Stephen and Marci Baker	Lisa Farmer	David and Lora Lewis	Rick and Heidi Solomon
Patricia Ballard	Todd and Julie Felder	Linda LoGalbo	Scott and Jody Spero
Jean Belfiore and Matthew Weaver	Sallie Fine and Michael Lewin	Brian Linick	Michael and Karen Steckner
Todd and Cheryl Bendis	Paul and Leslie Flowers	Mitchel Luxenburg	David and Mindy Steiger
Carl and Maria Bennett	Michael Friedman	Sam and Sherri Malek	Todd and Jen Stern
Ellen and Chanan Bergman	Lisa Gaines and Pete Smith	Robert and Laurie Marks	Connie Strong
Michael and Dana Berkley	Steven and Lisa Gill	Don McPhillips	Mike and Jill Stovsky
Scott and Julie Berkowitz	Dan and Laurie Goetz	Randell and Gail McShepard	Kim Umpleby
Alan and Therese Blumenthal	Steven and Jodie Goldman	Conrad Metz and June Taylor	Michele Ungar
Daniel and Sue Borison	Brad Grieco	Pandra Morrissette-Hill	Richard and Beverly Levin
Mike and Nikki Burkons	Ron and Shelley Gross	Steve Moss Sr.	Ronald and Laurel Velazquez
Brian and Maureen Byrne	Steve Harf and Leslie Carno-Harf	Jeff and Jim Muencz	Derek and Camille Warner
Cory and Missy Bystrom	Jon and Alison Harris	Michele Odom and Steve Oliver	Tara and Jeffrey Warner
Michael and Kareen Caputo	Ken and Michelle Hersh	Levella Parker	Andy Brewer and Jodi Weinberg
Stephan and Luci Charnas	Mark and Leslie Holz	James Pasch and Carly Hodgins	Mandy Weiskopf
Chick-fil-A	Alec & Cheryl Isaacson	Marla and Craig Petti	Dr. Brian and Dawn Weiss
Loren and Heidi Chylla	Stanley and Aesha Johnson	Amanda Pohlman	Nancy Weissman
Cindy and Craig Cohen	Karlynn Johnson	Melvyn and Stephanie Prince	Michael and Julie White
David and Elizabeth Conn	Jordan and Michele Kaminsky	Greg and Lindsey Resnick	Jill and David Winger
Brian Connor	Ami Kann	Meredith and Jack Rotsky	Michele Wong
Vincent Crenshaw	Stephen and Kim Karl	Aaron and Karen Saidel	Ben and Jennifer Woomer
Brian and Stacey Davis	Carole Katz	Miguel and Kim Sanders	Jeffrey and Elin Young
Susan Dery	Brent and Dawn Keilin	Michael and Tijuana Schmidt	Michael and Jodi Zawatsky
Brant and Jaime Desatnik	Natalie Keyerleber	Douglas and Fredell Schnee	

Support Beachwood Boosters. Your Membership Means a Lot!

Scott Spero, President • Marla Petti, Vice President, Secretary • Doug Levin, Treasurer
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Fall Into Community Programs . . .

Mandel JCC J-Kids Club After School Care for Grades K-5

Registration is now open! J-Kids Club runs from August 15, 2018 through May 31, 2019

School is just around the corner and J-Kids Club after school program is simply the best place to be after the school bell rings! You can rest – or work – easier knowing your children are having fun and taking part in an array of exciting activities and programs. No two days are the same. J-Kids Club offers everything from a private, supervised HOMEWORK ROOM, enrichment classes, organized sports, swimming lessons, arts and crafts, and so much more. Your student will be engaged from the time they arrive to the time you pick them up.

Why Choose J-Kids Club?

• Convenient and Flexible

Come for as many days as you need! 1-5 day enrollment available, with drop-in options. J-Kids Club is open from your student's school dismissal to 6 pm.

• Indoor and Outdoor Fun

Beautiful facilities include our large 4-court gym, playground and more.

• Fun, Recreational Activities

Sports activities, daily snacks, Jewish holiday theme days and Shabbat celebrations.

• Quiet Areas to Complete Homework

Private supervised homework room and reading space.

• Students Create Their Own Schedule

Students make the most of their afternoon with a variety of options from which to choose.

• Enrichment Programs

Allow students opportunities to explore their hobbies in each of the STEAM categories. Activities may include art, dance, sports, science, theater or American Red Cross swimming lessons in our indoor pool. (Additional fees apply.)

Our low child-to-staff ratio combined with our skilled and professional staff create a safe, welcoming and nurturing environment for your kids. J-Kids Club has something for every kid – whether your child wants to be active through sports or swimming, or engaged through quieter activities, such as art projects or reading.

Send your students to the place that all kids want to be. To register today, contact Rachel Hildebrandt at 216.593.6249 or rhlildebrandt@mandeljcc.org.



MANDEL JCC J-KIDS CLUB AFTER SCHOOL CARE

Grades K - 5 • August 15, 2018 - May 31, 2019

Why Choose J-Kids Club?

- Flexible scheduling – sign up for as many days as you want!
- Drop-ins if space is available
- Talented staff with low child-to-staff ratio
- Dedicated, supervised homework room
- Beautiful, state-of-the-art facilities
- High quality programming to keep your children engaged
- Transportation provided from Beachwood Schools, Mandel JDS, Gross Schechter Day School & Orange Schools



A 5-star Step Up To Quality program!



For fees or to register: mandeljcc.org/kidsclub • (216) 831-0700 ext. 1322 • 26001 S. Woodland Road, Beachwood, 44122

School, After School and more!



Ratner Montessori School

The Ratner Montessori School is designed for the curious, creative and caring child. Our programs promote independence, while fostering mutual respect and a sense of community. Montessori-trained teachers and students develop close relationships that allow for respect and appreciation of the individual within their community and environment, as well as deep learning within the academic fields.



Interested families are encouraged to visit us and experience Ratner's unique educational environment first-hand. Our mission is to empower a diverse community of students to find joy in learning and to become their best selves. We invite you to take a tour, meet students and teachers, see our Montessori classrooms in action, and discover how we live our mission.

To schedule a tour, contact Ginny Wagh, director of Enrollment Management, at vwagh@theratnerschool.org or 216.464.0033, ext. 1120.

The Music Settlement

For over a century, The Music Settlement (TMS) has been a beloved, award-winning University Circle institution. One-hundred-and-six years later, we have expanded our impact in the community with a second campus on Cleveland's near west side in Ohio City. We are a school that serves the entire community, from all backgrounds, through excellent programs in music and arts instruction, music therapy, and early childhood education.



TMS offers something for everyone, at any point throughout the year, with year-round enrollment options. Our Center for Early Childhood received the Gold Daisy Award for "Best Preschool" and "Best Daycare" and our Center for Music won *Cleveland Magazine's* Best of the East for "Best Music Instruction" for the 4th year in a row.

Visit www.TheMusicSettlement.org or call 216.421.5806 to learn more about TMS's offerings and events, which include the Grand Opening Celebration of our new Ohio City campus on August 26.



The Lillian and Betty
Ratner Montessori School
Curious. Creative. Caring.

NOW ENROLLING

18 MONTHS THROUGH 8TH GRADE

Extended Day options (early and after care) available.
Call Ginny Wagh, Director of Enrollment Management at 216-464-0033 x1120 to schedule a tour.

Discover the school that empowers students to find joy in learning and to become their best selves.



The Lillian and Betty Ratner Montessori School
27575 Shaker Blvd | Pepper Pike, Ohio 44124 | 216 464 0033
www.theratnerschool.org



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TheMusicSettlement.org
216.421.5806



Fall Into Community Programs . . .

Beaumont School

The primary goal of a college-preparatory high school is to ensure that its students are able to get admitted to and are successful at the university of their choosing. At Beaumont School, one of the ways that goal is fulfilled is through the International Baccalaureate Diploma Programme.

With IB, students have an opportunity to differentiate themselves. Because the college-acceptance process is far more competitive than in the past, good grades and a high ACT score no longer carry the same assurances in the college admissions process as in the past. Colleges know that IB Diploma students are not only academically qualified, but well-rounded and internationally-minded, making them ideal college candidates.

Beaumont is an all-girls high school that educates young women in the Ursuline tradition for life, leadership and service. Beaumont carries a responsibility to educate young women about the importance of their voices, to seek justice, and to go into the world with confidence. The IB program at Beaumont is the most recent addition to an already impressive group of offerings with this goal in mind, such as Academic Scholars, Veale Youth Entrepreneurship Forum, Studio Art, and Pre-Engineering.

Beaumont School is holding an Open House from 11 am to 1 pm on Sunday, September 30, where students and parents can meet teachers, coaches, students, parents and more, and learn about the programs that offer students opportunities to pursue their passions and to develop the real-world knowledge, skills and connections for future success. Beaumont School is where young women learn to change the world.

To register, call 216.325.1661 or visit beaumontschool.org/openhouses.



WHERE YOUNG WOMEN LEARN TO CHANGE THE WORLD



The only all-girl school in Northeast Ohio to offer International Baccalaureate Degree Programme.

OPEN HOUSE

SUNDAY, SEPTEMBER 30 | 11AM – 1PM

» To register, call 216.325.1661 or go online to beaumontschool.org/openhouses



3301 North Park Boulevard | Cleveland Heights, OH 44118

216.325.1661 | Beaumontschool.org |

School, After School and more!

Suburban Temple-Kol Ami

Founded in 1948, Suburban Temple-Kol Ami is a reform, Jewish congregation that is egalitarian and inclusive. We are a diverse community that engages everyone – interfaith couples, LGBT families, multiracial families, seniors, couples, singles of all ages, single parents and multi-generational families. Our members help create a holy community and we hope you will join us. Our unique membership program, Open Doors, allows members to determine their own membership contribution.

Our spiritual leader, Rabbi Allison Vann, has been part of the Suburban Temple-Kol Ami community for seven years. Her love of Judaism, learning, having FUN, and her dogs are evidenced every day. Rabbi Vann demonstrates her commitment to Tikkun Olam, repair of the world, through sermons, teaching, and encouraging congregational participation in a variety of social justice projects. If you haven't met her, it's time!

We are a congregation of learners, with innovative and rich educational opportunities for all ages. From weekly Torah study on Saturday mornings to a revolutionary educational model, Our Tent, for tots to our most seasoned members, Suburban Temple-Kol Ami meets our congregants where they are. We strive to provide resources, classes and discussions for growth and

movement on our individual Jewish journeys. Every day, we are building community. Director of Lifelong Learning, Rabbi Shana Nyer, leads Our Tent with an infectious enthusiasm.

To learn more about Suburban Temple-Kol Ami, Open Doors, and Our Tent, please visit www.suburbantemple.org or call 216.991.0700 and ask to speak with Rabbi Vann, Rabbi Shana, or executive director Brett Shankman.



Pictured from left: Rabbis Allison Vann and Shana Nyer.

Our members help create a holy community and we hope you will join us. Our unique membership program, Open Doors, allows members to determine their own membership contribution.



just where you fit in!

We believe in community and our lifelong learning program was designed to strengthen and create community. **OUR TENT** offers a variety of subjects to help deepen our knowledge of Judaism and Jewish culture. Our instructors employ different media and techniques to keep the classes fun, informative and innovative.

This year we are opening enrollment beyond our congregation. We invite you to find your place inside **OUR TENT!**

Open enrollment begins on **August 1**. Act now to receive a special introductory price of \$175/trimester!

On the web at: www.suburbantemple.org/ourtent



www.suburbantemple.org | 22401 chagrin boulevard, beachwood, ohio 44122 | 216.991.0700



Fall Into Community Programs

The Park Synagogue Celebrates 150th-Year Anniversary

The Park Synagogue is excited to begin a year-long celebration in honor of our 150-year history. Events for all ages will be held throughout the year as part of the "Park150" celebration to "Honor Our Past, Celebrate Our Future." All events will be open to the community.



The Park150 year's kick-off event is a free outdoor concert featuring singer and song leader Rick Recht on Sunday, August 26, at 1 pm. Experience the melodies, Hebrew songs, rock rhythms and energy that thousands have enjoyed at concerts in the United States and abroad. A lunch featuring hot dogs, salad, and the Park Men's Club award-winning ribs will be available for purchase beginning at 11:30 am.

Other Park150 events include an evening with political analyst David Gregory, a Cantors Concert, Gala Celebration and more!

For more information about the Rick Recht concert and other Park150 events throughout the year, visit www.parksynagogue.org/park-150.

Fromovitz Chabad Center

Founded by Rabbi Moshe and Rivky Gancz, Fromovitz Chabad Center in Beachwood serves the spiritual needs of every Jew, young and old. The center has grown and opened its own space at 21625 Chagrin Blvd, #210, where programs, classes and activities are held.

Fromovitz Chabad Center offers a host of services that include daily classes for men and women, holiday programs for the whole family, and weekly services on Shabbos mornings. The warm and inviting atmosphere makes Jews of all backgrounds feel welcome and comfortable.

The Chabad Center offers High Holiday services with user-friendly prayer books, children's programming and Kiddush.

"Rabbi Moshe and Mrs. Rivky Gancz are both very motivating. They

inspire us to do the right thing, and make Judaism more meaningful, and more a part of our lives," says Bonnie Goldfarb, a now regular at FCC.

For more information, call 216.647.4884 or visit www.clevelandjewishlearning.com.



Celebrate with us!
Park Synagogue is celebrating 150 years!

RICK RECHT
in concert

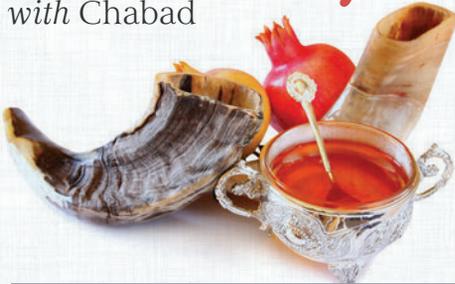
FREE and open to the community
Sunday, August 26, 2018
1:00 pm • Park Synagogue East
27500 Shaker Blvd.
Pepper Pike, OH



PARK150
For more information:
www.parksynagogue.org/park-150

High Holidays
with Chabad

Rosh Hashana: September 9-11
Yom Kippur: September 18-19



FRIENDLY & MEANINGFUL SERVICES

ROSH HASHANA DINNER

CHILDREN'S PROGRAM & ACTIVITIES

For more info. www.clevelandjewishlearning.com
Services will be held at Highland Park Golf Course 3550 Green Road
Services are free of charge ~ No tickets necessary



Are you ready
to become one
of tomorrow's
leaders?

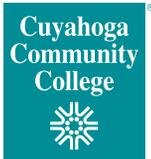
**The Jack, Joseph and Morton Mandel
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mandelcenter@tri-c.edu

Cuyahoga Community College
Eastern Campus, 4250 Richmond Rd.
Highland Hills, Ohio 44122



18-0664



We invite you to join us at Fairmount Temple when we welcome acclaimed musician **NOAH ARONSON**, Aug. 31-Sept. 1.

Noah Aronson, who has released three albums, is known for his "creativity, musicality and his playful and soulful spirit."

A special invitation to our former temple members to be part of this weekend so you can get to know us all over again!

Shabbat Service, Friday, Aug. 31

5:30 p.m. Wine & Welcome Reception

6:15 p.m. Shabbat Service with our clergy and Noah Aronson featuring songs certain to inspire you!

Selichot and Concert, Saturday, Sept. 1

6:30 p.m. Join us for some delicious desserts

7 p.m. Noah Aronson, the temple clergy and Jr. Choir will help prepare our hearts for the High Holy Days through song and prayer.

AT FAIRMOUNT TEMPLE YOU WILL FIND:

- Voluntary First Year Dues, an opportunity to become part of this welcoming community and experience first-hand why we are Anshe Chesed, people of loving kindness!
- A dynamic clergy team who officiate at weddings for interfaith couples establishing a Jewish home
- Grassroots social action initiatives

To learn more about all we have to offer, including Voluntary First Year Dues, contact Executive Director Steve Borstein at 216-464-1330 or Sborstein@fairmounttemple.org.



23737 Fairmount Blvd. Beachwood, OH
216-464-1330
www.fairmounttemple.com



Build Skills, Build Confidence.

Every fall is a fresh start. Equip your kids with more than new clothes and school supplies—give them skills to transform their year! The Mathnasium Method™ builds confidence, develops critical thinking, and boosts grades and scores. Our caring, expert instructors assess and teach each child individually, using customized learning plans to help them set and accomplish their academic goals all year long.

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Face-to-Face Instruction



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www.mathnasium.com/beachwood

The September *Beachwood Buzz* will feature information about wellness and aging.

If your business fits in these categories, we have information to share with you!

Please email beachwoodbuzzsales@gmail.com for complete details.

Saturate the Beachwood market. Advertise in *Beachwood Buzz*. Every resident, every business, every month!

Heights Chamber Orchestra Auditions

The Heights Chamber Orchestra, now entering its 36th season, welcomes motivated amateur and professional musicians who would like to become part of a community orchestra with challenging repertoire and exciting performance opportunities. We rehearse on Monday evenings, 7:30-9:30 pm, at Cleveland Heights High School, and perform five Sunday afternoon concerts during the season.

Auditions are required for membership. Openings exist for violins, violas, and cellos. Auditions will be held Monday, August 20 at Heights High School. Please visit www.heightschamberorchestra.org to download excerpts and sign up for an audition time.

If you have any questions or require additional information, please contact Gayle Kish at 440.220.2040 or kishgayle3@gmail.com.

My Pashtun Rabbi, a Memoir of the Emirates, Tells Tale of an American Jew Hired as “Journalism Expert” at UAE University

Beachwood author, journalist David Eden's book is now available

My Pashtun Rabbi, a narrative of identity, religion, politics, and human faith, is an eye-opening tale of an American Jew hired to be the “journalism expert” at United Arab Emirates University. This insightful memoir of the Emirates is now available on Amazon.

Written by veteran journalist David Eden, *My Pashtun Rabbi: A Jew's Search for Truth, Meaning, and Hope in the Muslim World* (Amazon) chronicles his time as the “journalism expert” at UAE University during the 2008-2009 school year as the world's economy collapsed, Obama was elected president, and war erupted in the Middle East.

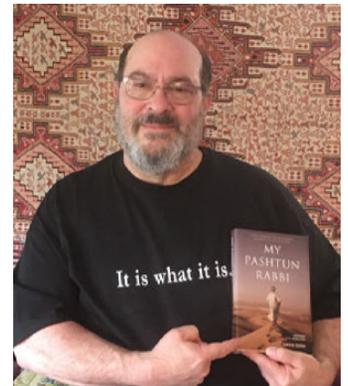
What's more, David's Jewish identity was unknown to his students, faculty, and nearly everybody else. What would happen when they found out? How would the fact of his being Jewish affect his relationships with students and friends in this Arab land as the truth is revealed?

That's the heart of *My Pashtun Rabbi*, the story about David Eden, a middle-aged American Jew from Cleveland, and journalist by training, who embarks on a journey of faith and redemption that lands him in Al Ain, an ancient, inland desert city situated on an archipelago of millennial-old oases in the Emirate of Abu Dhabi on the rugged border with Oman. What makes Al Ain special is that it is the ancestral home of Sheikh Zayed, the UAE's founder and George Washington-like patriarch.

David's life takes a major turn when a Pashtun taxi driver, Noor, picks him up just hours before the beginning of Ramadan. From that small event, a special relationship germinates and blooms into a golden bond of friendship. Noor's family lives in the tribal territories of Pakistan, and he rarely has the opportunity to visit his parents, wife and five children. There is something special and different about Noor, and David begins to think of him as his very own Pashtun rabbi.

His journey also takes him inside the world of a prominent Emirati family connected to Sheikh Zayed, the nation's royal founding patriarch, and into the classroom where he “pushes the limits” on “allowed topics,” and encounters a firebrand female Palestinian student who longs to return to Gaza. He takes the reader to a “thoroughbred” camel ranch, the world's richest horse race, a labor camp, and a journey into the heart of Yemen.

My Pashtun Rabbi is a timely, in-depth look at a little-known corner of the oil-rich Arab Muslim world through a totally different lens, more human than political – and more about the potential of tomorrow, rather than the turmoil of today. If people can somehow



get beyond labels of religion and nationality, and get to know each other as human beings first, maybe we can help transform the world and help rid it of so much strife and discord? He went to “see for himself” to better understand the relationship between Jews and Muslims and make up his own mind. And he did.

About the author:

David, a veteran journalist, was an Emmy Award-winning managing editor and executive producer at Cleveland's CBS TV station and the former editor-in-chief of the *Cleveland Free Times*. He has worked as a top-level editor, columnist, and critic for the *Dallas Times Herald*, *Detroit News*, *The Minneapolis Star*, *Cleveland Plain Dealer*, and *Albuquerque Journal*. His work has appeared in *The New York Times*, *The Hill*, *Jerusalem Post*, and *The Times of Israel*, among others. He was the chief administrative officer of Hillel International and has taught journalism at John Carroll University and United Arab Emirates University. David is a graduate of Miami University and earned his M.A. from the University of Missouri School of Journalism.

JCC Men's Club

The JCC Men's Club offers its members the chance to socialize, meet new friends, and take part in discussion groups every Monday morning from 11 am to noon. Community gentlemen are invited to enjoy coffee and presentations by interesting speakers.

Monday, August 6 • 11 am
Committee Meeting • 10:10 am
Beachwood Library
Sharon Moster –
Paralyzed Veterans of America

Monday, August 20 • 11 am
Mandel Jewish
Community Center
Rap Session, or speaker to be
announced

Monday, August 13 • 11 am
Orange Library
Bill Guentzler, artistic director,
Cleveland International Film
Festival, will talk about how the
festival fits into the film-festival
world and the film industry.

Monday, August 27 • 11 am
Mandel Jewish
Community Center
Video and Discussion
Topic: Russia's Foreign Policy

The Gathering Place

The Gathering Place is a cancer support center that provides free programs and services to help individuals and families currently coping with the impact of a cancer diagnosis in their lives. Upcoming programs in Beachwood, listed below, require advance registration by calling 216.595.9546, unless otherwise noted. Visit www.touchedbycancer.org for a listing of all programs and services or call 216.595.9546 to talk with a staff member.

Guided Meditation
Mondays, August 6 and 20
1:30 - 2:15 pm
Relax and practice mindfulness meditation techniques in a group setting.

Yarn Works
Mondays, August 13 and 27
1:30 - 3 pm
Experienced and beginner knitters and those who crochet are welcome. Supplies and instruction provided.

Young Adult (ages 18-40)
Meet Up in
Norma's Healing Garden
Thursday, August 23
6:30 - 8 pm
Make your own salad and salad dressing from our garden.

Cooking for One
Monday, August 27
11:30 am - 1 pm
Learn how to make a mason jar salad for one using fresh veggies.



Your Home Health Partner

- Housekeeping + Companionship
- Shopping & Errands + Meals & Nutrition
- Personal Care + Respite Care
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When you move in by October 1, 2018

Gorgeous 1- and 2-bedroom suites with full kitchen and washer/dryer, 24/7 nursing, chef-prepared meals, life enriching programs and outings and transportation – waiting for you at...

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The Weils

A Montefiore Senior Community

FINE ASSISTED LIVING in CHAGRIN FALLS, OHIO

440.996.0504 | theweils.org

Save the Date!



The Finals Performance & Competition

A benefit to support memory care programs for Montefiore and The Weils

Montefiore is thrilled to present for the second year Shining Star CLE 2018, an extraordinary musical event created to encourage and foster talented high school students throughout Northeast Ohio in a solo-singing competition. It's an evening you won't want to miss! After several rounds of auditions, the Top 10 Finalists will put on the performance of their lifetimes on Sunday, October 7, 7 pm, at the Ohio Theatre at Playhouse Square.

These talented students will be competing to win more than \$18,500 in college scholarships. Audience members, along with professional judges in the entertainment industry, will be able to vote on the placement of the top four finalists.

Returning for The Finals Performance & Competition is the very talented and musical Monica Robins of WKYC-TV3 who will host the event.

There's still plenty of time to participate – become a sponsor, place an ad in the Shining Star Playbill and/or purchase tickets to this exciting event.

There's still plenty of time to participate – become a sponsor, place an ad in the Shining Star Playbill and/or purchase tickets to this exciting event. Individual tickets are available at playhousequare.org/events or by calling 216.241.6000. For sponsorships, ads or patron ticket information, please contact Debbie Rothschild, director, The Montefiore Foundation, at 216.910.2633 or drothschild@montefiorecare.org. Visit shiningstarcle.org for more information and details about the event.

Snooze-Worthy Tips and Tricks

Feeling zombieified before you even leave the house? You're not alone – it turns out 1 in 7 Americans don't get the recommended 7-9 hours of sleep each night – and that takes a toll on the body. So The American Heart Association challenges you to make some little changes in your sleep habits that could make a big difference in your overall health.

Week 1 – Try This:

Add some stress-relieving exercise to each day. Walking counts! **Helpful Hints:**

- Stress can keep you from getting enough sleep
- Exercise can relieve stress and help you sleep well at night
- So can mindfulness, meditation and deep, diaphragmatic breathing
- 7-9 hours is considered "enough" sleep for most adults

Week 2 – Try This:

Plug your phone and other electronic devices in away from your bed. **Helpful Hints:**

- Scrolling and staying connected late at night could be sabotaging your sleep cycle

- Choosing to get enough sleep at night over getting more work done could help you be more productive
- Bright, blue screens may inhibit melatonin production – keeping you awake longer

Week 3 – Try This:

Set a "bedtime" alarm for each person in the family. **Helpful Hints:**

- Going to bed and waking up at a consistent time can help you sleep better
- To set your bed time, figure out your ideal wake time and count backwards from there
- A nightly routine with time to wind down could help you stick to your bedtime

- If you've tried everything and still can't sleep well, you may have a sleep disorder – talk to your doctor to find out what to do

Week 4 – Try This:

Start your morning with a healthy habit, like a walk around the block or a moment of gratitude. **Helpful Hints:**

- Adding a positive activity to your morning routine could make it easier to get up if you're a late snoozer
- Sleeping past your alarm can make you groggier in the morning
- Habit chaining may help establish new habits, like doing a few push-ups right after you brush your teeth

Week 5 – Try This:

Add a 20-minute power nap to your afternoon. **Helpful Hints:**

- An afternoon nap can help you re-energize and power through the rest of the day
- "Catching up on sleep" is a myth – sleeping in on the weekend may be sabotaging your weekday sleep cycle
- It may take a few weeks to get used to your new sleep cycle, so stick with a consistent bedtime and take naps when you need to

Try these snooze-worthy tips and tricks, and for more info on improving your health, join the movement at heart.org/BeWell.

Copyright © 2018 American Heart Association, Healthy For Good™, heart.org/healthyforgood.

Bring More to Montefiore – Become a Volunteer!

Montefiore is seeking caring and compassionate individuals to volunteer and help engage, enhance and enrich the lives of its residents and the community.

All are welcome to stop at the Montefiore Open House on Sunday, August 26, from 3-5 pm, to learn how you can make a difference in the lives of Montefiore residents. Take some time out of your day to tour the Montefiore campus, meet some residents and enjoy light refreshments. You will have plenty of time to chat with staff members and get you started on your volunteering journey.

Montefiore offers a full continuum of care, including long-term and post-hospital care, rehabilitation therapy, dementia/memory care, home healthcare, assisted living and hospice services.

"We are seeking volunteers for our two senior living communities – Montefiore in Beachwood and The Weils in Chagrin Falls – both with the same values and top-quality

care, programs and services," Diane Weiner, volunteer services manager, told us. "Discover the rewards of volunteering and giving back to your community."

To register, contact Irene Bernstein, volunteer administrative assistant, at 216.910.2282 or email ibernstein@montefiorecare.org; or Diane at 216.910.2741 or dweiner@montefiorecare.org.

Fall Cemetery Cleanup

August 19 • 9:30 – 11:30 am
Ridge Road #2 Cemetery
3824 Ridge Road, Cleveland

Volunteers of all ages are welcome to join the Jewish Federation of Cleveland at this meaningful event! Bring your weed trimmers, shovels, clipper, hedgers, gloves, wheelbarrows and other gardening tools. Together, we'll rake, prune and spruce up the cemetery grounds in time for the Jewish holy days. We hope you can join us, rain or shine. Register at www.jewishcleveland.org.



Call for Volunteers

Severance Hall, home of The Cleveland Orchestra, is seeking volunteer ushers and tour guides for the upcoming season, which runs September 2018 to June 2019. Open interview sessions for new volunteers will be held at Severance Hall from 4:30-6:30 pm on Tuesday, August 7, and Thursday, August 23; and from 1-3 pm on Sunday, August 26. Those interested in volunteering are invited to come to Severance Hall's Smith Lobby, located on the ground floor by the ticket office, at any time during these hours to complete an application, learn about the program, and speak with house management staff.

The Cleveland Orchestra inspires and enriches lives by creating extraordinary musical experiences. It has a strong commitment to proactive, personal, welcoming, and exceptional service to its guests, and requires front-of-house volunteers to be energetic, enthusiastic, and eager to provide audiences with the highest level of customer service.

The season includes performances by The Cleveland Orchestra, the Cleveland Orchestra Youth Orchestra and Youth Chorus, Cleveland Pops Orchestra, Cleveland Institute of Music Orchestra, Cleveland Youth Wind Symphony, Cleveland Youth Wind Symphony, and the Cleveland Women's Orchestra, as well as other musical and non-musical events.

Volunteers have the opportunity to hear great music in a beautiful venue, enjoy the company of other music lovers, and contribute their talents and time to a premier arts organization.

Severance Hall volunteers are asked to commit for the entire season, from September through June. For more information or to request an application packet, please call 216.231.7425 or e-mail hmanager@clevelandorchestra.com.

Cleveland POPS Orchestra Seeks Top Teen Talent

The Cleveland POPS Orchestra recently announced its twentieth annual competition for the Jean L. Petitt Memorial Music Scholarship. This year's competition will be held on Sunday, November 4, from 5 to 8 pm, in at The Cleveland Institute of Music, Room 113, 11021 East Boulevard.

The scholarship is designed to give recognition and encouragement to musically-gifted teens through the opportunity to perform on stage with the Cleveland POPS Orchestra with a cash award to be applied to their continuing studies.

Entry is open to all youth up to age 18, who reside and attend high school in the seven-county Greater Cleveland region. Contestants may be singers, dancers or instrumentalists. They must

be prepared to perform a full-length musical selection from memory. Choice of selection may be drawn from standard popular music repertoire, including songs, dances or instrumental solos found in Broadway musicals, big band arrangements, jazz or light classics.

The grand-prize winner of the competition will perform with the Cleveland POPS Orchestra at one of its regularly scheduled concerts at Sever-

ance Hall or Playhouse Square. The winner will also receive a \$500 cash award.

Applications must be received at the Cleveland POPS office no later than 5 pm on Friday, November 2. Call Gordon Petitt at 216.765.7677 or email glpetitt@clevelandpops.com for information. Full details, including rules and application form, may be found online at www.clevelandpops.com/scholarship.htm.

New Cleveland Pops Youth Orchestra Announced, Rehearsals Begin This Fall

The renowned Cleveland Pops Orchestra, in collaboration with The Music Settlement, has established The Cleveland Pops Youth Orchestra to nurture and train young musicians to reach their full potential while promoting critical thinking, self-confidence, and leadership skills through music.

Starting October 1, Youth Orchestra members will rehearse each Monday from 6-8 pm at The Music Settlement in University Circle. Under the baton of conductor Carl Topilow,

Youth Orchestra members will explore the music of Broadway, Hollywood, jazz, light classics and popular songs. Auditions for the new ensemble will be open to intermediate-to-advanced skill-level string, woodwind and brass students ages 12 to 18.

The Cleveland Pops Youth Orchestra musicians will also receive coaching from members of the Cleveland Pops Orchestra and teachers from The Music Settlement.

Auditions at The Music Settlement will be held from

4:30-6:30 pm on Monday, August 27. Please contact The Music Settlement to schedule your audition time.

Concerts and other exciting performance opportunities will be announced soon.

For more information, please call The Music Settlement's Center for Music at 216.421.5806, ext. 180, email mcharboneau@themusicsettlement.org, or visit www.TheMusicSettlement.org.

The Music Settlement is located at 11125 Magnolia Drive in Cleveland.

Why Volunteer?

To try something new
To gain confidence
To build a sense of achievement
To make a difference
To help others

To meet different kinds of people
To make new friends
To be part of a community
To expand your social circle
To learn new skills

To gain experience
To challenge yourself
To achieve personal goals
To discover hidden talents
To have fun!



The Cleveland Orchestra Offers FREE Stream of Beethoven No. 9 Performance

The Cleveland Orchestra, as part of its centennial celebration and a special “thank you” for 100 years of support, recently announced that audiences, both near and far, will have the opportunity to stream the final movement of Beethoven’s Symphony No. 9 for FREE on Spotify. The stream is available now until December 31, 2018.

Simply search for Cleveland Orchestra on Spotify or visit clevelandorchestra.com/Beethoven9 to stream The Cleveland Orchestra’s May 2018 performance of the final movement of Beethoven’s Symphony No. 9.

This recording of Beethoven’s Symphony No. 9 was performed as part of the Orchestra’s Centennial Season and music director Franz Welser-Möst’s The Prometheus Project, which was devoted to the music of Ludwig

van Beethoven. Through this Beethoven cycle, Welser-Möst offered a renewed point of view on these groundbreaking works, rooted in a studied understanding of the composer’s philosophy of politics and art, and presented within the context of his thoughts and beliefs.

“Beethoven’s Ninth not only raises questions about humanity, but also offers answers as to how we can respond – based on the ideals of liberty, equality, fraternity, free thought, and profound vision of human solidarity,” said Franz Welser-Möst in a program note.

For more information on The Prometheus Project, visit <http://www.clevelandorchestra.com/News-and-Updates/News-Releases/2018-releases/2018-04-10-prometheus-project/>.

Last Call for Everyday Heroes at the Maltz Museum!

Everyday Heroes, a popular children’s exhibit at the Maltz Museum, has been on display since June 5 and closes August 12 – so it’s your last chance to visit this interactive activity center where you can:

- Make your own masks and capes
- Zoom around the good mood movement area
- Paint kindness rocks to give and share
- Build a better world with Jumbo Legos
- Be the hero of your own story at the puppet theater
- Experience the everyday heroes storywalk, and more!



Don’t miss this last-call opportunity. We can all be everyday heroes!

For complete information, visit maltzmuseum.org or call 216.593.0575.

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PRESENT COUPON AT TIME OF PICKUP

SHAC on TRAC

On Saturday, August 18, the Shaker Arts Council (SHAC) will present its second annual SHAC on TRAC – The Road to Arts & Community.

SHAC on TRAC, a party celebrating the Shaker Heights Public Library summer reading program and the end of summer, will feature an interactive art activity, live music and strolling entertainers.

The event, in collaboration with the Shaker Heights Public Library, will be held from 4 – 8 pm at the Community Colonnade, at the corner of Lee Rd. and Van Aken Blvd. Bring a lawn chair and enjoy family-friendly classic rock and Motown, performed by City Heat, followed by the blues stylings of Blue Lunch. This event is free and open to the public.

For more information visit shakerartscouncil.org.

Shaker Arts Council's SHAC on TRAC is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture, which supports art and cultural experiences in and around Beachwood. Since 2007, CAC has invested more than \$170 million in more than 375 organizations both large and small, making our community a more vibrant place to live, work and play through resident support.

CAC encourages you to visit its newly-launched site, ClevelandArtsEvents.com, to plan your next arts and culture experience. With so many opportunities in Cuyahoga County, the hardest part will be choosing where to begin!

BASF Raises Funds for NEOPAT

The 2nd Annual BASF Catalyst Golf Scramble was recently held on Friday, May 25, at Brookledge Golf Club. The golf tournament was organized by BASF and raised \$3,500 for NEOPAT, a nonprofit dedicated to serving military personnel and supporting local military heroes and their families. With nearly 300 employees, BASF's research and development presence in Beachwood includes two facilities. The Mercantile Road facility supports BASF's Global Catalysts division, and the Chagrin Boulevard facility is the North American headquarters for the Construction Chemicals division.



NEOPAT executive director, Jack Newman, with BASF Catalyst employees Brian Schwerdtfeger, Joe Pavlich, George Lazar and Joe Dellamorte.

Menorah Park Campus News Magazine Wins 2018 Distinguished APEX Award for Publication Excellence

The *Menorah Park Campus News Magazine* has won the distinguished 2018 APEX AWARD for PUBLICATION EXCELLENCE for facing 'age-ism' head on in articles and ads.

The submitted issue featured Menorah Park's R.H. Myers resident Jane Friedman on the cover, looking into the mirror, with tagline, "Who's That Gal in the Mirror—Aging with Humor." Friedman's story was the perfect cover story, and readers learned how she ages with grace and humor through song and laughter, and has with a light-hearted understanding that we all get older, but being old is an attitude. She was first noticed by media when she appeared in a YouTube video, which now has more than 133,000 views, singing her hilarious song about the aging body to the tune of "I Feel Pretty." Friedman's story has now appeared in the ICAA Inter-

national Active Aging Journal, the Association of Jewish Services e-letter, on local television, newspapers, and in magazines. She is a testament to the culture of healthy aging on the Menorah Park Campus. You can view the video by Googling Jane Friedman Menorah Park.

Other articles that outline examples of how Menorah Park faces age-ism head-on include one by Menorah Park CEO Jim Newbrough, which drives home that fact that age is personal, not chronological; while yet another article demonstrates how a don't-quit attitude helped a stroke survivor get back to his art. He was so inspired that he recently took on publishing a book, which comes out soon.

Strengthening the mind, volunteering, and participating in what impassions you were also topics in the issue, with a thankful letter from a resident

who was given a 'voice' to express her opinion through advocacy efforts lead by Menorah Park, all while receiving

excellent care. "My challenges don't define me," she states with a hand-held sign in the photo. She was interviewed by local media after it was noted that a letter that she wrote and sealed with a lipstick kiss kicked off a rally. The rally advocated saving Medicare from drastic cuts and more than 4,000 signed letters were sent to politicians from people all over the U.S.

Even the ads in the magazine laud those who make the most of Menorah Park's Excellence in Caring with creative and energized photos of aging at its best.

It is in the past decade that the *Menorah Park Campus News Magazine* found its true calling,



to be more than listings of activities and programs, but to be an advocate for issues surrounding all of us as we age, to

be a beacon of hope for those who have no one to turn to for healing, health and services information, and to ensure that our community understands the importance of proceeding through the years with the very best resources one could hope for, literally at their fingertips.

The *Menorah Park Campus News Magazine* has a circulation of approximately 12,000, and is sent to a mailing list of community members, physicians, family members and advocates of healthy and happy aging. Anyone wishing to receive the publication may email sgavanditti@menorahpark.org, or go to www.MenorahPark.org and sign up for the electronic version.

Pickleball Tournament

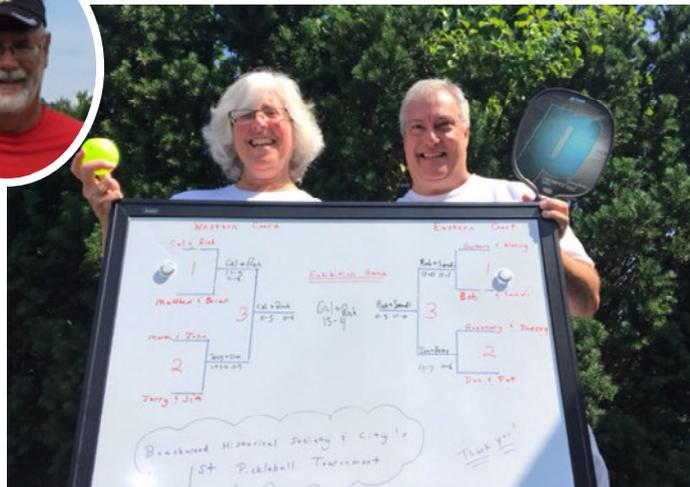
On Saturday, July 14, the City of Beachwood and Beachwood Historical Society hosted a pickleball tournament at the Beachwood tennis courts, and thanks those who participated and came out support the program.

Rick Dula, the tournament director, offers pickleball group and private lessons through the fall season. He coordinated the tournament with Rosemary Nemeth, executive director of the Beachwood Historical Society, and her husband, Jim Nemeth.

Congratulations to the men's doubles tournament winners, Cal Block and Richard Goodell; and mixed doubles winners, Robert Goldstein and Sandi Lefkowitz.

Pickleball, an alternative to tennis, is a paddle sport that combines elements of badminton, tennis and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. This is a great sport for all ages and skill levels.

To sign up for group or private lessons, call the Beachwood Recreation Department at 216.292.1970.



Pictured from top: Rick Dula, Rosemary Nemeth and Jim Nemeth. *Right:* Cal Block, Richard Goodell, Robert Goldstein and Sandi Lefkowitz



Children's Programming at the Beachwood Library

Old-Fashioned Family Game Night

Monday, August 6
6:30 pm
Families

Leave the electronics at home, grab the kids and head to the library to play board games. Snacks and a variety of games will be provided for all.

You Can Uke

Tuesday, August 7
6:30-8:30 pm
Grades 5 to 12

Have a uke-tastic time learning to make music on the ukulele – the world's happiest instrument! If you don't have a ukulele, we'll provide one.

Chinese Storytime

August 11 and
August 25
10:30 am
Families

Join us for stories, songs and rhymes in Mandarin Chinese and stay for a craft and playtime after. Presented in cooperation with the Chinese Language and Culture Center.

Welcome to Kindergarten!

Monday, August 13
6:30 pm

Incoming kindergartners and their caregivers

Join us for special stories, songs, crafts and kindergarten readiness activities to get excited about the start of school.

Teen Writer's Circle

Tuesday, August 14 • 3:30-4:30 pm
Join other teens and experiment with writing short stories, poetry, drama, and non-fiction.

Friday Family Fun: Dino Discovery!

August 24 • 10:30 am
Ages 2 to 6 with a caregiver
Dig deep into dino fun as you listen to stories and explore the world of dinosaurs through fun, hands-on activities.



Hebrew Storytime

Wednesday, August 29 • 4 pm
Families

Hear stories and songs in Hebrew and English, and make a craft. Presented in collaboration with the Jewish Education Center of Cleveland.

Stop Motion for Teens

Wednesday, August 29
3:30-4:30pm
Bring different objects and backdrops to life to sculpt your own story.

To register, please visit www.cuyahogalibrary.org or call 216.831.6868.

Who's Buzzin' in Beachwood?

by Arlene Fine

Partnerships & Progress

The Rose Centers for Aging Well hosted its annual fundraiser at The Conference Center at Benjamin Rose. The theme of this year's event was "Partnerships & Progress," and included the inaugural Partnerships & Progress Award, presented to The Musical Theater

Project (TMTP), headed by Bill Rudman. The evening included a cocktail reception, dinner, program, live auction and raffle. Proceeds from the event help fund the operations of the Rose Centers for Aging Well.



Allan Bellin, David and Hermine Ostro, Beachwood city councilwoman Barbara Bellin Janovitz and Phil Fine



Lee Janovitz and Barbara Bellin Janovitz with Michael and Laura Mintz

Lox of Love

B'nai Jeshurun Congregation honored deli legends Kenny and Amanda Kurland at a tribute dinner in their honor. Rabbi Stephen Weiss, along with friends and family, took to the podium to raise a glass to the beloved couple. The annual dinner raises funds to support the synagogue's programs and services, and honors exemplary congregants for their service and dedication to synagogue and community, and in the case of the Kurlands – for their "rye" wit.



Amanda Kurland, Judy and Lenny Clark, and Kenny Kurland



Charlie and Linda Gruenspan with Joan and Ike Yedid

Graphics by Wannapik.com



Nedra Rotsky and Malcolm Brahms



JoAnn and Steve Eisenberg with Ronna Zelwin



Gloria Kurland (second from left) with granddaughters Sara, Emily and Rachel Kurland

Kosher Food Pantry's Monthly Free Produce Giveaway

Despite the blistering July heat, hundreds of community members gathered at the Green Road Synagogue parking lot to receive free produce offered by the Kosher Food Pantry (KFP). This monthly fresh-produce distribution program is staffed by stalwart volunteers who distribute 22,000 pounds of fresh produce each month to nearly 300 recipients.

In recognition of KFP's successful outreach efforts, the Greater Cleveland Food Bank has awarded KFP with the "Transformer" designation, reserved for outstanding partner agencies that serve the community on multiple days a month, distribute more than 250,000 pounds of

food to multiple locations, and provide access to additional support services to those in need.

With the High Holidays approaching, KFP volunteers will be working double-time to sort, pack and distribute food. The KFP is increasing its delivery window to provide

almost 100,000 pounds of fresh produce, groceries and holiday staples to struggling families from Rosh Hashanah to Sukkot, ensuring everyone in need will be served.

To volunteer or donate to the KFP, please go to www.kosherfb.org or call 216.382.7202.



Jessica Morgan, Cleveland Food Pantry director of agency services, presents the Transformer Award to Rivka Goldstein, Kosher Food Pantry project manager



KFP volunteer Stephanie Wieder



KFP volunteer Evie Davis



KFP volunteer Jim Loveman



KFP volunteer Cheryl Fox

Ride to Remember

Additional Photos. (Story on page 20.)



After meeting at Mervin's Wharf, riders prepare to depart for the Ride2Remember



Ian Mendelsohn of the Shul Boys



Rabbi Rosie Haim, Max Heeres and Cantor Kathy Sebo

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Library Programs

The Great American Read - Scholar-led Book Discussion

Wednesday, August 8 • 7-8:30 pm

Join us for a scholar-led discussion of America's 100 best-loved novels (as chosen in a national survey). Explore what these books have to say about our diverse nation and more. This book discussion will be led by a Case Western Reserve University scholar. To see the list of America's 100 best-loved novels, visit www.pbs.org/the-great-american-read.

Moon Party

Wednesday, August 15 • 7-8:30 pm

Go outside with a representative of the Cuyahoga County Astronomical Association to examine the features of the moon. Telescopes will be provided, or bring your own, to get tips on viewing the night sky. In case of inclement weather, join us inside the library to learn about the moon, telescopes, and astronomy.

Through the Eyes of the Artist - Odd Artists

Friday, August 17 • 10-11 am

Drama, passion, obsession and tragedy describe the hidden lives of our greatest artists - much of which was left out of our art history books! Many of the best artists lived on the edge of chaos - where all great art is born. You will never view art the same way again. Registration is required. Sponsored by the Friends of the Beachwood Library.

Art Book Club

Monday, August 20 • 2-3 pm

Join us to discuss the book *Alive in Shape and Color: 17 Paintings by Great Artists and the Stories They Inspired*, edited by Lawrence Block.

Yayoi Kusama's Infinity Mirrors: An Overview

Friday, August 24 • 2:30-3:30 pm

Jennifer DePrizio from the Cleveland Museum of Art will give an overview, with slides, of "Yayoi Kusama: Infinity Mirrors," an exhibit that runs through September 30.

To register, please visit www.cuyahogalibrary.org or call 216.831.6868.

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